

**2010 Outstanding Calgary Seniors Awards  
NOMINATION FORM  
Calgary Chapter Alberta Association on Gerontology**

Awarded to Calgary seniors (age 65+) based upon accomplishments achieved while a resident of Canada after reaching the age of 65 years. All nominations will be reviewed by a panel of seniors. **Awards will be presented at the Calgary Dream Centre, 4510 Macleod Trail SW on Saturday, June 12<sup>th</sup>, 2010 at 1:00 p.m.**

Please print.

**Nominee:**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Province: \_\_\_\_\_

Postal Code: \_\_\_\_\_ Phone: \_\_\_\_\_

Age: \_\_\_\_\_

**Please choose only one of the following categories (see page 3 for a full description):**

- Active Living**
- Arts**
- Caregiving**
- Leadership**
- Volunteerism**
- General**

If an individual is nominated in more than one category, the Planning Committee for the Outstanding Calgary Seniors Awards reserves the right to determine the most appropriate category.

**Nominator:**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Province: \_\_\_\_\_

Postal Code: \_\_\_\_\_ Phone: \_\_\_\_\_

**Description of Accomplishments:**

Include a description of nominee’s accomplishments **while a resident of Canada since reaching the age of 65 years**. Describe how the nominee has demonstrated leadership or initiative, and how the community has benefited from his or her activities. Please limit this to a maximum of two pages, as **only the first two pages will be considered**. Please print or type, if possible.

**Note:** Other supporting information may be submitted to a maximum of 3 pages. Please do not submit photographs. Documents will not be returned to the sender. **Please do not include information about accomplishments prior to reaching age 65, as it will not be considered.**

**Signature of Nominee:**

**The nominee must sign in the space provided for the nomination to be considered. All information will be treated as confidential and materials submitted will be destroyed after the event.**

In signing below, I certify that I agree to let my name stand for the nomination. Information provided on this application will be used to determine the recipients of the *Outstanding Calgary Seniors Awards* and is subject to the disclosure rules set forth in the Freedom of Information and Protection of Privacy Act, Section 33(c). If selected for an award, I consent to releasing the information included in this nomination for media news releases and articles. If selected for an award, I also consent to being contacted by the media for interviews about the award. I reserve the right to refuse any media interview.

\_\_\_\_\_  
Signature of nominated individual

\_\_\_\_\_  
Date

Send completed nominations to:  
**Calgary Chapter Alberta Association of Gerontology  
Outstanding Calgary Seniors’ Awards  
PO Box 46011, RPO Inglewood, Calgary, AB T2G 4M7  
Fax: (403) 287-3143**

Nominations must be received by **Friday, April 23, 2010**.



## Award Categories

### **Active Living**

This category includes accomplishments in the field of sports, gardening, recreation, education/learning, and other active living initiatives. The accomplishments may be personal (e.g. winning the Alberta Seniors Games, learning to golf after age 65 years), or have supported active living in the community (e.g. organizing events, being an ongoing judge in a competition, instructing an activity).

### **Arts**

The arts include visual and performing arts, literary arts, and other artistic endeavors. The accomplishments of the individual may be entirely personal (e.g. learning a new medium after age 65), or on a broader perspective (e.g. sharing talents with other seniors, winning competitions in the field, teaching).

### **Caregiving**

Many seniors are busy caring for their spouse or other family members including children, grandchildren and siblings. Many seniors care for other seniors who are their friends. Caregiving often happens on an informal basis. In some instances, the caregiving activity may be on a more formal basis (e.g. organizing a support group).

### **Leadership**

Leadership often means inspiring other people; having a vision and demonstrating great passion for achieving the vision. Leaders often support others in developing their strengths and skills. Leaders may be involved in organizations in their community (e.g. schools, sporting programs). Some individuals may be members of their community associations, representing the seniors in their communities or may be members of the Boards of Directors of non-profit organizations.

### **Volunteerism**

Many seniors volunteer with a wide range of organizations and frequently are volunteering for several different organizations at the same time. Often their volunteer work began after the age of 65 years when perhaps they had retired and/or had more free time. Seniors may be volunteering with children, youth, individuals with disabilities, or to support other seniors in the community. Consideration will ONLY be given to volunteer work accomplished since the individual has reached age 65.

### **General**

This may include a wide range of activities which do not fit into the other award categories and are quite unique (e.g. international volunteering after reaching the age of 65 years). The individual may have undertaken some form of advocacy work to improve the lives of seniors or other individuals. The nominee may have been very active in initiatives to protect the environment or in the political realm. There are many accomplishments that could be considered in this broad category.