FROM LINDSAY’S DESK

I hope everyone enjoyed a safe and happy thanksgiving. I know I found a lot to be thankful for this year. The wonderful weather, my dear friends and colleagues, my ability to be vaccinated against this devastating virus, and being allowed to support our unique and inspiring hospital – just to name a few.

It is gratifying to see so many volunteers returning and willing to do whatever is necessary to help. For those of you not yet comfortable stepping back into the hospital, we are patiently waiting and sincerely hope that, as the virus recedes, and protection grows that we will see your return. The leadership at WCH is hard at work on the post-pandemic strategy labeled “Build Back Better”. We all must keep looking forward, taking the lessons learned from the past eighteen months to a new level of patient care and experience.

It’s October, the month of the virtual Scotiabank Toronto Waterfront Marathon. This is the Association of Volunteers’ main opportunity for fundraising, and I hope you will consider participating or supporting those who are. Our goal is to raise $10,000 again this year. You will find more details later in the newsletter.

Happy Halloween everyone!

Lindsay Campbell
Association of Volunteers President

RECIPE: VEGAN PUMPKIN BREAD

Ingredients:
- 1 cup of flour
- 3/4 cup of whole wheat flour
- 1 cup of brown sugar
- 1 tsp of baking soda
- 1/2 tsp of baking powder, salt, nutmeg and cinnamon
- 1 can of pumpkin puree (just over 1 cup)
- 1/2 cup of oil
- 3 tbsp of maple syrup
- 3 tbsp of water
- 1/2 cup of chopped walnuts
- 1/2 cup of dried cranberries

Instructions:
1. Preheat oven to 350 degrees Fahrenheit
2. Grease and flour a loaf pan
3. In a large bowl, mix all dry ingredients
4. In a small bowl, mix pumpkin puree, oil, syrup and water
5. Add wet mixture to dry mix and combine mixture until moistened (will be very thick)
6. Fold in nuts and cranberries
7. Pour into prepared pan and bake 45-50 minutes, until toothpick inserted in centre comes out clean
8. Let cool for 20 mins and invert on a rack
VOLUNTEER APPRECIATION: WHAT DO THE VOLUNTEERS DO?

Wonder what the other volunteers do and who they really are?

WCH has volunteers placed in almost every one of its departments. The following section includes a profile on a different role that is available at WCH and what it consists of. This will be an ongoing series for the next few months.

This issue focuses on Brent Galardo, who volunteers in the Cardiology Department.

Before joining the Association of Volunteers, Brent was Director/Senior manager in the Information Technology Department at four different major retailers. Some years ago, Brent was treated for some health issues at WCH and was most impressed by the quality of care and support he received. Upon retiring, he wanted to give back by volunteering and “assisting other patients with their health struggles”. He initially was placed at the Foot Clinic and later moved to the Cardiology department, eventually becoming team leader. This is his description of what is involved in volunteering in Cardiology.

The job of the Cardio Volunteer is to help control patient flow.

This entails the following:

- Greet and welcome patients – be understanding of the fact that most patients will be anxious and stressed.
- Ensure they have registered at the front desk.
- Prepare the patient based on the type of appointment – ECG, Echo, Echo/Stress, Holter Monitor, Doctor follow-up, etc.
- Regularly check in with patients during their wait.
- Regularly check in with the patient’s support person to update the progress of the appointment.

When required:

- Act as a liaison between healthcare providers, patients and support personnel
- Advise technologists of patient’s readiness
- Escort the patient to the test or exam rooms

Thank you, Brent for this excellent volunteer description and for your contribution of time and effort to Women’s College Hospital.

The following Wellness Calendar for the month of October is available as a PDF here: [WELLNESS CALENDAR]