

## Highlights of the Thursday, 28 May, 2026, Weekly Meeting

President Maureen, welcomed everyone and Guest Speaker Cheryl Athersych and Guest John Minutillo, to this Thursday 21, May 2026 weekly meeting of the Kiwanis Club of Brantford.



President Maureen called Phil Hoekstra to present the 50/50 Draw with Randy MacKenzie, Dave Lewis, Faye Prince and Leo Vos, holding potential winning tickets. No one found the "Joker" again this week. The "Pot" continues to rise.



President Maureen called Ken McNaughton to come forward as Funmaster.

Ken McNaughton came to the mike and welcomed everyone and said he had decided that based on the season he would talk about Golf Jokes. Ken had us all smiling and laughing. Following are a couple examples from his offering.



- A man is having the round of his life on the golf course when his cell phone rings. It's the hospital calling to say his wife has been in a terrible accident and is on her deathbed. "You need to get here right away," the doctor urges.

The man replies, "Doc, I'm having the game of my life! I just birdied the 8th and I'm two under par. Can you take her details, keep her comfortable, and I'll be there right after the 9th hole?"  
.....!!!

- I had a game so bad that, ""I lost my ball in the ball washer"

Ken Helped us celebrate anniversaries and Birthdays:

### Anniversary of joining the Club (Yrs)

Joanne Murray Joined the Club on 31 May **36 Years** Congratulations!

**Birthdays (March)**      Date  
None

Ken McNaughton moved on and called for Happy Stories

- Ken McNaughton recounted that he, Robin and his Daughter, Maeve had just returned from a wonderful trip to the Maltese Islands. Maeve is finishing up her Articling assignment and will be moving to Toronto shortly
- Crystal Godwaldt thanked all the Kiwanis Volunteers and the Club for participating in the BCHS Foundation inaugural, "Hospital Bed Races". With very poor weather conditions and the last-minute changes to the Gymnasium at Branlyn Community School the enthusiasm of volunteers and contestants were able to create a very successful and fun event, Saturday May 23, 2026.
- Leo Vos noted that he had just returned from an annual trip "Up-North", where he and 25 other Dentists, have enjoyed each others company annually. This year after the three-day trip, Leo came home \$44 up, from card game winnings as a bonus.
- Phil Hoekstra said he had recently attended the Graduation of his 2 granddaughters at which he felt a great deal of Pride.
- Melanie and Pallo Sahota were very pleased that they had participated in an interview by Joshua Wall relating to the Ploughman's Lunch 2026. The Video was posted on our Website and Instagram early last week and has been shared by many of our members giving us great coverage of the event.

President Maureen thanked Ken MacNaughton for his entertaining and fun presentation

President Maureen introduced Cheryl Athersych, on the Zoom connection, saying that our members could see and hear Cheryl in her projected image at the front of the meeting room and, that Cheryl could see a fixed image of the members in our meeting room. Maureen introduced Cheryl Athersych indicating that she worked as a Knowledge Broker for the Ontario Age Friendly Communities Outreach Program. The purpose of this plan is to assess the benefits of Volunteering over a lifespan.

President Maureen asked that we welcome Cheryl Athersych present her conclusions.

Cheryl Athersych thanked our Club for asking her to speak on this subject saying that she would be presenting images to support her comments. The program was established in 2015 and is managed by: "The Centre for Studies in Aging and Health at Providence Care" in partnership with Queen's University. A Validation Meeting with Stakeholders/ Community of Interest (COI) (January/March 2024)



Cheryl said that, by examining many sources of the data since the initial 2025 establishment of the Ontario Age-Friendly Communities Outreach Program, (8) key domains have been identified using the following Methodology.

### 8 Domains of Age-Friendly Communities

<b>Physical Environment</b>	1. Outdoor Spaces & Public Buildings 2. Transportation 3. Housing
<b>Social Environment</b>	4. Social Participation 5. Respect & Social Inclusion 6. Civic Participation & Employment
<b>Personal Well-being</b>	7. Communication & Information 8. Community Support & Health Services

- Literature review (August 2023)
- Stakeholders' interviews (14 in November 2023)
- Validation Meeting with Stakeholders/ Community of Interest (COI) (January/March 2024)

Cheryl presented research on volunteerism from an age-friendly community perspective, highlighting benefits across the lifespan including improved mental and physical health, social connections, and community engagement.

