Catholic Charities of the Month

Society of Sharing

Society of Sharing: Inner City Volunteers, SOS, provides services to isolated, lonely and frail seniors and adults with physical disabilities. SOS programs focus on single, displaced persons living in Toronto's downtown core yet who still live independently. SOS provides support to enhance their quality of life and extend the length of time they are able to live independently in their own homes. The core of SOS is a volunteer base. They recruit, screen, and match volunteers with clients to provide the best possible service. SOS also provides information and referrals to other agencies in order to help our clients meet their needs. Volunteers monitor seniors' physical well-being, and help reduce isolation and anxiety so as to increase a sense of security. Volunteers travel with seniors to medical appointments or grocery shopping.

10 St. Mary St. - Ste 607 Toronto, ON M4Y 1P9
Phone: (416) 413-0380 x23
Fax: (416) 413-4814
info@societyofsharing.org

Providence Healthcare

At Providence Healthcare, we provide leadership within the healthcare system by helping people access and receive the care they need in the most effective way possible. Providence Hospital offers inpatient and outpatient programs to over 5,000 individuals each year, with a focus on rehabilitation for stroke and neurological conditions; hip fractures; lower limb amputations; and geriatric conditions associated with aging. Our community programs include the Adult Day Program for clients with mild to severe dementia; education; and caregiver support through the Scotiabank Learning Centre. The Cardinal Ambrozic Houses of Providence provides quality long-term care to 288 residents. Providence’s Catholic legacy of compassion and innovation dates back to 1857 when the Sisters of St. Joseph founded the original House of Providence as a refuge for the sick, the poor, the elderly and homeless.

3276 St. Clair Avenue East Toronto, ON M1L 1W1
Phone: (416) 285-3666
Adam House provides refugee claimants with clean and safe living accommodations. The staff at Adam House provide assistance and advice with immigration procedures, primarily to their residents and former residents. They provide referrals to legal services, medical assistance, and community resources. However, Adam House is much more than shelter or the services they provide. Adam House is home. A place where residents find friendship and support--from the staff there and each other. Adam House is also a place where refugee claimants can find hope for their future, as they pray with them through their difficulties, and celebrate their successes. They encourage their clients to contact them for continued support, even after they find permanent homes and move into the community.

Adam House is often looking for small groups of volunteers to prepare their community dinner on Tuesday evenings. The dinner is served at 8pm and they serve approximately 30-40 people. Interested groups could volunteer weekly, monthly or quarterly.

It would be impossible for Adam House to function without a dedicated team of volunteers. They welcome individuals and groups, occasionally or regularly and long-term.

Volunteer opportunities include but are not limited to:

- Grocery Shopping
- Cleaning and Organizing
- Preparing a meal
- Maintenance, Repairs, and Renovations
- Teaching English
- Conversational English
- Interpretation
- Orientation to Canada
- Friend to a newcomer

Please note: individual volunteers are required to fill up an application form, attend an interview, and complete a police check before volunteering. Groups must come from and be acknowledged by a church, school or organization.

Please contact them for more information.

416-538-2836

430 Gladstone Ave. Toronto, ON M6H 3H9 Fax 416-538-8563 info@adamhouse.org
**Get Involved and Make A Difference!**

Milk bags for mats for Africa
Scott Mission/St. Francis Table volunteer
Best Buddies program
Encourage students to donate time at home for small choices and taking money made back to school to donate to cause. i.e. shovel snow, tidy room etc.
Street Patrol/prepare meals to give to the poor. Include messages or personalized messages on lunch bags. Upon return to school have students share experience.
Simple Everyday Acts of Kindness

Spend Time with Grandparents

Our grandparents are an important part of our culture and our history. Spending time with a grandparent is a great way to learn about your heritage, your family history and even about yourself.

You do not have to live nearby to have a strong relationship with grandparents either. A simple phone call or a letter every now and then can be a way to stay in touch, even if you live far away from them. Make time to regularly visit your grandparents or talk to them on the phone. Find a hobby or interest you have in common or just ask them to tell you stories about when they were your age. Call a grandparent on the telephone, just to say "hello." They will be grateful that you thought of them.

Shovel Snow for a Neighbor

Take one day every winter and go door-to-door with your snow shovel, introducing yourself and asking people if you can shovel their walks. You could even involve your family and friends and make it a Holiday tradition. If there is a person in your neighborhood who you know might have a hard time shoveling his or her walk, surprise them, wake up early, and shovel it before they have a chance to. If you cannot do it every time it snows, aim to do it as often as you can. That could be once a week in the winter or once every year. No matter how often, it still counts as an act of kindness.
Volunteers from the Society of Sharing (SOS) have been helping an elderly husband and wife both of whom are blind. They had been initially referred to SOS which was asked to help them with processing their rent cheque, reading mail and helping them with grocery shopping. The wife has been blind since birth and her husband’s sight gradually deteriorated over time until he became legally blind. Both live in a Toronto Housing complex located in downtown Toronto.

