



SPRING
2026



Upcoming Events

Victoria Gydiv Concert
Treasures & Totes
AGM - June 10, 2026
Bakeless Bake Sale
Grade 1 School Tours



Extra! Extra! Read all about it!

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Volunteer Association donates \$45,000, approaching \$100,000 in annual support



(Photo left to right: Bonnie Harris, volunteer; Todd Stepanuk President and Chief Executive Officer; Betty Lavallee, President, Volunteer Association)

February 12, 2026
(Simcoe) – The Norfolk General Hospital Volunteer Association has donated **\$45,000** to purchase wheelchairs, bedside tables, and sleep chairs for patient rooms at Norfolk General Hospital (NGH).

By Aaron Gautreau

[Read Full Story on the Hospital Website](#)



Volunteer Association Update – President’s Report



Dear Volunteers,

We are deeply grateful for the commitment each volunteer brings. Your willingness to support the hospital and nursing home in achieving their mission strengthens healthcare in our community.

Strong Business Performance

Our businesses continue to perform exceptionally well and, with the support of our volunteers and strong leadership, we are on track to exceed our pledge this fiscal year.

Fundraising Success



Fundraising initiatives remain an essential part of how we support equipment purchases and patient comfort. Despite the transition to a consolidated association model and everyone’s busy schedules, volunteers have shown remarkable enthusiasm in planning and supporting fundraising activities. Read all about what’s next in this edition of the Vitality.

Our most recent fundraiser, **Christmas Gift Wrapping**, generated **\$5,917.38**, making it a record-breaking year.

On Track to Exceed Our Pledge

With the combined efforts of our businesses and fundraising initiatives, we will exceed our pledge to the hospital. As of the end of January, we have donated **\$85,000** and are on track to far exceed our 2025/2026 pledge. This is OUTSTANDING!

Save the Date – AGM

Our AGM will once again be held in **Waterford** on **June 10**. We look forward to celebrating together and thanking you in person.

On behalf of the Association Board, thank you to every volunteer for your support, dedication, and generosity — you truly make a difference every day.

We will continue working together to grow and strengthen our Association.

Betty Lavalley
President



The card features the NHHH Volunteer Association logo in the top left corner. The text is centered and reads: "AGM" in large blue letters, followed by the quote "We look forward to celebrating together and thanking you in person." in blue. Below the quote is a small heart icon. The location is listed as "Waterford Legion, 223 Nichol St. West, Waterford, On". The date is "Wednesday June 10, 2026", with social time at "5:00 p.m." and dinner at "5:30 p.m.". A circular logo on the right says "THANK YOU FOR YOUR SUPPORT" around a heart and hands icon. At the bottom, it says "Association updates & awards to follow", "Rsvp Tickets: Call Betty @ 519-429-2165 or Email - amma.lavalley@gmail.com Also available at the Gift Shop", and the price "\$25.00 2". A blue ribbon in the top right corner says "2026".

AGM

“We look forward to celebrating together and thanking you in person.”

Location: Waterford Legion
223 Nichol St. West
Waterford, On

Date: Wednesday June 10, 2026
Social: 5:00 p.m.
Dinner: 5:30 p.m.

Association updates & awards to follow

Rsvp Tickets: Call Betty @ 519-429-2165 or
Email - amma.lavalley@gmail.com
Also available at the Gift Shop

\$25.00 2

MEMO: Parking challenges and the steps underway to address them

Many of you have told us how frustrating it is to arrive for work, pay for parking, and still not be able to find a space. We know how frustrating this is, especially when you have to search for street parking before your shift or when responding to an urgent call. We understand why this is a growing concern. Several factors are contributing to this challenge:

- Snow and winter conditions reducing available space
- More staff, physicians, learners, and volunteers on site each day
- On-call parking spaces being used by those who are not responding to a call
- Our hospital site is landlocked and we do not have room to add more parking

We have taken steps to recover as many spaces as possible following recent snowfalls and will continue this work as needed. Loaders and dump trucks have been brought in to remove snow banks that were blocking parking spaces. This winter has been particularly difficult, and this work is helping restore access to spots that were temporarily lost.



