

Hello From Volunteer Resources

Did you know...

Hospital Volunteers at Lakeridge Health Bowmanville



Since 1912, there have been dedicated volunteers helping within the Bowmanville hospital walls. While so much has changed in our community since 1912, the commitment to supporting patients and families who need hospital services still remains. The volunteer's successful efforts to raise funds in support of purchasing hospital equipment has never wavered.

Today all volunteers are members of the *Association of Hospital Volunteers Bowmanville*. Janice Wye-Baker is the current President of the Association of Hospital Volunteers Bowmanville.

The Association's board members oversee all fundraising activities which includes the Treats and Treasures Café and Gift Shop, off-site New to You Shoppe (located at 133 Church Street) H.E.L.P.P. Lottery break away tickets, bake sales, raffles and the vendor program.

You will find welcoming adult and student volunteers helping to navigate patients, families and visitors to their appropriate locations. Our volunteers main goal is to support Lakeridge Health's mission and to offer a positive patient experience to everyone who walks through our front door.

ANXIOUS? STRESSED? WE CAN HELP.

NEW *Virtual* COVID-19
Mental Health & Addictions
Clinic

905-440-7534,
Toll-Free
1-833-392-7363

Monday - Friday
900 am to 400 pm





Wellness Tip:

Drink water! Staying hydrated is important for your physical and mental health. Even minor dehydration can affect mood and make it more difficult to concentrate. Careful not to overdo your daily coffee as it can interfere with your sleep.

Sent in by Volunteer Stan

Cute Video



Home Depot Lipstick1.mp4

(May take a few seconds to open)



I've given up waiting for you - I have got my own breakfast.

The Matching Hearts Initiative

With the Matching Hearts initiative, caring community volunteers **knit, crochet, or sewn matching pairs of hearts**. One of the hearts is given to the patient in hospital, and the matching one is given to the patient's family. Holding one of these hearts, knowing that their loved one has an exact matching one, helps both patient and family member to feel more connected.

If you'd like to help, here's what you can do:

Knit, crochet, or sew a pair of identical hearts, as follows:

- Hearts should be approx. 2.5 to 3 inches in size, so that they can comfortably be held in the palm of the hand.
- Please use clean yarn/material, any colour although red and pink preferred.
- Place hearts in a clear, sealed bag, and write **FOR PATIENT EXPERIENCE, THE DATE YOU SEALED IT** and **YOUR NAME** and **PHONE NUMBER** on the outside of the bag.
- Drop off the bag(s) containing the hearts to any Lakeridge Health Hospital entrance and leave with the screening staff. Volunteer Resources AND Patient Experience staff will arrange to pick these up and get them to Sally, who will be adding a tag and arranging to get these to units across all hospitals for distribution.



Here are helpful links to some recommended patterns:

Knit:

<https://www.ravelry.com/patterns/library/hearts-28>

Crochet:

<https://www.planetjune.com/blog/free-pattern-love-hearts/>

(size C or D work best)