

VOLUNTEER UPDATE

It has been very encouraging to see so many volunteers return to activities within our homes. I would like to thank you for your support and compliance in completing the necessary volunteer training prior to returning.

Our staff, residents and families are so happy to see you all and playing an active part within our homes again. We have really missed you all.

As previously mentioned, I will be visiting homes, meeting volunteers and seeing the activities you are involved in over the coming weeks and months. I am really looking forward to seeing you, having a chat and seeing the work you do within our homes.

From 21 May to 21 June 2021, I will be on annual leave. I will be road tripping to Cape York and visiting the northern most tip of Australia.

Whilst on leave, please liaise with your Lifestyle Team Leader or site Manager if you require any assistance. Stephanie Scott will be addressing any urgent enquiries in my absence.

Michelle Chate, Volunteer Coordinator

Evidence of Vaccinations

When you receive your flu and/or COVID vaccination, please provide me with evidence of vaccination for our records. This can be emailed to me at volunteering@warrigal.com.au or sent via message to 0436 806 723.



IMPORTANT changes Flu vaccinations



Yesterday NSW Health issued changes regarding flu vaccination requirements for entering residential Aged Care. From 1st June to 30th September **ALL VISITORS AND STAFF** (including volunteers) cannot enter an Aged Care facility unless they have received their 2021 flu vaccination.

Please email evidence of your flu vaccination to volunteering@warrigal.com.au and keep this evidence with you when visiting one of our homes.

If you are aged 65 years and over, please visit your GP to receive your free flu vaccination, as this age group receive a higher flu protection vaccine which is not offered through Warrigal.

All other volunteers (under 65) have been sent information on when and where they can receive their free flu vaccinations through Warrigal homes or via pharmacy vouchers.

Remember - 14 days
between receiving COVID
and flu vaccinations

COVID-19 vaccinations

During April all volunteers were sent a COVID-19 vaccination letter as evidence that you are a Warrigal volunteer and eligible for the COVID-19 vaccination under the 1b rollout.

The COVID-19 vaccination is not mandatory, however Warrigal encourage all staff and volunteers to protect themselves.

If you require further information on the COVID vaccinations, please speak to your GP or visit <https://www.health.gov.au>

Latest COVID-19 update

taken from letters to families from Craig Smith
(Exec Leader, Service Integrated Communities)

- One of the key focuses in the Royal Commission recommendations was about strengthening the workforce and attracting more people with qualifications to the sector. In order to highlight to the Government the need for increased funding, a campaign was launched called "Care About Aged Care" which is designed to ensure we have the resources to deliver the sector improvements that we know are necessary. The campaign asks for individuals that are concerned to sign an online petition that generates a letter to your Local Member of Parliament. If you feel that additional funding will support the sector, please use the link below to support the campaign:
<https://www.careaboutagedcare.org.au/>
- We are now entering the flu season, and the delay in the COVID vaccines will have an impact on the influenza vaccines being administered, as there needs to be 14 days in between the vaccinations.
- While we continue to ease restrictions as the COVID vaccine rollout progresses, we have once again seen in recent weeks the devastating impact of the virus in India, with the number of reported death in India now over 200,000, and over 350,000 cases reported daily. There were still 5.7 million cases report globally last week.

You can read the full letters on our website warrigal.com.au under latest communication to families.

From the CEO

taken from email to staff from Mark Sewell

The pandemic is raging in many countries but we are safe in Australia so far. Our services are getting back to normal with some careful procedures remaining in place to protect us all during the upcoming winter. When most of the residents in each home are vaccinated we will allow more visitors to self screen themselves and come in to enjoy our cafes and other activities with residents.

Our inspiring group of over 300 volunteers have remained dedicated to helping us and older people at Warrigal and many of our services that are reliant on them starting up again such as outings and bus trips, the amazing Op Shop at Warilla and most of the cafes in our homes.



Volunteers are beginning to operate again. It was Volunteers who started Warrigal over 55 years ago and we still appreciate everything they do.

Last week I did my annual fire training with a group of other staff and made sure I knew about our extinguishers and how our buildings work. I even had some practice using a fire blanket to put out a fire. Please make sure you attend this compulsory training and look out for any hazards in your workplace, like any blocked fire escapes or any expired extinguishers.

We've been asked to put in some award nominations for some of the great work our staff have done during the pandemic. We've nominated Warrigal to win awards for our Safe Visiting Areas in each home, our Special COVID-19 Care Unit at Warilla, the stockpiling and provision of PPE for staff when it was very hard to obtain, the recruitment of an extra 100 staff to help us cope with an outbreak, and the Connect19 project where we supplied IT connections and iPads to more than 200 lonely people in their homes. Lots of aged care providers did great things to keep everyone safe in 2020 but I think we were especially good at staying positive despite the crisis.

