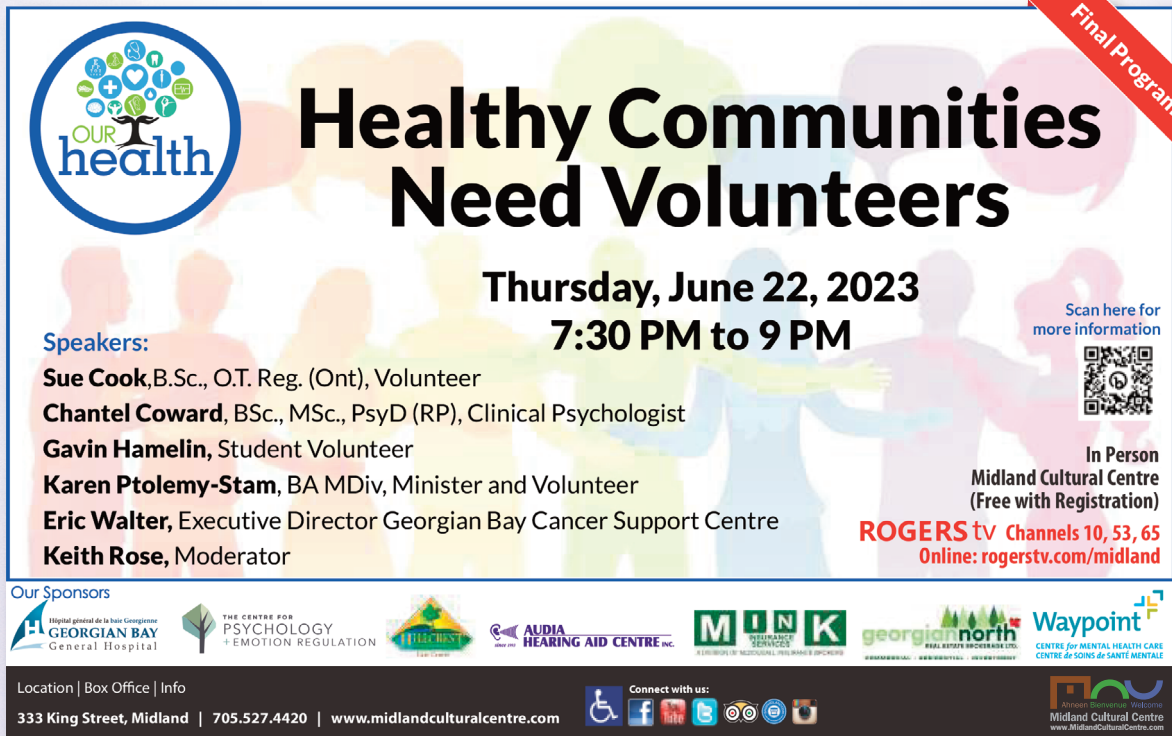


Please join us on
Thursday, June 22, 2023 for our final event



The poster features a central graphic of diverse human silhouettes in various colors (blue, green, orange, pink) against a light background. The text is overlaid on this graphic. A red diagonal banner in the top right corner reads 'Final Program'. The 'OUR health' logo is in the top left. A QR code is on the right side. The bottom of the poster lists sponsors and contact information.

OUR health

Healthy Communities Need Volunteers

**Thursday, June 22, 2023
7:30 PM to 9 PM**


Speakers:
Sue Cook, B.Sc., O.T. Reg. (Ont), Volunteer
Chantel Coward, B.Sc., M.Sc., PsyD (RP), Clinical Psychologist
Gavin Hamelin, Student Volunteer
Karen Ptolemy-Stam, BA MDiv, Minister and Volunteer
Eric Walter, Executive Director Georgian Bay Cancer Support Centre
Keith Rose, Moderator

Scan here for more information



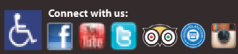
In Person
Midland Cultural Centre
(Free with Registration)
ROGERS tv Channels 10, 53, 65
Online: rogerstv.com/midland

Our Sponsors



Location | Box Office | Info
333 King Street, Midland | 705.527.4420 | www.midlandculturalcentre.com

Connect with us:



Midland Cultural Centre
www.MidlandCulturalCentre.com

**Join us in celebrating VOLUNTEERS whose time,
energy and skills contribute to healthier communities.**

Are there personal benefits associated with volunteering?

Why are volunteers vital to the success of Non-Profit Organizations?

Our Professional Speakers, Chantel Coward, Registered Psychotherapist and Eric Walter, Executive Director at Georgian Bay Cancer Support Centre who have a wealth of experience and knowledge will respond to these questions and others.

Sue Cook, Occupational Therapist, Gavin Hamelin, Student and Karen Ptolemy-Stam, Minister represent the volunteers in our communities. Each has provided hours of their time and energy to a variety of community organizations and causes.

Their passions include: The Arts, Mental and Spiritual Health, Housing, Reliable Food Supply, Sport Activities, Youth Programs, School Activities and Service Clubs.

Their stories are inspiring. The leadership and desire to give back provide all of us with a healthier community in which to live.

