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## PMH appreciates and thanks health care volunteers

Without a doubt, Prairie Mountain Health —a health region which covers a population of over 167,000 people and a geographic area larger than Nova Scotia —has amazing volunteers and volunteer organizations. Which is why, during *National Volunteer Week (April 12-18<sup>th</sup>)*, PMH wants to say ‘Thank You’ to all of the dedicated volunteers who continue to make such valuable contributions to health care within the region.

“We are so very fortunate to have such wonderful individuals, groups and organizations within our health region,” stated Marg MacDonald, Board Chairperson, for Prairie Mountain Health. “Our health region’s Vision is: Health and Wellness for All. We rely on our staff, as well as numerous stakeholders and health partners, to work towards this Vision. On behalf of our Board, management and staff, I sincerely thank all of our health care volunteers who continue to selflessly assist us throughout the year.”

There are many examples of how, through their generous contributions, volunteers and volunteer organizations have provided invaluable assistance within the Region. Some examples of these include:

- Contributions towards capital equipment, furnishings, and both large and small projects within hospitals, personal care homes, and community health offices;
- Working in gift shops or nearly new stores;
- Acting as ambassadors or providing guidance and directions within health care centres;
- Assisting activities staff at personal care homes by playing music, organizing events or participating in various health and wellness initiatives;
- Volunteering of their time to talk, listen and provide emotional support and comfort;
- Transporting people to medical appointments; and
- Assisting in palliative care units or within the palliative care program as well as offering bereavement support.

PMH Chief Executive Officer Penny Gilson says the contributions of the region’s health auxiliaries, health foundations, volunteer groups and individuals are noticeable and commendable.

“One of our Palliative Care Coordinators said it best. Our volunteers don’t do it for pay, promotion or praise. They all have their own reasons for giving and their efforts create a ripple effect in helping people in need. “We can’t say thank you enough,” Gilson stated.

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