Some of you have asked about our financial position and how Warrigal is going. Even though we still have a deficit, and we are waiting for the federal budget to decide what additional funding will be provided to organisations like us, the situation is improving because of the hard work of many of you and we have sold off several land banks for future services in Wollongong, Shellharbour, and Bundanoon. We still have room at several homes and villages for more than 100 extra customers and if those places were full we could employ more staff to operate our important care services. Please encourage any older people that you know to choose Warrigal for their care and accommodation and invite them to ring 1800WARRIGAL to get more info. Also ask any suitable people you know to apply for work at Warrigal as we have many positions available. Get them to google 'Work With Warrigal' and apply on-line.

Lastly I want to sincerely thank you for the care and compassion you show older people whilst doing your work at Warrigal. When I meet a family of someone living at, or receiving services from, Warrigal, they tell me how relieved they are to have mum or dad, or both, in our safe hands. Well done.

Mark Sewell (CEO)

MEET OUR VOLUNTEERS

Margaret - APR Lolly Trolley



Margaret is a spritely 89 year old volunteer, but you can be forgiven for thinking she is much younger in years. Margaret has always enjoyed volunteering, working at Anglicare and Red Cross over many years.

When they moved to the Village in Albion Park some 17 years ago, she was asked if she would like to volunteer and she signed up straight away without giving it another thought.

Margaret worked in the APR Café for over five of those years and would also bring residents to activities, play games like snakes and ladders and have a good chat.

"I really like to chat" and Margaret recalls her brother always saying "I could talk under water with a mouth full of marbles"!

Her volunteer role soon developed to giving residents choice and ability to purchase items, and so the Lolly Trolley got started and I've been doing it weekly ever since.

Margaret enjoys seeing the residents faces light up when they see her. "I always stop and say hello and have a chat. When they start talking I can't really walk away, so the Lolly Trolley rounds can take a little while". "Sometimes I'm leave as dinner is being served".

Margaret really missed seeing all the residents during COVID restrictions. It's been so lovely to see their faces again and was really surprised when a lot still remembered her after nearly 12 months of being absent from the home.

Margaret also enjoys looking out for residents who seem lost, lonely and too frightened to come out of their rooms. She tells the story of one residents who she regularly took to the Café for a coffee and cake before COVID and looks forward to taking her again when the Café reopens in May.

"I really love talking to the residents and hearing their stories". "I also like to tell them silly stories of all the things that have happened to me over the years and we all have a good laugh".

My advice to people thinking of volunteering "just do it. If you're just on your own, you couldn't do anything better".

Later this year Margaret will be celebrating her 70th wedding anniversary as well as turning 90 years old.



VOLUNTEER WEEK

Thank you

The theme of this year's Volunteer Week is **RECOGNISE, RECONNECT, REIMAGINE**. To celebrate the return of our volunteers and the invaluable work you do within our homes, we are holding smaller Volunteer Week events throughout Volunteer Week at each home.

Invitations have been sent to all volunteers. Please remember to RSVP to the Lifestyle Team Leader on your invitation so catering arrangements can be made.



NATIONAL 17-23 MAY 2021
VOLUNTEER
RECOGNISE. RECONNECT.
REIMAGINE. **WEEK**

Volunteer Training Reminder

It is now a requirement for all staff and volunteers to complete the following training prior to returning to volunteer duties:

- PPE (Department of Health)
- Infection Control (Warrigal eXplore)
- COVID (Warrigal eXplore)

The above training will take approximately 40 minutes to read and complete.

If you need the training modules resent to you, please contact me on 0436 806 723 **OR** email: volunteering@warrigal.com.au



Warrigal Op Shop



The Warrigal Op Shop is running low on **MEN'S CLOTHING**. If you have any clothing donations please deliver them to the Op Shop, George Street, Warilla.

Opening times: Wednesday - Friday 9.30am to 2.00pm

All proceeds made at the Op Shop go towards purchasing resources and equipment for the residents within our homes.

Meet Shirley from Goulburn

Shirley is a mother of two children, has 7 grandchildren and 5 great grandchildren who she adores.

Shirley has volunteered for over 40 years in school canteens, school P&Cs, aged care, Red Cross, View Club and Warrigal Goulburn. "It is so rewarding to be doing something for someone else".

Shirley has been volunteering at Warrigal Goulburn ever since they opened their doors over 10 years ago and is involved in the weekly Tuesday knitting group and Warrigal Auxiliary.

We have a group of five ladies who get together every Tuesday and knit the afternoon away over a cuppa. "The residents like to join us, even if they can't knit, and catch up on the local gossip and have a good giggle".

The knitting group also make gift packs to give to the residents on Mother's Day, Father's Day and Christmas. "For Mother's Day we are making socks and chocolate packs".

During COVID restrictions we really missed coming in and seeing everyone. But that didn't stop up from knitting. We knitted our way through lockdown, making goodies for our Goulburn residents and over 24 bed rugs, which were distributed to our other Warrigal homes.

The knitting group get most of their wool from the kind donations of others, which allows them to knit so many beautiful things.

My advice for people who are thinking of volunteering is "join and enjoy it, because it's a great reward".

It's time to care about aged care

Please show your support by signing the petition: <https://www.careaboutagedcare.org.au/>