After seven successful years of delivering health educational programs to our community, this will be our final program. It has been a privilege to bring these presentations to our viewers.

Please join us for this our last evening of learning and celebration!

This event will be held in-person at the Midland Cultural Centre with Free admission [Register](#) and will be broadcast on Rogers TV throughout Simcoe County (Channels 53, 65 and 10). The program will also be streamed free of charge, live and into the future at [YouTube online](#)

BIOGRAPHIES OF OUR SPEAKERS



For **SUE COOK** volunteering has always played a significant role in her life, donating her time to many professional, community, and international projects over the years.

Sue led a team of 40 Rotarians to St. Lucia to deliver 300 wheelchairs and help deliver clothing and educational supplies to orphanages. She continues to volunteer with

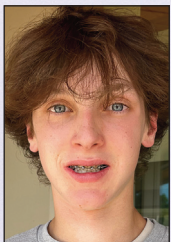
many organizations and wishes she had time to add more. Sue is an occupational therapist and owner of Abilities Rehabilitation and Counselling Services, established in 1999. Her company won provincial recognition in 2020 when they won Rehabilitation Company of the Year presented by the Ontario Brain Injury Association. Prior to founding her rehabilitation firm, Sue worked at what is now the Waypoint Centre for Mental Health.



CHANTEL COWARD is the owner and Clinical Director of “Chantel Coward & Associates.” With over twenty years of experience in the mental health field, Chantel leads a dedicated and highly trained multidisciplinary team.

Chantel has the pleasure of

collaborating with individuals, couples, and families across the life span. As a clinician, Chantel supports the therapy process through cultivating a safe, non-judgmental space that encourages a therapeutic relationship to co-create goals that have meaning and value to her client's life journey.



GAVIN HAMELIN is a 15 year old student at St. Theresa's High School. He enjoys being active and playing sports, especially hockey and track and field. Gavin keeps busy as an older brother to his two younger siblings and his job at Midland Golf

and Country Club. Volunteering in his high school and community is important and he is continuing this whenever he can. He has been involved with Big Brothers Big Sisters, Town of Penetanguishene events, and Penetang Minor Hockey as a volunteer.



KAREN PTOLEMY-STAM is the minister at St. Paul's United Church in Midland where she has served for twelve years. St. Paul's has over 125 volunteers whose volunteer work is multi-faceted. To name some of their work, volunteers make coffee, feed

the hungry, visit and/or phone people who are isolated, provide funeral luncheons as well as

bereavement care, advocates for the vulnerable and has sponsored many refugees. Karen has served in Peterborough, Fenelon Falls and Belleville where she was the minister for the Deaf and chaplain at Sir James Whitney School for the Deaf. She volunteers at the church, the hospital and the Midland Cultural Centre. She has a degree in Philosophy and a three year Masters of Divinity from Queen's University. She loves to hike, bike, sail, and garden.



ERIC WALTER is the Executive Director of Penetanguishene's Georgian Bay Cancer Support Centre. Prior to joining the GBCSC he spent nearly a decade in the Niagara Region managing a team of over 50 employees and volunteers operating the fitness

facilities and recreation programs at Brock University. Following the completion of his Masters degree from Niagara's Goodman School of Business, Eric relocated to his wife's hometown of Midland where they live with their young children aged 5, 3, and 11 months.

As the ED of North Simcoe's only local cancer

support centre Eric works with a team of staff and volunteers to provide programming and services for people impacted by cancer that are often not available elsewhere locally. In addition to relying heavily on a team of volunteers to facilitate a positive experience for every person who walks through the doors at the GBCSC, each year the organization works with upwards of 60 volunteers to run events, carry out fundraising initiatives, raise awareness in the community, and help to maintain the centre. Currently, Eric is working with a passionate group of volunteers to rebuild the GBCSC's volunteer program, which was largely rendered inactive as a result of the Covid-19 pandemic.



KEITH ROSE: Moderator

Keith Rose has spearheaded the Our Health program since its inception in 2016. He moderates individual events and chairs the Advisory Committee.

He is a retired physician who was a family doctor in Midland in the 70's. He returned to Toronto for specialty

training in anesthesia and held academic, clinical and administrative positions at St. Michael's Hospital, North York General and Sunnybrook Health Sciences Centre.

Post retirement (2013), he relocated to Midland with his wife, Fran. Their favorite pastimes include gardening and visits with their grandsons.

ADVISORY COMMITTEE MEMBERS

Keith Rose, Larry Arnold, Sandra Boucher, Ted Chivers, Laurene Hilderley, Kathy Wolfer
Special thanks to Sandra Boucher for organizing this program.

REFERENCES

Mayo clinic: Helping People, Changing Lives: Three Health Benefits of Volunteering:

<https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/3-health-benefits-of-volunteering>

World vision: The Endless Benefits of Volunteering

[benefits-of-volunteering](#)

Volunteer Vibe: Volunteering for your mental health

<https://blog.volunteer.ca/volunteering-for-your-mental-health/>

To access the videos and brochures for past events, please go to the “Our Health” website at:

www.midlandculturalcentre.com/ourhealth