RQHR Volunteers Knock Our Socks Off

I hope that you all enjoyed the RQHR Volunteer Recognition Luncheon and Long-Term Service Awards presentation, May 6, 2017 as much as I did. It was so wonderful to see so many of you there.

The RQHR Volunteer Services Department would like to extend thanks and appreciation for the donation of over 600 pairs of children’s socks. This donation will assist the United Way Regina provide children in need with socks to keep them warm this winter. I thank each of you individually as well as our volunteer partners at Alliance Energy for their donation of over 200 pairs of socks.

The Regina Qu’Appelle Health Region’s continuing mission to provide outstanding care will continue to shape the future of the newly formed Saskatchewan Health Authority. A good measure of continuity and care excellence relates directly back to you, the volunteers. We know that our more than 1,100 volunteers donate over 90,000 hours of their collective time to the RQHR across more than 30 unique roles. That is a staggering contribution of care, effort, and dedication, all of which helps make our facilities and programming so special. These efforts all support the Region’s continued vision of Healthy People, Families and Communities.

Not only does robust volunteerism within the RQHR help all clients receive care in a dignified and supportive manner. It also provides opportunities to socialize, which through research we are coming to understand has a positive impact on healing. Youth volunteering also lays the groundwork for a new generation to promote wellness and compassionate care to our clients and citizens in our communities.

On behalf of the RQHR, I personally want to thank you, our volunteers, for the enthusiasm and support you bring to our facilities and to our programs. You are helping to provide solutions to the changing needs of our health care system, and paving the way to a better life for all Clients of the RQHR. I hope you will enjoy our summer months and will be safe in your summer activities.

Ray Brady
Manager, Volunteer Services
We are needing volunteers to assist with programs and service areas, if you or anyone you know is interested please call us at 306-766-4452 and ask for Jeff or Jennifer.

**RGH Pediatric Volunteers:** Volunteers will provide company for children who are on their own, visiting siblings, and/or parents whom may require a respite period. During volunteer visits, the volunteer will provide play materials, interaction, and assistance when needed. Volunteers will assist in transporting children to and from activities in the playroom. Volunteers will assist in keeping the playroom area and toys clean and organized.

**Home Care - Companionship Service Volunteers:**
Companion Service provides a volunteer who will bring friendship and companionship to clients who live alone and have limited support from family and friends. Volunteers visit clients in their homes or accompany them on a mutually agreed upon outings. This program means committing enough time to build a meaningful relationship between the volunteer and the client.

**PH Gift Cart Volunteers:**
Gift Cart Volunteers visit the in-patient units and provide purchasing opportunities of personal care items, reading material, and treats.

**RGH Emergency Department Volunteers:**
The Regina General Hospital Emergency Department Volunteer Program is actively seeking volunteers to assist clients and family members who are seeking emergency medical assistance.

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**RQHR VOLUNTEER SERVICES**
**YEAR TO DATE STATISTICS -**
**April 1, 2016 - March 31, 2017**
**PASQUA AND REGINA GENERAL HOSPITAL VOLUNTEER HOURS:**
51133.25

**APPROVED RQHR VOLUNTEER APPLICANTS:**
285

**NEW VOLUNTEERS SERVING IN THE RQHR VOLUNTEER SERVICES PROGRAMS:**
273

**TOTAL AVERAGE NUMBER OF VOLUNTEERS SERVING IN THE RQHR VOLUNTEER SERVICES PROGRAMS:**
1088

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**Volunteer Training Opportunity**

**Live Well with Chronic Conditions**

**Become a Peer Leader!**

**What does a Peer Leader do?**
You will lead 1 or more workshops per year with another Peer Leader. Each workshop contains 6 sessions: 2.5 hours each week for 6 weeks.

**Why would you want to be a Peer Leader?**
Boost your health and your community’s, build and share skills

**September 5-8th, 2017**
**Eastview Community Centre**
**615 6th Avenue, Regina**

For registration or for more details, please contact Sarah at 306-766-7207 or sarah.snyder@rqhealth.ca

**SIGN UP NOW!**

Be a part of this life changing program!
What to Wear... What to Wear...

The RQHR Volunteer Services Department dress guidelines are intended to provide general principles regarding appropriate dress practices at the Hospital for all staff including volunteers and academic placement students. All individuals registered with Volunteer Services are expected to use good judgment in determining what is deemed appropriate professional attire. The Volunteer Services Department has taken into account the hospital guidelines, all hospital health, safety and inspection control policies, procedures, legislation and standards when developing guidelines for our own area. As representatives of RQHR, it is important that volunteers maintain a professional appearance.

Professional Guidelines
All volunteers and students in placements are expected to present themselves in a consistent professional manner as a representative of the RQHR.
Volunteers may wear jeans that are clean, worn on the waist, without offensive labeling. Jeans should not be ripped, frayed, baggy, too tight or have tassels, strings and scarves attached.
Hats and dangling jewelry are not permitted while on duty
Undergarments and bare skin should not be visible when the volunteer bends over or reaches, exposing midriff or cleavage.

Casual dress days are in effect for the summer period (Victoria Day weekend to Labor Day weekend) and casual Fridays throughout the year. Casual dress generally means that anything goes within taste. For example: long shorts, capris, jeans, T-shirts, golf shirts and clean running shoes. It does not include: flip-flops, halter tops, spaghetti strap or off the shoulder tops, thong sandals, sweat pants, T-shirts with inappropriate slogans/phrases.

Uniforms
Photo Identification badges must be worn in a visible place at all times while in all RQHR Facilities. Uniforms must be worn at all times unless otherwise indicated by placement supervisor.
Volunteers and placement students may be required to wear other clothing (e.g. Hospital gown) or protective equipment (e.g. masks) as designated by the placement area, and must follow all guidelines.

