

### Volunteer Update

November 2021 will be always remembered as the month we reconnected with family, friends and loved ones following weeks of harsh lockdowns and border closures.

Resurfacing from the safety of our home cocoons and spreading our wings to enjoy outdoor picnics, freedom to travel, shopping and borders starting to reopen.

Who would have thought back in March 2020 that COVID-19 would still be affecting our daily lives? I'm sure many of us thought it would only last a few months, but soon got hit with the harsh reality that living with COVID would be our new 'normal'.

It certainly has been a journey and made us appreciate the simple things in life and what we are grateful for.

I recently spoke to a few residents at our Mt Terry home and asked how they have been feeling over the last 18 months and how they coped with the harsh restrictions of visitors and volunteers entering aged care homes.

The residents really missed their families and being able to hug their loved ones, going on bus outings and not having volunteers or visitors in the home. But in the next breath, with smiles on their faces, they talked about how wonderful the staff were and how they provided those missing hugs. They talked about making new friendships with other residents and how they all looked out for and encouraged each other to keep busy with various activities.

There is always something good that comes out of a bad situation.

Thank you for the companionship you bring to our residents and support you give to our staff. You are all greatly valued at Warrigal.

Michelle Chate, Volunteer Coordinator

### Volunteer Christmas Gift

ALL VOLUNTEERS will be receiving a Warrigal golf umbrella for Christmas to thank you for all the wonderful work you do. **You can pick up your umbrella from the Lifestyle Team at the Warrigal home you volunteer at.**

### Virtual Christmas at Warrigal

While we come out of restrictions in NSW and ACT we will be holding virtual Christmas events for our volunteers. This is in lieu of our usual combined Christmas lunches.



#### Virtual Christmas Hamper Draws

ALL VOLUNTEERS will automatically be entered into our virtual Christmas hamper draws.

**1st PRIZE** - one lucky volunteer from each home will win a Christmas Hamper.

**2nd PRIZE** - one lucky volunteer from each home will also win our 2nd place prizes.

Winners will be contacted directly and published in the December newsletter.

### GOLDEN ANGELS



The Golden Angel Volunteer Program at our Stirling home in Canberra was recently featured on ABC Breakfast Radio, click the link [here](#) to listen and WIN Local News Canberra, click the link [here](#) to watch.

The above media coverage has sparked an increase of volunteer interest to be involved in the program.

All new volunteers will undertake two days of comprehensive training in late January 2022, with the official commencement date of the program in February 2022.

Our Golden Angel Volunteers will be wearing 'golden' polo shirts to be easily identified by our staff, families and residents.

If you currently volunteer at our Queanbeyan, Stirling or Calwell homes and interested in becoming a Golden Angels volunteer, or know anyone who would be perfect for this role, please email [volunteering@warrigal.com.au](mailto:volunteering@warrigal.com.au)



**Are you eligible for a COVID-19 booster shot?**

**Who?**  
If you're 18+ and have had 2 doses of an approved COVID-19 vaccine

**When?**  
At least 6 months after your second dose of a COVID-19 vaccine

**What vaccine will I get?**  
The TGA has approved the Pfizer vaccine for the booster shot, even if you had another vaccine for your two doses

If or when you receive your COVID booster vaccination, please remember to email or text your evidence to [volunteering@warrigal.com.au](mailto:volunteering@warrigal.com.au) or 0436 806 723. Your vaccination evidence will be added to your volunteer records.

You can find additional information regarding COVID booster vaccinations on the NSW Government [website](#)

## BUS DRIVERS Urgently Needed

Word of mouth is one of the most powerful ways to advertise volunteer positions.

Do know of a friend, family member or acquaintance who has an LR drivers licence or above?

Maybe a retired truck driver looking to give back to the community?

Perhaps it's you we're looking for?

We urgently need volunteer bus drivers in the Illawarra who can spare a few hours a week or fortnight to take our residents on a scenic drive, outing to a Club or picnic in the park.



Do you love activities like bingo, darts, knitting, gardening, art, bowling, cooking and trivia?

