

INDIVIDUAL CATEGORY

The Individual Category recognizes Alberta individuals or couples of any age who provide volunteer services to seniors in Alberta. These volunteers' efforts have a great impact, from serving individual seniors to building communities and support services that improve the lives of many seniors in Alberta.

Terry Balaban - Calmar

Terry is an active volunteer at the Calmar and District Seniors Club. He contributes 25 hours a month performing treasurer duties as part of the board. Terry also helps clean the centre, shovel snow in the winter and set up chairs for functions.

John and Mabel Baxter - Whitecourt

Since 1981, John and Mabel Baxter have entertained the seniors of Spruce View Lodge & Heights, Woodland Villa and Pleasant View Lodge, providing almost 3,500 hours of volunteer service. The couple also assists with programs at Blue Ridge Golden Age Club and Whitecourt Seniors' Circle, where Mabel currently serves as the president.

George Bonkowy - Grimshaw

George has contributed to the Grimshaw community for over 50 years. He is currently the director of the New Horizon Drop In Centre where he organizes events for seniors such as dances, suppers and barbeques. George also fundraises through the Grimshaw Legion which has contributed over \$1 million to various community groups.

Robert Boswell - Big Valley

Robert is involved in a range of volunteer activities in Big Valley. A member since 2010, he is the current president of the Big Valley Historical Society where he has created numerous displays for seniors and the community to enjoy. Robert also fundraises for the local seniors' centre and is a member of the Big Valley Legion and Elks Lodge.

Ajaib Singh Brar - Calgary

Since 2004, Ajaib has volunteered with the INCA Senior Citizens Society, and in 2009 he began volunteering with the INDO-Canadian Athletic Association and the Dashmesh Culture Centre. He has served in many leadership roles and has consistently contributed to the growth and development of the society, promoted the spirit of volunteerism and motivated others to engage in activities and programming.

Ken and Helen Carlson - Westrose

Ken and Helen are a common sight at the Falun Seniors Club. Ken has served as president for the last six years and contributed through his carpentry skills; and Helen calls members to remind them of events and makes coffee for the floor curlers. As a couple, they both fundraise for the group and pitch in to set and clean up after events.

Sau Tim Chan - Calgary

Sau Tim is a dedicated volunteer to the Calgary community and seniors. He has assisted seniors with interpretation services at the Foothills Medical Centre and Peter Lougheed Hospital for many years. At the Calgary Chinese Elderly Citizens' Association, Sau Tim assists seniors with completing tax forms, helps with special events and works the front desk for The Way-In's outreach services.

Kenneth Cherniwchan - Caslan

Kenneth started coming to the William J. Cadzow – Continuing Care Unit in Lac La Biche in August 2014 when his mother became a resident. Almost every day, he is there by 7 am to help his mother and the other residents. He porters the residents to and from meals, and assists with mealtime. Kenneth also visits with residents, accompanies them on walks and helps with their errands.

Gordon Cook - Calgary

Since 1995, Gord has volunteered at the John Howard Society where he helps seniors and others to navigate the criminal justice process. He is an active member of the Elder Statesman Group, which helps seniors find low-income housing. Gord works directly with seniors, and also champions the group's cause at local and provincial events.

Bonnie Crocker - Medicine Hat

Bonnie has spent the past 50 years volunteering. Bonnie's genuine concern for people allows her to listen to each person's story, show compassion and follow through with assisting however she can including fundraising activities, cooking, baking, cleaning, preparing for funerals, driving seniors to doctors appointments or arranging movers for a someone in need.

Gerard and Marie Dubois - Jean-Cote

Gerard and Marie have been active volunteers in the Jean Côté and surrounding community for years. Together they entertain seniors with music at various assisted-living residences in Fahler, Peace River and Grimshaw. The couple also contributes to maintaining the community hall and the local cemetery.

Ernestine Ferris - Daysland

Ernestine has fundraised for the benefit of seniors through many organizations including the Hospital Foundation/Auxiliary, Providence Place, and the Sunbeam Drop-In Centre where she has served as secretary for over 13 years. She also fundraised for a handivan for the Daysland community.

