



VOLUNTEER NEWSLETTER



SPRING HAS SPRUNG AT TGC!

There's something about spring that just feels hopeful. The light lasts a little longer, routines start to shift, and there's a sense that something new is beginning.

At The Good Companions, that same energy is showing up across the Centre. Programs are filling up, conversations are buzzing in the hallways, and there's a renewed excitement in both familiar faces and new ones walking through our doors. But none of that happens on its own.

Behind every welcoming moment, every successful program, and every smile exchanged, there's a volunteer who chose to show up. Spring isn't just a season here, it's something you help create.





A NOTE OF THANKS

To our incredible volunteers,

Thank you, not just for what you do, but for how you show up. Your kindness, patience, and genuine care help create a space where people feel welcome, included, and connected. Those small moments you bring each day truly make a difference.

Please know your impact does not go unnoticed. I'm grateful to work alongside you and to see the difference you make in our community.

Thank you for everything you do.
Stephane



EARLY ACCESS PASS

As a volunteer, you get a little perk, first dibs!

Our Early Access Pass gives you priority access to register for upcoming programs, special events, and trips before they open to the general membership. It's our way of saying thank you and making sure you have the chance to enjoy everything The Good Companions has to offer.

Keep an eye on your inbox for Early Access announcements and get ready to grab your spot early, popular programs fill up fast!

Thank you!



VOLUNTEERS IN ACTION: THE IMPACT YOU DON'T ALWAYS SEE

It's easy to think of volunteering as the visible moments, greeting someone at reception, helping set up a room, assisting during a program. And those moments matter.

But your impact goes much deeper than that.

You help someone feel less alone on a day they didn't want to leave the house.

You create consistency in someone's week when everything else feels uncertain.

You turn a program into a community.

For many of the people we serve, The Good Companions isn't just a place to go, it's something they look forward to, something that grounds them. And often, it's the connection with a volunteer that makes that difference.

That kind of impact doesn't always get measured, but it's felt every single day.





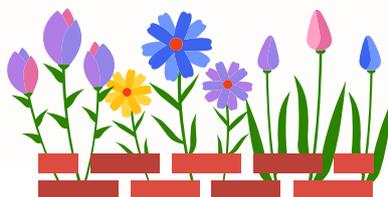
KINDNESS IS KIND OF OUR SUPERPOWER

If there's one thing that defines The Good Companions, it's kindness. Not the big, flashy kind, but the everyday, real-life kind that shows up in a smile, a laugh, a quick check-in, or helping someone feel a little more comfortable walking through the door. It's in the "good morning" at reception. It's in the patience during a busy program. It's in those small, genuine moments that say, "You're welcome here." And the funny thing is, those little moments? They're actually the big ones.

For someone new, that kindness can take away nerves. For someone who comes regularly, it can be the reason they keep coming back. For someone having a tough day, it can completely turn things around. That's the magic of what you do. Kindness builds connection. It creates belonging. It turns a building into a community.

So as we move through a busy spring season, consider this your gentle reminder, you don't have to do anything extraordinary. Just keep being you.

Because the way you show up, with warmth, humour, and care, is exactly what makes this place so special.





CELEBRATING THE HEART OF OUR COMMUNITY: VOLUNTEER APPRECIATION WEEK AT THE GOOD COMPANIONS

From April 20 to 24, The Good Companions will come alive with gratitude as we celebrate Volunteer Appreciation Week, a time dedicated to recognizing the people who truly make our community what it is.

Volunteers are at the heart of everything we do. They are the friendly faces at reception, the helping hands in programs, the drivers, the listeners, the organizers, and the quiet supporters working behind the scenes. Every conversation shared, every task completed, and every moment given adds up to something powerful, a stronger, more connected community where older adults feel seen, supported, and valued.

Throughout the year, our volunteers give generously of their time and energy. They show up not because they have to, but because they care. They bring warmth into our spaces, laughter into our programs, and compassion into everyday interactions. It is this spirit of kindness and generosity that defines The Good Companions.





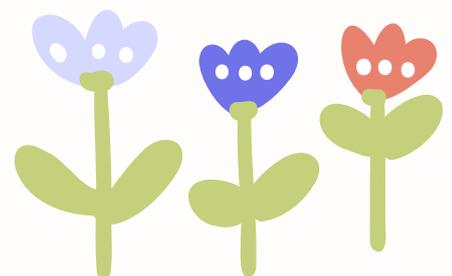
Volunteer Appreciation Week is our chance to pause and celebrate that impact. Across the Centre, you will see and feel expressions of gratitude, from messages of thanks and shared stories to opportunities for members, staff, and fellow volunteers to recognize one another.

This celebration is not just about recognition, it is about connection. It is about reminding one another that small acts of kindness matter, that showing up matters, and that each volunteer plays an important role in shaping the experience of everyone who walks through our doors.

As we celebrate this special week, we also reflect on the deeper meaning of volunteerism. At its core, volunteering is about building relationships, fostering belonging, and creating moments that brighten someone's day. It is about community in its truest form. To all of our volunteers, **thank you.**

Thank you for your time, your compassion, and your unwavering commitment. Thank you for the countless ways you contribute, both seen and unseen. The Good Companions is stronger because of you.

