

## Lurdes D. - Spiritual & Religious Care, Seniors' Health Centre



After 30 years as a medical secretary at Seniors' Health Centre (SHC), Lurdes was very excited to transfer to the volunteer team. She says, "I have a special connection to SHC. It is my home, my family, and I knew exactly how I wanted to contribute as a volunteer to support the residents."

"My faith and love for the elderly stems from my grandparents who helped raise me. I believe we can all be instruments of the Holy Spirit - we can all touch someone," says Lurdes.

As a Spiritual & Religious Care volunteer, Lurdes visits and prays with residents. Since the pandemic began all resident visits have been via an iPad. Lurdes shares, "I am still able to build connections with the residents, listen to them, and together pray and laugh. Often, I write specific prayers for residents, I want them to know I hear them."

Lauren Simpson, SHC Resident Activation Coordinator says, "Lurdes is always willing to help, especially when she has the opportunity to provide comfort to the family at the end of a resident's life. Lurdes will always express how grateful she was to be part of the experience."

Lurdes felt a little uncomfortable the first time she supported a family at the end of life via an iPad, but she knew it was important. The family was so appreciative, and Lurdes knew she had made a difference. Lurdes feels blessed to be able to support residents and families from various faiths during such a difficult time.

Lurdes, thank you for ensuring that people come first in everything you do!