Harvey Garrison - Edmonton

Since January 2015, Harvey has volunteered almost 350 hours of service helping seniors at CapitalCare Dickinsfield. He works in the Tuck Shop, serves as a recreation assistant and porters seniors to podiatry appointments. In addition, Harvey also uses his training in meditation and reiki to offer sessions to help seniors with relaxation.

John Godsman - Strathmore

For the past nine years, John has interviewed seniors and captured their family history and biographies in stories that he published into two books, with his third book expected this year. He has served on the executive of the Happy Gang 50+ Society of Strathmore and John is also a volunteer driver for seniors with Strathmore FCSS Kare Program.

Joy Harper - Redcliff

Caring for seniors and the community in Redcliff and Medicine Hat region, seems to be Joy's calling. She has volunteered with the Medicine Hat Food Bank since 2009 and she also delivers mail and other supplies to mobility-challenged seniors. Joy often drives seniors to medical appointments and ensures that they remain active and involved in the community.

Helen Hartley - Raymond

Helen volunteers in the Raymond community assisting seniors with activities. Since 2006, she has planned special events, visited with seniors at Ridgeview Lodge, and currently serves on the auxiliary board. Helen has contributed 240 hours of volunteer service at the Good Samaritan Society Prairie Ridge supportive living facility helping with activities, feeding and portering the residents.

Don Hickmott - Calmar

Don is an active member of the Calmar and District Seniors Citizen's Club and contributes to activities. He also assists with various maintenance duties and has helped with the direction the club has taken over the past years.

Anna Hutchinson - Wildwood

Anna is a valuable member and volunteer at the Wildwood Seniors' Club. In addition to serving as vice-president, she contributes to their fundraising dinners by donating vegetables and potatoes, cooking and making desserts. Anna's talents with quilting and sewing have beautified the club and provided another way for the members to fundraise through silent auctions.

Judy Kidd - Mayerthorpe

For the past 20 years, Judy has been a volunteer in the Mayerthorpe community. Through her work with the library, she has started several groups including the Heritage Project which helps local lodge residents document their lives to pass down to their families. Judy also initiated the installation of an elevator to the library to increase accessibility.

Timothy Kmiech - Red Deer

Since March 2015, Timothy has portered residents at Extencicare Michener Hill in Red Deer. Dedicating two shifts a week, he is a welcome sight to the seniors and offers smiles and conversation. Timothy is always happy to contribute more time when needed outside his scheduled hours.

Claire Lefebvre - Edmonton

After surviving breast cancer, Claire enthusiastically participated in the development and implementation of the Healing Connections for Breast Cancer program at the Misericordia Community Hospital in Edmonton. Since 2003, the program has provided breast cancer patients, many of whom are seniors, a way to recover through physical and occupational therapy, nutrition and support groups.

Wendy Y. Lickacz - Edmonton

Wendy makes good use of her social work background to assist seniors. She teaches several courses on self-care and mental well-being, and provides counselling services, spiritual guidance and direction to seniors. Wendy also teaches art therapy and provides end-of-life support to seniors.

Vina Locke - Edmonton

Since 1992, Vina has advocated and volunteered with seniors for 25 years. She serves as the special events co-ordinator at the North West Edmonton Seniors Society where she organizes a number of events and outings for seniors to enjoy. Vina also entertains seniors as part of the Calder Cuties musical group at a variety of seniors' residences, hospitals, and care units.

Marie Lowen - Hythe

Marie has volunteered over 3,000 hours of volunteer service assisting seniors at the Hythe Continuing Care Centre since October 1996. She is a certified feeder, qualified palliative care volunteer, provides one-on-one visits and assists with end-of-life care. Marie also helps with the recreation therapy programs and is an active volunteer at the Golden Age Club and Pioneer Home.

Marjorie Lundy - Forestburg

Marjorie has volunteered within her community for over 60 years. Since moving to Big Knife Villa in 2008, she drives seniors to appointments, leads musical and bible study groups, organizes fundraising functions, bakes for seniors at the drop-in centre and plans events for community groups. Marjorie also serves as president of the Villa Residents Club and the Drop-In Center.

