

## STRUCTURAL EMPOWERMENT

# Nursing the Community on a Volunteer Basis



In addition to their regular shifts, nurses of Washington Health find a number of ways to give back to our community.

The City of Fremont Summer Concert Series takes place six consecutive Thursday evenings in July and August. At each of these events, community members will find volunteers from Washington Health available to take their blood pressure or answer questions on an array of health care topics.

Union City residents have found additional health information at the Heart Smart Walks that are sponsored by the Union City Recreation Department and Washington Health. Through their Community Health Needs Assessment (see page 4 for more details), Washington Health discovered a critical need for heart health initiatives for Union City residents. These organized walks include health care experts offering educational talks.

Sometimes volunteer opportunities are part of a team-building activity. This past December, several members of our nursing staff volunteered at the Tri-City Volunteers Food Bank. Led by Chief Nursing Officer Terri Hunter, groups formed two teams. The first team worked on sorting and packing food into distribution bags, and the second shift worked to register families and hand out the bags of groceries. Hunter noted, "Interacting with community members in this way was rewarding and working with our team of nurses outside the hospital made it even more special."

Community members can also find Washington Health nurses volunteering their time at other events such as Think Pink and Celebration of Life, celebrating cancer survivors.

