

Volunteer Update

Last week we celebrated National Volunteer Week. This was a wonderful opportunity to thank our 385 volunteers who give of their time to provide essential care and support to our residents at Warrigal.

"Warrigal was started by volunteers more than 50 years ago, and still to this day they are essential to what we do. They play such important roles within our organisation and effect Warrigal at every level, including our Company members, all of our Board, our advisory group, as well as on the front-line in every service at every location" Mark Sewell (Warrigal CEO).

Mark continued, "Some have volunteered for more than 20 years and the support they provide to Warrigal residents, customers and staff is so valued, and we truly thank them for the commitment they show older people in our community every day".

'The contribution of Warrigal's frontline Volunteers is so essential to Warrigal and their residents, as they play the role of a friendly visitor rather than a care staff member. While Warrigal staff members do provide emotional and social support, their time is shared amongst the clinical needs of residents, whereas a volunteer is at a care home purely to spend quality time with the older people. This quality time boosts the morale and mood of residents, reducing feelings of isolation, stress and depression'. (from Media release)

Two events were held in **Goulburn** (included Bundanoon, Goulburn, Queanbeyan, Stirling and Calwell volunteers) and **Illawarra** (included Mt Terry, APR, Coniston, Mt Warrigal, Shell Cove, Auxiliary, Admin, Social and Village volunteers).

After two years of not being able to meet face-to-face due to the pandemic, it was lovely to be able to come together and celebrate all the wonderful things our volunteers do across Warrigal.

From our youngest volunteers Lily 7yrs Illawarra and Layla 14yrs Queanbeyan, to our oldest volunteers Freda 96yrs Goulburn and Betty 95yrs Illawarra, it was lovely to hear why people volunteer and what they enjoy most from volunteering.

Michelle Chate
Volunteer Coordinator



Betty and Lily (Illawarra)



Mt Terry Volunteers and Lifestyle Staff



Warilla Op Shop Volunteers

COVID 1st Booster mandatory for all Aged Care staff and volunteers

NSW Volunteers

by Tuesday 31 May, 2022

ACT Volunteers

from Monday 28 March 2022



If you have not received your 1st COVID booster (i.e., 3 doses) you will not be able to enter a residential aged care home.

Reminders have been sent to volunteers who are yet to provide COVID booster evidence.

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

Entry and Exiting Aged Care

ENTRY PROCEDURE

Step 1: Undertake a Rapid Antigen Test (RAT) prior to entry (takes 15 mins).

Step 2: Masks are required to be worn in all aged care homes.

Step 3: Sign in using the Electronic Visitor System.

Step 4: Perform hand hygiene.

EXIT PROCEDURE

Step 1: Sign out using the Electronic Visitor System.

Step 2: Dispose of mask.

Step 3: Perform hand hygiene.

Warilla Home Closure

Last Wednesday 18 May, Warilla Residential Care home official closed after 40 years.

'The relocation of residents from Warilla has been completed, with the last remaining residents moving into Albion Park Rail last Wednesday. It was an emotional day for the staff and residents that stayed until the end, and the Executive Team at Warrigal were there to recognise the efforts of everyone involved'.

(Craig Smith, Resident and Family Communication 20/5/22)



Vaccines saves lives. This winter we expect an increase in influenza cases.

The influenza vaccination is not mandatory, however Warrigal strongly encourages staff, volunteers, residents and families to protect yourselves against the flu.

Under the National Immunisation Program (NIP), flu vaccinations are FREE if you are aged 65 years or older. See your GP.

If you have received the flu vaccination please advise the date of vaccination to volunteering@warrigal.com.au or text 0436 806 723.



Rapid Antigen Tests (RAT)

Volunteers may request a RAT test to take home with them to be used prior to their next volunteer visit. Please ask for an extra RAT at Reception.



DJ Barry and the Starlets



DJ Barry and the Starlets (Linda, Sherryl and Lynnette) have been volunteering at Mt Warrigal for over 9 years.

"I started volunteering when my father came to live Mt Warrigal. I love older people and listening to their life stories, and when I started volunteering I got hooked on it" Linda said.

Barry and Linda owned their own dance studio teaching others how to dance Rock n Roll and Swing. Although now officially retired, they still do a private lesson here and there as they love to dance.

"We first performed at Mt Warrigal for a lady who was celebrating her 100th birthday. It was so popular that it became a monthly performance with DJ Barry and the Starlets".

"Barry is a shy person, but put him on the dance floor and he comes to life. Barry is the star of the show and dances with us all".

This year the group have a different theme each month 'National Costumes' and are kept busy making their own costumes and learning new choreography. "Our spare rooms are full of costumes and there is always a sewing project on the go".

Over the years the group have performed a large variety of skits and dances such as Belly Dancing, Grannies and Grandads, Mexican, Sailors and themes from 1920's to 1960's.

"We love volunteering at Warrigal. We've been coming for so long it just feels like home".