### Volunteers: Essential Resource

- In 2018, almost 12.7 million people volunteered for charities, non-profits and community organizations – accounting for 41% of Canadians aged 15 and older.
- In 2018, Matures (born 1918-45) (40%) and Baby Boomers (born 1946-65) (31%) were top volunteers, each spending 132 hours or more annually on volunteer activities.
- This large, unpaid, informal workforce of caring Canadians is an asset to the volunteer sector and the country, as individuals reach out to help and support friends, neighbours and those most at risk of health complications.

### Impact of Pandemic on Older Volunteers

- 65% organizations reported a shortage of volunteers
- Loss of 30% - 50% of older adult volunteers:

### Where did they go?

- Infection control measures
- Transition to virtual programs
- Personal preferences of older adults






### Community Benefits to Volunteering

- Volunteering increases social capital – which increases trust and networks which binds a community together
- Volunteers improve the quality of life for people by filling in gaps in services and supporting local causes
- In age-friendly communities, volunteers enable intergenerational bonds, which breaks down barriers

### Individual Benefits to Volunteering

Decrease stress levels & depressive symptoms 	<b>Mental &amp; Emotional Health</b>	Gaining knowledge, coping with aging, resilience & respite from caregiving 
Improve psychological stimulation & protect cognitive health 	Bring joy, fulfill needs, self-confidence, self-worth & sense of purpose in life 	Delay progression of Memory Issues & onset of Alzheimer Disease 

### Individual Benefits to Volunteering

Increase physical activity & decreases risk of disability 	<b>Physical Health</b>	Improve pain control 
Improve functional abilities & boost well-being 	Decrease risk of inflammation & risk of hypertension 	Improve quality of life 

### Individual Benefits to Volunteering

Establish social connections & social integration 	<b>Social Health</b>	Support aging in place 
Build meaningful social relationships 	Provide social support & peer support 	Reduce social isolation & loneliness 



## Information from COI on Volunteerism and Older Adults

- There are over 11 million people volunteering in Canada
- Almost half of volunteer hours are performed by Canadians over 55 years old (560 million volunteer hours)
- Older adult volunteers contribute to the Canadian economy to the tune of \$20 billion.

### Volunteer Rate by Age

Age	2018	2023
15-24	52.3% (86 hours)	39.9% (80 hours)
25-34	36.8% (121 hours)	27.9% (86 hours)
35-44	45.8% (106 hours)	35.7% (89 hours)
45-54	41.6% (134 hours)	35.1% (106 hours)
55-64	37.5% (143 hours)	29.8% (133 hours)
65-74	39.2% (183 hours)	30.7% (163 hours)
75+	30.5% (226 hours)	26.5% (181 hours)

Most hours given

## Thank you!

- Cheryl Athersych, Knowledge Broker, Ontario Age Friendly Communities Outreach Program  
[Cheryl.Athersych@queensu.ca](mailto:Cheryl.Athersych@queensu.ca)
- [Volunteering Benefits Infographic](#)
- [Recruitment Strategies Infographic](#)
- [Retention Strategies Infographic](#)

Cheryl Athersych closed her presentation and answered a number of questions from various members.

She was thanked by Randy MacKenzie who informed her that: In recognition of her presentation, we have made a donation to a Charity we like to support. That charity is the Brant Community Healthcare System Foundation. Cheryl was given an enthusiastic round of applause.

President Maureen called for Committee Reports and Announcements:

Joanne Murray, Save the Date Invite a Guest Meeting 25 June 2026

Joanne Murray, 04 June INTERCLUB MEETING - Doug Hunt "55" Journey setting record for Stilt Walking

Ken McNaughton 31 July – 2026 Brantford Golf and Country Club Sign up with Ken.

Leo Vos 07 June -2026 Knights of Columbus, "All you can eat breakfast" 12 Catherine Ave. 9:00AM to 12:00PM Noon

President Maureen, thanked all members and Guest speaker Cheryl Athersych for joining us today.

President Maureen asked If there was anything else for the good of Kiwanis, seeing none, she adjourned the meeting with the ringing of the Bell.