Donald McCoy - Milk River

Don has served as President of the Milk River & District Seniors Group since 1998. During this time, he has been an energetic force to sustain the group by organizing fundraisers, volunteers, hall upkeep, planning year-round events for all Milk River citizens, as well as volunteering to drive seniors to medical appointments.

Helena McKenzie - Calgary

Helena has contributed almost 8,000 hours of volunteer service at Calgary's Kerby Centre. She has completed 8,000 tax returns for seniors since March 2003 and has assisted with special events since September 2006. Helena also serves as the centre's receptionist and helps the senior clients visiting the Diana James Wellness Clinic for medical supports.

Jackie Mork - Calgary

For the past seven years, Jackie has taken seniors to appointments through Calgary Seniors Resource Society's Escorted Transportation program. She has provided more than 450 round trips to over 230 seniors. Jackie also assists seniors by helping with grocery shopping and completing tax forms.

Dolores Naumenko - Red Deer

Dolores has visited with seniors at Extencicare Michener Hill and provided monthly entertainment through a singing group since October 2010. She also assists with monthly church services at the Extencicare and Valley Park Manor.

Roy Nystrom - Grimshaw

With over 60 years of volunteer service with the Canadian National Institute for the Blind, Roy utilized his awareness and knowledge to assist seniors at the Stone Brooks Supportive Living Community when he moved there three years ago. Roy's hobby as part of the HAM Radio Club proved helpful to the province when he provided assistance with disaster services during the 2011 Slave Lake fire.

Edward Patry - Athabasca

Edward has volunteered with the Grosmont Community Club for 20 years. Most of those years were as president. Edward organizes activities for seniors, including bingo, barbeques and card parties, and he also fundraises to support these activities.

D.J. Paul - Red Deer

D.J. has volunteered with Extencicare Michener Hill since October 2015. He assists with portering residents to activities or entertainment, and also engages seniors with activities every Thursday night. Still a high school student, D.J. has many years of meaningful volunteer work with seniors ahead of him.

Marie Pearson - Hythe

After retiring from her position of recreation co-ordinator at the Hythe Continuing Care Centre in December 2003, Marie was back as a volunteer the very next month. Logging over 2,200 volunteer hours, she assists with the sewing club, bus outings, bingo and socials. Marie also assists with fundraising to support these activities.

Sewa Singh Premi - Calgary

Sewa works with the South-Asian senior community in Calgary to ensure that language barriers do not affect their access to programs and services. He helps with filling out government forms, getting translated and certified documents, and also providing information workshops to ensure seniors are informed and receiving benefits. Sewa also encourages seniors to participate in multicultural events.

Robert Price - Edmonton

Robert is an active contributing member to the South West Edmonton Seniors Association and the Heritage Seniors Drop-In Centre. He helps out with pancake breakfasts, potlucks and room set up for activities. Robert also has contributed over 400 hours of volunteer service with Seniors United Now since 2014.

Peggy Robinson - Millet

Since the 1980s, Pegg has been involved in the Millet Arts and Crafts Guild which has an all senior membership. She hosts social events, drives seniors when needed, and offers her skills and knowledge to teach and help the other senior members. Pegg has also served as treasurer of the Millet and District Historical Society.

Marcia Roughley - Tofield

Since 2014, Marcia has contributed 140 hours assisting seniors and low-income families to complete income tax returns. She also has given hundreds of hours at the Tofield-Ryley & Area Foodbank, WECAN Food Basket Society, and Meals on Wheels to benefit a significant segment of the local seniors' population.

Marie Routhier - Fort McMurray

Marie is an active volunteer at Fort McMurray's Golden Years Society. She primarily uses her skills to organize and run programming for game days, bocce, cribbage nights, and arranging special dinners for Christmas and Easter. Marie also assists with fundraising and helping seniors complete income tax forms.

