



# Volunteers *in action*

## Volunteer Profile: *Tamara Korn*



**How did you get started?** I joined Circle of Care in 2004 and have only had two clients. I've been visiting the same client since 2005, so I'm now part of the family.

**What motivates you to keep going?** I was a new immigrant from Russia and my English has improved so much being a volunteer visitor. I also learned about Canadian life and culture. Volunteering is more than companionship to a lonely senior!

**Any special moments?** I left a bouquet of flowers, chocolates and a note at my client's front door for her 90th birthday. I will never forget the surprise and response from her and her daughter. It was very special!

**What does Circle of Care mean to you?** I love Circle of Care because they help other people so much! As a volunteer, you get to meet new people and make new friends.

**What would you tell others to encourage them to volunteer?** It's mutually gratifying – you get just as much out of it as the client. I have learned so many things from my client and she from me. It's more than sharing recipes!



## Sharing & Caring SAFETY MATTERS Feb 12th Workshop

Thanks to everyone who came to our highly successful *Sharing and Caring Workshop* on Feb 12th. This continuing education session was run by one of our very own Volunteer Visitors, **Jackie Lincoln**. Jackie dazzled us with an outstanding presentation on falls prevention, aging, nutrition and much more. We all came away with some practical insights. As always, there was time to get to know fellow volunteers and Lysa made sure there was plenty to eat and drink! Presentation available at: <http://bit.ly/1gFvyWt>

*Whether you're a Meals on Wheels driver or a Phone Pal, we highly recommend that all volunteers take the time to read Safety Matters.*

## To be a Volunteer, it takes...

**Generosity**, a willingness to give your time to others.

**Understanding**, because their lives might be very different from your own.

**Empathy**, an ability to put yourself in someone else's shoes and feel what they must feel.

**Compassion**, to truly care about making someone else's life better.

**Patience**, because the process doesn't always go as smoothly as it might.

**Dedication**, to stick with the project and see it through.

**You've shown these qualities and so much more, so thank you for all that you do.**



*Wishing you a  
Happy Easter and  
a Happy Passover*



## WELCOME NEW VOLUNTEERS!

Barbara Barkin  
Kerry Black  
Leslie Bulkin  
Agnes Dzialo  
Selma Elzas  
Roberto Espinoza  
Charles Glina  
David Goldberg  
Maria Jimenez  
Sherry Kelner  
Lewis Lee  
Adele Levy  
Arnold Levy  
Christina Nufrio  
Deborah Orenstein  
Victoria Protopopova  
Paul Samson  
Steven Scutaru  
Jennie Shigonia  
Robert Sive  
Sue Weinstein  
Sharyn Zidenberg



## DID YOU KNOW?

Did you know that as of 2012, about 21% of Canadians were over the age of 60?

By 2030, that proportion is projected to rise to about 28.5%, and by 2050, 31% of Canadians will be elderly. [Source: [www.cb.ca/strombo/news/how-well-is-canada-equipped-to-deal-with-its-aging-population](http://www.cb.ca/strombo/news/how-well-is-canada-equipped-to-deal-with-its-aging-population)] The same source says that Canada is doing quite well when it comes to caring for the elderly. Canada placed fifth on the list, behind Sweden, Norway, Germany and the Netherlands. The U.S. came in eighth. Not surprisingly, Canada did well in healthcare.

That has to be with thanks to the support that seniors get from agencies like Circle of Care!

## Join Us!

We hope you can attend one of our upcoming sessions!

### Volunteer Appreciation Week

April 6-12, 2014

Circle of Care Event April 7, 2014

Details to Follow

### Mount Sinai Hospital / Circle of Care Proposed Integration Focus Group

April 7, 2014; 2:30-3:30pm

### Annual "Lolly" Hospice Event

May 7, 2014

### Sharing and Caring Workshop

June 12, 2014

To register for any of these events please call Lysa Springer at 416 635-2900 ext. 496 or e-mail [lspringer@circleofcare.com](mailto:lspringer@circleofcare.com)



Circle of Care is looking for Volunteers for our SWYR (South West York Region) offices at the Lebovic Centre. Russian and Hebrew languages are an asset.

## From Lysa's Desk

If you are interested in learning how to manage your daily life stress and how to deal with depression, anxiety and chronic pain, then please visit:



[katrinmizrahi.com](http://katrinmizrahi.com)

Our own Circle of Care volunteer Kathy Shahwaladi and her partner Katrin Mizrahi are offering an 8 week workshop at a very reasonable cost.

## Temple Sinai Initiative

Circle of Care and Temple Sinai are working together to increase social opportunities for clients and members in our community. If you are already a Temple Sinai member and a Circle of Care volunteer we would love to hear from you!

Please call or email me to find out how you too can get involved!

## Can your client benefit from this?

Circle of Care was granted funding to start **Exercise and Falls Prevention** classes in North York and York Region. Exercise classes are **FREE** to any senior over 65. There are numerous locations where seniors can attend classes.

To register or for more information, call 905.895.1240



Congratulations to our most recent Hospice Volunteer Training Graduates!

Like Us on Facebook  
**CircleofCareOnt**

Add "Lysa Circle of Care" as a friend on Facebook and join our volunteer group.