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## **FOR IMMEDIATE RELEASE**

### **Caledon Open House Connects Older Adults to Volunteering**

**October 25, 2011 – Brampton, ON** – Older adults who live, work or play in the Caledon community attended a Volunteer Open House where they were able to connect with over a dozen community service organizations to learn more about how to share their wisdom and experience and help out their community by volunteering. The event also provided the opportunity for attendees to learn more about Volunteer MBC, the local volunteer centre, and how the centre can be of service in matching individuals with volunteer opportunities across the Peel Region, to include Caledon, Brampton and Mississauga.

Through their Older Adult Volunteer Program, Volunteer MBC has been working with a number of community partners to provide opportunities for older adults, over 55 years of age, to learn about volunteering in the community. The Caledon Volunteer Open House was hosted in partnership with the Caledon Public Library and was held on Monday, October 17 at the Albion-Bolton Community Centre in Bolton.

“Over the next few years, statistics are showing that the Boomer population will continue to rise,” said Carine Strong, Executive Director of Volunteer MBC. “Our Older Adult Volunteer Program provides a tremendous opportunity to promote and support volunteer engagement for older adults by encouraging them to get involved in their community, and to promote the win-win benefits of staying active in their older years.”

Exhibitors and attendees at the event also had the opportunity to receive a few words of encouragement from their local council, “Volunteering is a great way to help someone in keeping their feet grounded and rooted in the community,” said Mayor Marolyn Morrison, Town of Caledon. “It provides the opportunity for individuals to share their knowledge and experience with community service organizations that rely on volunteers and help them to support the delivery of essential programs and services that our community needs. In addition, by volunteering you can gain a new perspective on how you can be of service to others and to truly be part of the community in which you live or work in.”

“We rely on our volunteers to help us deliver the programs and projects that make our community a better place,” said Regional Councillor Patti Foley, Bolton (Ward 5), Town of Caledon who also attended the event. “I’ve heard it said that it’s in giving that we receive. I can think of no situation where this is more true than in volunteering. You broaden your social circles and make new friends, learn new skills and freshen old ones, connect with your community, and go home feeling rewarded and knowing you’ve made a difference in someone’s life.” She further noted, “By volunteering you enrich your own life while bringing us one step closer to being the community we want to be.”

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Volunteer MBC's Older Adult Volunteer Program has been made possible by the generous support of the Community Foundation of Mississauga, the Brampton & Area Community Foundation and through funding by the New Horizons Seniors Program.

Volunteer MBC is a volunteer centre serving the cities of Mississauga and Brampton, and the Town of Caledon. The centre offers a referral and matching service for volunteer placement within the community for all ages. They also provide education and support for volunteers and community service agencies and organizations, and serve the corporate community with various programming services that engage individual and team volunteering. Additionally, the centre strives to be a strong voice to support and promote volunteerism.

Volunteer MBC is a member of the Community Door, which is located at 7700 Hurontario Street, Unit 601, in Brampton. A new Mississauga location will be announced shortly. A satellite location is also planned in Caledon in the future.

For more information about the volunteer centre, and to access their on-line volunteer opportunities database, visit [www.volunteermbc.org](http://www.volunteermbc.org). For more information or questions regarding the Older Adult Volunteer Program, contact [olderadult@volunteermbc.org](mailto:olderadult@volunteermbc.org) or 905.238.2622 ext. 229.

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**Photo Caption:**

Group shot of attendees and exhibitors at the Caledon Volunteer Open House held on October 17, 2011 at the Albion-Bolton Community Centre.