

VOLUNTEER NEWSLETTER



A NEW WAY TO CONNECT!

We're excited to introduce The Good Companions Volunteer Newsletter, your new go-to for all things volunteering! This quarterly newsletter is designed to keep you informed, inspired, and in the loop. From upcoming opportunities and event highlights to volunteer spotlights and recognition moments, it's our way of saying thank you and keeping our amazing volunteer community connected.

A NOTE OF THANKS

As we step into fall, I just want to take a moment to thank each and every one of you. It's hard to believe it's already been four months since I stepped into this role; and what a warm, welcoming, and inspiring ride it's been so far!

Getting to know our amazing volunteers has been the absolute highlight. Your dedication, kindness, and willingness to jump in wherever needed truly make The Good Companions the vibrant community it is. Thank you for all that you do, and for making my first season here one to remember.

I'm so grateful to be on this journey with you.

With appreciation,
Stephane



VOICES OF VOLUNTEERING

At The Good Companions, your insights help shape a stronger, more meaningful volunteer experience. We truly value your feedback and believe your voice plays a vital role in how we grow and improve together.

Click the link below to fill out a brief survey and let us know how things are going; your thoughts, ideas, and suggestions are always welcome!

[Volunteer Survey \(Click Here\)](#)

[CLICK HERE](#) ➤

CHEERS TO YOU!... VIOLA GOLDEN

If you've ever had the pleasure of meeting Vi, you know she's a gem with a heart full of gratitude and a spirit that lights up the room. Since joining The Good Companions, Vi has become a beacon of compassion, kindness, and quiet strength, not only in the way she shows up for others, but in the life she's lived and the love she continues to pay forward.



If Vi could plan her dream event at the Centre, it would be a heartfelt thank-you party for the many people who stood by her through thick and thin; from a painful divorce to battling cancer twice over 11 years. Through it all, friends stepped up with rides to treatments and support for her son, never asking for anything in return. Vi's dream is to throw a BBQ or wine and cheese party filled with 60s and 70s tunes; a celebration of love, resilience, and the joy of seeing others shine. At the top of her guest list: Carolyné Bélanger, Debbie Martin, Pierre Ladouceur, and many more who made a difference.

CHEERS TO YOU!... VIOLA GOLDEN

(continued)

Vi says she has no special talents, but we beg to differ. She's honest, helpful, and filled with generosity. Once an avid spoon collector (over 1,000 from around the world!), she now pours her energy into a magical fairy collection for her beloved granddaughter, a sparkling legacy in two glass cabinets.

What has Vi learned through volunteering with us? "To be more compassionate and patient," she says. "You never know who needs a hand, a listening ear, or a simple hug." And that, in many ways, captures the very heart of The Good Companions.

Thank you, Vi, for reminding us all what it means to give with love. You make our community better, just by being you.



Thank
You



CHEERS TO YOU!... SHARON FRY

Some people bring light wherever they go, and Sharon is one of those people. Her kindness and dedication don't just brighten days they change lives.

Sharon's "secret talent" isn't something you can measure, it's the quiet, powerful gift of showing up for seniors who might otherwise be forgotten.

That devotion began with her own family. When her mother was in long-term care with dementia, Sharon saw how her father's daily visits lit up the room. She also saw how many others had no visitors at all. That moment stayed with her, and she promised herself that in retirement, she'd be that steady, familiar face for someone who needed a friend.

She's kept that promise, and more.

CHEERS TO YOU!... SHARON FRY (continued)



Over the years, Sharon has visited four seniors, forming bonds that became much more than friendly drop-ins. Three have since passed, but her weekly visits with Joyce have lasted nearly 17 years. Now **100 years old**, Joyce is more than a volunteer match she's a dear friend.

For Sharon, this work is a lifelong promise. "This isn't something you can just stop," she says. "That would be devastating for the senior." Her commitment is rooted in compassion, respect, and love. And while Sharon gives so much, she insists the joy she receives in return keeps her going: the smiles, the laughter, and the light in her friends' eyes when she walks in the room.

Volunteering at The Good Companions has shown Sharon that friendship has no age limit, and that the simple act of showing up can change a life. Sharon, thank you for turning visits into lifelines, you are truly the heart of The Good Companions.

A ROUND OF APPLAUSE...

(FROM OUR MEMBERS AND
CLIENTS)

**"IT FEELS REALLY GOOD
TO KNOW I AM NOT
ALONE AND CAN EXPECT
A CALL FROM A
VOLUNTEER"**

**"MY DRIVER IS SO KIND
AND HELPFUL, ITS NICE
TO KNOW I CAN RELY ON
HIM THROUGH THIS
DIFFICULT TIME."**

**"I'VE NEVER HAD THIS
MUCH FUN SHOPPING
FOR GROCERIES
BEFORE!"**

**"OUR CRAFT TEACHERS
ARE SO
KNOWLEDGABLE"**

**"I LOVE SHOPPING AND
CHATTING WITH THE
VOUNTEERS IN THE STORE"**

**"I LOVE HEARING THE
LAUGHTER IN THE
DINNING ROOM"**

**"THIS GROUP OF PEOPLE IS SO
SPECIAL AND I HOPE THEY KNOW
HOW MUCH THEY ARE
APPRECIATED"**

**"THOSE VOLUTEERS
ARE SO PATIENT AND
KIND!"**



A ROUND OF APPLAUSE...

