

## Mountain resident to help destitute elderly in Ghana

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Recent McMaster University graduate Danielle McIssac will be leaving for Ghana next Friday to work with destitute seniors for six months as part of the Help the Aged International Youth Internship Program.

Help the Aged (Canada) is the only charity in Canada dedicated exclusively to assisting elderly people living in poverty in Canada and the developing world. Its development programs focus on primary health care, agricultural development and emergency assistance.

“I’ve wanted to work in international development and health for a very long time,” Ms. McIssac said. “This is a good stepping stone to do that.

While in Ghana, McIssac will be researching policies on aging and pursuing possible funding opportunities that support needy elderly. She will be promoting a healthy lifestyle for the elderly and contributing to the incorporation of healthy lifestyle education into HelpAge Ghana programs.

“Part of it involves advocating for elderly rights,” said McIssac. “And part of it is educating the elderly about poverty, their finances and health.”

McIssac finished a Bachelor of Arts in Science in Nursing in April at McMaster University and is now a registered nurse. Originally from Vancouver, McIssac has lived in Hamilton for over 20 years and has been an active member of the community. She has volunteered at local soup kitchens and libraries. She says her experience working with the elderly and in nursing will be a great resource to her.

“My education has prepared me to look not only at health, but its impact socially and economically,” said McIssac.

While in Ghana, McIssac will be open-minded about other people and their culture, and she hopes to learn how to adjust to living in a developing country.

“I’m excited to have the opportunity to learn about different cultures, their traditions and their language,” said McIssac. “I’ll also learn what it’s truly like to be living in a developing world.”



Danielle McIssac will help elderly people in Ghana as part of the Help the Aged International Youth Internship Program.

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