On-call parking spaces



On-call parking spaces are reserved for staff and physicians who are responding to an urgent call. If you are not responding to an urgent call, these spaces are not for you. These spots must remain open at all times so that someone arriving urgently can park without delay.



Parking audit underway



We are currently completing a parking audit to make sure parking access cards align with current, active users. Access cards that are no longer valid or should not be active will be deactivated as part of this review. This step is intended to help ensure that parking spaces are available for patients, visitors, volunteers, and staff. This review is focused only on cards that should not be active.

If your access card stops working following this review, please contact Starr Mudge in Human Resources at smudge@ngh.on.ca for assistance. She can also help update, add, or cancel your parking access. We recognize that this is an ongoing issue. While we cannot create more parking space, we are taking steps to make sure the space we do have is being used appropriately.

Thank you for your patience and for helping us make sure parking is available for those who need it most.

Aaron Gautreau
Director of Communications and Public Relations

From the Director's Desk...

Director's Musings



We can't seem to shake the chilling grasp of winter this year. I am hoping all of you have found a way to shatter the winter blues and isolation that poses as hibernation. Being an active volunteer is a great way to alleviate winter's hold and we appreciate having so many of the community's best volunteers active with us!

We have been busy over the past few months bringing on more and more volunteers, developing new opportunities, expanding current opportunities and planning for events.

There is never a dull moment.

In March, all convenors, board members, treasurers and lead volunteers will be learning and enhancing succession planning skills. We will have an expert facilitator leading us through some scenarios so that we can continue to grow and plan for the future of the association.

In April, as always, we will be celebrating **National Volunteer Week** from **April 19th – 25th**. Volunteers who will be present during this time will be thanked throughout the hospital/nursing home and we will have a small token of appreciation. Also, during this time, we will have a dinner and an awards reception. This will be the time that we recognize those volunteers with milestone achievements that were previously handed out during branch meetings. Stay tuned for more information about this event!

I continue to be awed by the commitment and dedication of the volunteers in their engagement in service and participation in fundraising events – this year has been exceptional and I am truly grateful.

Kerri Emberlin



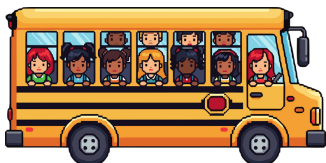
H.E.L.L.P.

Do you have time to volunteer?
Occasional help needed once a month on either a Tuesday or Thursday to help sell break open tickets.

If you are interested and available, the shifts are
9:15- 1:00 p.m.
Contact Renee Owen,
mynay2@hotmail.com.



A happy winner!



Grade 1 School Tours



We are so excited and looking forward to the return of the Grade 1 School Tours! They will take place in the month of May and we already have dates scheduled for 10 area schools. A number of other schools have indicated an interest and will set their tour date soon.

Thank you so much to all of the volunteers who have come forward already to act as guides.

If you are interested in helping, please contact myself or Kerri. Please attend the information and training session for all Grade 1 tour guides on **Wednesday, March 11th from 1-3 pm** in the North/South Conference rooms at NGH. Looking forward to seeing you there.



Angela Grant

NGH GIFT SHOP CELEBRATES 70 YEARS 1955-2025



Last October, we celebrated our 70th Anniversary! In 1955, the Gift Shop was organized in a tiny room in the basement of the hospital to sell candy and knitting made by volunteers. A purchased cart was stocked with cards, candy and toiletries and was to be taken to patients throughout the hospital.

An appeal went out to volunteers to help with this new project, organized by the "ways and means" committee. Profits were amazing! With the Centennial expansion, the Gift Shop was moved to an enlarged and attractive location at the elevator lobby. With another hospital expansion in 2005, the Shop was moved again to its current location at the main front door entrance.

