



Ontario Society of Senior Citizens Organizations  
*La Société des Organisations des Citoyens Aînés de l'Ontario*

## Call for Volunteers for Seniors Advisory Committee May 16 - Nov 11, 2016

Ontario Society of Senior Citizens Organizations (OSSCO) is seeking 4 Volunteers aged 65 and older to join its **Seniors Advisory Committee** from May to November.

The Advisory Committee is involved in helping to develop and organize a 1 day Symposium on *Best Practices to Reduce the Risk of Social Isolation*. Committee members meet every 2 - 3 weeks for approximately 1 hour. They can meet by teleconference or face to face or a combination of meeting activities. The Committee's input and recommendations guides the staff in planning and implementing this Symposium including the format for the day and web based information afterwards.

This Symposium will help seniors and other to learn

- what social isolation is,
- how it affects seniors,
- what they can do to reduce this risk and
- how to access the Symposium information on the website.

Educational workshop sessions provide opportunities for seniors and others to learn about best practices in Ontario. Through Facilitator led discussions, Symposium participants will explore what can be done to reduce the risk of social isolation including: use of technology, roles of elder centres and developing new social network activities such as "meet ups". Knowledge experts and local resources will be shared with the seniors' community.

The Symposium will be videotaped and turned into a 3-part educational series similar in style to "Ted Talks". This approach reaches a broader provincial seniors audience and their families once created. The 3-part educational series will be posted on the OSSCO website to further engage Ontario seniors and their families. DVDs of the educational series will be made available to OSSCO members and seniors groups so that seniors who do not have to computers or online resources, can still benefit from this project.

Interested in volunteering on the Seniors' Advisory Committee?

Contact Elizabeth Macnab, Executive Director at 416-785-8570 or email: [ed@ocscs.ca](mailto:ed@ocscs.ca) outlining your interest and experience.