

## THERAPEUTIC TOUCH VOLUNTEER SAYS IT'S AN HONOUR TO SERVE

Windsor Star 14 Apr 2018 +6 more PENNY

CRAIG, RP, RT Hospice Volunteer

For me, volunteering is really a vocational call to serve. Responding to that call is truly the gift that makes a difference. I have been a volunteer in various capacities since the early 1970's. Scouts Canada, the Society of Saint Vincent de Paul, and with the Hospice of Windsor and Essex County since the beginning years. If volunteering had a motto, I am sure it would be 'in the service of others'.

I have been volunteering with Hospice as a Therapeutic Touch volunteer since it began with Hospice in early 2003. The benefits, to the patients and families, the Hospice and myself attests to the spirit of what hospice represents to this community. Volunteering helps us to realize that who we are is indeed a gift, and through volunteering, we come to know and understand that by sharing ourselves with others, we become more of who we are.

As a Volunteer providing Therapeutic Touch sessions to our patients and families, they experience



Penny Craig is pleased to be an instrument in helping others.

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a sense of relaxation and restfulness that is so important for them along their illness journey. There is a sense of healing that takes place that I am so pleased I was able to be an instrument in helping them benefit from that experience. Most people who volunteer, act out of compassion and love for others and wanting to be of service. This is hospice, this is compassion, and, I daresay, it is the essence of what volunteering means....'an honour to serve'.