

### VOLUNTEER UPDATE

At the end of May we celebrated Volunteers Week, by holding High Tea events across all our homes. Although we held smaller functions this year due to the pandemic, the Lifestyle staff and I thoroughly enjoyed reconnecting with you all and getting to know our new volunteers (*see photos over page*).

I had a lovely trip to Cape York during June, travelling over 8,500km, soaking up warm sunny days and discovering so many stunning places that Queensland has to offer.

We made it home just in time before the latest COVID wave hit, which has resulted in lockdowns across Greater Sydney Wollongong and Shellharbour.

The latest lockdowns in NSW have certainly been challenging for those living within the affected areas. It is important that you are looking after yourself, with the same level of care and compassion you bring to volunteering at Warrigal.

Simple ways to care for yourself can be going for a walk, picking up a hobby, reading a book, listening to a Podcast or watching a good Netflix series.

However, there may be times when you feel overwhelmed and need a little extra help. As a Warrigal Volunteer you have access to Lifeworks, which is a free, voluntary and completely confidential services that can be accessed at any time to discuss work or personal related issues. Tel: 1300 361 008 (24 hours/7 days a week).



Please provide Warrigal with your COVID and/or flu evidence of vaccination for our records. This can be emailed to [volunteering@warrigal.com.au](mailto:volunteering@warrigal.com.au) or sent via text message to 0436 806 723.

Michelle Chate, Volunteer Coordinator

### COVID-19 Vaccinations

Vaccination is the greatest protection against COVID-19.

The Federal Government recently announced that from 17 September 2021, it will be mandatory for all residential aged care workers and volunteers to have received a minimum first dose of a COVID-19 vaccine.

COVID vaccination packs have been sent to all volunteers who have not received a COVID vaccine. The packs contain up-to-date information, helpful websites on COVID vaccines and where you can access a vaccination.

More information on COVID-19 vaccinations at: <https://www.health.gov.au/resources/collections/covid-19-vaccination-patient-resources>

### Can I volunteer during current lockdown?

YES, all our aged care managers, staff and volunteers are needed to keep doing your essential work in our care homes and home services programs for the sake of older people across our community.

However, you can certainly choose not to come into the home.

As with anyone in a residential care home, it is a requirement to wear a face mask and to sign in using the screening tools provided at Reception.

### Op Shop

The Warrigal Op Shop remains closed as a result of the current lockdown and restrictions in Wollongong and Shellharbour LGA.









# Latest Updates

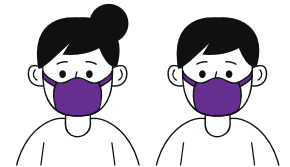
*taken from letters to families from Craig Smith  
(Exec Leader - Service Integrated Communities)*

- The number of COVID-19 cases has remained high over the past few weeks.
- All care homes in Illawarra and Bundanoon can have visitors that are providing essential care services or if the resident/customer is at end-of-life.
- At Goulburn and Queanbeyan only two visitors are allowed each day, either in the residents' room or in another suitable location within the care home.
- At Calwell and Stirling, there are no restrictions on visiting, but face masks still need to be worn.
- We will be submitting a tender to the Department of Health to partner with Company Medical Services to provide additional vaccination clinics and we have close relationships with a number of pharmacies who can administer the vaccine.
- The COVID vaccine continues to be a high priority and weekly meetings continue to be held to monitor progress and implement actions to meet the timeframe of 17 September for compliance.
- While vaccinations will continue to be a priority, we will continue to review our risk register given the additional risks presented by the current Delta strain.
- Warrigal participated in a scenario planning exercise with the Illawarra Shoalhaven Local Health District, along with representatives from the Commonwealth Department of Health and other aged care providers to review and improve our processes.
- Several key steps that need to be taken in the first few hours of an outbreak, with a priority on isolating residents, organising additional staffing, communication with authorities, families and residents, catering, IT resources and ensuring a supply of PPE.
- There are many more items in the plan, and one of the key areas that have changed in the past 12 months is identifying staff and residents that have been vaccinated. This remains the best protection that we have against this virus.

For full letters, please visit [warrigal.com.au](http://warrigal.com.au) (Family and Carer Communications)

# QR Codes

We now have QR codes at all our Warrigal sites and services. Please remember to use QR code when entering a premises and Check Out when you leave.



# Face Masks

It is currently a requirement for anyone entering an Aged Care premises to wear a face mask. This includes our ACT homes.

You can obtain a face mask when you sign in at any Warrigal home or premises.

# Volunteer Positions

If you (or anyone you know) are interested in any of the following volunteer positions, please contact Michelle Chate, Volunteer Coordinator, on 0436 806 723 or via email: [volunteering@warrigal.com.au](mailto:volunteering@warrigal.com.au)

## Warrigal Stirling (ACT)

- Companion (one-on-one visit)
- Bus Driver (Class C licence)
- Bus Carers Assistant
- Activities Assistant
- Entertainment Volunteer
- Pet Therapy Volunteer

## Warrigal - Mt Warrigal

- Activities Assistant (Fridays)

## Warrigal

- Bus Driver (LR Licence)
- Gardening Assistant (Mt Terry, APR, Mt Warrigal)



## Meet Lily from Warilla

Meet Lily who is one of Warrigal's youngest volunteers, visiting residents at our Warilla with her Mum (Chris).

After a busy day at school, Lily looks forward to spending time with her friend (Margie). During these visits, Lily loves to have a good chat as well as doing fun craft activities with the residents.

She may be young, but at age 7, Lily has a special gift and brings so much joy and vibrancy with each visit. The residents just love her!

Mum (Chris) says "Lily has always had a way with older people, she just loves them and enjoys spending time with them".



## Chicken Winter Soup

### Ingredients

- 1kg chicken lovely legs
- 1 onion, finely chopped
- 4 large carrots, peeled, cut into 2cm pieces
- 4 stalks celery, sliced
- 1 turnip (or swede), cut into 2cm pieces
- 2 cloves garlic, crushed
- 2 teaspoon dried thyme leaves
- 1 dried bay leaf
- 1 reduced salt chicken stock cube, crumbled
- 200g wholemeal pasta
- 1 cup coarsely chopped fresh parsley

### Method

- Heat oil in a large, deep pot over medium-high heat. Cook chicken for 5 minutes, turning occasionally, until lightly browned. Remove and set aside.
- Reduce heat to medium, cook onion, carrots, celery, turnip, garlic and thyme for 5-7 minutes until lightly browned.
- Return chicken to pot with bay leaf, 2 litres (8 cups) water and stock cube. Bring to the boil, then simmer, covered, for 1 hour. Stir in pasta and simmer, covered, for a further 15 minutes.
- Remove from heat, take chicken pieces from pot using a slotted spoon and shred, discarding bones. Return chicken to pot with parsley. Stir over low heat until hot. Serves six. From the Heart Foundation

## Stirling (ACT) Volunteers

Our volunteer program is about to grow at our Warrigal Stirling home. A number of volunteer positions were recently advertised and the recruitment process is progress.

We are also excited to be working with NSW Health to develop a 'Golden Angels' volunteer program at Stirling.

'Golden Angels' are specially trained volunteers who will provide additional one-to-one individualised time and support to residents living with dementia or memory problems, similar to what a family carer would do for their loved one.

Watch this space for more details and regular updates.

