

## **BCAHA 2016 Leadership Forum Presenter: Cindy Bertrand**

Here is information requested by participants who attended the closing breakfast presentation by Cindy Bertrand.

### Books

In this moment - Five steps to transcending stress using mindfulness and neuroscience.

The top five regrets of the dying.

Final gifts.

Some of the benefits as taken from the website for volunteers

Studies show that Volunteering provides many health benefits:

- Reduces depression, often as a result of feeling more connected and less isolated
- Helps develop support systems protecting against stress during challenging times
- Lessens symptoms of chronic pain or heart disease
- Renews creativity, motivation and vision that carries over into personal and professional life
- Helps us stay physically healthy at any age, especially beneficial for older adults

### Benefits to Your community

- Your community can benefit from your talents skills and perspectives
- You can improve the lives of your neighbors and community members
- You can improve the environment where you live
- You can share your experiences and culture with those around you
- You can address community issues or needs
- You can join neighbors in creating a more inclusive community through engagement and participation
- Volunteering is a form of citizenship participation essential to a successful democratic society