

VOLUNTEER UPDATE

SPRING is in the air. It's been lovely to see the gardens at our Warrigal homes blossoming and being able to enjoy beautiful sunny days as we emerge from an eventful Winter.

This month has been very busy with the obtaining compliance to meet the mandatory COVID vaccination deadline for staff, contractors and volunteers.

Thank you for doing your part in getting vaccinated and creating safe places for people to work and live.

Just a **REMINDER** to ensure you forward your COVID vaccination evidence to volunteering@warrigal.com.au

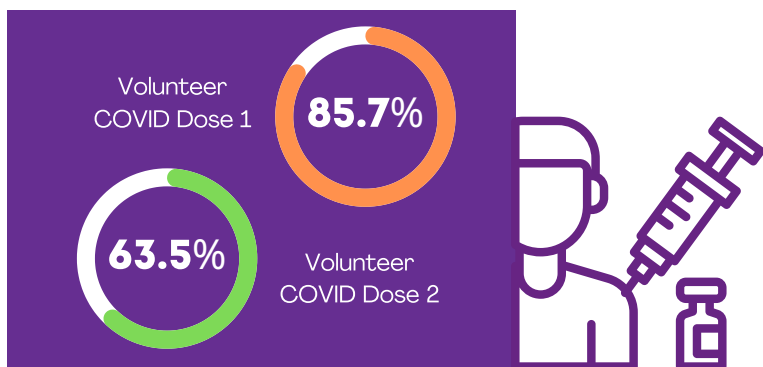
After being in lockdown for over 12 weeks, it was a much welcome relief to see some restrictions lifted to allow outdoor picnics. It will be wonderful to see further easing of restrictions in the coming weeks.

Michelle Chate, Volunteer Coordinator

COVID Vaccination Competition

CONGRATULATIONS to our four winners who won a \$100 prepaid giftcard.

Maria Burgess - Social Call Companion
Sherryl Donaldson - Mt Warrigal
Vicki O'Brien - Mt Terry
Wendy Wise - Goulburn



14.3% of our volunteers are yet to be vaccinated or offering volunteer services without entering an Aged Care Home.

VOLUNTEERS WANTED

Even in lockdown you can volunteer

For volunteers who have received their first COVID vaccination, you can continue volunteering within our homes due to the essential nature of your services.

Our residents and staff really miss all our volunteers and would love you to keep coming in to provide companionship and support to our residents.

Please contact the Lifestyle Team Leader* at your place of volunteering to discuss how you can best offer assistance.

**Lifestyle Team Leader contacts at the back of this newsletter.*

Ideas how you can assist in our residential aged care homes:

- Companionship (coffee and chat, one-to-one visits)
- Play board games, cards
- Read the newspaper to a group
- Book Club
- Assist with setting up activities or events
- Assist residents to contact a family member (via Facetime, Zoom, Messenger, etc)
- Provide relaxing hand massage
- Pamper sessions (nails, hair, makeup)
- Pet Therapy
- Colouring, Art Class
- Trivia
- Clean residents eyewear
- Organise activity rooms (if required)
- Assist at meal times (setting tables, clearing dishes)
- Take residents to and from activities
- Take residents for a walk in the gardens and outdoors
- Gardening/pottering residents plants
- Knitting group
- Assist with exercise group
- Sewing repairs

Volunteering Tips

Spending time with a resident in our homes can be meaningful and enjoyable. How do you make sure you and the resident make the most of limited time? What do we talk about to keep the conversation engaging? What activities can we do? Here are some tips to get the most out of your volunteering at Warrigal.

- Surprise residents with a board game, card game or craft project to pass the time playfully.
- Why not journal a residents "memories" and create a Life Story. You will be fascinated by their stories and what they have achieved throughout their life.
- Create a little care package to leave some warmth behind.

There are so many ways you can mix things up depending on the time you have. But remember no matter what you bring, **you're sure to brighten someone's day.**

Board Game Suggestions

- Dominoes
- Jenga
- Checkers or Chess
- Snakes and Ladders
- Connect Four
- Dominoes
- Scrabble
- Yahtzee
- Guess Who?



Card Game Ideas

- Bridge Canasta (two decks of cards)
- 21
- Go Fish
- Hearts
- Old Maid
- Crazy Eights



Our Lifestyle Staff can help

Please ask one of our Lifestyle Staff to obtain resources such as games and craft supplies. We have lots of games, cards and activities that you can utilise.

Care Pack Suggestions

Putting together a care package that includes some daily basics, along with a few goodies! These "visitor kits" provide a little something extra to leave behind.

- Magazines
- Chocolate, cookies (*check with Staff on dietary restrictions*)
- CD's of favourite music
- Puzzle book e.g., find-a-word (*large size print, if possible*)
- Adult Colouring book
- Pencils
- Chapstick
- Comfy blanket or quilt that reminds them of home
- Eyeglass cleaner wipes
- Books (with large-size print, if possible)
- Slippers or slipper sock (with the tread on the bottom to prevent falls)
- Travel tissues
- Notepad and Pen



Staying active is good for our health and wellbeing. It is recommended that older adults accumulate at least 30 minutes of moderate intensity physical activity on most, preferably all days.

