



# Lakeridge Health Applauds You!

## National Volunteer Week 2020



Hello from Helena Finn-Vickers  
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This is a very different Volunteer Week than any other year! Since we cannot be together, our team decided to mail out our regular newsletter to everyone in our database. The daily email messages this week are another touch point but they may not get to everyone so the mailed-out newsletter was important.

Volunteer Canada's theme for this week is ***It's time to applaud this country's volunteers*** - I really love this sentiment! You are a part of a network of over 13 million caring people across

the country. All of us at Lakeridge Health applaud your commitment as Volunteers, Spiritual & Religious Care Providers and Patient and Family Experience Advisors. Your ongoing encouragement to the hospitals from outside our doors is greatly appreciated.

Volunteer Resources is currently hosting a weekly call with each hospital's Auxiliary leaders (Lakeridge Health Volunteer Council) and in support of staying in contact, each President gave me permission to include their contact information. They want you to know you can also reach out to them during this unique time.

Faith Mariano, Ajax Pickering Hospital Auxiliary	905-837-0085 faithmariano@hotmail.com
Janice Wye-Baker Association of Hospital Volunteers Bowmanville	905-914-1987 janiceahvb@gmail.com
Marion Saunders Auxiliary of Lakeridge Health Oshawa	905-439-2728 mares@idirect.ca
Ruth Spearing Port Perry Hospital Auxiliary	905-985-6232 rspearing@hotmail.com
Sharon Robinson Lakeridge Health Whitby Volunteer Services	905-655-4917 wsrobinson@sympatico.ca

Please know that our team is sharing your messages of support and encouragement with each other. From the bottom of my heart, I thank you for thinking of us, and all hospital staff at this time. I have been asked if we are planning any “virtual” volunteer activities. Here are a few ways we would like you to keep volunteering with us:

- In Wednesday’s email, you were asked to share quotes and inspirations that we can pass along to patients on the meal-tray messages. Please send to [kebrown@lh.ca](mailto:kebrown@lh.ca)
- We urge you to send in messages of thanks and encouragement to staff through [communications@lh.ca](mailto:communications@lh.ca) and these will be shared accordingly.
- Volunteer Resources is taking this opportunity to review volunteer activities and processes. We will be sending out questions to volunteers for feedback based upon our current roles.

Please watch for messaging from us as plans continue to develop. Our goal is to keep you connected and informed; please share your questions with us as well. I applaud you and am grateful for each person who has supported our patients and staff. Keep those warm thoughts coming - take care everyone!



*“Until now, I never understood why you got so excited when someone walked past the house.”*

## **Mental Health Strategies:**

Each of us can respond to the COVID-19 pandemic differently. If you are having thoughts which are causing you to feel worried or scared, a way to help is to reach out and talk with someone about it. Ensure you take care of yourself, and be mindful to limit the amount of time you feel able to support others as well.

It is okay to say that you also need a break from feeling stressed and anxious. Sometimes the support may be mutual, in which case it is important to respect each other's ability to help.

### **• Self-care:**

Accept that some anxiety and stress is normal. Eat healthy meals, drink lots of water, exercise, get dressed and do your hair and makeup as if you were going out to visit a friend, use positive self-talk. Practise relaxation or meditation techniques.

### **• Seek credible information:**

Be careful, not everything on the internet provide correct information.

[www.lakeridgehealth.on.ca](http://www.lakeridgehealth.on.ca)

### **• Dealing with isolation:**

People placed in quarantine or self-isolation may experience a wide range of feelings, including fear, anger, sadness, irritability, guilt or confusion

Keep busy, stay distracted with hobbies, music, crosswords, puzzles, reading, movies, spring-cleaning and other activities. Be creative...

### **• Social interaction:**

Keep lines of communication open and talk regularly - through video chat, phone calls, messaging apps or text messages.

### **• Prepare ahead:**

Structure the day (or week), make meal plans and limit the amount of news you consume.

## **Resources:**

### **Centre of Addictions and Mental Health**

- <https://www.camh.ca/en/health-info/mental-health-and-covid-19>

### **Canadian Mental Health Association – Bounce Back Ontario Info Overview**

- <https://cmhadurham.ca/news/bounce-back-supporting-ontarions-mental-health-through-covid-19/>

