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Greetings from Gwen

Something to ponder....What does "self care" mean to you? As volunteers we are giving of ourselves on a regular basis. Everyone needs to refill their proverbial cup in order to give again. I encourage you to make self care a priority - find something that brings YOU joy and energy.

VOLUNTEERS NEEDED

We are growing and need volunteers to join our team. Who do you know to refer to our team? Anyone with a heart for people and willing to share some time with a client on a weekly basis.

Client Goal Update

At the time of this publication we are closing in on 55 clients.... SO very close to our goal of 60 clients by end of June 2025!

Referrals always welcome!



How do our volunteers support clients?

Thanks for asking! Here are a few examples of how volunteers and clients connect.

- In home visits
- Sharing a hobby
- Playing games & cards
- Going for a walk
- Baking/cooking
- Attending local events

3 Key Elements of Communication

- Authenticity
 - Be genuine and be in the moment
- Non-judgement
 - Show warmth & acceptance
- Empathy
 - Not sympathy - feel WITH a person



Upcoming Events

- May 20 - 7pm Volunteer Appreciation & SWDPC AGM (Stonewall Legion)
- June 13 - 20th Annual Ralph Eichler Charity Golf Tournament
- June 20 - 1st Day of Summer
- August - Volunteer Workshop (TBA)
 - Teulon - August 2025
 - St Laurent - September 2025
 - Stonewall area - September 2025
- July 1 - Canada Day!

Hike for Hospice Update

May 4th was a gorgeous spring day, many individuals came out to support SWDPC.

Support was offered by collecting pledges for hiking/biking/running and a pancake breakfast!

We appreciate all who joined us.

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