A number of our Living Longer Living Stronger instructors are providing online classes <https://www.cotansw.com.au/programs/living-longer-living-stronger/classes/> which can be accessed by anyone aged over 50 throughout NSW. Because Living Longer Living Stronger is individually tailored to your own goals and conditions, you'll need to have an assessment before you join the class, but this can be done online too. (If you are already in a Living Longer living Stronger class we may be able to transfer your program.)

COTA NSW also has a number of videos <https://www.cotansw.com.au/programs/living-longer-living-stronger/exercise-videos2/> showing simple exercises you can do at home, so there's another way you can keep moving.

Stirling (ACT) Volunteers

We are continuing to advertise and recruit volunteers at our Stirling home in Canberra to participate in a unique research study in partnership with Southern NSW Local Health.

This team of volunteers dubbed the 'Golden Angels' will be provided with comprehensive training to improve the wellbeing and comfort of residents' living with dementia.

Each volunteer working in the Program will be provided with a gold polo shirt to make them easily identifiable, while they spend time with residents.

CEO Mark Sewell commented, "There are more than 400,000 Australians currently living with dementia, so there is a real need to invest time into how we can not only combat this illness, but to improve the lives of those already living with it. We're looking forward to seeing the results of our Golden Angels volunteer program and look forward to potentially implementing this program to all of our homes across ACT and NSW".

The aged care study will run for a six month period, however the volunteer role will continue at the conclusion of this study period and be expanded to our other Warrigal homes.

Zipline (Visitor Management Solution)

We are really excited about the upcoming trial of Zipline in our APR home and Admin building.

Zipline provides an automated sign in, screening, temperature check, vaccination evidence uploads and enhanced reporting. If you have been in the Admin building or APR home recently you may have spotted the screening hardware.



Volunteers Positions at Warilla

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

Art Volunteer (Warilla)

Mondays : 12.30pm - 2.30pm



Assist our staff in providing fun and creative art activities for our residents. Each week is a different project.

Bingo Volunteer (Warilla)

Tuesdays : 10am - 12pm



Do you enjoy playing Bingo? Or maybe you have that perfect voice for calling Bingo?

Volunteer Games Assistant (Warilla)

Wednesdays : 10am - 12pm OR

Thursdays : 10am - 12pm



Join us in a morning of games that provide physical movement, as well as lots of fun and laughter. Each week is a different activity.

Happy Hour Volunteer (Warilla)

Wednesdays : 12.30pm - 2.30pm



Assist our staff by serving residents beverages and snacks. Don't forget to bring your singing voice and dancing shoes for a bit of fun and sing-a-long with our residents.

Volunteer Activity Assistants (Warilla)

Thursdays : 12.30pm - 2.30pm OR

Fridays : 10am - 12pm



Each week we have a different activity or themed afternoon to celebrate a special event.

Men's Group Volunteer (Warilla)

Days and times flexible



We are looking for volunteers to assist with activities for our men's group.



Cyber Security

This month we are going to talk about passwords. One of the most common ways that hackers break into computers is by guessing passwords.



Passwords really are the first line of attack for cyber criminals. Apart from guessing simple passwords like “password” or abc123 or using information about you they can find on social media, they have access to specialised programs that can automatically run through to try to guess key words in a matter of seconds.

Protect what matters by having strong passwords on every account on your computer to keep your computer and information secure.

There are a few key things to remember about passwords:

- Use a different password for each important account like your email and online banking.
- It is best to have at least 8 characters in your password mixed up with upper and lower case letters, numbers and symbols.
- Don't use personal information that is easy to guess like your name, age, date of birth, child or pets name or even favourite colour or song.
- Avoid consecutive letters on your keyboard like asdfg or werty.
- Don't let anyone watch you enter your password (or pin number).
- Always logoff and sign out when you have finished or when you are leaving your device unattended.
- Be careful using shared devices like in kiosks or computers that you don't control as they could have software that logs key strokes or steals accounts and passwords.
- Avoid entering your passwords when you are connected to free WI FI like at the airport or in shopping centres as hackers can intercept your passwords on these unsecured WI FI connections. If you must use these networks change your password after.
- Never tell anyone your password especially over the phone.
- Never write down your passwords on a sticky note and hide it underneath your computer or telephone.

QUIZ

Colour names are in books, films, songs - how many do you know? Fill in the colours of these book titles.

1. 'The colour' Alice Walker
2. '..... Eggs and Ham' Dr. Seuss
3. '..... Beauty' Anna Sewell
4. 'Clifford the Big Dog' Norman Bidwell
5. ' The Patch of' Grace Livingston Hill
6. ' A Clockwork' Anthony Burgess
7. 'The Tulip' Alexandre Dumas
8. '..... Like Me' John Howard Griffin
9. 'Fifty Shades of' E.L. James
10. ' The Pony' John Steinbeck
11. 'The Mile' Stephen King
12. 'The Hunt for October' Tom Clancey
13. 'The Submarine' The Beatles
14. 'The Stallion' Walter Farley
15. 'The Pimpernel' Emmuska Orczy
16. 'Murder on theTrain' A Christie

Lifestyle Team Leader Contacts

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