

# Judy's Story:

**'Volunteers are part of the healing formula.'**

**Having worked in the charitable sector for many years, Judy realizes no person is an island.**

It's why, in her retirement, she's become a bridge builder of sorts, helping to lay the supports so non-profit organizations like Five Counties Children's Centre can better span the gap of needed resources to accomplish their work.

"We are not an island. We all need each other in life," notes Judy, a Peterborough resident and active volunteer. "Charities don't have the same resources as for-profits, and there is so much work to be done to fill the gaps. Whether it's full-service medical facilities or ones such as Five Counties, where kids are given a chance to recover and live a life that they deserve, volunteers are part of the healing formula."

Judy is living proof that volunteers make a healthy difference. Since 2021, she has donated her time and talents to assist Five Counties with its various fundraising efforts. Judy is only too happy to help, knowing the important work Five Counties does to support local kids and youth with therapy and treatment services.



**"I can't remember exactly when I heard about Five Counties, but I do remember that when I heard about the organization... I felt that a little post-it note was placed somewhere in my heart for a later date," Judy says.**

This "seed of interest" for her to assist at Five Counties was planted, according to Judy, from her experiences at seeing her niece receive care and support in the early 1990s from another Children's Treatment Centre – Holland Bloorview Kids Rehabilitation Hospital in Toronto. Having suffered complications from a life-saving bone marrow transplant when she was six, Judy's niece was left with limited use of her limbs. As a result, her niece received rehabilitation support at Holland Bloorview to learn how to walk again.

"The ordeal of watching my niece struggle and face each day of pain and suffering with bravery and determination was life-changing to me," Judy recalls. "I have seen many sick children in my life and they have a certain bravery that is unique to them. It's as if they were born with an extra dose of courage to meet their unique needs."

Having seen this strength in others, Judy's wish for kids and youth receiving treatment at Five Counties is that they channel their inner courage to make it through each day with determination. "I hope that I will never lose sight of those in my orbit who are in need, and I hope that I will be able to help them even in a small way," she says.

**Judy's optimistic view and volunteerism at Five Counties is truly out of this world!**



Interested in sharing your story? Get in touch: [development@fivecounties.on.ca](mailto:development@fivecounties.on.ca)