

The Good Companions is a mission-driven non-profit multi-service seniors' centre focused on promoting and supporting the well-being, independence, and zest for living of seniors and adults with physical disabilities. Located in the heart of Ottawa, we have a wonderful assortment of social, recreational, educational, and volunteer activities as well as social and health services. We offer in-person programming (e.g., at the centre itself, in seniors' homes, transportation services) and virtual programming, including a senior-centric new telephone connectivity program called "Seniors' Centres Without Walls" that seeks to empower seniors and decrease isolation and loneliness by providing opportunities for conversation and continuous learning. In-person programs include recreation, language and craft classes, a dining room with daily meals and celebrations. Special programs are also available for seniors who may be frail or facing disabilities.

We are seeking to grow our values-driven board with additional members who are passionate about supporting The Good Companions for the years to come:

- Are you a senior who is passionate about helping yourself, friends, and neighbours to live full and engaged lives and would you consider joining our board to provide direction and guidance?
- Or, if you are not yet a senior yourself, would you like to become a collaborator on a board focused on improving the experiences of seniors in social integration, affordability and accessibility?

Our current Board of Directors has a wide variety of backgrounds, age ranges, and various stages of life including fully retired, fully retired and actively volunteering, still in the workforce, and so on. Our Board has a particular desire to welcome Directors who are members of The Good Companions who would represent members' perspectives. We also seek Directors who have backgrounds in health care, finance (especially with an accounting designation), and property/real estate law. In addition, we would like to welcome some additional women Directors to the board. Please note that the approximate time commitment is a minimum of 5 hours per month.

If you are interested, we would really like to hear from you. You can send a note expressing your interest to info@thegoodcompanions.ca. If you do not have access to email, please call 613-236-0428 and ask for Nicole MacLean who would be happy to record your interest in the Board. In either case, please share aspects of your experiences, background, and values that you feel would be a benefit to the Centre and the Board. There is no "right" answer!

Nominations will be accepted until April 8th, 2022 at 12pm. Nominations will be reviewed by the Nominating Committee.

For more information about the Centre, please visit www.thegoodcompanions.ca