

The Newsletter from Volunteer Resources

Issue 17

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VOLUNTEER.CA

During these extraordinary times, the Volunteer Resources team did not want to miss the chance to acknowledge **National Volunteer Week**. Staying connected is so very important so we thought a good way to reach everyone affiliated with us is by mailing this mini-newsletter out. Acknowledging your ongoing support for Lakeridge Health is a pleasure, and this round of applause is for you!

We would like to extend a warm thank you to the many volunteers and auxiliary members who have given their time to make our patients, family members and visitors feel supported – and we all look forward to a time you can resume all activities! Every day we are proud to celebrate our team of volunteers but especially during **National Volunteer Week!**

Email a Patient

An important element in supporting patients during their stay has long been the **Email a Patient** messages. While Volunteer Resources, Spiritual & Religious Care and Patient Experience have been supporting these for a number of years, we are so impressed by how it is being utilized during this crisis period. A huge thank you to Carolyn Woodward who facilitates the process to take the emailed message from the website, creates the letter template and often prints these out, locates the patient and then arranges delivery! Many staff are assisting with deliveries now, while we eagerly await our volunteers to return!

Check out the numbers of **Email a Patient** messages received

	2019	2020
January	48	101
February	71	115
March	65	221
April	42	101*
*as of April 15th		

Thank you!

Thank you to the "Auxiliaries" who participated in donating food and drink items from their retail areas for hospital staff. Food and drink items were distributed as care packages. Staff were pleasantly surprised and very appreciative!

We look forward to partnering with you again in future.

Lina's Recipies
Asparagus and Pea Soup
Lina Reid, Patient Experience Consultant



Ingredients:

2 Tbsp Olive Oil
12 ounces (or 1 bunch) of asparagus spears, trimmed and chopped
2 small-medium onions, chopped
2 cloves of garlic, peeled and chopped
3 cups of water
½ cup frozen peas
2 large stalks of celery, washed, trimmed and chopped
1 Tbsp powder vegetable stock OR substitute water for liquid vegetable stock
1 Tbsp mixed dried herbs (thyme, parsley)
Salt & Pepper to taste

Serves 6

Enjoy! Saves well in the fridge for a week.

Method:

- 1) Add oil to large soup pot and place on medium heat
- 2) Add all vegetables to pot and cook, stirring frequently for 5 minutes
- 3) Add water and stock (or just stock if using liquid) and herbs
- 4) Bring to boil, turn down to medium-low, simmer for 20 minutes, until all vegetables are tender
- 5) Turn off heat and cool slightly. Place soup, in small batches, in blender and blend until smooth. Be careful to vent your blender as the steam and heat pressure can cause the soup to come out of the blender and burn you. Alternatively, use an immersion blender and blend in the pot.
- 6) Add soup back to pot and taste for salt and pepper, add as needed.

Uplifting messages on rocks and signs are appearing outside our hospitals in support of LH Staff



Kindness Rocks – it is about spreading and inspiring kindness (and joy) in your community

“I smile whenever I see and read them.”
~ Nancy Tanner

For up to date information from Lakeridge Health visit
<https://www.lakeridgehealth.on.ca/en/patientsandvisitors/novel-coronavirus-2019-ncov.asp>

Celebrating another great year & 132,700.50 volunteer hours of service!



While it can never truly tell the whole story of your involvement with patients and our staff, acknowledging volunteer hours of service paints quite a picture of the dedication of everyone affiliated with this program. Congratulations and thank you for each and every hour spent supporting Lakeridge Health in 2019-2020.

Spiritual & Religious Care sent a message out to staff & we wanted to share with you as well!



If you have email, watch for a new message each day during National Volunteer Week (April 20-25)!