

Volunteer Update

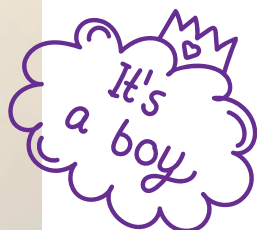
On 9 March 2022 Warrigal's Board and Executive Team made the decision to close the Warilla Care Home. This was a very difficult decision, however the demand for large shared rooms has decreased, which resulted in the number of beds being reduced from 100 to 64 in the past 12 months. The home's closure was brought forward due to having enough available beds at Albion Park Rail and Mt Terry homes to accommodate all of the existing residents. All of the staff and volunteers will be offered roles at other Warrigal locations.

The Warilla Op Shop will continue to operate, Wednesday - Friday, 9am - 2.30pm. All funds raised go directly back to purchasing equipment for the residents in our care homes.

On 21 March 2022 Warrigal officially took over full responsibility of the Links Seaside Aged Care Home and Retirement Village. This care home is known as Warrigal Wollongong and the over 55 lifestyle living is known as Links Seaside by Warrigal.

We welcome all the Volunteers from this location to the Warrigal family and being part of the wider volunteer team of over 400 volunteers at Warrigal.

At the end of February, I was very excited to become a Nanna to this adorable bundle, Bowie Jude.



After nearly two years, it is wonderful to see the reopening of our Warrigal Cafes at Mt Terry, Albion Park Rail, Queanbeyan and Shell Cove and seeing residents, families and staff meeting socially again.

If you have any questions regarding volunteering at your home of volunteering, please contact the relevant Lifestyle Team Leader. Contact details for each home are over page.

Michelle Chate, Volunteer Coordinator

COVID Booster required for Volunteers



New South Wales Volunteers

All staff, health practitioners, volunteers and students entering a residential aged care facility must have 3 doses of a COVID-19 vaccine unless the person has received 2 doses of a COVID-19 vaccine and it is not after the later of the following:

- 12 April 2022 or
- six weeks from the due date of the persons third dose (due date is 13 weeks after the persons second dose).

Australian Capital Territory Volunteers

From 28 March 2022, aged care workers and volunteers must be up to date with their vaccinations including booster doses. Up to date with vaccination means that workers need to have received their primary vaccination course (two doses for most people) **as well as a booster dose 3-months after a primary vaccination course is completed.** Workers that wait longer than **6-months to receive their booster vaccine are no longer considered up to date and are not permitted to work** until they receive their booster.

Please send your COVID Booster evidence to volunteering@warrigal.com.au or text 0436 806 723.

Cafes Reopen



Volunteers, Carol and Valerie, are pleased to be back making coffees and lunches for the staff, residents and visitors at Albion Park Rail Cafe.

Running for Dementia

Scott Matthews has been a Pastoral Care Volunteer at Warrigal for over nine years.

During this time, Scott has visited and chatted to countless residents, but has a gift of providing companionship, understanding and support to residents living with dementia or memory loss.

In 2021, Scott decided to become involved in the annual Memory Walk & Jog to raise much need funds for those living with dementia.

Over the last 12 months Scott has trained hard three days a week doing Bootcamp, running sessions and specialised personal training sessions in preparation for this year's 6km Memory Walk & Jog.

Congratulations Scott on your achievement and raising awareness and money for Dementia Australia services.

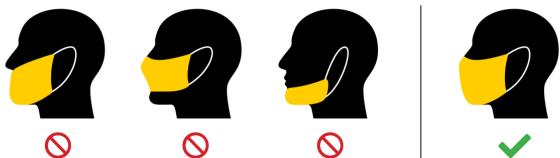


Are you wearing your mask correctly?

A reminder that whilst volunteering to ensure your face mask is worn correctly at all times to protect yourself and those in our care.

KEEPING YOU SAFER

Protect yourself and others by wearing a face covering correctly.



Golden Angels have spread their wings at Stirling



After many months of planning, organising, recruiting and training with Stirling, Calwell and NSW Health, our Golden Angel volunteers have spread their wings at our Stirling home, providing specialised support to residents living with dementia and memory loss.

In a few short weeks, we have already seen the difference these volunteers are making via regular visits and activities with the residents they have been buddied up to.



How helpful is volunteering in Aged Care?

A person isn't meant to disappear from the world just because they've entered aged care.

Many residents that live in an aged care home have family that are not close by and have to travel long distances. Although family may call regularly on Zoom and visit where possible, this just isn't enough. These residents see other residents receiving weekly visits from family and friends and start to feel left out and lonely.

Thank goodness for volunteers who give of their time every week to provide companionship to these residents and spend time chatting over a cuppa or going for a walk in the garden.

Giving your time to older people in aged care enhances their quality of life, provides much-needed social connection, and often gives their family peace of mind.

Older people crave community and social connection like everyone else. That's why volunteers are a vital part of residential aged care, as most care staff and nurses just can't spend quality time with residents.

Remember, you may think you're only giving a little, but you're actually giving a lot to the residents you visit in our homes.

Thank you for the gift of your time.

"If you don't have a go, you will never ever know ..."

Meet Jeanette, mother of two boys who live in Canada and Melbourne; grandmother to a half Aussie/half Canuck grandson and another (Aussie) grandchild on the way.

This cheerful, outgoing, on-the-go volunteer has a social life that would put someone half her age to shame.