Brydon Saunders - Stavelly

Brydon has provided volunteer service within the communities of Stavelly and Claresholm and to individual seniors for the past ten years. His fundraising efforts for Stavelly Golden Age Centre have provided seniors a beautiful patio, repaired benches and a storage shed to enjoy the outdoors. Brydon also serves on the board of Claresholm Food Bank and Transportation Society.

Anne Sawka - Edmonton

Anne has contributed almost 2,300 hours of volunteer service to CapitalCare Dickinfield since 1994. She purchases items for the Tuck Shop, assists the residents and also offers a warm smile and friendly visit. Anne fundraises as part of the Ladies' Auxiliary to support recreational programs to directly improve the lives of the senior residents.

Catherine Schaffner - Castor

The residents of Paintearth Lodge in Castor are fortunate to have Catherine share her musical talents with them over the years. Twice a month, she runs a program called "Sing with Cathy" where she leads a group of 30 residents in song. Catherine formed a choir from the residents that has performed at music festivals for the past eight years. She also delivers for Meals on Wheels.

John Skinner - Mulhurst Bay

John is a great asset to his retirement community of Mulhurst Bay providing many hours of volunteer service. He has been driving seniors to medical appointments since 1998 and served on the board of the Mulhurst Bay Community League. His first aid training has also been an asset for the local bay walkers and adult/senior exercise programs.

Sarah Stanton - Athabasca

Sarah has assisted women in the Seniors Mental Health Day program in Athabasca for the past seven years. She helps with activities, crafts and outings, and is responsive to addressing barriers and ensuring that the seniors are cared for. Outside program hours, Sarah provides companionship, and helps these seniors with cooking, cleaning and shopping for groceries.

Dwayne Stout - McLennan

Dwayne has been a member of the Town of McLennan Council for more than 30 years. He advocates for seniors' voices and concerns to be heard, and he volunteers at many community events including the annual Volunteer Appreciation Night. Dwayne led the efforts to have more accessible doors added to the town's government office and to the municipal library.

Sheila Vilcsak - Lamont

For the past 12 years, Sheila has been an active volunteer with the Lamont Health Care Centre, the Lamont United Church and the Lamont Transportation Committee. She also helps organize the canteen at both the hospital and Beaver Hill Lodge. Sheila also takes seniors to medical appointments, shopping and outings and fundraises for the Hospital Auxiliary.

Harsukhman Viridi - Calgary

Harsukhman has been volunteering with the Heartland Retirement Residence for the past two years. Contributing 400 hours, she plans and organizes crafts and activities designed for seniors' abilities and engages them to participate. Harsukhman also assists by decorating the residence each month, and helping on field trips and celebrations.

Ross Wein - Edmonton

Ross has devoted a decade of his time and efforts to support those with disabilities, including seniors, to access outdoor activities. In 2007 he, along with others, formed the Alberta Abilities Lodges Society to achieve this goal. Over the last two years, Ross has spent 30 hours per week completing a deck and other installations to build an accessible lodge located outside of Leduc which is set to open in 2017.

Wardene Whitford - Lac La Biche

Wardene is an active member of the Lac La Biche Heritage Society Seniors Activity Centre where she assists with activities. She was one of the many volunteers who helped with the Fort McMurray fire evacuation, which affected many seniors. Wardene also donates her baking to help with fundraising for the activity centre.

ORGANIZATION CATEGORY

The Organization Category recognizes Alberta organizations that are not for profit and rely on volunteers to support seniors. Organizations are recognized for the positive impact their volunteer services have to support seniors, locally or provincially, to help them participate in their communities, stay healthy and engaged.

Big Knife Villa Lodge - Forestburg

The Big Knife Villa Lodge opened in 1986 and is a non-profit organization that includes a drop-in centre for the residents. The lodge is a hub of activities for Forestburg and surrounding communities, that hosts events, recreation and other programs for seniors to enjoy.

The Calgary Chinese Elderly Citizens' Association - Calgary

Starting in 1985, the Calgary Chinese Elderly Citizens' Association is a seniors' drop-in centre that offers a range of outreach, social, recreation, education, health supports and programs that empower the Chinese older adult population to live a happy and independent life. The association has almost 2,200 members with 350 volunteers who contributed almost 20,000 hours of service in 2016.

