



AGM

Annual General Meeting
Volunteer Recognition Day & Reception

Monday, May 6, 2019

**William Waters Lounge
Woodsworth College Residence
321 Bloor St. West
(Corner of St. George and Bloor)**

- 1:00pm Registration
- 1:30pm Business Meeting
- 2:00pm Guest Speaker: Professor David C. Evans
Unearthing Zuul, a spectacularly preserved new species of armoured dinosaur from Montana
- 2:45pm Presentation of Volunteer Recognition Pins
- 3:00pm Reception in William Waters Lounge



AGM Lecturer Dr. David C. Evans

Dr. David C. Evans holds the Temerty Chair in Vertebrate Palaeontology and oversees dinosaur research at the Royal Ontario Museum (ROM). He is also an Associate Professor in the Department of Ecology and Evolutionary Biology at U of T, and a Fellow of the Royal Canadian Geographical Society. David is recognized as an authority on the rich dinosaur fossil record of Canada and has over 100 scientific publications to date. David was Lead Curator of the major travelling exhibition *Ultimate Dinosaurs*. He was also the co-creator of the hit TV series *Dino Hunt* on the HISTORY channel.

David's research focuses on the evolution, ecology and diversity of dinosaurs, and their relationship to environmental changes leading up to the end of the Cretaceous extinction event that wiped out the non-avian dinosaurs. His research strives to understand the causes and consequences of mass extinctions in order to better address our contemporary biodiversity crisis. Active in the field, he has participated in expeditions all over the world, including Africa, Mongolia, and Canada, and has helped discover 10 new dinosaur species in the last five years—including the remarkable horned dinosaur *Wendiceratops* from southern Alberta, and the wickedly armored *Zuul* named after the *Ghostbusters* movie monster.

SAA Recognizes the Contributions of Our Volunteers!

The SAA is a volunteer organization and as such, we annually recognize our volunteers for their years of dedication and service at our AGM. Below is a list of this year's recipients:

◆ One Year Pin

Ann Atkinson – Took part in Alumni Reunion.

Vida Ghaem-Maghani – Took part in Nursing Exams.

Louise Beaulieu-Steiner – Took part in Nursing Exams; community representative on the Animal Care Committee (Office of the Vice-President, Research & Innovation).

◆ Five Year Pin

Dianna Craig – Executive Committee; Canadian Perspectives lecture series committee.

Carol Dineen – Took part in Nursing Exams.

◆ Ten Year Recognition

Ihor Prociuk – Ihor has been president of the SAA for the past three years, He also serves as editor of the *SAA News* and has coordinated student tours of the Robarts Library.

Mary Vohryzek – Mary served on the SAA Executive as co-chair of the Senior Alumni Volunteer committee. She also volunteered at the Senior College Centre, the Nursing exams, and Alumni Reunion.

Report on Senior Alumni Volunteer Activity Presented at the SAA AGM and Volunteer Recognition Day May 6, 2019

Joann Rossitter and Bev Coburn
Co-Chairs of Senior Alumni Volunteers (SAV)

Summary of Volunteer Activity

From January 1, 2018 to December 31, 2018, a total of 36 volunteers collectively worked a total of 981 hours, involving 8 projects. The time spent on Executive Committee activities is additional to the above-reported hours. Included are hours spent by SAA volunteers on organizing Canadian Perspectives lectures (300 hours).

Senior College Centre – Members of the SAA helped to staff the reception desk.

Office of the Vice-President, Research & Innovation – Volunteers served on the Animal Care Committee.

Nursing Exams – Volunteers played the role of patients and were examined by U of T Nursing students as part of the Health Assessment Skills Test.

continued on page 3...



Senior Alumni Volunteer Opportunities

One of our objectives is to provide opportunities for senior alumni to serve the University. We hope you will try one of these opportunities.

