



Volunteer Edition

“There is none so generous as he who has so little to give” – Anonymous

Christina O’Neil
Executive Director



Resident Spotlight Loris Jordan

Loris Jordan, beloved resident at Unitarian House since 2012, has a knack for making the world seem like a better place because of her presence. When with her, you know you have her full attention. Even our staff dog, Cody, calms down when he sits at her feet. Of course, her life isn’t just about listening, it’s equally about action. Physically petite, Loris lifts well above her weight.



Born 1927, in Victoria, BC, into a close-knit family, Loris spent summers nearby at the house her grandparents built after losing everything in the Great Depression. Upscale today, Brentwood Bay then was for the poor,

and Loris’s family shared with those most in need. Seven-year old Loris, seeing the effect of being poor, vowed that for the rest of her life she would work to help the less fortunate.

Lifelong volunteering began at Oak Bay High School in Victoria, when Loris led a Red Cross door-to-door drive to collect silver paper, from cigarette packages, for the war effort. After high school, Loris and her best friend from grade school, Joy, trained as nurses and went on to work at Victoria Veterans Hospital. The two pledged to travel the world together so saved every cent toward that end. Within eight months they had enough to set out on their first trip. Taking a bus to Los Angeles where they boarded a freighter, they headed for South Africa via the Panama Canal, memorably climbing down a rope ladder for a swim. Arriving in Cape Town, they were met by Loris’s aunt and her chauffeur who drove them the 200 miles to O’Kiep copper mining town in Namaqualand at the edge of the Kalahari desert. Loris and Joy worked as nurses at the mine, where Loris met her future husband, Tedd, who was mine Superintendent. Marriage would have to wait since Joy and Loris had a pact that if one got sidetracked she would pay the other’s way home. A year later, the young women decided to head homeward but needed more money so found work at the private Lady Dudley Nursing Home in Johannesburg. Loris got engaged when Tedd visited and took them all on an unforgettable tour that included Kruger Park and Victoria Falls.

Passage home was up the east coast, via the Suez Canal, across the Mediterranean to Italy, overland by train and by boat across the Channel to London, where they had a two-week layover



at Christmastime. Luckily, Loris and Joy were hired for ten days, at two-for-the-price-of-one, as special duty nurses for a woman in a posh nursing home in Bath. Joy then set off to work in Edinburgh, Loris sailed for Canada, and Tedd came back to Victoria for the wedding.

The couple headed back to South Africa on a voyage made miserable by morning sickness, which marked the beginning of a new chapter. Isla and Wynne were born in South Africa in 1952 and 1954. Loris flatly refused to remain there, finding apartheid repugnant. Returning to Canada, Tedd found work in Manitowadge, northern Ontario, where Marcia and Denise were born in 1955 and 1956. Next, on to Ottawa, for Tedd's permanent job at Energy, Mines and Resources, where Robbi and Adrienne were born in 1958 and 1962. Says Loris, her six wonderful daughters were the best investment she ever made.

Once Adrienne started school, after a stint in real estate, 50 year-old Loris updated her qualifications and served in psychiatric nursing at the Royal Ottawa Hospital part-time for the next 25 years. This allowed time for more travel adventures with Tedd, until his death in 1989. Volunteering continued. At various times Loris served on the boards of Red Pine Camp, the Peace and Environmental Resource Centre, the executive of Project Ploughshares, founded Nurses for Social Responsibility, her Church grannies group to support AIDS orphans in Africa, served for 15 years on the multifaith Inner City Ministries, walking the streets to distribute food, blankets and warm clothing to street people, and is currently an active member of Ottawa Raging Grannies. There is more, but you get the picture. Loris believes she has simply been very fortunate by virtue of her place of birth, her family and her faith. I say, walking angel. By Jan Glyde, March 2018. For more detail, see our Memories Book.

Jan Glyde
Unitarian House Resident

“Volunteering is the ultimate exercise in democracy ... when you volunteer you vote every day about the kind of community you want to live in.” – Anonymous

The following residents have agreed to share what their volunteer experiences have meant to them.

Brian Castledine

When Brian started volunteering 7 years ago driving the van to take residents shopping he, and his wife Sandy, were living near Wakefield, QC.

After moving into UH in 2014 Brian volunteered managing the UH Happy Hour bar for the next 4 years. During that time, he was recruited to the Board of Governors, and Chair of the Property Committee.



Why did Brian start volunteering? He responded that knowing little about UH he felt volunteering was the best way to learn more, and it is! He gained knowledge of, and appreciation for, UH administration, staff, activities and levels of care. Brian was particularly impressed with the number of resident and external volunteers involved. In the 3 years volunteering prior to moving in, Brian soon knew many residents by name and their views on living at UH. Their positive attitudes and experiences helped Brian and Sandy decide it was a good fit. Brian feels he has gained a greater insight into the philosophy of social action and affordable housing issues. He also feels he has more insight and awareness of individuals with physical and/or mental challenges.

