



Lakeridge Health Applauds You!

National Volunteer Week 2020

A Message from Spiritual and Religious Care:

We want to wish you a very happy and healthy **National Volunteer Week**, April 19-25, 2020! What strange times we are living in, that we are not able to give you a hug for all that you do to make the patients, families and staff's experience here at Lakeridge Health so much better. But, as it is often said...this too shall pass. In the meantime, please consider this message as a **virtual hug** for you with much gratitude!

As I have been pondering this message to you, the word that kept coming to mind was 'community'. You are a community of volunteers that enhance the community here at Lakeridge Health and together we are one. Henri Nouwen, a Dutch Priest and Theologian said of community:

“...community is first of all a quality of the heart. It grows from the spiritual knowledge that we are alive not for ourselves but for one another. Community is the fruit of our capacity to make the interests of others more important than our own.”

That quote so speaks to your very essence. You volunteers are indeed the heart of our organization. Every smile, every word of encouragement, every act of kindness makes such a difference to our patients, families and staff and we truly could not do this without you. We here at Lakeridge Health have

had to make very difficult and painful decisions during this COVID-19 pandemic to keep everyone as safe as possible and that includes you. Perhaps, even more than ever, we notice what community is because of your absence...we really miss you and I know our patients, families and staff miss you! There is a spiritual quality to community that transcends the physical presence and we are all still very much connected. One thing we hear of a lot today, is that 'we are all in this together'. By staying home and away from the hospitals that you volunteer in, you are offering a sense of caring for us all in the same way you do when you are present with us. It is difficult, I know, but your heart is showing once again and we thank you from the bottom of our hearts. Our prayer is that we shall soon be reunited and that you will be able to resume the great work that you do. Please remember:

“Hope is not a matter of waiting for things outside of us to get better. It is about getting better inside about what is going on outside.” (Joan Chittister)

So we encourage you to take this time of isolation as a time of renewal so that when we are able to be back together we will do so with a refreshed heart full of love, and an even stronger caring community. Be safe, keep healthy and take care—we need you!

Written by Deb Chapman, M.Div., L.Th., Associate (CASC) Spiritual Care Assistant, on behalf of the Spiritual Care Team

Our Spiritual Care Team:



Margaret
Johnston-Jones



Ji-Sook
Kyun



Duke
Oliogu



Deb
Chapman



Kan
Ponnusammy



Tyler
Scrivens



Volunteer Week Poll

Within the last month what was your favourite thing to do?

- Spring cleaning
- Yard work
- Napping
- Connecting with others (phone, computer) while keeping social distance
- Going for a walk
- Other (please specify)

Please click on the link to answer the question. Results will be shared later this week.

<https://www.surveymonkey.com/r/LHVW2020>

The two most important days in your life are the day you were born and the day you find out why.

~ Mark Twain