University Health Network Volunteer Opportunities



Are you retired and/or looking to get involved in something meaningful? Come and volunteer with us at University Health Network, where you can meet new friends and gain a different experience while making a positive difference in someone's life. We have a lot of opportunities in the areas of patient support, clinic or unit support, waiting room support or administrative support across our hospital sites. The programs we would like to highlight are:

- **Hospital Elder Life Program (HELP)** – Volunteers' involvement allows elderly patients to stay physically and mentally active during their time at the hospital through activities, mobility exercises and communication with the healthcare team. This ensures patients receive the best care possible.
- **Engage Program/Creative Arts Program** – Volunteers engage patients through music, art, or crafts primarily in inpatient units. Typically, we are looking for volunteers who play the guitar, flute, violin, erhu, banjo, bandura, clarinet, keyboards and piano, and volunteers who enjoy drawing and sketching or doing crafts such as origami with patients.
- **Waiting Room Program** – Volunteers liaise between families and friends of patients, and the clinical staff. They provide friendly and compassionate support and general assistance to family and friends of patients in waiting rooms, keep staff informed of any questions or concerns of visitors and assist them administratively.
- **Navigator Program** – In their role as Navigators, volunteers are situated at information desks, at entry points of the hospital or near elevators. From there, they greet, direct and escort patients, families, and visitors to different areas of the hospital; ambulatory clinics, inpatient units, waiting rooms or to administrative areas.
- **Healing Beyond the Body (HBB)** – Volunteers contribute to patient care by offering enhanced emotional support and system guidance at every stage of the cancer journey.
- **Inpatient Visiting Program** – Volunteers provide emotional support to patients and their family members in inpatient units, listening to them, engaging them in conversation, games or other activities, reading to them or providing them with reading material.

Contact Ivetka Vasil, 416-603-5800 ext. 2362

http://www.uhn.ca/corporate/ways-help/Volunteering_UHN



Are you 55-80?

The University of Toronto's Psychology Department is looking for volunteers to participate in a variety of aging studies.

To volunteer, you must have at least a grade 11 education and be fluent in English. Participants are paid \$18 per hour.

Contact us for details

Phone: (416) 978-0905 E-mail: adultpool@psych.utoronto.ca
<http://www.psych.utoronto.ca/users/adultpool/>



...Events



U OF T ALUMNI REUNION MAY 29–JUNE 3, 2019

U of T Alumni Reunion is the largest alumni gathering of the year. Come back to campus for fascinating lectures, fun family events, class dinners, and more! With 130+ events, it's the perfect way to catch up with friends, meet new people, and enjoy your alma mater. To register for events, visit the Reunion website:

alumni.utoronto.ca/events-and-programs/alumni-reunion

If you have any questions about Reunion, please contact:

alumni.reunion@utoronto.ca
1-888-738-8876 or 416-978-5881

Don't forget to visit us at the SAA Info Desk!



Participate in a simulated driving experiment aimed at improving road safety!

The goal of this study is to examine whether younger and older drivers differ in terms of their ability to make safe and accurate judgments under more versus less demanding driving conditions.

We are looking for healthy adult volunteers between the ages of 20-35 or 65+ to participate in a research study. You will be asked to complete a driving task in a driving simulator at Toronto Rehab. To learn more or participate, please contact:

Katherine Bak
E-mail: Katherine.Bak@uhn.ca
Phone: (416) 597-3422 x 7803

President's Corner



Well, as they say in show business, *that's a wrap!* The SAA completed another successful year of activities. We will be holding our AGM on May 6, 2019 in the William Waters Lounge, Woodsworth College Residence, 321 Bloor St. West, (Corner of St. George and Bloor). It's just steps away from the St. George TTC stop. Registration starts at 1:00pm. Beyond the regular business of the AGM, it also gives us the opportunity to recognize volunteers who have made long-term volunteer commitments to the University.

And, on top of that, we have a outstanding AGM speaker. See the front page for details.