This week, and every week, we celebrate you!





REMINDERS AND UPDATES

Volunteer Onboarding Update:

We're excited to share a refreshed and simplified volunteer onboarding process at The Good Companions. Whether you're brand new or helping someone get started, joining our volunteer community is now clearer, smoother, and more welcoming than ever.

Our goal is simple: make it easy for great people to get involved, feel supported, and start making a difference right away.

Here's what the updated process looks like:

Step 1: Explore Opportunities

Posters will be displayed at the Center and you can also visit our social media or website's volunteer page:

<https://thegoodcompanions.ca/get-involved/volunteer/>

Take a look at the different ways you can get involved. There's something for everyone, whether you enjoy social roles, behind-the-scenes support, or helping at events.

Step 2: Complete the Application

Scroll down the page on our website to find the volunteer application form and submit it online.



REMINDERS AND UPDATES

Step 3: Application Review

Our team reviews applications and connects with applicants based on current needs and role availability. We focus on finding the right fit for both you and the Centre.

Step 4: Meet With Us

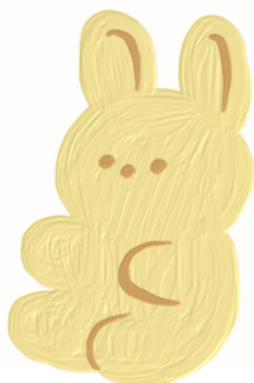
Selected applicants will be invited to connect with us to learn more about the role, ask questions, and ensure it's a good match.

Step 5: Screening Requirements

Some roles require a Police Record Check (Vulnerable Sector Check), completed online through the Ottawa Police Service. We'll guide you through each step and provide any required documentation.

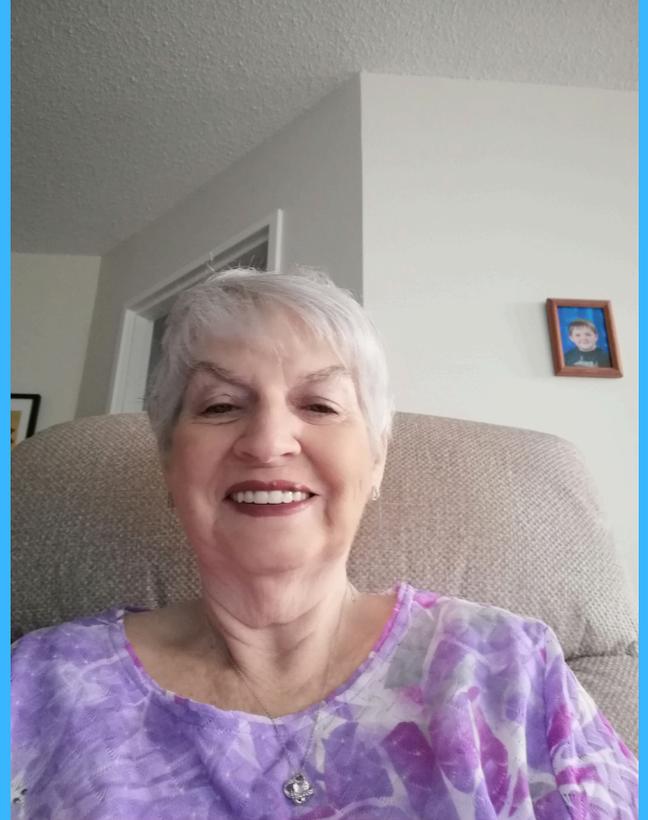
Step 6: Welcome to the Crew

Once everything is complete, you're ready to begin! From your first shift, you'll be part of a vibrant, supportive, and fun volunteer community.





CHEERS TO YOU! BERYL MCKALE

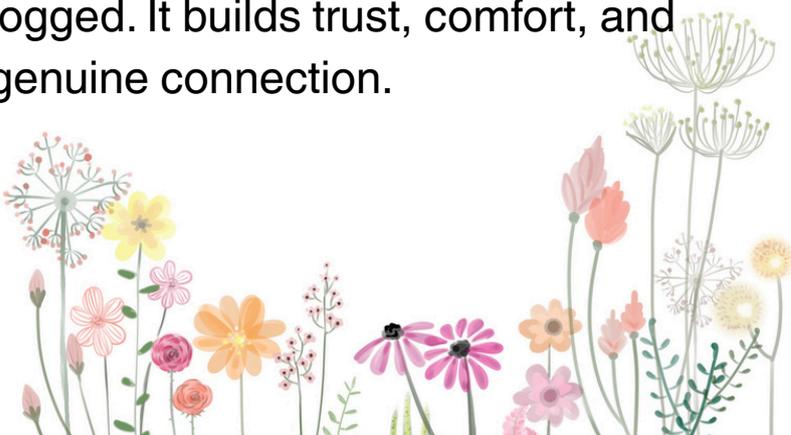


There are some people who become part of a place in such a meaningful way that you simply can't imagine it without them. Beryl McKale is one of those people at The Good Companions.

