



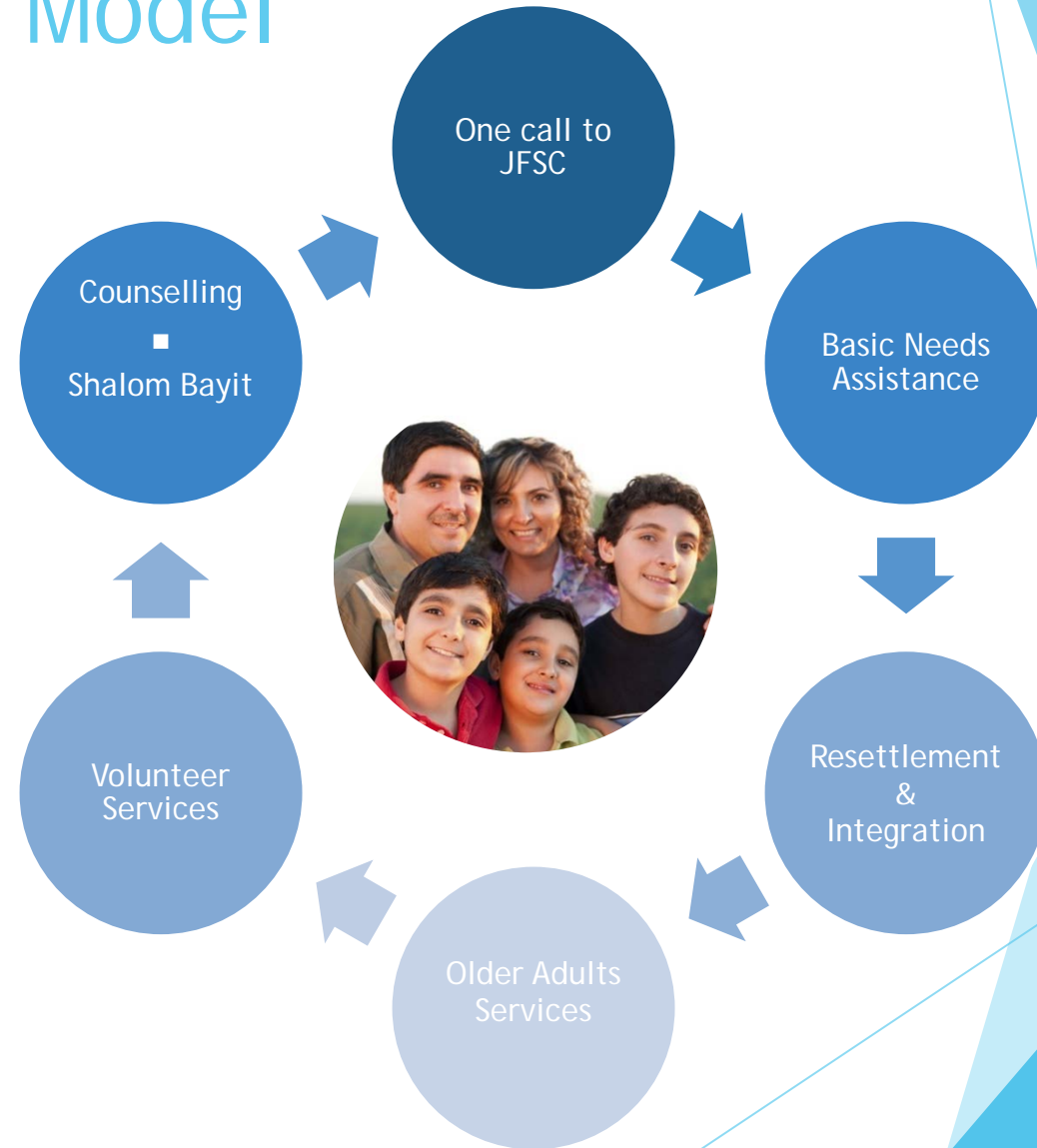
Third Age Chaverim 21st Century Volunteerism

presented by
Robyn Winograd MSW RSW
Director of Community Support Services

JFSC's Holistic Care Model

Individuals and families coming to JFSC receive holistic care, meaning that all of the clients' needs are addressed simultaneously to the best of the ability of the agency.

This includes volunteers in that we do everything we can to successfully meet their needs in a positive and meaningful manner.



Volunteer Services Department

We simply could not successfully run our agency
with out volunteers

Our volunteers touch the lives of those most in
need in our community by working together with
our staff to provide innovative and vitally needed
services to others

JFSC Volunteers

- Over 125 volunteers provide in excess of 14,000 hours of support in several areas of JFSC's operations and programs. 64 of our volunteers are over 50!
- Volunteers:
 - pick up food, make food hampers, stock and organize Miriam's Well
 - help with conducting surveys, English language classes, translation and reception
 - Third Age Chaverim, Voices Choir, Board of Directors, Special Committees
 - are involved with Friendly visiting, baking, and employment mentoring
 - help JFSC to deliver food packages and holiday hampers to over 200 families/individuals
 - help with weekly cultural programs and celebrations at two nursing homes in Calgary and The Jewish Seniors Apartments, plus miscellaneous senior activities
 - assist in fund raising activities such as casinos, golf tournaments and a yearly major fund raiser



Third Age Chaverim



Program Rationale:

Senior Population



The senior population was projected to increase by 25% between 2011 and 2016 and it did! Plus!

