

## People helping people

Life in and of itself is a wonderful thing, but there are challenges, each one hopefully making us stronger and more prepared for the next one.

I have had some issues over the past few days, each of them providing me with a valuable lesson.

I was an outpatient at Southlake Regional Health Centre a couple of times over the past month. I want to commend the hospital for the unbelievable care and respect that I received through the testing and assessment processes. It was a remarkable experience!

You are amazing for the compassionate and caring work that you do!

At the end of the previous week, I was stopped at a red light on Leslie Street in Aurora and was rear ended, which caused extensive damage to my car and some minor injuries.

The person who hit me, I don't believe, was so lucky. I pray that she will be alright with time and ask that you keep her in your thoughts and prayers.

From my outpatient experience at Southlake, to my accident and another very hurtful situation this week, the value of the ordinary, everyday person has been so gratifying. The EMS staff and police officers who witnessed my accident were so caring and attentive. There was a lady, a stranger, who stopped, and never left my side until I was in the ambulance ? thank you, just for being you. I will never forget Bill, the police officer, who was not on duty, but stayed with me after the accident and so kindly looked after my dog and brought him to me and my son at the hospital.

And my son, well, he drove an hour just to be with me and another hour so he could grab a little sleep and get to work on time. What more can I say?

Life does have its challenges, but it is the people around us who help us tackle each one and move on. Thank you to everyone who has been so caring and to those who have made telephone calls and sent emails and texts. Life is quite wonderful because of you!

Judy Marshall

Aurora