

Board of Directors: The Good Companions

The Good Companions, a mission-driven non-profit multi-service seniors' centre located in the heart of Ottawa, has been dedicated to enhancing the well-being, independence, and zest for life of seniors and adults with physical disabilities for 70 years. As a pioneer in the sector, we offer a comprehensive range of social, recreational, educational, and volunteer activities, along with essential social and health services. Our programming includes in-person options such as recreation, language and craft classes, a dining room with daily meals, and specialized programs for seniors facing frailty or disabilities. We also provide virtual initiatives, including the "Seniors' Centre Without Walls" telephone program, designed to reduce isolation and foster continuous learning and meaningful conversation. As we approach our 70th anniversary in 2025, we are looking for passionate, visionary individuals to help drive innovation and shape the future of our organization. Join us in advancing our mission to empower older adults, strengthen community engagement, and build upon our legacy of support and care.

The Good Companions is expanding its values-driven Board of Directors and seeks individuals who are committed to supporting our mission in the years ahead. With our 70th anniversary on the horizon, this is an exciting opportunity to be part of a transformational process in the seniors' services sector. Our current board is diverse, with members from various backgrounds, age ranges, and life stages, including those who are retired, actively volunteering, or mid-career professionals.

We currently have a particular need for the following areas of expertise:

- Human resources
- Planned giving, fundraising, and fund development
- Accounting, finance, and law

Experience in seniors' services, healthcare or property development is also highly valued. If you are a forward-thinking leader passionate about making an impact and eager to help shape the future of our organization, we invite you to join our board and contribute to this exciting new chapter.

Ready to Join?

If you're interested in becoming a board member, please email ffuertes@thegoodcompanions.ca to express your interest. We encourage you to include a summary of your experiences, background, and values, highlighting how you believe you can contribute meaningfully to both The Good Companions Centre and the Board. Applications will be accepted until April 11, 2025, at 12:00 p.m.

and will be reviewed by the Board's Nominating Committee.

Please note that the expected time commitment is a minimum of 3 hours per month.

For more information about The Good Companions, please visit www.thegoodcompanions.ca.