Seventy years later, our Gift Shop is a successful business, managed by the Volunteer Association. It has earned **OVER \$1 MILLION DOLLARS**, which has been donated to the hospital and nursing home for the purchase of medical equipment.



Attractive displays of books, fashion accessories, all occasion giftware and stuffed toys are available to residents, staff and visitors. The Gift Shop has always had a reputation for knitted blankets, baby sets and mittens. We are very grateful to the commitment of over 100 volunteers who have helped to staff the shop and take the cart throughout the hospital and nursing home over the years.

Jane Hunter, Gift Shop Convenor

Thank you to all our amazing volunteers!

Looking for a quick meal?

Try these Egg Bites!



High in protein and low in carbs,
no added sugar and no gluten
(unless of course YOU add it!)

- 8 large eggs
- 1 cup cottage cheese (can use lactose free)
- Salt & pepper to taste

Blend well together, pour into oiled muffin tin (12) or use silicon liners.

Top with chopped bacon or ham, diced sweet pepper, finely chopped green onion, and about 1 cup of shredded cheddar or parmesan cheese. (Add what you like! I use spinach for them as well).

Bake at 400 for 20 minutes or till done.

Let cool and enjoy! About 14 carbs each.

Coffee News...

The kiosk was open for all holidays in December and January with only one snow day which was amazing considering the January snow storms. Christmas day was a big hit... the portable cart that was taken floor to floor was decorated with bows, bells and lights giving out coffee and cookies.

Within 4 hours twenty-two pots of coffee and close to 100 cookies were given out.

The cost for the day was \$156.00, the joy it brought was well worth it.





New additions
to our team!

- Sheila Chanda
- Stuart Scott-Field
- Rosemary Gagne
- Terry Kapitor
- Mackenzie Langille
- Alice Martin
- George Milne
- Antel Palhad
- Angie Pope
- Denise Ryder
- Jennifer Sibley-Fines
- Summer Townsend
- Kimberly Welsh
- Terry Welsh



VOLUNTEER ASSOCIATION TO NORFOLK GENERAL HOSPITAL
AND
NORFOLK HOSPITAL NURSING HOME

Dear Volunteers

**WE'RE AT IT AGAIN - SWAPPING ACTUAL BAKING FOR A
DONATION TO ASSIST OUR LOCAL HOSPITAL
AND NURSING HOME ACHIEVE THEIR GOALS!**



BAKELESS BAKE SALE

You won't have to go to a store
To buy flour, raisins or anything more.
Don't turn on your stove or your microwave -
Just think of the hydro and money you'll save!



Those measuring spoons in the drawer they can stay,
And for sugar and spice you won't have to pay.
No butter to sample, no leftovers to taste,
Those extra calories won't go to your waist!

Now what will you do if you don't have to bake?
Spend time with family & friends for goodness' sake!
Or pamper yourself with a massage for your feet,
Tidy your closet and make things so neat.



**\$25 donation
= 3 pies**

For the task of not baking this year,
I'm writing this poem to make it quite clear:
That the "dough" that you donate will go to good use -
Put your dough in our coffers and spread some good news!

Author unknown

THANK YOU FOR YOUR CONTINUED SUPPORT!

TO MAKE A DONATION DROP-OFF

Waterford - Renee Owen - 519-428-9396 - 94 Robinson Rd. Waterford, ON N0E 1Y0
Port Dover - Linda Misener - 226-567-0697 - 9 Briarlee Cres. Port Dover, ON N0A 1N4
Delhi - Angela Moyaert - 519-582-2373 - 168 Chrysler St. Delhi, ON N4B 1J1
Simcoe - Iris Smith - 519-429-8807 - 190 Argyle St. Unit # 8 Simcoe, ON N3Y- 0C1
MAIL DONATIONS TO RENEE OWEN - 94 ROBINSON ST WATERFORD, ON N0E 1Y0



If you would like to receive a tax receipt, please include a self-addressed envelope with your donation.