We must be doing something right because we've had another successful year with our Canadian Perspective (CP) Lecture Series. Despite the awful weather we had when the winter series started in February, many regular subscribers—and a few new ones—braved the snow and cold temperature to listen to some outstanding speakers. The success of the CP series has allowed us to increase our contributions to several of our scholarship funds.

The SAA began in 1976 and since then our volunteers have contributed thousands of hours to many projects. To create a permanent memorial of their past (and ongoing) efforts, the SAA executive has funded a bench in the U of T Landmark Project. This project will transform the historic core of the St. George campus. We thought the SAA should be part of that project.

Olga Klenova, who has been our administrative assistant for two years and a part-time U of T student, has decided to "...finish my 13-year BA..." and pursue other academic and career interests. We'll miss her. Along with other staff in Alumni Relations, she has been an invaluable asset to our continued operations.

Ihor Prociuk, president, SAA
ihor.prociuk@utoronto.ca



The Senior College Centre (SCC), University of Toronto, is looking for volunteers to be at the Centre weekdays for the following time-slots:

Mondays	9:00am-12:30pm and 12:30pm-4:00pm
Tuesdays	9:00am-12:30pm
Wednesdays	9:00am-12:30pm and 12:30pm-4:00pm
Thursdays	9:00am-12:30pm
Fridays	9:00am-12:30pm and 12:30pm-4:00pm

SCC is located at 256 McCaul Street, Suite 412, and serves retired faculty, librarians and senior administrators from the University of Toronto.

Responsibilities may include greeting visitors, answering questions, making coffee/tea, word processing, and other duties in support of the Centre. If you think you can volunteer for one or more of the time slots mentioned above, please contact:

Vennese Croasdaile
Administrator, Senior College
(416) 978-7553 / senior.college@utoronto.ca
<https://seniorcollege.utoronto.ca/>

Report on Senior Alumni Volunteer Activity

...continued from front page

Robarts Tours – Volunteers provided tours of Robarts Library to new students and high school students. This is a longstanding project.

Soldiers' Tower Memorial Room – Volunteers staffed the Memorial Room Museum inside the Soldiers' Tower, handed out programs and provided information to audience members at the carillon recitals.

Alumni Reunion – Volunteers welcomed guests and gave information on time and location of Reunion events. The volunteers who were stationed at the Senior Alumni table promoted activities the SAA.

Other Volunteer Activities within the SAA

Canadian Perspectives Lectures (CP Planning Committee)

Canadian Perspectives Lectures is a separate program from SAV. Volunteers run a lecture series every winter, spring and fall (for a total of 29 lectures). Tasks involve contacting and booking speakers, chairing each lecture, and helping on-site during lectures.

Executive Committee

The Executive Committee plans, coordinates and oversees SAA activities, in accordance with the SAA Constitution and Bylaws. Volunteer hours pertaining to Executive Committee activities should not be counted on this report. The Executive meets 9 times per year plus the Annual General Meeting.

Other Volunteer Activities Beyond the SAA

The SAA is contacted by organizations seeking volunteers for research studies. Our criteria stipulate that the sponsoring organization must be connected to University of Toronto. We have advertised their research studies either by way of placing notices in the *Senior Alumni News*, by including flyers when we mail to our members, or by posting notices on our web site. Volunteers are typically asked to contact the organizations directly.

In 2018, we distributed notices on behalf of the following offices and organizations:

Movement Disorder Unit at Toronto Western Hospital, looking for healthy volunteers for brain imaging research, to help in understanding Parkinson's disease.

University Health Network looking for volunteers at its hospitals.

University Health Network Research Volunteer Pool at Toronto Rehab needs volunteers for the data base for research studies.

St. Michael's Hospital and U of T seeking healthy participants for driving simulator studies aimed at understanding how brain disorders affect driving ability.

The University of Toronto's Psychology Department looking for volunteers to participate in a variety of aging studies.

