



Volunteer Services Department

In appreciation of your commitment to enhancing the care provided at KHSC we invite our volunteers to take advantage of these benefit programs and opportunities.

TRANSPORTATION PERKS

PARKING & BUS:

While paid parking options are available through Volunteer Services, parking at both hospitals is expensive and often at capacity. We encourage volunteers to carpool, have someone drop you off, walk, cycle or take a bus whenever possible. Please visit the City of Kingston's [website](#) to learn more about bus schedules as well as the "Park & Ride" and "Rack & Roll" options.

At the HDH Site:

Volunteers are reimbursed every 3-4 months for parking, bus or Access Bus expenses incurred to volunteer at Hotel Dieu Hospital. The reimbursement form is available from the volunteers at the Information Desk in the main lobby. It is also emailed out to all HDH site volunteers in advance of each submission time.

At the KGH Site:

Bus tickets are available for volunteers who ride the Kingston Transit or Access Bus to KGH. Paid parking is available in the Queen's University underground parking lot on Stuart Street during the hours you are volunteering at the hospital. Arrangements must be made with the Department of Volunteer Services.

BIKE RACKS are available for use at the main entrances of the hospitals. A secure bike lock-up area is also available upon request at the KGH site.

DISCOUNTS

Kingston Health Sciences Centre participates in the discount program offered through **VENNGO**, giving staff and volunteer's access to unique savings and discount programs from brand name companies and smaller local companies. Venngo provides real discounts from a growing list of over 1,500 brand name stores and local shops — accessible through mobile apps and online. You can save money on everything from wellness to entertainment. Once you begin volunteering you can set up an [account with Venngo](#) if you choose to do so.

VIA RAIL DISCOUNT:

Staff and volunteers at KHSC also enjoy discounted travel with VIA Rail. If you go to VIA to get your tickets please bring your KHSC ID with you. The corporate discount code is 709508.

KHSC WELLNESS OPPORTUNITIES

STAFF WELLNESS PROGRAM: The KHSC Wellness Centres are located on Connell 8 at KGH and on JM3 at HDH.

They offer the perfect retreat for staff and volunteers looking for some quiet time, to enjoy some relaxation music or to check out the massage chair!

The [Wellness website](#) is also available to provide information, tools and many resources to promote both physical and mental wellness. Here, you can find up-to-date information on upcoming wellness initiatives and fitness activities.



MASSAGE THERAPIST Tanja Olmstead is trained in conducting assessments and orthopedic testing to determine the root cause of issues, and is skilled in providing a variety of massage techniques including Swedish, deep tissue, trigger point therapy, myofascial release, joint mobilization and passive stretching in a welcoming and professional environment. Tanja books appointments on Thursday mornings at the HDH site and Thursday afternoons at the KGH site. Contact Tanja directly at 613-929-9722 or email tanja.olmstead@gmail.com to book an appointment.

DISCOUNTED FITNESS MEMBERSHIPS: Currently, KHSC offers competitive discounts on fitness memberships at [Goodlife Fitness Club](#) and Omega Fit Club. For more information and to see if you would be eligible, please contact Occupational Health, Safety & Wellness at ext. 4389 or visit their office on Watkins 1 at KGH or Mary Alice 2 at HDH.

KHSC Staff and volunteers have access to the **FITNESS CENTRE** at the Hotel Dieu Hospital site. A \$50 annual fee allows you 24-hour access to the Centre's cardiovascular and strength training exercise equipment, change rooms and showers. There is also a TV with DVD and VCR connections in case you want to bring in your own workout video. Stop by the Occupational Health Department on Mary Alice 2 at the HDH site to obtain membership information.



STUDENT VOLUNTEER BURSARY

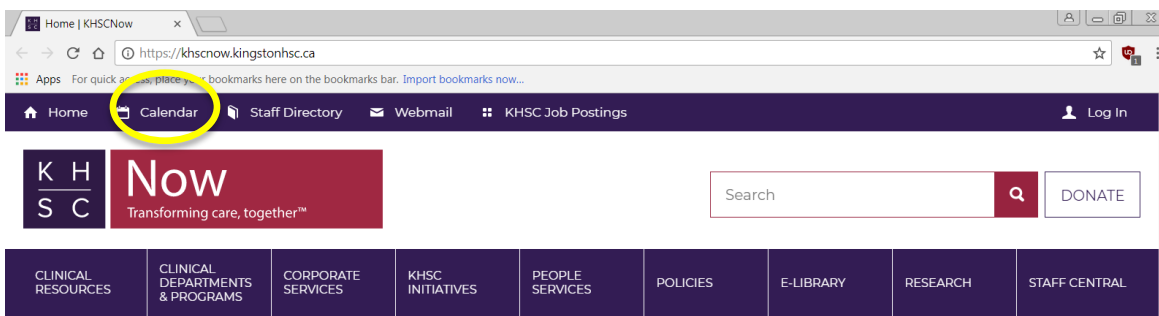
Both [Kingston General Hospital Auxiliary](#) and [KHSC Volunteer Services to HDH Site Inc.](#) offer an annual **STUDENT VOLUNTEER BURSARY AWARD** up to a maximum of \$1000 each year. These bursaries recognize student volunteers who consistently strive to uphold the principles and aim of Kingston General Hospital and/or Hotel Dieu Hospital. Notice will be sent to all student volunteers when applications are being accepted.

YEARS OF SERVICE RECOGNITION

Volunteers and staff at KHSC receive **YEARS OF SERVICE PINS** at five year increments. Once you reach 25 years of service you will be invited to attend the Long Service Recognition Celebration Dinner for employees and volunteers of KHSC.

LEARNING OPPORTUNITIES AT KINGSTON HEALTH SCIENCES CENTRE

KHSC, along with Queens University Faculty of Health Sciences, has created a **CALENDAR** of education events that are open to our staff, credentialed staff, learners, volunteers and Patient Experience Advisors. You can access the calendar on the Intranet by clicking on Calendar at the top of the KHSC Now homepage.



Each week you can also anticipate receiving an electronic **NEWSLETTER** from Volunteer Services. In this newsletter you will find information about networking, fundraising and educational opportunities that might be of interest to volunteers.

And, long term volunteers who have demonstrated outstanding commitment, passion for their role, and leadership qualities may also be approached to become a **MENTOR** to new volunteers at KHSC.

**TO OUR VOLUNTEERS
WE THANK YOU**