Sandra Pearson (Auxiliary and Company Member)



Sandra has been volunteering at Warrigal for over 45 years and first became involved with Warrigal when her mother-in-law went into care at Mt Warrigal.

"I wanted to give back to Warrigal for all the wonderful things they were doing for our mother". Sandra said. There was a need to fundraise and so the Auxiliary was formed and did many fundraising activities such as Bingo at a local hall and Warilla Grove, Golf days, Art Shows, Bus trips and cake stalls just to name a few.

Sandra recalls the Chicken and Champaign Art Show (chicken sandwiches) for the Opening Night of the Warilla Residential Care home. The celebrations lasted all weekend with Art from Arthur Boyd and Albert Namatjira. The Lions Club did a fantastic job in organising the event.

Sandra has always held a support role on the Auxiliary "that's the way I like it, being in the background".

The Auxiliary started the Warilla Op Shop which is still operating today with 100% of the profits going back into purchasing equipment for our homes for our residents.

Sandra has a long history of community volunteering with Surf Club and Red Cross. She continues to volunteer for the Red Cross, as well as volunteering at Warrigal on the Auxiliary and as a Company Member.

"Volunteering is all good fun and I've learnt a lot".



VOLUNTEER WEEK CELEBRATIONS



Southern Highlands and ACT Lifestyle

THANK YOU to the Lifestyle Teams, Supervisors and Managers who provide guidance, support and mentorship to volunteers.



Illawarra Lifestyle and Managers



Goulburn



Goulburn



Goulburn and Queanbeyan



Jeremy Tonks, Bundanoon



Bundanoon and Stirling Lifestyle



Bundanoon



Wollongong

Jan Elliott - Stirling



Jan recently joined the Warrigal Stirling volunteer team as a Golden Angel. The Golden Angel Dementia and Delirium Program commenced in February 2022 and is part of a six month study run by NSW Health to measure the difference specially trained volunteers make to those living with dementia and memory issues.

"I first heard about the Golden Angels Program through the View Club Newsletter and thought this was something I would be interested in as I love interacting with older people" Jan said.

"I really enjoy interacting with the oldies and seeing their big smiles and excitement when I arrive. They may not always remember my name but they recognise the bright yellow Golden Angel shirt. They just know you are there to spend time with them and they get really excited".

"It gives me satisfaction knowing that I am seeing residents who may not have regular visitors. It is a pleasure to be a part of the different programs implemented at Warrigal for the benefit of their residents".

The Golden Angels program will continue after the six month study.

Laurel Hones - Awarded OAM for Volunteering



Laurel is no stranger to giving back to her community, and has been volunteering for most of her life. Because of this, she was awarded an OAM for volunteering in 2019!

"I just really enjoy people. Volunteering keeps me busy, and gives me satisfaction knowing that I'm helping others", Laurel said.

Thank you Laurel for all the work you do at our Bundanoon home.



The Goulburn Auxiliary are a dedicated group of volunteers who work tirelessly to raise money for the residents at our Goulburn home. All money fundraised allows the Auxiliary to purchase equipment, soft furnishings and provide extra special gifts for Mother's Day, Father's Day, Easter and Christmas.

COVID didn't stop this dedicated group of volunteers, who instead came up with other ways they could continue to fundraise for the home. On the first Saturday of each month members of the Auxiliary set up a stall at the local Markets and sell the knitted items made from the Knitting Group and items they have made themselves.

The Knitting Group completely relies on wool donations which enables them to make an impressive array of baby clothes, children's jumpers, mittens, socks, bed rugs, crochet tea towels and Owl Bags.

"Special thanks goes to Sue McDonald. God has given her all these talents" Freda (Treasurer) said. Sue busily sews up rugs and other items so they are ready for sale.

Our residents at Goulburn enjoy the knitting group and make up knitted squares which are turned into knee rugs or bed blankets. Every resident at Goulburn has a knitted blanket for their bed. We have also knitted over 40 bed rugs which were given to residents at our other Warrigal's homes".

The knitting group rely on donations of wool "it's because of these generous donations which allow us to keep knitting and making beautiful items to sell and others to enjoy". Freda said.



NATIONAL 16-22 MAY 2022
VOLUNTEER
Better Together WEEK

National Volunteer Week 2022 Sponsors



Lifestyle Team Leaders

APR - Natasha McAlister (0476 858 870)
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Bundanoon - Stacey Plain (02) 4884 6100
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Calwell - Nancy Sconce (02) 6298 5200
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Coniston - Amanda Keys (0438 412 298)
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Goulburn - Rachael Edwards (0476 858 871)
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Mount Warrigal - Stella Banks (0458 110 571)
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Mt Terry - Linda Winter (0436 631 170)
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Queanbeyan - Kathleen Thompson (0408 486 016)
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Shell Cove - Lexy Varshawsky (0476 858 872)
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Wollongong - Wendy McKnight (4222 0930)
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