

Volunteer of the Year Awards 2020

As those of you who attended our 2019 AGM will remember, we re-named the Ottawa Branch Volunteer of the Year award and we now give out the award in honour of the late **Stephen Troy**, our past president.

Usually, we celebrate our award recipients in-person at our AGM with lots of fanfare. This year, due to the pandemic, things will be quite different, but we still want to recognize our award recipients publicly and to make sure that you are aware of their amazing contributions to the Branch.

The 2020 Ottawa Branch **Stephen Troy Volunteer of the Year Award** recipients are: **Hélène Buteau** and **Shelagh Tuddenham**.



Hélène Buteau co-recipient of the 2020 Ottawa Branch Stephen Troy Volunteer of the Year Award.

Hélène Buteau retired from Service Canada in 2011 and joined the Association the next year. She became an active volunteer with Ottawa Branch after participating in one of our financial literacy workshops in 2018. The workshop she attended was in our boardroom downstairs. Hélène was so motivated by the value of the workshop; she came upstairs into our office during a break and offered us her wonderful skills and expertise, particularly in project management. She has been volunteering with us ever since.

Hélène is currently co-Vice-President of our Advocacy Committee. She also serves on the Membership and Services Committee and she is the official recorder at our Board Meetings. Hélène has also been the co-leader of many Registration Desk Teams at our AGMs and other large events. She has prepared innumerable project milestone and project management charts for our work and she has also proudly represented Ottawa Branch at member recruitment booths all over town, including the National Arts Centre.

Hélène has been a Toastmaster since 1989 and she achieved the level of **Distinguished Toastmaster** in 2014. Sometimes, Ottawa Branch has to share Hélène with Toastmasters International, her art classes and her adored grandchildren, but it is a price we are very willing to pay.

Shelagh Tuddenham joined us in 2009, the same year she retired from the Public Service. In 2013, she began volunteering with our Branch Community Liaison Committee that forges strong connections with local seniors' organizations. Shelagh represented our Branch on the *Health Issues Committee* at the Council on Aging, who awarded her the **Celebrating Seniors Award** in 2018 for her contributions to improving the lives of seniors. Recently, Shelagh has represented us on the *Caregiver Support Strategy Working Group* that is developing an *Eastern Ontario Caregivers Strategy* led by United Way Eastern Ontario, the Champlain Dementia Network, and the Champlain Community Support Network.

Since March 2015, Shelagh has been Branch Coordinator for the *Neighbours Helping Neighbours (NHN) Program* that was developed by the Victorian Order of Nurses to educate seniors about the need for respite care for primary caregivers and to encourage individuals to provide this respite. Shelagh has direct experience with caregiving and its challenges, since she has been the caregiver for both her spouse and mother. Shelagh and a strong team of volunteer facilitators (Darlene Charman, Lucie Delorme, Mary March, Patricia Marsden-Dole, Vinni Sahni, Terry Sing and Hélène Valin) deliver NHN workshops in Ottawa and the Ottawa Valley. Together with trainer, Rob Wilkins they also train other facilitators. Shelagh and the team raise awareness about NHN in the community and were invited by the Ottawa Public Library to participate in a podcast on NHN that is on the Library's website at:

<https://bibliooottawalibrary.ca/en/storybook/aging%20well%20together/caregivers>.



Shelagh Tuddenham co-recipient of the 2020 Ottawa Branch Stephen Troy Volunteer of the Year Award.