(FROM OUR MEMBERS AND
CLIENTS)

**"THANKS TO THE
VOLUNTEERS WHO
MAKE IT ALL HAPPEN."**

**"I LOVED SEEING HER
COME OUT WITH A
CRAFT IN HAND,
EXCITEDLY CHATTING
ABOUT HER DAY."**

**"I'M SO IMPRESSED
WITH THE DEDICATION
AND QUALITY THAT
VOLUNTEERS BRING TO
EVERY PROGRAM."**

**"感謝祝女士在280 ROCHESTER的社
區資訊站的幫忙。因為有你，活
動的登記程序又快又順利。"**

**"THANK YOU FOR ALL THAT YOU DO!
YOUR TIME AND ENERGY MAKE SUCH A
DIFFERENCE!"**

**"YOUR SMILES ARE THE
SECRET INGREDIENT
THAT MAKE EVERY DAY
BRIGHTER."**

**"WE'RE IN THIS STAGE OF
LIFE TOGETHER, AND YOUR
KINDNESS MAKES IT
EASIER."**

**"I APPRECIATE YOU BEING
HERE AND GIVING YOUR
TIME, IT MEANS A LOT."**



GOOD COMPANIONS, GREAT PEOPLE!



Thank
you

GOOD COMPANIONS, GREAT PEOPLE! (CONTINUED)

*Thank
you*



NEW!

VOLUNTEERS' EARLY ACCESS PASS

We're excited to roll out a brand-new perk to show our appreciation for our amazing volunteers!

This Fall, from September 1st to 5th, TGC volunteers who are also members will have exclusive early access to register for programs, trips, events, and classes a full week before general registration opens on September 09th, 10th and 11th.

During Volunteer priority access week, you can stop by or call reception to reserve your spot(s). Please note that this only holds your place, payment must be made during registration week to secure it.

After registration week, any unpaid spots will be released and made available to all members.

You'll also have the option to register a "plus one" for trips and events.

VOLUNTEER TOOLBOX TIDBITS!

SMALL TIPS, BIG IMPACT – HELPING YOU SHINE IN EVERY SHIFT.

Workplace Culture Reminder

At The Good Companions, volunteers are valued just like staff, and the same standards apply to everyone. Our priority is to maintain a safe, respectful, and welcoming environment where harassment, bullying, or discrimination of any kind is not tolerated.

Respect, kindness, and safety guide everything we do. This means treating one another with dignity, supporting a positive atmosphere, and ensuring every member, staff, and volunteer feels included.

Volunteers are expected to follow The Good Companions' workplace policies and procedures. These protect everyone and help us build a culture we can be proud of.

If you ever find yourself wondering whether something should be reported, it probably should be. Please speak with a staff member so action can be taken to keep you and others safe.

Your voice matters, and raising concerns helps us maintain the safe and supportive community that makes The Good Companions special.

VOLUNTEER TOOLBOX TIDBITS!

SMALL TIPS, BIG IMPACT – HELPING YOU SHINE IN EVERY SHIFT.

Stay Safe, Report Spills and Trip Hazards:

Your safety and the safety of our members always comes first. If you notice a spill, trip hazard, or anything that looks unsafe, don't try to clean it up on your own. Please notify a staff member right away so it can be handled properly. Quick reporting keeps our center safe and welcoming for everyone.

Keep Your Medical Information Current:

Your well-being matters to us. If your medical information or emergency contacts change, please let a staff member know right away so we can update our records. Having the right information on file helps us respond quickly and keep you safe in case of an emergency.

HELP WANTED!

 **Front Desk Superstars – Be the friendly face that greets everyone at reception!**

 **Special Events Sidekicks – Help us pull off unforgettable events!**

 **Choir Library Assistants – Keep the music flowing and organized.**

 **Repeat Performance Sales Crew – Mondays and Fridays, help run our fabulous thrift boutique!**


 **Volunteer Drivers – Hit the road and make a real difference.**

 **Adult Day Program Helpers – Support participants and spread smiles!**

 **Spanish-Speaking Volunteer – Tuesdays, bring some language flair to the Adult Day Program!**

HELP WANTED!

 **Front Door Greeters – Be the first “hello” our guests receive.**

 **Friendly Callers – Ring up a client just to brighten their day!**

 **Handy Helpers & Tech Wizards – Tackle light fixes and tech help.**

 **Mandarin/Cantonese Callers – Help connect with our Chinese community members.**

 **Choir Director – Lead the TGC Choir and share your musical magic!**

 **French Conversation Instructor – Parlez-vous français?
Share it this Fall!**


HELP WANTED!

⑧ **Billiards Instructor – Bring your pool skills to the table this Fall.**

 **Birthday Caller – Make someone's special day even brighter.**

 **Ready to jump in? Let's chat!**

Email me at sgauthier@thegoodcompanions.ca or call 613-236-0428 ext. 2230. I'd love to match you with a role that fits your talents and brings you joy.

And hey — if you know someone who'd make an amazing volunteer, spread the word and send them my way! The more hands and hearts we have, the bigger the impact we can make together. 

Thank you



From the staff of The Good Companions!