Footwear
Shoes must have enclosed toes, heels and sides (e.g. running shoes) to prevent foot injuries as per Hospital policy. Only “healthcare” models of Crocs (e.g. the professional, Endeavor, Georgie or All Terrains) are allowed provided the heel straps are used.
Why volunteer at RQHR?

- Placements that benefit you and enhance quality of life for our clients
- Work alongside world-renowned experts in health care
- Assist professional teams and work directly with clients

By volunteering you:

- Increase your knowledge
- Gain valuable experience
- Build your social network
- Explore careers in healthcare

Visit: www.rqhealth.ca/volunteer for application information.

Rider Pride Days at the RQHR

Volunteers are encouraged to show their Rider Pride on Game Days. If you are volunteering during a home or away game, please feel free to wear the Rider Green (jersey’s, t-shirts, or golf shirts) to your volunteer shift.

Football Word Scramble

DIRECTIONS: Unscramble the letters to form Canadian Football vocabulary terms.

1. GURAD __________________________
2. ULHDED __________________________
3. CREENT __________________________
4. ILETMHAF ________________________
5. UNPT ____________________________
6. NALICBEKRE _____________________
7. AUACRETQBKR ___________________
8. WODN __________________________
9. ECORS __________________________
10. IKKOFCF _________________________
RQHR
Meals on Wheels Volunteers

The RQHR is looking for Causal Volunteer Drivers to deliver Meals on Wheels. Meals are delivered between 10:30 and 12:00 from Monday to Friday excluding statutory holidays.

Clients who receive Meals on Wheels are unable to make a meal on their own and greatly appreciate the volunteers who give their time.

During the summer we have an increased need for Volunteers.

Contact Laurrie Nelson Volunteer Coordinator at 306.766.7300 for information!

Sometimes that’s the only meal they have for the day.
Sometimes it’s the only person they see for the day.
Confidentiality and HIPA

Individuals have an ethical and legal right to privacy. This right to privacy is based on respect for persons. This ensures that the individual has control over what and to whom information about them is disclosed. RQHR recognizes its obligation to respect privacy and is committed to maintaining the confidentiality of client and RQHR information, whether written, verbal, or electronic.

Confidential information is information of a sensitive nature in any format which is created or received by the RQHR in the course of its business, and includes, but it not limited to, the following:

- Client information
- Administrative information
- Executive and corporate information
- Financial information
- Human resources information
- Legal information
- Human rights information
- Public relations information

Breaches of Confidentiality

Breach of confidentiality includes any intentional or inadvertent unauthorized access to, or disclosure of confidential information, including but not limited to:

- Clinical or personal information regarding family members, visitors, friends, partners, former clients, prominent public figures, colleagues etc.
- Non-clinical information (e.g., personnel, business, and/or financial records)

Examples of Breaches of Confidentiality

- Accessing information you do not need to know to perform your duties.
- Unauthorized reading of patients medical records.
- Divulging patient/clients/resident personal information without their consent.
- Discussing patient/client/resident details with unauthorized personal i.e. friends or family members.
- Conducting a conversation relating to patient information in a public place. *If you feel you have seen or heard something that should be shared share it with a staff member in your department in a discreet manner and private setting.*
- If you notice a friend or family member during your shift you're not permitted to ask them why they're accessing any RQHR Site/Service.
- Do not post pictures or comments of Clients, Patients, Residents or Staff on any type of Social Media Outlet.
- You need to report relevant patient information to the staff person responsible for their care. The report needs to be made in a private location.
- If you or someone else wants to take a picture of anyone in the hospital, then you need to speak to your Manager or Coordinator, Volunteer Services.
- Making defaming statements about any client, visitor, or staff member.
- Giving advice/counselling to patients, clients, and/or families i.e. healthcare, financial, legal, and/or spiritual.
Let's Celebrate our Nation's 150 Birthday! Here are some recipes to spice up your 150 Canada Celebration:

**Cheesy Bannock**

PREP 10 MIN - TOTAL 50 MIN - MAKES 10 SERVINGS

Ingredients:
- 1 tbsp unsalted butter, melted
- 4 cups all-purpose flour
- 4 tsp baking powder
- 1 tsp salt
- 1/2 cup unsalted butter, melted
- 1 1/2 cups water
- 1 cup grated sharp cheddar

Instructions
1. Preheat oven to 350F. Brush an ovenproof skillet (cast iron is best) with 1 tbsp melted butter.
2. Stir flour with baking powder and salt in a large bowl. Stir butter with water in a small bowl, then stir into flour mixture until it comes together. Dough will be a little sticky. Transfer into the prepared skillet. Spread dough to edges and pat down. Sprinkle with cheddar and pat gently so cheese sticks to dough.
3. Bake in centre of oven until golden and a cake tester inserted into the centre comes out clean, 35 to 40 min. Keep bannock in skillet. Cut into wedges.

**Watermelon-Strawberry Sangria**

INGREDIENTS
- 1 small seedless watermelon, rind removed, flesh cut into large chunks
- 1 lb(s) strawberries, hulled and sliced, 1 cup reserved for garnish
- 1 bottle rose wine, cold
- 1 cup vodka
- 1 cup fresh orange juice
- 1/2 cup orange liqueur
- 1 orange, sliced
- 1 lime, sliced

DIRECTIONS
1. Combine the watermelon and strawberries in a blender and blend until smooth; add a splash of the vodka if needed to get the fruit pureed.
2. Strain into a large pitcher; you will need about 4 cups total juice. Add the rose, vodka, orange juice and liqueur and stir to combine. Add the orange and lime slices, cover and refrigerate for at least 1 hour and up to 24 hours. Just before serving, add the reserved strawberries. Serve in glasses over ice.