IN MEMORIAM



Margritha Hosack - January 28, 2026

Marg Hosack was a long-term Simcoe branch member beginning her volunteer service in 1991. She was most active in the second floor and main floor information desks and knitting with the craft group amassing over 1,900 hours of volunteer service. Marg was recognized for numerous milestones including her 30-year service pin, Ontario Volunteer Service award, and Local Life Member.

Our deepest condolences to all family and friends.



VOLUNTEERS WANTED!

Treasures and Totes - Sunday April 19th, 2026

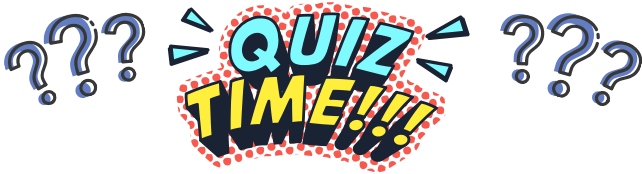
A unique fundraising experience is being launched for the first time by the Norfolk General Hospital Volunteer Association. Loosely based on the previously well-attended Treasure Mart, Treasures & Totes is focused on providing people in our community the opportunity to shop for high-quality, second-hand goods at reasonable prices.

We have several volunteer opportunities available, from needing trucks for transportation the day before, to greeters and clean-up crew!

We have received a number of high-quality designer items, which will be featured for sale in our "Boutique".

Tickets will be sold to attend the event - priced at \$25.00 each, the ticket includes a \$20.00 credit against purchase plus a chance to win a diamond and emerald ring valued at \$600.00!

Refreshments are available for our attendees.



1. Who is the patron saint of Ireland?
2. What sixties TV series showed the first interracial kiss?
3. On what floor are the palliative care rooms on?
4. Finish this 60's TV ad jingle... Plop, plop, fizz, fizz...
5. In the hospital, what does a "Code Yellow" mean?
6. What 60's hit song did The Byrds take lyrics from Ecclesiastes 3-7?
7. In the hospital, who would you call for a major spill?
8. What two U.S. states share no borders with any other state?
9. How many dots does a pair of dice have?
10. How many "castaways" were washed ashore in Gilligan's Island?
11. What was the month, day and year of JFK's assassination?
12. Name the most popular selling foreign car during the 1950's.

Answers found on last page ...

TREASURES & TOTES

FUNDRAISER

HOSTED BY THE VOLUNTEER ASSOCIATION TO NGH/NHNH

Sunday April 19, 2026

1:00 p.m. - 4:00 p.m.

Simcoe Rec Centre
182 South Drive
Unit 1

\$25.00

Includes...

- \$20 credit toward your purchases
- Chance to win a ring valued @ \$700
- Refreshments

TO PURCHASE TICKETS

Vicki 226-440-2042

Iris 519-426-2495

Also available at the
NGH Gift Shop

JOIN US FOR
A FUN ACCESSORY
SHOPPING
EXPERIENCE



All proceeds in support of:

Norfolk General Hospital

And

Norfolk Hospital Nursing Home





As our volunteer base expands we want to recognize that members of our team and community may be observing Ramadan.

We extend warm wishes during this time of reflection, and thank you for your ongoing dedication as we work forward to being a more inclusive organization.



NATIONAL VOLUNTEER WEEK EVENT

DINNER & AWARDS

Join us for an evening of appreciation and fun!

MUSIC BINGO

CONTACT KERRI FOR TICKETS
KEMBERLIN@NGH.ON.CA

21 April 2026
5:00 pm

Army Navy Club - Simcoe
53 Water Street

RSVP by April 10, 2026



To the NGH & NHH Volunteer Association

On behalf of the Residents at Norfolk Hospital Nursing Home, thank you for the generous donation of \$500.00! Your contribution will help cover the cost of recreational programs such as musical entertainment, bingo prizes, Tim Horton's Coffee and Donuts, Art and Craft supplies and so much more!

