

SENIORS LIVING

Demand is high in Halton Hills for senior visiting volunteers

Halton's growing seniors' population has created an unprecedented need for volunteers.

More than 255 seniors in Halton Hills, Oakville, Milton, and Burlington are on the waiting list to be matched with a volunteer visitor through Acclaim Health's Friendly Visiting and Special Steps programs—an increase of more than 30 per cent in the last five years.

Seniors in these programs are people who are socially isolated, lonely and/or unable to leave their homes easily due to health issues.

Visiting volunteers spend an hour a week with their senior to chat, share experiences, have a coffee, visit the grocery store or go for a walk. The companionship, intellectual engagement and reassurance these visits provide boost the mental health and quality of life of

these vulnerable seniors.

"It gives me a lot of satisfaction," says Acclaim Health volunteer Antonio Fonseca. "I'm newly retired and this is my first time volunteering. I'd recommend it without reservation. My client, Max, has had a rich life. I get more out of our visits than I ever thought

I would."

Volunteers and clients are matched based on mutual interests and abilities and geographic location.

To address the increased demand for services, Acclaim Health is kicking off a one-year recruitment drive, funded by a grant from the Halton Region

Community Investment Fund.

"We established the Halton Region Community Investment Fund to support important initiatives such as Acclaim Health's Friendly Visiting and Special Steps programs," said Regional Chair Gary Carr. "These programs have a positive impact on the quality of

life for seniors in our community, and help to keep Halton a great place to live, work, raise a family, and retire."

To become an Acclaim Health visiting volunteer, visit www.acclaimhealth.ca/volunteer, email volunteering@acclaimhealth.ca or call 905-827-8800 or 1-800-387-7127.

Acton Seniors Centre to participate in Remembrance service

By **JULIE CONROY**
Acton Seniors Centre

Several people have asked if the Seniors Centre is open on November 11. Yes we are. We will have the television tuned to the service in Ottawa, and observe a minutes silence at 11 a.m.

There is a Remembrance Day service at the Cenotaph on Saturday, Nov. 9 and President Bev Jones will be placing a wreath on behalf of the Acton Seniors Recreation Centre, plus a service at the Cenotaph at 11 a.m. on November 11.

Have you always wished to visit beautiful New Zealand? Pat and Bev Jones did that in 2012. Come and enjoy an afternoon presentation with Pat and Bev on Tuesday, Nov. 12, 1:30 p.m. Snacks.

Now we have our feet firmly on the ground after the Halloween Dance, the next major event is the Bingo Night (all welcome), 7 p.m. on Saturday Nov. 9, followed by the social dinner on Tuesday, Nov. 12 with ribs and all the fixings, and the Friends from the Hills will entertain.

There are still a few items needed for the Bazaar lunch, so please check it out

and see if you can help. We hope to have lots of baking on that day plus squares and sweets for the tea.

We are planning to have a float in the Santa Claus parade, and are looking for palm trees and a saxophone. Does anyone have either that we can borrow?

Lunch on Friday, Nov. 15 will be sliders (mini hamburgers) with sweet potato fries. The 50/50 was not won this week, so next week it should be around \$260.00. That will make it worth a visit to the Centre to drop your loonie in the box.

Read full column at www.theifp.ca/community



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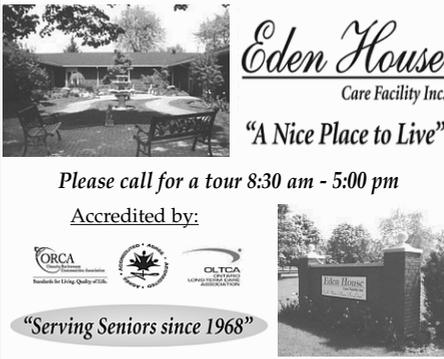
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