“Quotable Quotes”

You build on failure. You use it as a stepping stone. Close the door on the past. You don't try to forget the mistakes, but you don't dwell on it. You don't let it have any of your energy, or any of your time, or any of your space.

Johnny Cash, singer and songwriter

Blessed are those who can give without remembering and take without forgetting.

Elizabeth Bibesco, writer

If you don't know where you've been, how do you know where you're going?

[This is a series of occasional articles dipping into the history of the SAA. Our archivist, Wendy Talfourd-Jones, suggested an article from the September 2007 issue of the *Senior Alumni News*. The author of the article below, *On Being Senior Alumni*, Bev Coburn, currently serves as co-chair of the Senior Alumni Volunteer committee. Way to go Bev!—Ihor Prociuk, editor, *SAA News*]

The following is an excerpt from the booklet "*Senior Alumni in Action at U of T*" published by the SAA in 1986.

The SAA owes its origin, inspiration and early development to the drive and determination of one man—Wilson Abernethy. See him first in 1975 striding up the steps of Alumni House on Willcocks Street to talk over his stimulating proposal with then Director of Alumni Affairs, Bert Pinnington. Wilson was tall, well over six feet, with white hair and steady blue eyes that missed nothing.

Then in his 77th year, Wilson wanted to bring retired U of T graduates back to campus. By that time he himself was retired for several years and knew that people's energy, work ability and intellectual drive did not dissolve at the 65th year. He had, since his

own retirement, established a small but successful business made up of vintage experts who were advising others on the techniques required to set up their own companies. In addition, they helped existing companies to solve problems.

Wilson graduated from engineering in 1923. Although his career in heavy industry took him as far as Brazil in the early years, he always kept strong ties with his alma mater. Returning to Canada, he served as secretary to his class until his death in 1981. In retirement, his experience of seniors was positive. He knew them through his own small business, and in his work with the Ontario Advisory Council on Senior Citizens. His total experience with seniors convinced Wilson Abernethy that retired U of T graduates had a profound contribution to make to their university.

On campus once more, they would volunteer their skills and at the same time would be enriched through renewed contact with Canada's leading university. The plan had never been tried before. When Wilson talked to Bert Pinnington and the Assistant Director, Bill Gleberzon, they saw the wisdom of his scheme immediately. They placed at his disposal the facilities of Alumni House with its staff for printing, mailing and general administration services.

Page 4

Senior Alumni News

September 2007

On Being Senior Alumni

Senior has been defined in many ways, people over 55 years of age, wise elders, people not fit to work, people who are waiting to die, elders with wasted potential, people in their elective years. What we are is greatly influenced by which definition we choose. We cannot help aging but we can choose the kind of senior we are. Our Senior Alumni are a very privileged group of people. Most have worked hard and the combination of privilege and hard work has resulted in healthy, educated, financially comfortable people who support their families, travel, and contribute financially and through service. Many of us are not computer literate but we have experience in problem solving, teaching both formally and informally, and networking. We have completed the developmental task of childhood and adulthood but still have to work on the developmental tasks of old age. Life seems to come in three periods: we prepare to work; we work; we apply our experience to enrich our lives.



Most of us have retired, find the children have left home and that we can direct our energies toward things we previously wanted to do but felt we never had the time. To be fulfilled most of us feel the need to contribute. We do this in many ways. Able seniors help less able seniors, we continue our own education so

that progress will not pass us by and we create in many ways. We serve our families, our communities and volunteer organizations. As our physical energies decline we still can write, paint, carve, build and create memories and donate to the causes we choose.

This group of Senior Alumni is a fascinating group of people from many walks of life who choose to stay alive physically and mentally and contribute by supporting the arts and scientific development. The volunteer activities advertised in our newsletter are only one way we can continue the active lives we had prior to retirement. Retirement offers us the changes we choose and the opportunity to give back for the privileges we have enjoyed.

Bev Coburn

THE SENIOR ALUMNI ASSOCIATION

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