

Hello From Volunteer Resources

Did you know...

Hospital Volunteers at Lakeridge Health Oshawa



Since 1907, there have been dedicated volunteers helping within the Oshawa Hospital walls. While so much has changed in our community since then, the commitment to supporting patients and families who need hospital services and successful efforts to raise funds in support of hospital equipment purchases has never wavered.

Today the volunteers are members of the **Auxiliary of Lakeridge Health Oshawa**. Marion Saunders is the current President of the Auxiliary of Lakeridge Health Oshawa.

This Auxiliary Board oversee all fundraising activities, which include Nevada break-open ticket sales in the lobby; the Auxiliary Café located near the first floor G Wing elevator bank, the Gift Shop in the main lobby, involvement in an offsite BINGO and the annual Basket Raffle.

Adult and student volunteers are involved in greeting and way-finding at the entrances; active within many out-patient clinics, the Emergency Department, and the R. S. McLaughlin Durham Regional Cancer Center; and engage with patients on our in-patient units in a variety of roles – all in support of positive patient experiences.

Volunteer Marion N. shared something interesting – possibly a New Mascot for 2020.



The official mascot of 2020.
Washes his hands
wears a mask.
Rearrange the the letters in
racoön it spells CORONA!

Idea for the foodies for your next AGM:



There are moments in life when you miss someone so much that you just want to pick them from your dreams and hug them for real.



Magic or Illusion?

<https://www.youtube.com/watch?v=xRnVxAZ1F8k>
~ Solution reveals how it works

Extra! Extra! LIFESPEAK Resources



LifeSpeak is a company that offers great resources for life!
The world's top experts are here!

Lakeridge Health's Healthy Workplace has secured a 1-year membership with the company.

Volunteers can access this total well-being platform, which can give you and your family members instant access to expert advice on all kinds of topics.

From mental health and COVID-19 support to stress management and professional development... it's all here! You can watch videos, download action plans, and interact with world-class experts in real time. LifeSpeak is available anywhere and anytime, and is 100% confidential.

Your LifeSpeak platform includes over 84-short videos on topics such as:

- Better Sleep for Better Health
- Achieving Work-Life Balance
- Building Resilience
- Addressing Anxiety
- Stress Mastery
- Parenting
- Mindfulness

ACCESS FROM ANY COMPUTER

URL lh.lifespeak.com

Client password lifespeak

DOWNLOAD THE LIFESPEAK APP

Client name lh

Client password lifespeak



Need more information? Contact HealthyWorkplace@lh.ca

Wellness Tip: Better Sleep for Better Health

Did you know that sleep problems could have a costly and negative impact on your quality of life and health? For expert advice on how to attain better deep sleep, check out a short series of videos available on [LifeSpeak](#) that includes topics such as combatting fatigue and getting better and deeper sleep.

[Visit the Platform](#) for your chance to **Watch & Win** a Lakeridge Health Spirit Wear Jacket! Each video watched is an entry. Watch as many as you want! Last day to enter is May 29. (access through group account using password: lifespeak).