Today, an SOS volunteer continues to help this ageing couple with reading their mail and shopping, all under the umbrella of a paying a friendly visit. When their friendly volunteer visitor who also helps them go to their medical appointments was ill herself, she still stayed connected with them by telephone.

Since 1997, Society of Sharing (SOS), a Catholic Charities member agency, has sought to improve the quality of life, and reduce isolation and vulnerability among seniors and adults with disabilities in the community. They have achieved this by providing services and programs with the support of a corps of very active and dedicated volunteers.

The vision of SOS is to ensure that seniors and adults with disabilities are able to live independently and stay connected to their community with our support. Drawing its strength from Catholic Social teaching, SOS believes that seniors and persons with disabilities have a right to live in dignity and with respect. SOS is committed to the effective and compassionate delivery of meaningful services to those in need.

Another SOS volunteer is helping the wife of another couple visit her husband in a Palliative Care Residence. He has only a short time to live as he has been diagnosed with cancer. She is struggling to accept the situation, as he has been everything to her. She describes him as her soul mate. With the support and caring of an SOS volunteer, she can visit with her husband every day.

Activities:

Title: Equity Week By: Senator O’Connor College School

REFLECTION ON ACTIVITY:

Tell of a time when you were recognized and appreciated for being authentic.

Explain the relationship between freedom and responsibility.

Describe the personal qualities and skills that are essential to contribute to the efforts to create a more just society.

Analyze two issues related to social justice and specifically areas of equity and inclusiveness.

What are some of your commitments and responsibilities? Do you believe that you have a responsibility to the greater community especially in areas of life that are challenged by discrimination and exclusion of certain groups of people.

Description: Equity week is comprised of classroom, staff and school wide level activities, which provide opportunities for learning more about the meaning of equity and equitable behaviour in the classroom and greater community. It is meant to be a week of serious education and understanding of those who are not as accepted in the community as others may be. These messages are delivered through music, prayer, reflection, language awareness, lunchtime activities which foster respect and acceptance of expression of one’s self, and displaying to the whole community our commitment to foster acceptance, love and Christian virtue in all our interactions.

Title: Student Workshops: It Takes Courage to Speak Up

REFLECTION ON ACTIVITY:

What barriers stand in your way when you are faced with speaking up against an injustice? In what ways can school communities promote a safer environment so that students may speak up against injustice and inequality?

Description: A group of 10 students who attended Student Voice leadership courses at the Ontario Education Leadership Centre came back to school excited and enthusiastic about passing on what they had learned to their fellow students. They developed four workshops and invited others to participate. The workshop themes of “Group Dynamics”, “Who has the power?”, “Face to Face” and “Social Justice” drew a new audience of 34 students. The Ontario Student Voice philosophy was discussed and students were invited to join future Student Voice meetings and participate in a variety of school events. In this way, a larger group of students discovered that they have a voice and can have an important influence on the school’s culture.

Project Type: Student-Led Teacher-Facilitated

Grade(s) Impacted: 10, 11

School Name: St. Thomas Aquinas SS

School Board: Dufferin-Peel CDSB
**Title: Students Leading Change from within**

**REFLECTION ON ACTIVITY:**

*In Scripture, the earth and creation are created first, and then humans. It takes courage to insist of others and ourselves that we respect all of God's creation. Solidarity means that “loving our neighbour” has cosmic dimensions in an interdependent world. In what ways can you and your school community build a stronger awareness and greater connection to our beautiful green earth and its inhabitants?*

**Description:** This ambitious long-term project is a joint venture between the school, the Town of Innisfil and the Simcoe Muskoka Catholic District School Board. The school uses the town park next door for some of its activities and students proposed improving it by building a running path, planting shade trees, creating an outdoor education centre with benches, native plants and more, and building a soccer field. Students worked with the school’s parent committee to obtain donations from local businesses, to invite the Director of Parks and Recreation to support them and to mobilize the town behind the project. Initial applications for the park project have been approved and, with the help of students, the garden in front of the school has been significantly improved, making it a warm and welcoming place, with two new benches already getting daily use.

**Project Type:** Student-Led Teacher-Facilitated

**School Name:** St. Francis of Assisi E S

**School Board:** Simcoe Muskoka CDSB

**Other ideas to be charitable**

- Bake a cake for the birthday person
- Don’t complain/Stay positive
- Be the eternal optimist of the group
- Recognize the good in others
- Look for the best in the situation
- Leave nice comments on blogs, Twitter, and Facebook
- Stand up for the underdog