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Greetings from Gwen

Thanks to your generosity, care and commitment, we continue to make a meaningful difference with our clients & their families.

Whether you give of your time, share our mission or engage indirectly - YOU are a valuable asset to our volunteer team.

On January 28th we had our 2nd annual Volunteer Potluck. A lot of great food, conversation and fun was had. This is definitely be repeated again - rumours for a summer BBQ were heard - stay tuned!

Our volunteer team (past & present) is 43! Our 2026 goal is to grow our team by 15. Our client roster (past & present) has reached 73, with a goal to grow by 20 new clients in 2026.

These numbers can ONLY happen with the dedication of the Nav-CARE committee, the SWDPC board & YOU!!

Thank you with my whole heart!



Not everyone has time to visit a client, however, they may be willing to share Nav-CARE with those in their networks and circles.

Ambassadors could include: working professionals, politicians, stay at home parents, retired folks etc.

Ambassadors are an excellent way to share information with a wider audience.

Who do you know that would be an amazing ambassador? We are more than happy to follow up on any leads and/or have our contact information shared.

Conversation Starter Ideas

Questions to kick off conversation:

- What is one of the best things that has happened to you?
- What is a piece of advice you'd like to give people/family?
- What is your favourite food/beverage/colour/flower?
- Do you have a favourite holiday or tradition?
- Tell me about your son/daughter/family/parents etc?
- Tell me about one of your happiest moments.

Connecting over shared experiences:

- I enjoy shopping at (insert store name). Do you enjoy shopping there?
- I played (sport) in school. What sport did you like to play or watch?
- When I was a little kid, I used to ride my bike a lot. Did you like riding a bike?



Visitation Care Kits

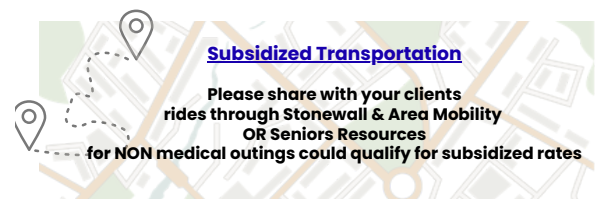
Nav-CARE was fortunate to receive funding from Age Friendly Stonewall/Rockwood to curate and test a series of activities geared to clients with various neurological concerns.

These items are now available for you to borrow and use for your client visits. Each of the 15+ pieces were purchased with intention and our clients in mind.

The goal is to provide some tools for your use during your visits. Items can be "checked out" for up to 3 weeks at a time.

Along with the distribution of this newsletter is a listing of items available, and how to arrange checkout.

We are excited to be offered this pilot project in our catchment. Your participation and feedback will be valuable.



Upcoming Events

- **March 17th**
 - St Patrick's Day 
- **March 20th**
 - First day of Spring!! 
- **April**
 - Let No One Be Alone Tea Party
- **May**
 - Hike for SWDPC fundraiser
 - SWDPC Annual General Meeting
 - Camp Stepping Stone