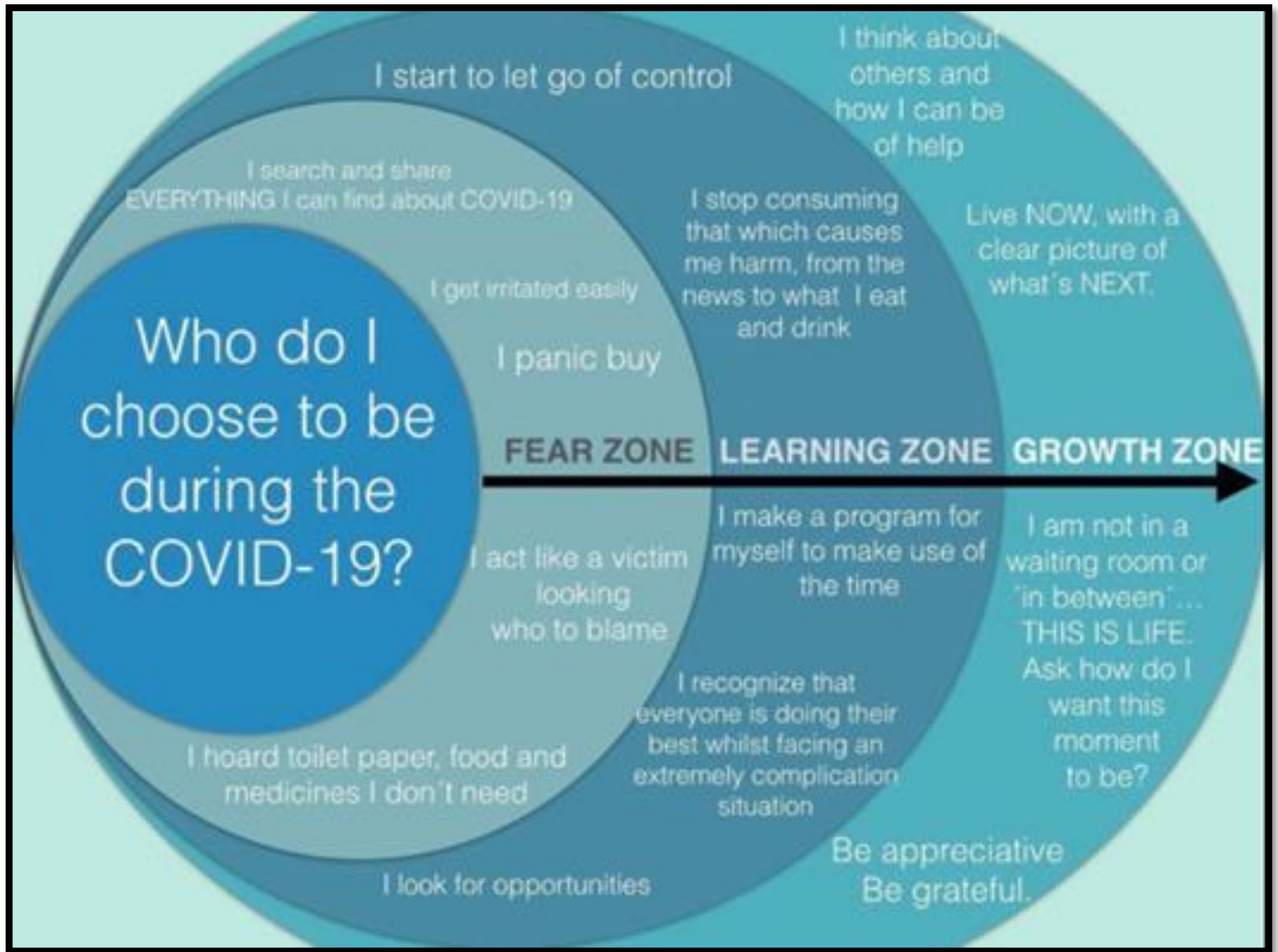
### **Canadian Mental Health Association – Bounce Back Ontario**

- <https://bouncebackontario.ca/>

**Wounds Canada Facebook post**

31 March at 09:26 ·

You have the Power to define this Moment in Your Life



**Stay Well** – \* **Wash your hands regularly** (use soap or alcohol-based sanitizer) \* **Stay home when you are ill** \* **Cover your mouth and nose when you cough and sneeze** \* **Avoid touching your face.** \* **Practise social distancing** – avoid groups and try to **keep two metres between yourself and others.** \* Most of all, stay calm and maintain some routines.

# SELF CARE

W F T S E L B M U H S L M B P H L  
 G O E P O S D E T R U S T I N G S  
 T C I U P C P L E U L A V A A I E  
 M U R E M L I B L O V E Z W C I L  
 I S E T A Q F A Q H N S M M C I F  
 E E L N B H O T L Y Y U I R O N C  
 C L A S C O Q P O G I Y N E U D A  
 N F X G M P F E K I D M D S N E R  
 E I A S N A R C N E Q L F P T P E  
 D M T T S I N C V N U A U E A E G  
 I A I R L E T A Y E S C L C B N A  
 F G O O E N N R G H K Q N T I D R  
 N E N F E K S E O E W I E A L E U  
 O K S M P U V W R P M W S T I N O  
 C V R O X U E F B A P E S F T T C  
 J P F C O R L M N B W U N A Y Z X  
 B K T S M E M O R Y S A S T Y S Y

Acceptable	Accountability	Awareness	Calm
Comfort	Confidence	Courage	Focus
Humble	Hygiene	Independent	Love
Management	Memory	Mindfulness	Plan
relaxation	Respect	Self Image	Selfcare
Shower	Sleep	Social	Supporting
Trusting	Value		

Volunteering is at the very core of being human. No one has made it through life without someone else's help.

~ Heather French Henry