

MEDIA RELEASE

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NATIONAL VOLUNTEER WEEK

Local Media Personalities Share Stories of Health Crisis & Giving Back through Volunteering

KELOWNA, BC –Two well-known radio hosts are sharing the stories of their recent health crises as the catalyst into their paths to becoming weekly volunteers for the KGH Foundation in emotional videos just released.

Monday, April 16th marks the kick-off to **National Volunteer Week** in Canada. Every day across the country, volunteers give their time to support non-profits, charities, service organizations and communities in need. It is an act of true philanthropy – giving to promote the welfare of others with no expectation of anything return. But anyone who volunteers regularly will tell you, the act of service comes with many unexpected, invaluable rewards.



AM1150's Phil Johnson with fellow volunteers at the Perking Lot, KGH's coffee shop.

Just ask celebrated, local morning show hosts Phil Johnson of AM1150 and EZ Rocks, Tamara Joel (TJ).

[WATCH Phil's Story](#)

[WATCH TJ'S Story](#)

Their stories began when they both suffered serious health crisis's that landed them in Kelowna General Hospital. Both were gravely ill and stayed in hospital for several days. Becoming patients themselves allowed them to experience first-hand and the extraordinary care being provided by KGH medical staff, students and support teams.

Once recovered, both felt deeply grateful and eventually, separate from one another despite being close colleagues, made their way to becoming volunteers for the KGH Foundation.

The KGH Foundation is a volunteer-driven, charitable organization whose aim is to advance the standard of health care being delivered to patients at KGH and its associated facilities. Every week, the organization relies on hundreds of volunteers to staff four non-profit venues; the Perking Lot (hospital

coffee shop), Royal Bistro (hospital café), Centennial Mercantile (hospital gift shop) and the Rutland Thrift Store.

Phil spends Tuesday mornings as a barista at the Perking Lot, preparing lattes for doctors, nurses, patients and guests at KGH. TJ spends Tuesday afternoons at the Royal Bistro, interacting with and serving KGH staff and visitors hot breakfast or lunch.

For every four hour shift, a volunteer contributes approximately \$84 to the KGH Foundation.

Over the years, these contributions have added up to millions of dollars in funds. In 2017, KGH volunteers joined with hospital volunteer groups from Peachland, Lake Country and Winfield to purchase a new \$1.9 million CT scanner for the Emergency Department at KGH. They also gave a sizable gift to Foundry Kelowna, the new integrated care clinic to support youth struggling with their mental health.

Both Phil and TJ admit that giving in the form of volunteering began initially as a way to give to the hospital in a meaningful way.

Yet what they gained for themselves is priceless.

The KGH Foundation is an independent, volunteer-driven charitable organization committed to enhancing the delivery of healthcare to the patients of Kelowna General Hospital and its associated facilities.

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