Jeanette lives by the motto "If you don't have a go, you will never ever know and will die wondering". A motto that she instilled in her children and lives by daily.

After spending time with Jeanette, it becomes very clear that she is a person who always thinks of others, looks for opportunities in life and not one to ever sit idle ... "I love to fill my days and be kept busy".

Jeanette was born and raised in Brisbane, later moved to Canberra and now resides at Warrigal Village and volunteers at Warrigal Albion Park Rail.

Leaving school in Year 10, Jeanette studied as a Stenographer (shorthand/typing) and worked as a Personal Assistant to the Commandant at the Joint Services Staff College in Canberra. At age 23, Jeanette went on to complete her HSC (4 nights a week) whilst working full time.

Jeanette later had two children, but her love of History (in particular American Civil War History) inspired her to complete a Bachelor of Arts in History and Economic History at the Australian National University in Canberra as a mature aged student. Jeanette smiles and has a good laugh as she remembers bringing her baby in a bassinet to lectures and priding herself on "never missing a lecture".

Jeanette later went on to complete a Diploma of Teaching, at the University of Canberra which enabled her to work as a relief teacher at Yass, Gunning and Bowning primary schools. "I love kids and making learning fun for kids" and would make up numerous board games for the children she later tutored in her own home.

In 2018 Jeanette was diagnosed with breast cancer. She underwent surgery and chemotherapy and radiation. Today she considers herself one of the lucky ones.

These days Jeanette has a full calendar and involved in so many activities such as: line dancing; tennis; Seniors; Volunteering; attending Church; card and jewellery making and reading. "Friday's is my only day off".

During COVID lockdowns Jeanette noticed those around her were sad, lonely and isolated from family and friends and wanted to do something to "bring a smile to people's faces and make them laugh again".

So Jeanette set about sourcing jokes and funny stories from her family and friends and "created not wrote" a book called **The Laughter Book for Seniors**, a delightful little book packed full of funny stories and jokes.

With over 150 already sold, this little book is sure to make the reader smile, laugh out loud and brighten your day.

If you would like to purchase **The Laughter Book for Seniors** at a cost of \$10 each, please email volunteering@warrigal.com.au



There are an increasing number of text messages circulating telling you that your parcel couldn't be delivered, your Netflix account has been frozen, or your bank account has been hacked. Their common characteristic is that they want you to click on a link in the text.

Most likely you know when you are expecting a parcel, or don't have a Netflix account, and you may well bank with the bank the message is supposedly from. When we are busy, it's easy to click on the link without thinking through what we might actually be doing.

Another common message is that you have missed a voicemail. This message may look different from the normal one we get when we have an unopened message. But if we are distracted we might not notice.

These are all scams! If you click on the link in any of these texts, it will download malware onto your phone. This may be able to initiate a phone call without your permission, send and receive texts, and read your contact data and personal information.

To protect yourself, the Australian Competition and Consumer Commission (ACCC) recommends the following: [Read more](#)

Lifestyle Team Leaders

APR - Natasha McAlister (0476 858 870)
nmcalister@warrigal.com.au

Bundanoon - Stacey Plain (02) 4884 6100
splain@warrigal.com.au

Calwell - Nancy Sconce (02) 6298 5200
nsconce@warrigal.com.au

Coniston - Amanda Keys (0438 412 298)
akeys@warrigal.com.au

Goulburn - Rachael Edwards (0476 858 871)
redwards@warrigal.com.au

Mount Warrigal - Stella Banks (0458 110 571)
sbanks@warrigal.com.au

Mt Terry - Linda Winter (0436 631 170)
lwinter@warrigal.com.au

Queanbeyan - Kathleen Thompson (0408 486 016)
kthompson@warrigal.com.au

Shell Cove - Lexy Varshawsky (0476 858 872)
avarshawsky@warrigal.com.au

Stirling - Kimberley, Amit, Sushila (02) 6287 0200
kharris@warrigal.com.au

Warilla - Amanda Keys (0438 412 298)
akeys@warrigal.com.au

Wollongong - Wendy McNight (4222 0930)
wmcnight@warrigal.com.au

CAFE ASSISTANT - Albion Park Rail

Days: Monday, Tuesday or Thursday

Time: 9am to 2pm

Experience: Cafe experience preferred or willingness learn.

Duties: Barista, food preparation, cash handling, stock take, cleaning Cafe, liaising with staff, residents and visitors.

Training: Safe Food Handling education (provided by Warrigal)

CAFE ASSISTANT - Mt Terry

Days: Tuesday or Wednesday

Time: 9am to 12pm

Experience: No previous experience necessary.

Duties: Assisting Lifestyle Team with making coffees, food preparation, cash handling, cleaning Cafe, liaising with staff, residents and visitors.

Training: Safe Food Handling education (provided by Warrigal)

MORNING TEA/ACTIVITY ASSISTANT - Goulburn

Days: Monday, Tuesday, Wednesday or Thursday

Time: 9am to 12pm

Experience: No previous experience necessary.

Duties: Assist in the preparation and serving of morning tea and assist with activities for Warrigal Social clients when they arrive around 10am.

Training: Safe Food Handling education (provided by Warrigal)

I WANT TO HELP ...



If you are interested in one of the above positions, please contact Michelle Chate (Volunteer Coordinator) on 0436 806 723 or email mchate@warrigal.com.au

