

# Auxiliary News

## Polar Bear Dip



*Dippers in Training!*

Once again Gilda Radner’s famous line comes to mind - “It’s always something!”

This year’s Polar Bear Dip, the fourth in a series, had its own wrinkles to match its forerunners. If you’ve been paying attention, you’ll remember that the first year we had monsoon-like rains. The second year it was so cold and windy that the firefighters’ tent threatened to blow to Rochester. Last year a more moderate climate created much mud.

This year was in a class of its own. On Thursday, Blake Construction pronounced our usual site out of the question because the two-foot thick ice would have required dredging, something we hadn’t thought to seek a permit to do. An alternate site, the Yacht Club, is the all-inclusive resort favoured by squadrons of Canada Geese who have marked their territory in the usual distinctive way. Friday afternoon an intrepid Fire Chief scouted the beach for possible alternatives. By four o’clock, we had our location. And it was a lovely spring-like day.

Saturday was a different matter. High winds and freezing temperatures were the weather choices for the day. However, nothing seems to deter the enthusiasm of our dippers and the dedication of our volunteers. The town supplied us with their heated mobile Command vehicle, St. Johns Ambulance volunteers turned up on time, the firefighters wisely didn’t hurry into the Lake until absolutely necessary, the Town Crier signalled the start of the event in fine fashion and, on the traditional countdown, more than two dozen dippers did their thing

The pictures tell the story.

The other part of the story is that the 2011 Polar Dip raised \$5,250.35. Over the four years it has taken place, the Dip has contributed \$22,314.00 to our fundraising efforts.

Which leaves us with the conclusion that when it comes to the PBD, despite the obstacles, “It’s always something good!”

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# President's Report ...



Coming to the end of my 'recycled' year as your President, I would like to take this opportunity to share some thoughts with you about change.

We have just passed the one-year anniversary of the changes that were announced in order to meet the province's requirement that hospital budgets be balanced. The steps that were taken to achieve this legal obligation were painful. Something had to be done, however, and these were among the suggestions arising from Citizens' Advisory Panel deliberations. The closing of Diabetes Education and Outpatient Rehab were not choices easily made. But, given the ministry mandate, these closures did not affect core services.

What has happened since then has been a major shift in hospital services to reflect the needs of the local community and, even more significant, to align with the province's strategies devolved through the LHIN, to assure funding for our services in the evolving health care context in Ontario and, more specifically, in Northumberland County. The Home First Strategy, supported by an increased presence of CCAC within our hospital is one facet of the program. The creation of Restorative Care beds, the hiring of a professional staff expert in gerontology, the Hospital Elder Life Program, the Recreational Therapy and increased physiotherapy services, are all part of this broad initiative to address the Alternative Level of Care crisis that is a province-wide problem.

Our volunteers have been asked to be part of this change. It is part of our mission to support the hospital's patient care initiatives.

NHH has engaged in a program of communication that has won accolades across the province. The current "Conversations" series is a major initiative to engage the community in issues that have direct impact on sustainable health care. We, as volunteers, should be part of the dialogue. We should be attending the CEO forums, we should be aware of the reasons driving change, not lamenting change when it occurs. Our members should be part of the conversation. We lose if we're not there.

Our constitution outlines two mission statements. One is the non-professional support of patient care at NHH. The other is fundraising for patient-focused capital equipment. If I were going to amend the constitution (and believe me I don't intend to) I would suggest we might have a third mission: we should be an informed source of information to the community we serve. And we have to be informed to do that.

As I've said before it has been an honour to be part of the leadership of this organization and I thank you for the opportunity. Together we will realize more fully the opportunity to be, to paraphrase Gandhi, "the change we wish to see in the world."

*Patricia Fenner,*  
President



# Immune Status

As you know, NHH volunteers are required to confirm immunity to all the childhood diseases via a blood test, update tetanus shots and have a 2-step TB test before the July 31 target date.

Just under 100 active volunteers have completed the tests and many more are part way through the process. This is a gentle reminder that if you haven't started the process now is the time to begin. It's difficult to believe but July 31st is only a few weeks away. Take your form to your doctor who will sign it, you take it to the lab, have the blood test and a week or so later your doctor will have the results.