Beryl began her volunteer journey with the Centre in 2007, and what followed is nothing short of remarkable. For 17 years, she dedicated her Thursdays to the Adult Day Program, offering her time, energy, and heart to support participants. She describes it as the most rewarding and satisfying volunteer role she has ever had, and it's easy to understand why. The impact of that kind of long-term commitment goes far beyond the hours logged. It builds trust, comfort, and genuine connection.

Over the years, Beryl's involvement has grown and evolved. Most recently, she has been a welcoming presence at the second-floor reception desk, helping members feel oriented and at ease.

She continues to bring her warmth and confidence to the Centre by emceeing birthday parties, assisting with program registration, and stepping in wherever she is needed. That kind of flexibility and willingness to help is what keeps a community strong.

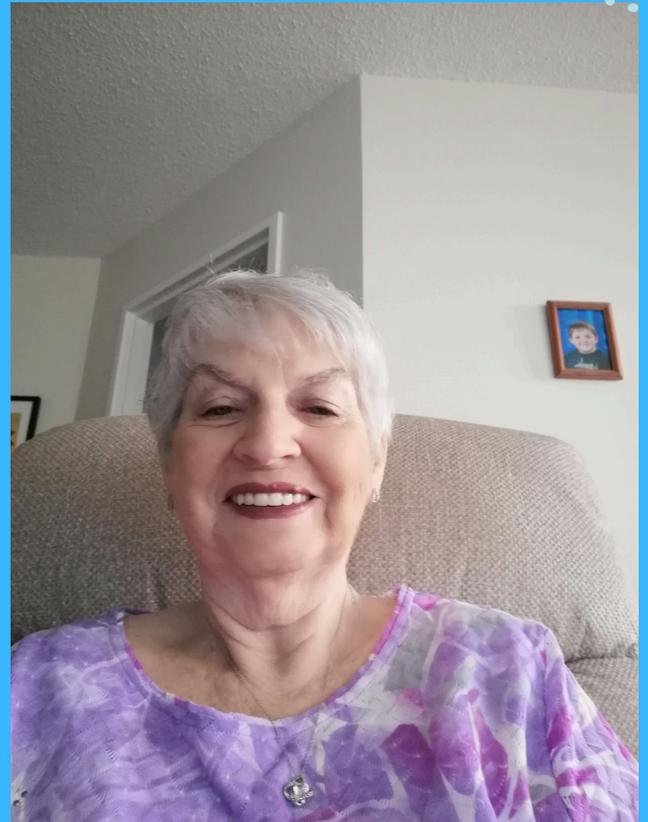




Beryl has also contributed at a leadership level, serving as both a member and President of the Board of Directors. Through this role, she gained a deeper understanding of the Centre's day-to-day operations and played an important part in shaping its direction. Her perspective, both as a volunteer and a leader, reflects a deep commitment to ensuring The Good Companions continues to grow and thrive.

Beyond her contributions, Beryl's story is also one of connection and resilience. Following the loss of her husband, the compassion and care she received from the community helped her through an incredibly difficult time. In turn, she has built lasting friendships and continues to be a source of kindness and support for others.

For Beryl, The Good Companions is more than a place to volunteer. It is a space to connect, to share, and to belong. She speaks to the importance of socializing and how the Centre offers opportunities to meet, talk, and build relationships with members, volunteers,



Her gratitude is simple but powerful. She thanks everyone who contributes to making The Good Companions a welcoming and warm place to spend time. And in many ways, that warmth exists because of people like Beryl.

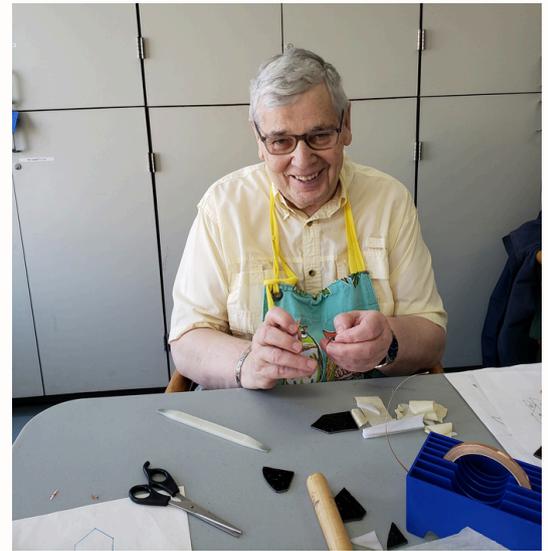
Her story is a beautiful reminder that volunteering is not just about giving. It is also about receiving, growing, and becoming part of something bigger than yourself.



GOOD COMPANIONS, GREAT PEOPLE!



*Thank
you*





GOOD COMPANIONS, GREAT PEOPLE!



*Thank
you*



GOOD COMPANIONS, GREAT PEOPLE!



Thank
you

HELP WANTED!

Special Events Sidekicks – Help us pull off unforgettable events!

Choir Director – Lead our talented group.

Choir Library Assistants – Keep the music flowing and organized.

Repeat Performance Sales Crew – Mondays to 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!

HELP WANTED!

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

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.



HELP WANTED!

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.



From the staff of The Good Companions!