Would you love to share your passion and talents with others?

Are you interested in making a real difference in the lives of older people?

### Activity Assistants or Resident Companions (WARILLA, CONISTON, GOULBURN)

*Days and times: Flexible*

### Men's Group Volunteer (WARILLA)

*Days and times: Flexible*

### Pet Therapy (CONISTON, MT TERRY, GOULBURN, STIRLING)

*Days and times: Flexible*

If you have a gentle, well behaved pooch who loves people and getting lots of pats, why not give Pet Therapy a go.

From Companionship (coffee and chat, one-to-one visits), to playing board games and cards, to colouring and art classes, to trivia and bingo, to being a part of a knitting group or assisting with exercise group; we have so many opportunities for anyone who would like to donate their time, energy and skills to our wonderful Warrigal residents.

So, if you have an hour, or two, each week and you'd like to improve an older person's life by providing support through fun and exciting activities, we would love to hear from you.

Michelle Chate, Volunteer Coordinator  
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Mercer Corporate Volunteers decorate Warilla courtyard



# Santa's Helpers Coming to Warrigal this Christmas

This Christmas, Warrigal, will be spreading some seasonal cheer by putting together Christmas Hampers to our customers in the local community who are lonely or isolated from family and friends.

## WE NEED YOUR HELP!

We are looking for volunteers, who can spare an hour or two, to help pack over 400 Christmas Hampers.

**WHEN:** Wednesday 8th December

**WHERE:** Albion Park Rail Village Hall  
2 Pine Street, Albion Park Rail Village Hall at the end of the driveway

**TIME:** 9am - 12pm  
(or whatever time you can spare)



Simply just turn up. Light refreshments will be provided.

**THANK YOU**  
to everyone who have generously donated items, wrote on Christmas cards, knitted items, helped pack hampers for our lonely and isolated customers and decorated our homes this Christmas.



Year 1 Stella Maris who wrote Christmas cards



Illawarra Auxiliary donations



Marion's knitted dolls



Josie Healey's croquet rugs and shawls



Mercer Corporate Volunteers decorate Warilla



Mercer Corporate Volunteers decorate Mt Terry



# Warrigal WINS at the 2021 IMB Bank Illawarra Business Awards

Warrigal has won the Outstanding Community Organisation award, and named joint-winners with Multicultural Communities Council of Illawarra for the Excellence in Workplace Culture award, held at WIN Entertainment Centre on Friday, 19 November 2021. Warrigal was also the recipient of the Highly Commended award for Excellence in Innovation.

Warrigal's efforts throughout the pandemic were contributing factors to their recent award success, being recognised for their outstanding leadership, management, and innovation as they supported their residents, customers, staff and volunteers through various lockdowns to keep them safe and morale high.

Warrigal is proud to highlight the work of nearly 2000 staff and volunteers, who have worked together tirelessly for keep so many older people safe and happy who use Warrigal services.



## Warrigal Volunteers, we need you

Now more than ever, WE NEED OUR WARRIGAL VOLUNTEERS to return to our homes. Over the last 18 months, we saw a significant drop in volunteering at Warrigal due to visitor restrictions and volunteers staying away to keep themselves and those in our care safe.

Our residents and staff really miss all our volunteers and look forward to seeing you back at Warrigal.

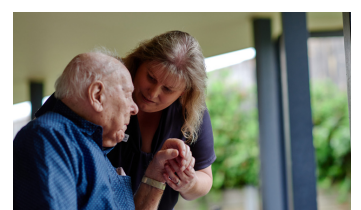
Ever wondered about the benefits of volunteering? Here are just a few:

**Meaningful Contribution** - our volunteers provide companionship and social interaction which can be life changing to our residents. Volunteers often come purely to provide social engagement, including one-one-one visits, playing board games or providing cultural and spiritual support.

**Improve Your Wellbeing** - by doing good for others, you can do a whole lot of good for yourself. Volunteering can be associated with feelings of personal wellbeing and just a few hours of volunteering can improve happiness and mood. Volunteering can also increase social wellbeing, increase physical health, increase life satisfaction and decrease depression. Win-win for volunteers.