Calmar & District Seniors' Club - Calmar

The Calmar & District Seniors' Club is a place where local seniors can socialize on a regular basis. The club offers foot clinics with a qualified foot care professional, and also plans and provides transportation to outings to the countryside or shopping at West Edmonton Mall.

Carya Society of Calgary - Calgary

Carya Society of Calgary was established in 1910. Throughout its history, Carya has worked with older adults in various ways to ensure the basic needs of the city's most vulnerable citizen are met. Offering 40 programs, they have dedicated more than 100 years of service to creating healthier, more connected communities in Calgary. Carya also establishes partnerships with related organizations to provide enhanced services. In 2016, over 8,200 seniors benefited from their services.

Didsbury and District Seniors Support Services - Didsbury

Since 2000, Didsbury and District Seniors Support Services has provided a range of programs for seniors in the community. Utilizing volunteers, the centre provides services and programs to those who need it, such as rides to medical appointments, filling out income tax and other government forms, housekeeping, companionship and the "Friends n Fun" weekly social program.

Drayton Valley Health Care Auxiliary - Drayton Valley

The Drayton Valley Health Care Auxiliary Association was created in 1959. The Auxiliary fundraises through running a thrift shop and hospital gift shop, rummage sales and other projects to fund items for seniors and the community as a whole. All 49 members are volunteers and they also help with numerous health care initiatives at Drayton Valley Hospital and Care Centre.

F.O.C.U.S on Seniors - Calgary

For the past ten years, F.O.C.U.S on Seniors has been a support to the North of McKnight Communities in Calgary by providing services through a network of volunteers. Now with 100 seniors participating in programs, the group has set up a safe environment to deal with sensitive issues such as financial abuse and social isolation. The group is also a place where seniors can contribute to their community.

Greater Forest Lawn 55+ Society - Calgary

Greater Forest Lawn 55+ Society was established in 1976 and provides a welcoming place for programs, services, outreach and information that enhances the quality of life for older adults. The society has approximately 500 members who participate in activities, programs and special events. In addition, 250 people in the community benefit from services such as housekeeping, snow removal and lawn care, which helps older adults remain in their homes longer.

Linking Generations Society of Alberta - Sherwood Park

Linking Generations Society of Alberta is a registered non-profit organization created in 2004 that provides a structured mentoring program. The purpose of the program is to bring generations together to share knowledge and life experiences and to encourage volunteering and social responsibility in youth. The program helps to ease the loneliness, supports emotional connections and provides the seniors with a sense of contribution to society. The society links six seniors care facilities/residences to either a junior high or high school in Sherwood Park.

Longview and Area Seniors Club - Longview

Since 2015, the Longview and Area Seniors Club has offered bi-weekly social events including dinners, outings, cards, darts, shuffleboard and table tennis; all run and organized by volunteers. In the summer, the club offers potluck dinners in Centennial Park, camping outings and works to beautify Longview Legacy Garden. Recently the group implemented a Meals on Wheels program.

Multicultural Women and Seniors Services Association (MWSSA) - Edmonton

Formed as a registered non-profit charitable organization in 2003, the MWSSA's vision is the successful integration and participation of newcomers to Canadian society. The group has 150 volunteers to provide outreach, one-on-one support, translation, assistance with completing taxes, and a full range of other services and programs.

Westlock Golden Age Club Senior Citizen's Drop-In-Center - Westlock

The Westlock Golden Age Club Senior Citizen's Drop-In Center was established as a society in 1976 and serves the seniors of Westlock and surrounding areas. The club is entirely run by volunteers who organize all club activities, perform kitchen and clean-up duties, routine maintenance and come together for special functions. The centre has 145 members who are all encouraged to participate in all activities including floor curling, pool and card playing games.

ALICE MODIN CATEGORY

The Alice Modin category is in its inaugural year and recognizes an individual Albertan or couple who is 65 years of age or older who has been volunteering in their community for 20 or more years. Their work can actively promote volunteerism among seniors and/or has a provincial impact for seniors.

