

## Additional Virtual Community Involvement Activities

### **Canadian Cancer Society.**

Earn more than 40 hours towards your high school diploma signed by the Join us in the fight for cancer!

[https://docs.google.com/forms/d/e/1FAIpQLSf8z429-IHvapQ6xZF7Pj\\_6RtatJYJQwnJYvzfnm-T-OY\\_4kg/viewform](https://docs.google.com/forms/d/e/1FAIpQLSf8z429-IHvapQ6xZF7Pj_6RtatJYJQwnJYvzfnm-T-OY_4kg/viewform)

### **Cyber Seniors**

<https://cyberseniors.org/volunteers/>



Cyber-Seniors is an intergenerational program that trains young people to be tech mentors for senior citizens. The ability to use online communication applications to stay connected is vital for older adults and other vulnerable people. Helping a senior learn to use transactional websites to order groceries, pharmaceuticals, food delivery, etc., makes an enormous difference in allowing them to remain self-sufficient from the safety of their home.

In the best of times, digital literacy can be life-altering; in times like these, it can be life-saving.

Cyber-Seniors is currently looking for Virtual Tech Mentors for 1:1 sessions with older adults in need. If interested, please visit <https://cyberseniors.org/volunteers/> to register today!

### **Bridging the Generation Gap**

<https://www.bridgingthegenerationalgap.com/>

#### **Online Based Activities**

Volunteers will have the opportunity to develop meaningful connections with seniors through digital activities such as:

friendly conversations, storytelling, playing musical instruments, leading art groups, anything else you are passionate about!

All of these were thought of with the intention of looking out for the mental health of Canadian seniors.

#### **Pen Pal and Card Creation Program**

If you would like to volunteer on a tight schedule, our pen pal and card creation program might be the choice for you.

The main goal is to write letters or create nice cards for members of the long term care facilities and seniors in local neighbourhoods to help promote a sense of normalcy in these uncertain times.

You could write a poem, a simple paragraph, or even draw. The possibilities are endless. Your dedicated time will help brighten the day of those in need



Time Commitment: At least twice a week for two hours each day

Location: Remote/Work from Home

#### About Us

Senior Persons Living Connected (SPLC) is a not-for-profit, charitable organization. SPLC's basket of services, programs and healthcare support complex and wide-ranging social and health needs of diverse individuals and their caregivers. People can access supports that are tailored to the individual, including: geriatric services, addictions and mental health services, care management and coordination, in-home supports, transportation, exercise and active living classes, health and wellness education and clinics.

#### Position Summary

This volunteer will be assisting clients via phone with their technology needs.

#### Position Description

- Teach and assist our senior clients how to use computers, iPads and smart phones by providing detailed explanations about computer applications, smart phone functions, and more.

To learn more about our organization, please visit us at [www.splc.ca](http://www.splc.ca).

#### How to apply:

Go to our website <https://www.splc.ca/volunteer> to download a Volunteer application form or pick one up from our front desk. Submit the completed application to [lydia@splc.ca](mailto:lydia@splc.ca)

For more information, contact:

Lydia Li, Volunteer Coordinator

Senior Persons Living Connected

3333 Finch Ave East, Scarborough, M1W 2R9

E-mail: [lydia@splc.ca](mailto:lydia@splc.ca)

Phone: 416-490-2966

#### CONTACT INFORMATION

- [SPLC \(Senior Persons Living Connected\)](http://www.splc.ca)  
[www.splc.ca](http://www.splc.ca)  
[lydia@splc.ca](mailto:lydia@splc.ca)  
416-493-3333

Neighbourhood Network:

<https://neighbourhoodnetwork.org/volunteer/>

Sparks Ontario <https://www.sparkontario.ca/search/site>

<https://www.sparkontario.ca/org/cyber-seniors-connecting-generations-42140>

## Cyber-Seniors: Connecting Generations

Cyber-Seniors trains youth to become tech mentors who can teach seniors on a one-to-one basis to help them acquire tech skills.