

It's SOV time! Nomination packages for the 2016 Spirit of Volunteerism have been sent to all member centres. If you need additional copies of the Nomination Guide, the nomination and/or consent forms, or the tip sheet, email jgrigsby@dcontario.org.

January 2016

DCO Learning Forums: Fall Webinar on Neurological Disorders Part Two - Conditions and Resources

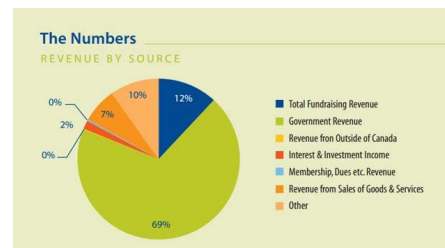
Continuing with last month's feature on DCO's fall webinar about neurological disorders and epilepsy, part two highlights Alzheimer's disease, cerebral palsy, Parkinson's disease, and resources for people who support those with a neurological condition.

[Read more...](#)



2015 Charitable Statistics

Across all sectors, the charitable environment is becoming more complex and requires dexterity and creativity in order to respond to the increasing pressure to raise more funds. In this article, we focus on the big picture and key issues that face charitable organizations in Canada. Snapshots related to 2015 National Health Charities and the Social Service sector provide emerging trends to be considered in planning for the months and years ahead.



[Read more...](#)

Debbie Bonselaar Remembered

It is with great sadness that we share the news of the passing of our friend and former DCO Board Member, Debbie Bonselaar. Debbie passed, encircled by the love of her family, on December 14th, 2015. Many of us had the pleasure of Debbie's company at conferences and board meetings for many years and always felt enriched by her very canny understanding of human nature and her caring and supportive spirit. Debbie brought joy and humor to all our lives.

[Read more...](#)



3 Strategies to Build Engaged, Energized, and Innovative Teams

The link between greater employee engagement and better organizational performance is now widely accepted. Yet we often hear leaders and managers lament the low levels of engagement that exist in their work environments. Many seek ways of turning this around. They want to find ways to generate positive energy, spark innovative thinking, and create engaged workplaces where people are driven to perform and succeed. The question is, how to do this?



[Read more...](#)

The Financial Cost of Suicide

According to the Centre for Suicide Prevention, the economic burden of suicide affects everyone in society, but some people have trouble with the idea of placing a monetary value on suicide and suicidal behaviours, finding the research uncomfortable, insensitive or unethical. Despite the discomfort, suicide comes with major costs, some tangible and some intangible.



[Read more...](#)

8th Annual Spirit of Volunteerism Recognition

DCO is proud of the dedication and commitment of all the volunteers who are the backbone of our member centres. This year the nomination process recognized 16 shining examples of the Spirit of Volunteerism. In previous issues we highlighted our recipients and the first eight of our nominees. This month, we are pleased to highlight these additional three nominees for the 2015 SOV who were acknowledged at a reception and dinner held to celebrate our 8th Annual Spirit of Volunteerism nominees and recipients.



[Read more...](#)

DCO 2016 Upcoming Events and Schedule of Meetings

SOV Nomination Deadline

March 28

SOV Selection Committee

April 4

National Volunteer Week

April 10 - 18

Board of Directors Meetings

April 13

June 22

October 19



Education Committee Meetings

February 25

March 24

April 28

Finance Committee Meeting

March 7

Governance Committee Meeting

TBA

ONTX Steering Committee Meeting

January 26

Upcoming Learning Forums Videos

January: A Focus on Anxiety

February: Hoarding or Collecting

March: Obsessive Compulsive Disorder

News from our Member Centres

London Distress Centre

Defeat Depression Walk & Talk

Saturday, February 27th

Registration at 9:00 am, walk at 10:00 am

Location: Victoria Park (509 Clarence St) - London, ON



Join our team, the London Defeat Depression Crusaders, for a Walk & Talk for Mental Health. The day will include a short walk downtown followed by post-walk festivities (indoors!), including food, fun, and a guest speaker. Proceeds from this year's event are going to the London and District Distress Centre. Help us spread awareness about mental health issues and de-stigmatize mental illness!

Distress Centre Ottawa and Region

Save the Date for Chocolate!

The **9th Annual Chocolate Affair Gala** to support Distress Centre Ottawa & Region is scheduled for April 28th, 2016. Tickets go on sale January 15th, 2016. Contact Leslie Scott at 613-238-1089 x 222 or lscott@dcottawa.on.ca. More details coming soon.

Please **email** us to share your centre's news and upcoming events in *e-News & Views*.



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