



Enjoy the summer but remember to stay hydrated, use sunscreen, wear a hat and take a break every now and then by sitting in the shade and cooling down!

Our Values:

- **Respect**
- **Compassion**
- **Commitment**
- **Ethics**
- **Service**



Message from the Volunteer Coordinator- Kate Merkowsky

Happy summer!

I hope you are all enjoying the warmth after a bitter winter.

On June 14th we hosted our annual Volunteer Appreciation dinner. This year we were extremely happy to see an increase in attendees and I hope even more attend next year for our celebration of “you”.

For those who could not attend, I want to express our sincere appreciation for your commitment, dedication and enthusiasm towards our residents. We recognize your every effort and look forward to working with you throughout the upcoming year. Thank you all!

Hospice – By Jennifer DeLeon, Hospice Volunteer Coordinator

Hospice Happenings - Happy Summer “The Seasons of Life” (From: livelifehappy.com)

There was a man who had four sons. He wanted his sons to learn to not judge things too quickly. So he sent them each on a quest, in turn, to go and look at a pear tree that was a great distance away.

The first son went in the winter, the second in the spring, the third in the summer, and the youngest son in the fall.

When they had all gone and come back, he called them together to describe what they had seen.

The first son said that the tree was ugly, bent, and twisted.

The second son said no – it was covered with green buds and full of promise.

The third son disagreed, he said it was laden with blossoms that smelled so sweet and looked so beautiful, it was the most graceful thing he had ever seen.

The last son disagreed with all of them; he said it was ripe and drooping with fruit, full of life and fulfillment.

The man then explained to his sons that they were all right, because they had each seen but one season in the tree’s life.

He told them that you cannot judge a tree, or a person, by only one season, and that the essence of who they are – and the pleasure, joy, and love that come from that life – can only be measured at the end, when all the seasons are up.

If you give up when it’s winter, you will miss the promise of your spring, the beauty of your summer, and the fulfillment of your fall.

Don’t judge a life by one difficult season. Don’t let the pain of one season destroy the joy of all the rest.

5 Ways to Look After Yourself When Volunteering

Volunteering can be a rewarding way to give to others and to learn some new skills. But it's also important to look after yourself when donating your time.

This can help if:

- You're interested in volunteering
- You've been volunteering for a while and are feeling burnt out
- You're getting stressed from having too many commitments

1. Organize your time

Time is a big factor in making sure your volunteer experience is rewarding. To stay on top of everything, make sure you plan ahead. Keep a diary, update your calendar or set reminders on your phone to make sure you don't over-schedule your time.

2. Know your limits

Be aware of the limits to your energy levels, time and skills. Learn to recognize when you're starting to feel overwhelmed or outside of your comfort zone.

3. It's okay to say 'no'

Don't feel guilty if you have to say 'no' once in a while! Learning to be organized with your time also means learning how to say 'no'. It's important to prioritize tasks and commitments, so that you can make smart decisions about what you can and can't do in any particular week.

4. Have some fun

Volunteering should be something you enjoy doing, not just because it's rewarding, but because you have fun doing it. Use the time to make new friends and get involved in activities you know you'll enjoy. Don't be shy about suggesting a new and exciting project to the rest of your team, and be sure to share some laughs!

5. Treat yourself

Volunteering your time to help with something you're passionate about can be one of the most rewarding things you ever do. While you're spending a lot of your energy giving back, it's super important to look after yourself as well. Schedule time out to do other things you love to do and to allow yourself the time to relax.

<https://au.reachout.com/articles/ways-to-look-after-yourself-while-volunteering>

If you would like to nominate a fellow volunteer for going above and beyond please do so by emailing me @ kmerkowsky@intercarealberta.com. I would like to introduce a new award this year called "Peer Cheers" and everyone is eligible. Each of you goes above and beyond so often that I expect a lot of recommendations.