



KINDRED SPIRIT NEWS

Your source of impact, community in action, and uplifting stories to brighten your day.

National Volunteer Week



Join us in celebrating all volunteers, like Lynn Poitras and Reegan Forsyth pictured above, April 14th-20th for National Volunteer Week. Take a moment to thank your barista at The Perking Lot or flash a smile to a Gift Shop volunteer. These small acts of appreciation make all the difference in showing our volunteers how much they truly mean to our team and the whole KGH community!

Build new friendships, do meaningful work,
and make a measurable impact.
Become a volunteer.



Pictured above is Dhairya Singh, an exceptional young volunteer who has volunteered to work every day of his spring break. Thank you Dhairya!

Look Who is Back!



We'd like to extend a warm welcome back to Amanda Walker, pictured above in between Lynn Aldridge and Deanna Tannas. Amanda started with the Foundation in 2015 as a volunteer at the Perking Lot. Two years later she was offered a full-time position as the Perking Lot Manager. In September of 2022 Amanda took a leave from the Foundation to welcome her daughter, Joyce, to the family. We are thrilled to have Amanda back and working in our business venues supporting our volunteers with her positive attitude and vivacious personality!



The Story Behind The Slippers

The ladies of Faith Lutheran Church have been knitting slippers for the guests at JoeAnna's House since opening. During the pandemic when many could not get out they all decided to knit as much as they could, and boy did they ever! They never tell us when they are on the way they just show up and provide us with big bags of slippers. The most we received at one time was 3 green garbage bags full! Some of the ladies who knit them are Ruth, Erika, Hazel and Edith. Mary who does not knit is the one who delivers them. Thank you ladies for keeping our guests feet warm and cozy!

50% off all regularly priced items
at Rutland Thrift from April 25-27th!

JoeAnna's House

When you join the team at JoeAnna's House you will be there to interact with our guests who have a loved one staying at Kelowna General Hospital; they could be with us for a day, a week, a month or longer. This is an opportunity for our volunteers to help us create a home like environment for our guests who need a home-away-from-home during a very stressful time. We have morning and late afternoon shifts available 7-days a week. At this time we are looking for individuals 19+ who are able to commit to a minimum of one 2-hour-shift per week.



Pictured above is JoeAnna's House volunteer, Nancy Denome. JoeAnna's House volunteers are known for their compassion and empathy, and Nancy is no exception. She is most likely to cheer someone on when they need it the most and her warm smile and friendly disposition endear her to House guests. volunteers like Nancy are what makes it possible for JoeAnna's House to be a true home away from home for all its guests.



Pictured to the left are some of the team members from Lawson Lundell LLP. This was their second year participating in the Share a Meal program at JoeAnna's House. Thank you for such a wonderful evening, once again!

Volunteer-a-versary

The commitment of our volunteers is the heartbeat of our mission, and we are deeply grateful for the invaluable contributions they continue to make everyday. Because of this we are always looking for a way to celebrate our volunteers and the impact they make in enhancing health care in our community. Today we recognize the following volunteers for the time they've spent on our team, from 1 year to 11 years. We continue to be amazed by the dedication of these outstanding individuals.

April

Shana Azeem	1 year
Brenda Champagne	7 years
Jacki Eng	7 years
Reegan Forsyth	6 years
Hitesh Gandha	1 year
Yvonne Graham	2 years
Bob Twerdoff	11 years
Linda Way	9 years
Joanne Wyllie	5 years

Rutland Thrift



Cathy Laprise, pictured above, has been volunteering at Rutland Thrift for five years and is likely to be found in a mountain of bedding, something the store receives a lot of. Thankfully, she's able to plow through the bounty of baby blankets and plethora of pillows with ease.



Pictured above are Jocelyne Williams and Dixie Holmes, or "Williams & Holmes", two peas in a pod at Rutland Thrift. They're feisty and fun and are most likely to start a merengue when maracas and festive hats come through the door. Thank you both for continuing to bring such an awesome energy to the team!



Pictured to the left is the "Tuesday Crew" at the Perking Lot; Ada Jilek-Rodriguez, Malaika Johnson, and Jade Nyrose.

"Without our first-class volunteers, our mission for world-class health care close to home wouldn't be possible. To us, they are all... top of the class."
- Allison (Allie) Young, KGH Foundation CEO

A Special Thank You

We would like to acknowledge a few remarkable volunteers that have stepped up over the past season while many volunteers have been away traveling. These amazing individuals not only maintain a regular weekly shift in the venues, but have picked up additional shifts over the weeks to fill vacancies that otherwise may have forced us to close. Thanks to their willingness to go the extra mile, we were able to keep the KGH community well fed and caffeinated these past few months.

Thank You!

Fern Hind
Annette Jones
Sharon Lobb
James Dolera
Carine Howie
Dhairya Singh
Manmeet Gaiinda
Aayush Verma

Giving Changes Everything.

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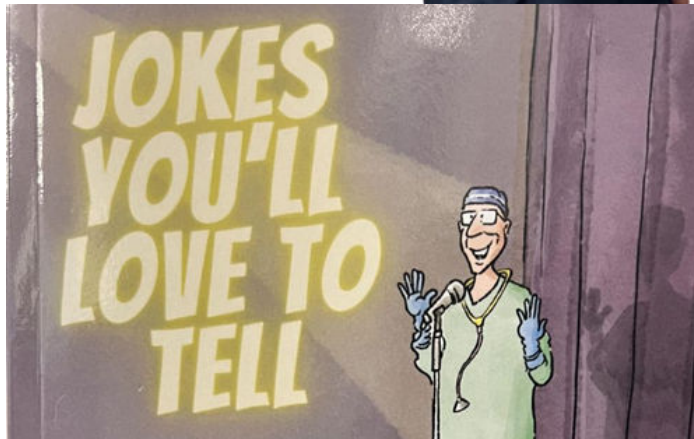


Pictured above is Royal Bistro Volunteer Jean Fraser, on her 21st volunteer-a-versary.

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Jokes You'll Love to Tell

Dr. David Goldberg is a family physician and surgical assistant at KGH, but he's also a bit of a jokester! Dr. Goldberg was given the responsibility of keeping the surgical team entertained during the awkward breaks that occur when surgical teams have to wait for medical clay to harden, and so his comedic skills were honed on the job! All proceeds from *Jokes You'll Love to Tell* by Dr. Goldberg are supporting the KGH Foundation. Available for purchase in the KGH Gift Shop.



Pictured below; Logan Burd, MPH, CLARITY Project Coordinator, Joshua Raphael ROYC Project Coordinator, Maven Grey Maraj Regional Okanagan Youth Ambassador, Mia Ngo Regional Okanagan Youth Ambassador.

Word Search

W	Z	V	M	G	D	O	K	H	G	L	J	V	X	H
P	Z	J	G	U	Y	T	Q	Z	H	N	M	S	V	W
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Word Bank

spring share
happiness teamwork
change positivity
sunshine kindness

Are you a youth interested in sharing your opinions and ideas related to youth mental health? Or do you know someone who is? Reach out to clarity.project@ubc.ca to learn more about the Regional Okanagan Youth Council, and how you can get involved.