If you have any questions call the office at **905-372-6811, extension 4630.**



# "Bowling for Bucks"

**A brand new fundraiser  
Socialize and raise funds at the same time!**

On Saturday, April 16th, from 1:00 pm to 3:00 pm, the Auxiliary is hosting Bowling for Bucks!

This is a first event for us; we need 100 active Auxiliary members to register to bowl two games of 5-pin bowling at Northshore Lanes at Northumberland Mall. It will cost you nothing, and bowling shoes will be provided. Simply get pledges from your family and friends, and then come and bowl, have fun and in the process raise money for the hospital.

To register as a bowler and obtain a pledge form you can:

- a) Register at the Inquiry Desk;
- b) Phone the Auxiliary office at: **905 372-6811 Ext. 4630**; or
- c) email Patricia Fenner at: **[pfenner@nhh.ca](mailto:pfenner@nhh.ca)**

If you phone or email, a pledge form will be emailed back to you.

There is a minimum of \$50.00 in pledges required in order to be a bowler. Shouldn't be too hard to find five people to give ten bucks each. Twenty would be awesome!

The deadline for registering is March 31st, but we encourage you to register right away as we can only accommodate 100 bowlers - twenty teams of five. Teams will be chosen at random.

There will be a prize awarded for the team with the highest score, and one for the team with the lowest score!

We look forward to your participation - it should be a lot of fun and is for a very good cause.



# SALE, SALE, SALE!



On Saturday April 16th 9:30 - 4:30 and Sunday the 17th 1:00-4:00 you are invited to Petticoat Lane's One Year Anniversary Sale. There will be great bargains and treasures to be had. While shopping enjoy a complimentary coffee or tea.

Sunday's theme is Mother's Day, featuring jewellery and gift items. Everything at least -50% off.

The more you shop the greater your chance of winning a complimentary door prize.

The draw is on Sunday at 3:45. Hope to see you there.

## Simply Sunday

Petticoat Lane started 2011 by having another 1st: "Simply Sunday", held February 6th, 1:00 - 4:00 PM.

The day was extremely cold, snowy and windy, however nothing could stop these treasure hunting shoppers. They were lined up at the door 15 minutes before opening time.

For some reason, we are not very lucky when it comes to pictures of our special events. The camera was there this time, but everyone was so busy, pictures were totally forgotten until it was too late. (Selena, please bless us with your presence next time!)

Shoppers buzzed around the store, some piled high with the bargains they had found.

Some of our shelves became quite empty and clothes flew off the racks. Many customers were gathered around the complimentary coffee and tea station sipping on their hot beverages, warming up from the cold outside.

Our most expensive item sold was an oil painting for \$100.00, even though it was -50% off. The painter was unknown.

Jewellery was our feature sale item and this area was buzzing with eager shoppers, looking for that perfect piece at the perfect price. Most walked away with jewellery in their hand and smiles on their faces.

For 3 hours the cash register sang out its song and at the end of it all, Petticoat Lane had rung up \$1,044.00. Not bad for "Simply Sunday".

# Membership Renewals

The Auxiliary values your participation and membership and understands how valuable its volunteers are to its operation.

We have now long passed the January 31st deadline for payment for the 2011 memberships. We ask that if you haven't done so already, please submit your membership fee of \$5 as soon as possible.

It is important that your membership be maintained so that you continue to be covered by the Hospital's insurance. Being an up-to-date, fee-paying member assures you of liability coverage should any accident or mishap befall you while you are acting as an Auxiliary member at the hospital, at Petticoat Lane or any official Auxiliary function or event.

If you are an Associate member, which means you have no active service area assignment, and have not renewed to date, then your membership has been considered terminated and this will be your last communication from the Auxiliary. This was effective February 15, 2010.

You may pay your membership at the Little Treasure Shop in the hospital or you may mail it to:

**The NHH Auxiliary Membership  
Northumberland Hills Hospital  
1000 DePalma Drive  
Cobourg, ON K9A 5W6**

If you are dropping it off at the hospital, please sign your name on the sheet provided at the Little Treasure Shop and leave your money with the volunteer there.

Thanking you in advance for your prompt attention to this notice and wishing you all a wonderful year.