Ruth Adria - Edmonton

In 1992, Ruth and her husband co-founded the Elder Advocates of Alberta Society. Since then, Ruth has worked to advocate for seniors who seek her help. Ruth provides information, assistance, and advocacy relating to a diverse range of seniors' issues. In January 2017, she succeeded in having ageism added as a discriminating factor to the *Alberta Human Rights Act*.

William Almdal - Stony Plain

Since 1963, Bill has served in many volunteer roles. As the current volunteer director of NeighbourLink in Stony Plain, Bill drives seniors to appointments, helps with moving and fundraises. He also supports community through the Alliance Church by running grief, marriage and spiritual courses.

Jock Archer - Gibbons

Jock has contributed to the community of Gibbons since the early 1970s. He was involved in the creation of the Dew Drop Inn seniors' facility and has served as president of the Gibbons Seniors Twilight Club since 1999. Jock also organizes events including pancake breakfasts and holiday dinners for seniors.

Dorothy Block - Calgary

Dorothy has been a member of the Haysboro Senior Resources Group since its inception in 2000. She has held many committee positions on the board and currently serves as secretary. Dorothy implemented a snow removal/lawn maintenance program for seniors and secured financing for the equipment for the program.

Linda Boudreau-Semaganis - St. Paul

Linda volunteers locally in St. Paul and has served as a designated Provincial Elder at the Alberta Native Friendship Centres Association for over 30 years. She provides traditional teaching, history, support and counselling to the aboriginal community and was recently inducted into the senate of the National Association of Friendship Centres.

Gordon Cook - Calgary

Since 1995, Gord has volunteered at the John Howard Society where he helps seniors and others to navigate the criminal justice process. He is an active member of the Elder Statesman Group, which helps seniors find low-income housing. Gord works directly with seniors, and also champions the group's cause at local and provincial events.

Edouard Desjardins - Hill Spring

Since the 1970s, Edouard has promoted active living in his community for seniors, adults and youth. He fundraised to establish the Cowley Canoe Club and provided equipment and instruction. Edouard also fundraises for needed medical equipment to support seniors and plays music at seniors' homes with his brother on the weekends.

Racille Ellis - Champion

Racille has been a community figure in Champion for over 50 years. She has been a member and part of the executive team of the Champion Pioneer Club since 1962. Racille also contributes to community projects such as historical preservation and serving as the secretary-treasurer of the Communities in Bloom Committee to keep Centennial Park a place for seniors and the community to enjoy.

Jeanette L. Engblom - Winfield

Since 1977, Jeanette has volunteered over 10,000 hours serving seniors in the Winfield community working with health and seniors housing bodies. She drives seniors to appointments, provides home cooked meals, helps with errands and shopping and provides companionship to seniors. Jeanette also has served as a volunteer chaplain, conducting services in seniors' homes and offering end of life support to seniors' families.

Joy Harper - Redcliff

Caring for seniors and the community in Redcliff and Medicine Hat region, seems to be Joy's calling. She has volunteered with the Medicine Hat Food Bank since 2009 and she also delivers mail and other supplies to mobility-challenged seniors. Joy often drives seniors to medical appointments and ensures that they remain active and involved in the community.

Ruth Harrison - Thorsby

Ruth has served as a volunteer board member for over a dozen groups including athletic, community, and environmental organizations. She also helps to organize and works at many community fundraising events and has spearheaded community revitalization initiatives. Since 1979, Ruth has volunteered over 5,000 hours.

Vera Jackson - Ferintosh

Vera has volunteered in the village of Ferintosh for over 60 years. She organized an annual town clean up, participated in community fundraisers and helped to create a village history book. As a founding member of "Friends of Little Beaver Lake," Vera has worked hard to preserve and protect the village's lake and wetlands. Vera is the first to welcome new residents or drop off meals to residents in need.

