

## Act Now (Completed)

- **Project Period:** Nov 2019 - March 2020
- **Funder:** Ministry for Seniors and Accessibility (MSAA)



### • Objectives

'Act Now' is a volunteer training program for Korean Seniors over 60 years old

- Recruiting Korean senior citizens and providing education as volunteers
- Matching trained volunteers to community organizations/organizations that suit the interests and abilities of volunteers

### • Project Impact

- Through senior citizens who retire and spend their retirement,
- Sharing seniors' knowledge, experience and talent with the community
- Finding the precious meaning of life and provide the opportunity to realize one's self
- Forming seniors' networking with the community and reducing social isolation
- Specializing senior leaders' group so that seniors continually participate in their volunteer work

### • Project Activities

- Promote volunteer programs for community participation to senior citizens over the age of 60 (target: 20 persons)
- 3 times\*3 hours of training are provided to educate the qualifications and roles of volunteers.

(The significance and importance of volunteering, the qualifications and roles of volunteers, safety rules, communication tips, how to deal with conflict, elderly violence, conflict of interest/ confidentiality, and other essentials to be understood and observed in volunteer activities.)

- Introduce agencies/organizations within the community and inform them of how to participate in volunteer work.
- Train a group of leaders to provide more intensive education (including introduction of various volunteer programs including human rights/ethics/senior abuse)
- Support filling out the volunteer application forms, registration procedures, orientation, and other volunteer support. agencies/organizations should be guided to additional procedures.
- Support continuous volunteer work through regular monthly meetings.

### • Partnership

- Calvary House
- Rose of Sharon
- Korean Canadian Physically Challenged Adults Community
- Arirang Senior Centre
- Korean Canadian Alzheimer's Society
- Good Shepherd Ministries
- North York Senior Centre
- Care Free Lodge (City of Toronto)
- Cummer Lodge (City of Toronto)

- Progressive Report



<Volunteer Training: Dec 4, 11, 18, 2019 / Total 74>



<Monthly Meeting: 3 sessions / 44>



<Peer Leader Training: 2 sessions / 20>



<Ceremony: Mar 11, 2020 / 20>