When asked if he could sum up his volunteering experience in a word, the answer was 'WELCOMING'

Janice Durston



"Fantastic" is how Janice describes her volunteering. Four years before becoming a UH resident in 2016, Janice started one-to-one visits with people on the 2nd floor. Once she moved in she added quite an extensive list of activities: helping at BBQs, Fall

Fair, front desk, serving at special event teas, assisting with the meditation group, leading the adult colouring sessions and driving people to medical appointments. Janice appreciates that UH is relatively small compared to other facilities and has a home-like atmosphere. An acknowledged introvert, Janice values the combination of living in her own independent apartment yet able to participate in various activities when she feels like it. Having the option of moving to the 2nd floor as she ages is also a great comfort to her.

Janice says she has gained a real sense of satisfaction and joy being a volunteer. She particularly appreciates the feedback she gets from helping the residents. Unitarian House is a "good fit for me".

Lynn Collins

'Joy' is what Lynn gains from being a volunteer. She started at UH learning to drive the van for Tuesday morning shopping trips and serving at the Happy Hour bar. Since moving into UH in late 2015 she has expanded her activities by serving at birthday teas, tuck shop duties, skit club staging, and assisting in several Fall Fair areas. In March she agreed to be Co-Manager of Happy Hour.



Lynn says she has gained a deep sense of satisfaction in being able to care for people in this community and is grateful for the opportunity to show caring in action. Originally from England with no immediate family here, living at UH, and volunteering, gives Lynn a real feeling of family and security.

Consider being a part of a vibrant community of seniors and giving back to your community!

If you are interested in volunteering please contact **Lynda Gauthier Activity Coordinator** at lgauthier@unitarianhouse.ca or call 613-722-6690 Ext. 224

Be a team volunteer with the Events Program! No specific skills required, just an interest in creating, planning, organizing and yes, having fun! Please contact **Elizabeth Beamer** at eabott@magma.ca

From time to time there are vacancies on the Board and on its Standing Committees. Persons with experience in Finance, Property Management, Elder Care and Special Events Planning, and Fundraising would be an asset.

If you are interested in volunteering on the Board of Governors or on a Standing Committee please contact **Christina O'Neil Executive Director** at coneil@unitarianhouse.ca or call 613-722-6690 Ext. 228

You are cordially invited to our Annual Fundraising Dinner with guest speaker Anne Raina!

Anne Raina is the youngest of ten children. Her father and seven of her siblings spent years in the Royal Ottawa Sanatorium (the San) for the treatment of tuberculosis. Her father and her eldest and youngest brothers died of the disease. Her sister, Clara, entered the San in 1939 at age twelve and she was discharged for the final time in 1952 at age twenty-six.

Anne worked for many years in the public and not-for-profit sectors. She was a senior executive with a national disability organization



when struck with numerous autoimmune disorders herself.

Although previously published in magazines and newspapers, she published her first book, *Clara's Rib*, in November 2010 and to date 3600 copies have sold. She was awarded the Canadian Lung Association's 2014 *Heather Crowe Award* for raising awareness about lung health. She is in high demand as a speaker at medical and other conferences, schools, libraries and a wide variety of community groups and societies.

In 2015 she published two children's books – *The Kangaroo With The Wooden Shoe* and *Things That Go SPLAT!* In 2016 she published *The Kangaroo With The Wooden Shoe – Book Two* and *Things That Go Where They Shouldn't*. She is currently working on her mother's biography for publication.

Her daughter, Kelly Anne, lives in Ottawa. Her son, Mark, lives in Perth and her stepson, Stefan, lives in Austin Texas. Anne and her husband, Grant Cameron, reside in Ottawa and treasure time spent at their cottage on Black Lake, near Perth.

Please join us Tuesday May 8th
Price \$130.00 (Tax Receipt for \$100)
RSVP by April 27th 2018
reception@unitarianhouse.ca

Spring Quilt Raffle

This year's Quilt was constructed by Janet Comerford. Janet belongs to 2 guilds in North Bay and has quilted for 15 years making 30 quilts. This quilt was made on a long arm machine by Cottage Quilter in Corbeil Ontario. All fabrics are 100% cotton and have been pre-washed, including the flannel backing.



Purchase your tickets at reception!
The winning ticket will be drawn at the
Fundraising Dinner on May 8th!

Unitarian House of Ottawa "We call it home"

Thank you to the following contributors of this issue: Christina O'Neil, Jan Glyde, Alice Bushe, Elizabeth Beamer, Anne Raina & Jessica Veysey.

About Us is published twice each year with a Spring/Summer issue and a Fall/Winter edition. These two newsletters keep friends of Unitarian House informed of the ongoing activities and needs of our home.

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