



The Taste of Bliss from Volunteers in the COVID-19 Pandemic

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In the middle of the COVID-19 pandemic, I was nervous about the news on TV. Broadcast about confirmed cases made us even more alert as we were battling COVID infection in the hospital.

As I recall the time when I started this job, I was greeted everyday with amiable smiles from volunteers at the hospital. This brought me great comfort for a beginner like me. Each morning patients came in for dialysis treatment, and volunteers would later file in accordingly.

Volunteers in our dialysis room help make beds and replenish the four essentials: tubes, dialysis solution, towels and lotions. They also assist patients with disability. After they finish tasks on hand, they come and ask, "Is there anything else we can help?"

Sometimes we are tied up with tasks and missed our meals, volunteers would remind us to make time to have meals. They prepare snacks or fruits to replenish our bodies for more energy. Medical volunteers are vital components of the dialysis team.

In compliance with the epidemic prevention policy and to protect our volunteers, volunteers were not allowed inside the hospital anymore. Therefore, volunteers program was suspended temporarily. When there were no volunteers in the dialysis room, we had a sense of loss.

"Nurses! Don't forget to eat lunch." "Nurses! Take good care. The weather is cold." These thoughtful exchanges were not there anymore. Without volunteers even the patients are hard to adjust. It is a tremendous blessing to have volunteers around to look after patients.

Fortunately, resident volunteers (those who volunteers daily throughout the year) can still participate without interruption. They help relieve our workload when we are busy. They change sheets for all patients and greet them with "Bless you", "Thank you", and a warm and compassionate smile. None of them ever display the appearance of weariness.



There was a patient who had bowel problem and needed immediate attention. Volunteers would not leave even though it was time for a break. They stayed and helped us change sheets as well as patient's clothes. I was deeply touched and felt indebted to them.

**During this epidemic period,
extra dishes delivered by volunteers was a blessing.**

"Today we have red bean and tapioca soups, barley soup and tofu pudding. Please enjoy!" They change menu often with different ingredients for a variety of different dishes. Some volunteers made pancake, vermicelli, and pickle vegetables with sauce; a variety of snacks, sweet and salty. Their loving care are especially heartfelt during this epidemic. Even though volunteers cannot enter the hospital, they brought dishes to the front door; and certainly look after us with no reservation. When leaving, they urged us again and again to take care of ourselves while tending patients.

These heartwarming acts from volunteers have raised our energy and spirits. We can concentrate on our patients.

The contribution from the volunteers always comes in time when we need them. And they never ask anything for return. This is the pleasure from helping others. There are some words of wisdom from Jing Si Aphorism, "If you have love in your heart, then there is no feeling of lacking. You are indeed a rich person if you are happy to contribute." Hopefully, the pandemic will be over soon. In addition, I wish the well-being for all our volunteers. Let's safeguard our home with happiness together.