**Brenda Worsnop**  
HR Membership Coordinator

## Civic Awards

Cobourg introduced a new Volunteer's Award this year, Outstanding Senior Award, won by our one and only Carol Henley.

Not only does she volunteer at Petticoat Lane, the Little Treasure Shop, and Legion Village, but is a member of the Orchestra and Choir, playing piano and singing for Senior and Nursing Homes. Carol's smile is contagious and she has been described as "a neighbour to die for". Carol is a woman who is still very young at heart.

Our steady-Eddie, Reta Bevan, was one of this year's Distinguished Civic Award winners. Reta has a long list of roles she play which includes Petticoat Lane, the Little Treasure Shop, Chemotherapy, the medical-surgical maternal child care unit and just being Reta, who spends her time chatting with patients. What some of us don't know is her involvement with Autistic children, being a Grandmother of two herself. Reta was involved with Meals on Wheels for years and still collects money at Christmas for the Salvation Army. Reta is truly a distinguished woman.

Hearty congratulations to both.

# Help Wanted

As part of the new services being introduced to the first floor area, there is a new staff member, Amy Ludolph, who is a Recreation Therapist. Therapeutic Recreation, to quote from Amy's recent presentation to our Board, "uses treatment, education and recreation services to help people with illnesses, disabilities and other conditions to develop and use their leisure in ways that enhance their health, functional abilities, independence and quality of life."

Amy has created a calendar of events that includes activities such as mental aerobics, exercises, giant crosswords, bocce and movie nights. She would like the assistance of a volunteer for two of the programs. The horticulture group meets at 5:30 on Fridays and there is a baking group that meets at 2:30 on Saturdays and Sundays.

Unfortunately these programs don't fit into our schedule easily but we are bringing you this information in case the nature of the event would tickle your fancy and you could spend an hour or so helping in a hands-on way with these events.

Please contact the Volunteer Office at **905-372-6811, extension 4630** if you would like to explore the possibility of something different in the volunteer experience at NHH.

## Volunteer Open House

As part of our Strategic Planning exercise, we are once again turning our attention to volunteer recruitment. There are openings in almost all of our existing service areas and we are being asked to undertake new roles in other programs being implemented.

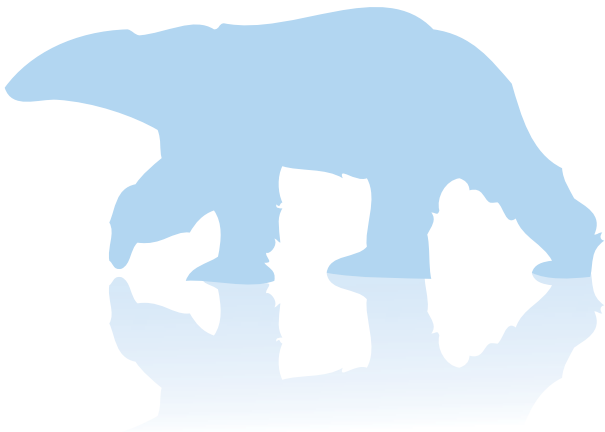
Lest you think that, in bringing you this information, we're preaching to the choir, there is something that our current volunteers can contribute to our recruitment. Several years ago we adopted a sort of pyramid scheme approach – "Each one, bring one." It worked surprisingly well. Sometimes people are just waiting to be asked! So, it would help if you approached a friend or neighbour – especially a newcomers to the area – and asked them to come to our Volunteer Open House to see what we're all about.

The Open House is planned for Thursday, March 31st. There will be two opportunities to visit the exhibits, ask questions and perhaps start a new volunteer phase. The Education Room at NHH will be open and staffed from 2:00 to 4:00 and 5:00 to 7:00. Tours of the hospital will be available and there will be print information available for all service areas.

Who knows - you may even learn about another service area yourself!

For more information or to volunteer to help, just call **905-372-6811, extension 4630**.

# Polar Dip Photo Gallery



## *Coming Events*

March 31st	Open House
April 16th	Bowling for Bucks
April 16th & 17th	Petticoat Lane 1 Year Anniversary
May 17th	AGM

Thank  
*You*



NORTHUMBERLAND HILLS  
**HOSPITAL**  
**AUXILIARY**