

# Team Quinte Health: We All Make a Difference



## Jamie Robertson-Golden

*Recreation Therapist at Prince Edward County Memorial Hospital (PECMH) and Trenton Memorial Hospital (TMH)*

Jamie joined the Quinte Health team in 2015. Since then, the Recreation Therapy Program has grown significantly, with Jamie initiating the program at PECMH—something she is rightly proud of. She is responsible for developing and coordinating the activity plans at PECMH and TMH and really enjoys her role.

### **Q: What's your favourite part of the job?**

**A:** I love working with patients and getting to know them. The music program is fun because I can give them different instruments like the shakers and get them involved. I also can get them up and dancing. Some of the patients who don't communicate at all will even start singing! The benefits of group therapy is extraordinary to see. It's so important for patients to have social interaction.

### **Q: What's it like to work with the rest of the team?**

**A:** Recreational therapy has a positive impact on the entire team, including providing nurses with the opportunity to focus on other work. The team says patients typically sleep better at night when they engage in activities throughout the day, including morning activities and group lunches. I collaborate with almost every department at the hospital. For example, Food Services always provides extra mugs and sugar when I make coffee for the patients. When the cloggers visit, the Hospitality Team ensures the floors are clean. And the Auxiliary volunteers are instrumental in helping with group activities and donating supplies. The collaborative effort of the teams and volunteers in bringing joy to the patients at our hospitals is truly remarkable.

### **Q: What's your favourite Quinte Health value?**

**A:** One of my favourite values is "Imagine it's you" because it means treating others the way you would want to be treated. This value encompasses the entire patient encounter and their time at the hospital. I also imagine myself or a family member in our patients' shoes, as I believe it's important for them to have access to recreational therapy. It gives people a reason to get up in the morning, and I think it's comforting to know my family could find some joy during a hospital stay.

**#TeamQuinteHealth #WeAllMakeADifference #OurPeople**