Your support helps keep our residents engaged, active and smiling! We truly appreciate your kindness and generosity towards our Residents Christmas Stocking Program.

With sincere thanks, Linda Schaeffer
NHH Therapeutic Recreation Coordinator

VOLUNTEER SPOTLIGHT - Bailey Pinkney



Do you know Bailey Pinkney? Bailey has been volunteering at the Coffee Kiosk at Norfolk General Hospital since November of 2024. Bailey has lived in Norfolk County most of her life. During the summer, she works in Northern Alberta as a wildland firefighter (a trained professional who combats fires in forests, grasslands and prairies).

Winter has her studying American Sign Language (ASL) and coaching hockey.

Bailey started running in 2020, but didn't start the long distance runs until 2022, when she ran her first half marathon. She applied and was accepted to run in the prestigious New York marathon in 2025.

The NY Marathon has over 59,000 runners and about two million spectators, and Bailey really wanted to be part of the energy in this amazing race. She decided to use the marathon as a fund raiser in support of Norfolk General Hospital - towards the purchase of a new patient lift – and so trained hard running through the forests as well as on track. Her goal was to run the marathon, and raise \$3,000.00 towards the lift, and she succeeded at both!



Thank you, Bailey, for your contribution to the NGH Hospital Equipment Fund.



Craft Group

After a busy selling season leading up to Christmas, the craft group members have taken a little break. After much needed rest, relaxation and time with family, we are busy once again knitting, quilting, sewing, crocheting, and creating to our heart's content. We hope to take part in some spring sales, so keep your eyes open for information.



One of our members celebrated an incredible milestone in early February. **Betty Steiner** turned **100 years** young! She has been a valued (and still active) member of

the craft group for many years and creates beautiful pieces, just making 14 microwave bowl cozies for the craft group.

Angela Grant

Thank you for your dedication throughout the years and congratulations!

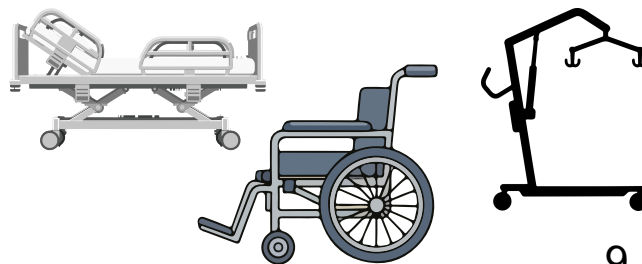
NGH Board Appreciation!

Thank you, on behalf of the Norfolk General Hospital Board, for the recent **\$45,000 donation** to fund the purchase of new wheelchairs, bedside tables, and sleep chairs for patient rooms.

[\(Read story in Norfolk Today here.\)](#)

"The commitment and time of the Norfolk General Hospital Volunteer Association is valued and greatly appreciated."

Peter Krause, Board Chair



Upcoming Events...

“You’ll Never Walk Alone”

A musical event you won’t want to miss!

Save the date – March 22, 2026!

Sponsored by the Volunteer Association
to Norfolk General Hospital and
Norfolk Hospital Nursing Home.

Victoria Gydo, classically trained soprano, originally from Copenhagen, Denmark, has lived, trained and performed in Europe, the U.S. and Canada for many years. Victoria is an award-winning, versatile singer, recording and voice-over artist, actress, songwriter and lyricist.

