

Volunteer Vibe

September—October 2018

Summer Work—A Great Opportunity at St. Michael's Health Group!

This summer I had the lovely opportunity of being able to work alongside Svitlana and see what the weekly routine of a Volunteer Coordinator is like. It was also a chance to meet and get to know all the amazing volunteers that help St. Michael's in all kinds of different ways! Realizing how much the volunteers contribute blew me away, the desire to help which they bring with them every day and their willingness to provide support as needed for residents and staff. I also was able to work alongside Ryan, the Communications Coordinator, and Rachele, the Strategic Team Lead / Financial Development, in the Fund Development department. Working with Ryan helped me sharpen my web designer development skills as well as learn new programs and let me give feedback on design ideas. Rachele helped me learn what it is like to do research for grants and how to do data entry. Their jobs are very important to St. Michael's, they work behind the scenes to ensure that everything looks good and runs properly!

This opportunity helped to challenge me and left me with wonderful memories that I will never forget! St. Michael's helped me gain work experience and introduced me to tons of interesting and helpful people. I thank all of them for the experience and helping me feel welcome at St. Michael's.

Joe Lopez

Summer student for Volunteer Services and Fund Development



Happy Birthday
to our Volunteers
celebrating an
upcoming
birthday!

September

Albert Ewanuk

Gallo Delfina

Shannon Dossier

Shawn Mitchell

Michelle Henderson

Peter Dziedzic

Volunteer Opportunities

Know anyone who would like to join our amazing team? Let them know about St. Michael's and the many volunteer opportunities available. The hours are flexible and positions are available in many departments, including: **Recreation, Pastoral Care, Day Support, Food Services, Resident Care, Ambassador Program and Bus Driver.**

Volunteer today and you will enjoy....

- Personal growth
- Meeting new friends
- A sense of accomplishment
- An opportunity to utilize your skills
- Contributing to the community
- Developing new skills

We have many volunteer opportunities ready for you to experience while helping others and bringing warmth to your heart.

Join us today! Contact Svitlana Kadziela at (780) 472-4534 or email: skadziela@smhg.ca for more information. To view details of the various positions, log on to www.smhg.ca.

Volunteer Coordinator: Svitlana Kadziela P: 780.472.4534

E: skadziela@smhg.ca

St. Michael's Health Group 7404-139 Avenue Edmonton, AB T5C 3H7

P: 780.473.5621

www.smhg.ca

So Very Thankful



October is a time of fall leaves, warm sweaters, turkey, and of course, giving many thanks for all of our blessings. Thanksgiving reminds us to appreciate the things we have been given and the things we have worked hard to achieve. St. Michael's is thankful for the countless dedicated volunteers and all of their efforts that make St. Michael's a caring home for our residents. So often we take for granted the valuable and important things in our life. But on this Thanksgiving Day don't forget to take a minute to fully appreciate those around you. St. Michael's volunteers sacrifice their time to spend with our residents and our staff in our mission to give care with love and dignity on a daily basis, and for that we are truly thankful. So eat turkey, play in the falling leaves, cozy up around the fire, and enjoy this holiday with loved ones. We wish everyone a wonderful Thanksgiving!

Svitlana Kadziela, Volunteer Coordinator

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October

Millie Hehn

Joshua Fryingpan

Edward Sharun

Sonia Maksymnuk

Dianne Taschuk

Virginia Penney

Tips for Life!

Many of us live very full lives – family, friends, perhaps working outside of the home, and volunteering. With so much happening in our lives it's hard to prioritize taking time to have fun or relax. Simply taking a bath or going out with friends can really help in balancing and energizing a really stressful day. Let's face it, when we take care of ourselves, we are better physically and emotionally, which in turn helps us do much better at work and at home. Here are 10 steps that we can implement in our lives!

10 tips for practicing self-care:

1. Think of things that make you happy and do them.
2. Schedule time for yourself and commit to it.
3. If a little strapped for cash, do things that can easily be done at home.
4. Find an activity or hobby that you like to do that is completely unrelated to your work.
5. Laughs and happiness.
6. Have healthy boundaries, do not bring work home with you.
7. Find other hard working people and practice the benefits of self-care together,
i.e. night out with friends or co-workers, volunteers.
8. Therapy, reflection, reading and music.
9. Exercise.
10. Relax!! Get a massage or sleep.

Enjoy the day!

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