

## Thank you, NHH volunteers!

The hands and hearts of hundreds of generous volunteers support Northumberland Hills Hospital (NHH) each year. While we're grateful for their contributions every day, we look forward to National Volunteer Week each spring to formally express our thanks!

Volunteer Week is being celebrated in Canada now through Saturday, April 29<sup>th</sup> and, on Wednesday, April 26<sup>th</sup>, volunteers from across the hospital gathered in the NHH Education Centre for a celebration of volunteers and volunteering at NHH.

From fund-raising to governance, way-finding to quality improvement, spiritual care to a heart-warming hello, volunteers of all ages play a central role in making NHH the compassionate and high quality hospital it is today.

Happy Volunteer Week to all our volunteers! Thank you for all you do. For details on the April 26<sup>th</sup> NHH volunteer appreciation event, please see [nhh.ca](http://nhh.ca).



*From left to right: Rhian Catton (student volunteer), Louise Stevenson (NHH Foundation), Rev. Dr. Ewen Butler (NHH spiritual care), Pam Went (NHH Board of Directors), Wanda Smith and Matilda (St. John Therapy Dog volunteers), Gayle Metson (NHH Auxiliary), and Jayne Crompton (NHH Patient and Family Advisory Council) represent some of the many faces of volunteers and volunteering at NHH today.*

## Free self-care workshop for caregivers

Across Ontario, caregivers—typically family members but also significant others or friends—are providing ongoing care and assistance to those in need of support due to physical, cognitive, mental health or addition conditions. It can be a challenging role as caregivers also juggle their own responsibilities.

The recent graduation of a group of Powerful Tools for Caregivers “master trainers” in our region is promising new support. Through a series of free six-week self-care workshops, these master trainers and the class leaders they are training are helping to support caregivers across all seven of the Central East Local Health Integration Network’s seven sub-regions, including Northumberland.

Based on the Chronic Disease for Self-Management Program developed by Dr. Kate Lorig and colleagues at Stanford University, the workshops teach caregivers the skills and tools needed to reduce personal stress, change negative self-talk, and communicate their own needs to family members and health care providers.

For more information on the program please visit [www.ceselfmanagement.ca](http://www.ceselfmanagement.ca), email [info@healthlifeworkshop.ca](mailto:info@healthlifeworkshop.ca) or call 1-866-971-5545. Spots are still available in the next Northumberland opportunity beginning May 16<sup>th</sup> at the Cobourg Community Centre!

## Doctor Appreciation Week May 1st to May 5th

Every day, more than 320,000 patients across Ontario are treated and cared for by a doctor. Whether it's in a hospital, a family practice clinic, a long-term care home, or at home, Ontario's doctors are making a positive difference in the lives of patients by providing high-quality care when it's needed most.

NHH is pleased to join west Northumberland's Community Physician Recruitment and Retention Committee (CPRRC) and the Ontario Medical Association (OMA) in recognizing the fantastic work of local physicians on **Doctors' Day, May 1<sup>st</sup>, 2017, and through the first week of May.**

Doctors' Day was officially proclaimed by the provincial government in 2011 to celebrate the province's 26,000+ physicians and to mark the birthday of Canada's first female physician, Dr. Emily Stowe.

From May 1<sup>st</sup> until May 5<sup>th</sup>, local patients and their families will be encouraged to sign one of the thank you cards provided in their doctor's office and in the hospital by the CPRRC or simply say THANK YOU to their doctor directly to let them know how much their efforts are appreciated.

The OMA will also be collecting physician thank you messages via its website. The OMA's focus this year is on encouraging Ontarians to share “What my MD means to me.”

Visit [www.ontariosdoctors.com/DoctorsDay](http://www.ontariosdoctors.com/DoctorsDay) or recognize doctors via your personal social media channels by tweeting using the hashtags #LoveMyMD or #PatientsFirst.

“Thank you for all you do, here at the hospital and in the broader community, to put patients first,” said Linda Davis, NHH President and CEO. “We are extremely fortunate to have such a strong, active and growing community of physicians in west Northumberland.”