She is experienced in presenting opera, operetta, oratorio, crossover, musical theatre, jazz, Christian contemporary, EDM music, and most recently, film-inspired vocal music. **Get your tickets now!**



The Volunteer Association to Norfolk General Hospital
and Norfolk Hospital Nursing Home
presents a musical event

“You’ll Never Walk Alone”

Featuring
**VICTORIA
GYDOV**

**Sunday,
March 22, 2026
at 2:00 p.m.**
at
Colborne Village
United Church
30 Glendale Crescent,
Simcoe

Tickets: \$35 each
Available From
Margaret Saunders 226-931-5979
or
Judy Boughner 519-582-3892

Also at NGH Gift Shop
Monday to Friday ~ 9:30 a.m. to 3 p.m.

*Songs of Faith, Hope
and Encouragement.*

Refreshments
after the concert

HAPPY SPRING EVERYONE!

Looking forward to
another great year
with our volunteer
community.

Thank you to all who
were able to attend
the socials last year.
We appreciated your
support and we sure
did have lots of
laughs at both
events!

Volunteer SOCIAL!

Tuesday May 12th

Starting
at 2:00 p.m.

JOIN US!

Waterford United Church
135 Main St S
Waterford, ON
More information to follow...

Contact: Doug or Karen 519-583-3767

Please mark your calendars now for our first social
of 2026. It will be on **Tuesday May 12th**, starting at 2
p.m. at Waterford United Church, 135 Main St. S.,
Waterford. Come for some social time, refreshments
and entertainment. Dress casual.

Hope to see you then. Take care & stay well.

Karen & Doug Sibbett: nommry@hotmail.com.

AGM

2026

“We look forward to
celebrating together and
thanking you in person.”

Location: Waterford Legion
223 Nichol St. West
Waterford, On

Date: Wednesday June 10, 2026
Social: 5:00 p.m.
Dinner: 5:30 p.m.

Association updates & awards to follow

RSVP Tickets: Call Betty @ 519-429-2165 or
Email - amma.lavallee@gmail.com
Also available at the Gift Shop

\$25.00

Tour of Italy!

**Only on until
March 15th!**

**Chicken Parmigiana
&
Lasagna
&
Fettuccine Alfredo**

**Served with
choice of house
salad or soup**

\$33.99 *WOW!*



**A PORTION OF THE PROCEEDS
FROM EVERY TOUR OF ITALY
SUPPORT THE PURCHASE OF
VITAL EQUIPMENT AT NGH!**

Leadership Announcement for NHHH!

Effective March 2, 2026, Ulrike Lammel-Joseph will be the Director of Care for NHHH. She has been successfully serving in the role on an interim basis since January, and her collaborative approach and clinical leadership has already made a meaningful impact.

The selection panel found her to be deeply committed to high-quality resident-centered care, staff engagement, and continuous improvement. Todd Stepanuik thanks Nadine Cole, Sarah-Jane Irvine, and Brooke Martin for their participation on the selection panel.

"I have every confidence that Ulrike will continue to excel in this role while championing our Home's mission to deliver exceptional care and create an engaging, safe and compassionate home where residents live and staff shine."

Todd Stepanuik, President & CEO



Answers to 2025



"Easy Peezy Volunteer Quiz"

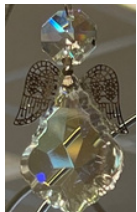
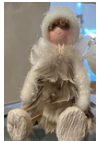
1. Saint Patrick
2. Star Trek
3. 4-B
4. "Oh what a relief it is"
5. Missing patient ... yikes!
6. "Turn, turn, turn"
7. Housekeeping - Ginger 1372
8. Alaska and Hawaii
9. Forty-two
10. Seven: The Skipper, Gilligan, the Millionaire Mr. Howell and his wife, the movie star (Ginger), the Professor, and Mary Ann.
11. November 22, 1963
12. The Volkswagen "Bug"



NGH GIFT SHOP

100% RUN BY VOLUNTEERS!

NEW ARRIVALS FOR SPRING!



Follow us on Facebook

Search Norfolk General Hospital Volunteer Gift Shop

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For change of address or other contact information, please call Judy Boughner, Volunteer Office at 519-426-0130 ext.3101.

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