Marjorie Lundy - Forestburg

Marjorie has volunteered within her community for over 60 years primarily working with youth. Since moving to Big Knife Villa in 2008, she drives seniors to appointments, leads musical and bible study groups, organizes fundraising functions, bakes for seniors at the drop-in centre and plans events for community groups. Marjorie also serves as president of the Villa Residents Club and the Drop-In Center.

Richard Lutz - Spruce Grove

For the past 20 years, Dick has used his leadership and compassion to help those at risk in the community. He has worked with NeighbourLink for 15 years and now serves as Chairman. Dick makes himself available to provide emergency transportation, financial aid, food, housing and assistance. He also volunteers at Meals on Wheels, the Spruce Grove Food Bank, and the Spruce Grove Golden Age Club.

Joyce Nixon - Fort Saskatchewan

Joyce has volunteered in her community since 1995. She helps through the Fort Saskatchewan Ladies Auxiliary twice a week where she works in the gift shop, makes gifts for patients and helps to fundraise. Joyce served as president of the auxiliary for nine years. She also delivers meals to seniors, works with citizens on patrol and cooks for events.

Karen Nordgaard - Bragg Creek

Karen has served the Calgary and Bragg Creek communities for well over 60 years. She has fundraised to support seniors and community health needs to establish a medical and foot clinic. Karen also transports seniors with mobility issues to medical appointments free of charge.

Lucille Partington - Sexsmith

Lucille has been an active volunteer in Sexsmith. She has served on the Doctor Recruitment Committee to secure three doctors for a self-contained health clinic that also provides home visits and after-hour care to benefit seniors. Lucille also volunteers on the Town of Sexsmith FCSS Board to run the Meals on Wheels program and represent seniors' interests.

Reverend Robert T. Pynn - Calgary

Reverend Robert has volunteered in his community since the 1960s. For over 25 years, he has worked through the Board of Trinity Place Foundation of Alberta to help house low-income and homeless seniors. He provides leadership on many committees and boards related to homelessness, elder abuse, poverty and mental health. Robert works as an advocate for seniors and presents at many workshops and conferences to raise awareness on senior-related issues.

Doris Rowledge - Pincher Creek

Doris is a founder of the Care Bears Program, which has provided transportation for seniors since 1988. She served as president of the society, scheduled and co-ordinated drivers and volunteers, and contributed to the day-to-day functions of the organization. As an active member of the United Church and Pincher Creek/Cowley "Roaring Lions", Doris has organized awareness-raising events and contributes many hours to serve seniors and the community.

Teresa Seed - Fort Saskatchewan

Teresa has volunteered for the Ladies Auxiliary at the Fort Saskatchewan General Hospital since 1974. On a weekly basis, Terry works in the auxiliary-run gift shop, visits patients and their families, styles patients' hair and assists with reception duties. Terry also helped fundraise over \$250,000 during her time with the auxiliary and is always happy to help with anything that makes the hospital a better place for seniors.

J. Gregory Steiner - Calgary

Greg has spent 40 years as a community volunteer. In just a few months, he fundraised \$150,000 to contribute to building the Genesis Centre, a recreation building for the Northeast Calgary community. Greg is also involved in advocating for seniors on issues such as social isolation.

Rita Thompson - Olds

Rita has volunteered in the Olds community for over 40 years in many leadership and advocacy roles. As a spokesperson and member of the Olds Community Lifestyles Committee, she helped to ensure residents in the community have access to essential services. Rita helps to lead Olds' Age Friendly Initiative and helps to preserve the town history by working with the Olds Historical Society.

Art Tizzard - Big Valley

Art literally provided the foundation, through donating and hauling dirt, to construct the Big Valley Drop-In Centre for seniors in 1989. He has provided this same service to benefit the community's arena and ball diamonds. Art also participates at the drop-in centre to serve pancakes.

Carole Tkach - Coronation

Logging over 150,000 volunteer hours, Carole has been very busy for the last 47 years contributing to her community. Through her work on several boards, she was involved with building a fully accessible recreation facility, fundraised to purchase equipment for the Coronation Hospital and Care Centre and ensured that the Coronation Memorial Arena was well maintained and received needed upgrades.