**Discover a New Perspective** - our residents come from all walks of life, different backgrounds, personalities and aspirations. Residents have lived a long life full of extraordinary stories. Volunteering gives you the opportunity to get to hear these incredible stories and step into someone else's shoes and share their perspective.

We look forward to seeing you again soon



# Lifestyle Team Leader Contacts

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**Calwell** - Nancy Sconce (02) 6298 5200  
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## Warrigal Name Badge

A reminder to all volunteers that you are required to wear your WARRIGAL NAME BADGE at all times when volunteering at Warrigal.



Your name badge provides identification to staff, residents and families that you are a Warrigal Volunteer and able to enter one of our homes.

If you have lost or misplaced your Name Badge, please email [volunteering@warrigal.com.au](mailto:volunteering@warrigal.com.au) or call 0436 806 723 to order a new badge.



## Never too young to volunteer ...

Meet 14yr old Layla from our Queanbeyan home who volunteers in her spare time and during school holidays. Our residents love having younger people visiting, reading and listening to stories, being involved in activities and receiving a pamper session.

## What films do these quotes come from?



1. 'All I wanna do is go the distance'
2. 'I'll have what she's having'
3. 'Go Ahead Make my day'
4. 'You call that a knife'
5. 'Shaken and not stirred'
6. 'What do you get when you feed the birds?'
7. 'Toto, I've a feeling we're not in Kansas'
8. 'Here's looking at you kid'
9. 'Frankly my dear, I don't give a dam'
10. 'May the force be with you'
11. 'I love the smell of napalm in the morning'
12. 'You don't know the power of the dark side'
13. 'ET phone home'
14. 'Love means never having to say you're sorry'
15. 'There's no place like home'
16. 'I'm going to make him an offer he can't refuse'
17. 'They call me Mr. Tibbs'
18. 'Rosebud'
19. 'Louis, I think this is the beginning of a beautiful friendship'
20. 'Bond - James Bond'
21. 'Show me the money'
22. 'I'm walking here, I'm walking there'
23. 'After all tomorrow is another day'
24. 'You can't handle the truth'
25. 'I'll be back'
26. 'We rob banks'
27. 'My mamma always said life was like a box of chocolates. you never know what you're gonna get'
28. 'I see dead people'
29. 'Houston, we have a problem'
30. 'A boy's best friend is his mother'
31. 'Mrs Robinson, you're trying to seduce me, aren't you?'
32. 'I feel the need, I feel the speed'
33. 'Seize the day, boys. Make your lives extraordinary'
34. 'Nobody puts baby in a corner' ..... 'Dirty Dancing'..
35. 'Roads? Where we're going we don't need roads'
36. 'Just keep swimming'
37. 'You talking to me?'
38. 'Elementary my dear Watson'
39. 'As God is my witness, I'll never be hungry again'
40. 'Here's Johnny'

**ANSWERS:** 1 Rocky Balboa, 2 When Harry Met Sally, 3 Sudden Impact, 4 Crocodile Dundee, 5 James Bond, 6 Mary Poppins, 7 Wizard of Oz, 8 Casablanca, 9 Gone With The Wind, 10 Star Wars, 11 Apocalypse Now, 12 Star Wars, 13 ET, 14 Love Story, 15 The Wizard of Oz, 16 The Godfather, 17 In the Heat of the Night, 18 Citizen Kane, 19 Casablanca, 20 James Bond, 21 Jerry Maguire, 22 Midnight Cowboy, 23 Gone With The Wind, 24 A Few Good Men, 25 The Terminator, 26 Bonnie and Clyde, 27 Forest Gump, 28 The Sixth Sense, 29 Apollo 13, 30 Psycho, 31 The Graduate, 32 Top Gun, 33 Dead Poets Society, 34 Dirty Dancing, 35 Back to the Future, 36 Finding Nemo, 37 Taxi Driver, 38 The Adventures of Sherlock Holmes, 39