

VOLUNTEER PERKS

As a member of the Kingston Health Sciences Centre team we invite you to take advantage of the many services and programs now available to you. Further information on the following can be accessed either in the People Services Centre on Armstrong 0 (KGH Site) or on the KGH or HDH Intranet.

STAFF WELLNESS PROGRAM

The KHSC Wellness Centres are located on Connell at KGH and JM3 at HDH. They offer the perfect retreat for staff and volunteers looking for some quiet time. 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.

Interested in booking a massage on a Thursday morning at HDH or Thursday afternoon at KGH? **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. Contact Tanja contact at 613-929-9722 or email tanja.olmstead@gmail.com to book an appointment.

DISCOUNTS

Kingston Health Sciences Centre participates in the discount program offered through [Venngo](#) giving staff and volunteers 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 will get a link to set up an account with Venngo if you choose to.

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 FITNESS CENTRE



Staff and volunteers have access to the **Fitness Centre** located 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, body bars, weights, steps bands, fitness balls and change rooms. 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 at Hotel Dieu Hospital to obtain a membership form. You pay the \$50 fee at finance and then provide the proof of payment to Occupational Health when you return your completed membership form. You will need to show your KHSC Volunteer ID badge.

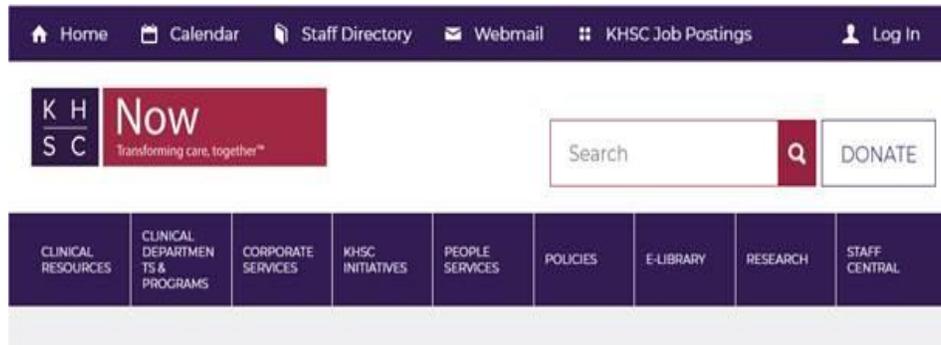
YEARS OF SERVICE RECOGNITION

Volunteers and staff at KHSC receive years of service pins at five year increment.

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.



TRANSPORTATION / PARKING

At the KGH Site:

While paid parking options are available at KGH through Volunteer Services, we encourage volunteers to carpool, have someone drop you off, walk, cycle or take a bus whenever possible.

Bus tickets are available for volunteers who ride the Kingston Transit or the Kingston 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.

At the HDH Site:

Volunteers are reimbursed every 3-4 months for parking or bus expenses incurred to volunteer at Hotel Dieu Hospital.

At Both Sites:

Bike racks are available for use at the main entrances of the hospital. A secure bike lock-up area is also available upon request.

VIA RAIL DISCOUNT

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