



Happy Holidays from DCO! Enjoy our new look with our new banner to symbolize the interconnectivity of our member centres, because in partnership we are all stronger.

December 2014

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The Health Benefits of Volunteering Among Older Adults

There is a very interesting body of research that looks at the relationship between volunteering and health. Older adults in particular seem to benefit health-wise, perhaps because they are more prone to illness or perhaps it is because volunteering provides them with physical and social activities that give them a sense of purpose at a time when their social roles are changing. [Read more.](#)



Police Record Check in the Works

The Government of Ontario has committed to legislation that will standardize the release of information from police record checks. The legislation is expected to be tabled in spring 2015, as confirmed by Nasir Naqvi, Minister of Community Safety and Correctional Services, at a meeting of civil society, business, and police organizations. [Read more.](#)



Nunavut Kamatsiaqtut Member Centre Help Line Moves To Full Time Service

As it moves into its 25th year, the Nunavut Kamatsiaqtut Help Line is celebrating more than its silver anniversary. Since 1990, the help line has been available to people in Canada's northern region for five hours a day, but on December 15, 2014, the help line made a significant move to a 24/7



7th Annual Spirit of Volunteerism Recognition

At DCO, it's important to us that we recognize and acknowledge our volunteers because their roles are vital to the success of our member centres and to the quality of life for many in their communities. This month we continue our series highlighting some of the nominees for the 2014 Spirit of Volunteerism



availability. [Read more.](#)

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Focus On Bullying: DCO's Latest Webinar Series

The latest Learning Forums webinar is tailored to helpline call responders who may handle calls from someone who has been bullied or a family member who is concerned about bullying. Webinar participants gained a perspective on each of these three roles: the bullied, the bully, and the bystander, and what help could be provided to each of them. [Read more.](#)



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Upcoming Events and Centre News

DCO offices will be closed for the holiday season, December 23 – January 9 inclusive



Upcoming Learning Forums Videos:

December: Seeds of Self Care
January: Sexual Assault & Disclosure Support
February: Human Trafficking: A Community Response
March: Bullying

DCO 2015 Spring Conference
March 26–27, 2015
(tentative)

Please [email us](#) to share your centre's news and upcoming events in e-News & Views.

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Recognition. Here is what some of the nominees had to say about their volunteer recognition... [Read more.](#)

Thanks and Happy Holidays to all in the DCO Family!

In appreciation and to say thank you to all the staff, volunteers, and supporters of DCO and our member centres, we are happy to share with you the [Falls Avenue Resorts Preferred Partner Program.](#)



If you and your friends or family are interested in visiting Niagara Falls, the program offers exclusive water park and hotel packages for you to enjoy the attractions and sights. [Click here](#) for the Falls Avenue Resorts Preferred Partner Program and enter the corporate code on the poster to make your reservation.

Upcoming Meetings

ONTX Steering Committee

Bi-weekly starting
January 8, 2015

ONTX Working Group

Weekly on Fridays
January 9, 16, 23, 30

Education Committee

January 22
February 26
March 26

Board of Directors

January 14 – teleconference
March 11 – in person



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