

Empower Me #2 Project (Completed)

- **Project Period:** April 2019 - March 2020
- **Funder:** Employment and Social Development Canada (ESDC)

- **Objectives**

The main objective addressed in Empower Me #2 is "Promoting volunteerism among seniors and other generations". Through increased volunteerism, this project also aims to achieve "greater social participation and inclusion of potentially isolated seniors" in the Korean community.

To promote social participation among seniors in the Korean community who are at risk of

isolation, this project aims to recruit and train ethnic-Korean seniors, over the age of 50 years. Once trained, volunteers will be matched to volunteer positions that match their interests and skills. KCWA has identified 10 community partners that will work with us to take our trained volunteers.

Empower Me #2 will also build on the Phase 1 Empower Me project (2017-18) by identifying 10 senior volunteer leaders. These leaders will receive an additional leadership training to become volunteer peer leaders. These leaders will be given an opportunity to lead a small group of peer volunteers in their respective volunteering activities.

- **Project Impact**

This project seeks to empower seniors to be actively engaged in building their local communities while engaging with other seniors that share their interest in serving.

- **Project Outcome**

- Total 60 seniors registered for Project
- 54 of them completed all training sessions
- 17 senior Peer leaders completed leadership session

- 34 senior participant completed volunteer training session

- Participants engaged in volunteering activities for a total of 2,768 hours at 14 non-profit organization

- 2 leadership sessions, 5 volunteer training sessions, 5 monthly meetings, appreciate Day

- **Progressive Report (KCWA Family and Social Services)**

(KCWA / May 2018 - Mar 2019)



<Leadership Session: 17 senior peer leaders completed leadership session (2 Times / 6 hours)>



<Volunteer training Session :34 Senior participant completed volunteer training session (5 Times / 15 hours)>
<Monthly Meeting: (5 times / 15 hours)>



<Volunteer activities: Totally 2,768 hours contribution (14 non-profit organizations / May 2018 - Mar 2019)>



<Appreciate Day: Feb 8, 2019>

- **Partnership**

- Toronto Milal Mission
- Rose of Sharon
- Care Free Lodge
- North York Senior Centre
- Cummer Lodge
- Good Shepherd Ministry
- Arirang Senior Centre

- Hanca Alzheimer's Association
- Senior Person Living Connected (SPLC)
- St. Peter's Roman Catholic Church
- Korean Dry Cleaner's Association
- Korean Ontario Nurses' Association
- Hong Fook Mental Health Association
- JC Clinic