The face of the senior population is changing and it promises to provide a cohort with a very diverse skill set.

There is an **ABUNDANCE** of untapped resources in the Baby Boomer and older adult populations!

Program Rationale:

Seniors Benefit from Enhanced Social Contacts



- ✓ Contributes to a sense of well-being
- ✓ Ethno-cultural seniors tend to feel even more isolated and marginalized without such opportunities
- ✓ Participation in recreational activities contributes to a positive sense of identity and self-esteem in immigrant seniors

Third Age Chaverim

Goals of the Program

- Connect older adults to address social isolation and community participation through the sharing of experiences, knowledge and resources.
- Promote volunteerism among seniors.
- Support the social participation and inclusion of seniors.

Primary Activities

- Recruitment of Volunteers
 - Development of Program, Guidelines and Evaluation Tool
 - Recruitment of program participants
 - Orientation and training for volunteers
 - Project evaluation - ongoing
 - Program and event implementation
 - Program wide event
 - Volunteer appreciation event
 - Program evaluation

Recruitment

“Third Age” Excitement at JFSC!

Jewish Family Service Calgary is launching an exciting new program for the 60+ age group. The program promotes “third age” learning through shared knowledge, expertise and experiences of people in the “third age” population. “**Third Age**” refers to the stage of life that comes after we’ve established our family and/or career. The initiative's focus is on cultivating a culture of volunteering, mentorship, community participation and the sharing of lived experiences.

The purpose of the program is to engage older adults who have skills, stories and experiences to share with participants who are interested in learning new things and interacting with others in a social environment

We are looking for 4-6 older adults to form an Advisory Committee. The committee will brainstorm to name the program, direct its activities and inform what the program will look like overall.



**Mentors and Participants
wanted for JFSC's new program**

Third Age Chaverim

(Friends)

Participants: We are looking for adults 60 and over to join JFSC for an opportunity to learn new things, socialize, meet new people and get out of the house!

Mentors: We are looking for adults 60 and over who want to share stories, interests, and skills that they are passionate about!

October 7 Meet and Greet

October 21 Bev Sheckter speaking on Volunteerism

November 4 and 18, December 2 and 9

(activities to be decided)

10am-12pm

at the Calgary Jewish Community Centre

1607 90 Ave SW

In the Senior's Lounge

This promises to be an interesting program with stimulating and informative speakers, activities and, of course, refreshments!

Contact Stefanie at stefaniel@jfsc.org to register and for more information.



This Program has been made possible by an HRDC New Horizons for Seniors Grant



Third Age Chaverim

Presents
Bev Sheckter

An informative discussion about **volunteerism**

Also learn about current volunteer opportunities available in the community

Tuesday, October 21 at 10am
at the Calgary Jewish Community Centre
Seniors Lounge
1607 90 Ave SW

Refreshments will be served

For more information or to RSVP, please contact Stefanie at stefaniel@jfsc.org
Or Robyn at 403-287-3510 extension 266

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Third Age Chaverim Mentorship Social

Tuesday, December 9, 2014

At 1:00PM

**at Bertha Gold Seniors Residents
in the Lounge
1607 90 Ave SW**

Refreshments will be served
For more information or to RSVP,
please contact Stefanie at stefaniel@jfsc.org
Or Robyn at 403-287-3510 extension 266



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Third Age Chaverim *Senior Secret Mitzvah Project*

**Thursday, December 18
At 10:00AM**

Join us to sort and deliver packages for residents
in the Jewish Seniors Apartments
Keep your eyes open for special celebrity appearances!

Refreshments will be served
For more information or to RSVP,
please contact Stefanie at stefaniel@jpsc.org
Or Robyn at 403-287-3510 extension 266

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Third Age Chaverim Volunteers Wanted!! for Conversation Mentors

Join the Senior's ESL students to practice their
English conversation skills!

You CAN make a difference by volunteering!



Coffee & Chat

Tuesday January 27 and February 24
at 9:45 to 11:45 and 12:00 to 2:00
At Good Earth Café
Glenmore Landing
Snacks and Beverages will be served

Please contact Robyn Winograd for more information at 403-287-3510 or css@jpsc.org

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Third Age Chaverim and JFSC

*Invites you to a
Volunteer Appreciation Lunch*

March 16
At 11:45AM

Carriage House Inn
9030 Macleod Trail S

Please RSVP to 403-287-3510 by March 6th

This program is made possible by an HRDC New Horizons for Seniors Grant



Results and Outcomes

Third Age Chaverim accumulated **218** volunteer hours with **35** volunteers and a total of **220** participants over **15** events.

Increased number of older adults participating in volunteerism at JFSC

8 Advisory Committee Members

104 participants with many providing extremely positive and encouraging feedback

Increased number of seniors sharing their knowledge, skills and expertise

17 senior mentors reported they found the experience meaningful and would continue

Decreased levels of isolation for program participants

100% of participants reported to find the programs meaningful, were provided a reason to get out of the house and experienced **decreased isolation**

Increased community participation of the senior population

100% of participants reported that the program gave them opportunities to be more active in the community and experienced **increased community participation**

Questions



Thank You!

Please feel free to contact me anytime at

robynw@jfsc.org 403-287-3510

Robyn Winograd MSW RSW

Director of Community Support Services