



**Thunder Bay Regional
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Media release

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Volunteer Walks the Talk

Mae Friday is 80 years of age, but you would never know it from her impressive collection of high-heeled shoes, stylish wardrobe and trendy accessories. Nor by her remarkable energy.

Mae is the recent recipient of Thunder Bay Regional Health Sciences Centre's Walk the Talk Award. The award is granted to individuals who, among other things, inspire others to act in a positive manner toward patients, families, volunteers and fellow employees. Mae received the award in recognition of 20 years of tireless volunteer work with the Thunder Bay Regional Health Sciences Foundation.

The decision to nominate Mae was an easy one, says Health Sciences Foundation President & CEO Glenn Craig. "Mae is part of our family. Her dedication is outstanding. We simply could not accomplish all that we do without Mae's help," he explains.

Putting in an average of 70 hours each month, Mae acts in a variety of tasks. On Tuesdays, Thursdays and Friday, like clockwork, she can be found in the Health Sciences Centre cafeteria selling 50/50 raffle tickets. In addition, Mae is a member of the Health Sciences Foundation's Board of Directors. "It all adds up," says Mae of her efforts for the Foundation. Funds raised by the foundation support improved healthcare for the people of Northwestern Ontario.

Mae also volunteers as an Operating Room Liaison, keeping family and friends of patients updated on the status of their loved ones. In this role, Mae enjoys the relief she is able to provide people who await news. "At the end of the day, I know I'm helping create better care for patients and families. That's my reward," says Mae.

There is also some undeniable social satisfaction for Mae. Volunteering at the Health Sciences Centre enables her to spend time with fellow retired-nurses-turned-volunteers. Mae began nursing at McKellar General Hospital in 1951 (her graduation photo is proudly displayed in the Health Sciences Centre's Auditorium). Mae later left nursing to raise her family. Through her late husband, Gerry Friday, who was the Director of OHIP in Thunder Bay, she remained connected to the healthcare field and eventually returned to the hospital environment as a volunteer.

Mae Friday exemplifies "walking the talk" and the Health Sciences Foundation is grateful to her for advancing the efforts of the Health Sciences Centre. Together, we make a healthier Northwestern Ontario.

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