

### VOLUNTEER UPDATE

I will be taking leave from 2-19 October 2020. Upon my return I will follow up on any emails or messages received during that time.

After meeting with Executive, there are a few roles that will become available initially for volunteers to assist with. These roles are being finalised this week for approval and will be communicated with you upon my return from leave.

The return of volunteer roles will be gradual with additional training that is required to be undertaken by volunteers as follows:

- Infection Control (by Warrigal)
- COVID (by Warrigal)
- COVID-19 Infection Control training (by Department of Health)

An email was sent to all volunteers with instructions on how to complete the required training online.

For volunteers who are unable to access the internet, a paper based version of the training will be developed and posted to you to read and complete.

The above training is very easy and the material covered is very informative as we all focus on keeping each other healthy and safe at home, in the community and at Warrigal.

As volunteer services gradually return, you will be given new protocols that have been put in place at Warrigal. It is very important that these are strictly followed. These new protocols will become second nature and have been put in place to protect you, our staff and the residents in our care.

I will continue to keep you informed of any changes as they come to hand.

Michelle Chate (Volunteer Coordinator)

### FLU VACCINATION UPDATE



The current Public Health Order, was reviewed on Wednesday 16 September and flu vaccinations remain a requirement for entry into an Aged Care Facility or premises until 21 December 2020.

You can view the full Public Health Order [https://gazette.legislation.nsw.gov.au/so/download.w3p?id=Gazette\\_2020\\_2020-214.pdf](https://gazette.legislation.nsw.gov.au/so/download.w3p?id=Gazette_2020_2020-214.pdf)

If you have received your flu vaccination and have not yet sent me your 'statement of vaccination' you can send it to me by one of the following:

- taking a photo and texting it to 0436 806 723
- taking a photo and emailing it to [mchate@warrigal.com.au](mailto:mchate@warrigal.com.au)
- posting it to Warrigal (Attention: Michelle Chate) PO Box 435, Albion Park Rail NSW 2527



# CONNECT-19 UPDATE



I would like to give a warm welcome all our NEW Warrigal volunteers who are making social telephone calls and assisting with technology support to older people via the CONNECT-19 Program.

We have recently partnered with Living Connected as the number of community participants requiring technology support has increased over the last few weeks. For more information on Living Connected visit <https://livingconnected.org.au/>

Mercer have also partnered with Warrigal as corporate volunteers. They have commenced a 'pen pal' program at all our homes and already receiving emails from residents who have just set up their own email accounts and learning the wonders of modern technology. See picture below of Marjorie from our Warilla home who was overjoyed to receive her very first email from one of our Mercer volunteers.

It is wonderful to see this program develop and grow to combat social isolation and loneliness in older people within our homes, villages and local communities.



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## Farewell to a good friend and much loved volunteer

During May we were saddened to learn of the passing away of one of our much loved volunteers, Ian Leishman.

Ian volunteered at Warrigal APR for many years and will always be remembered for the fun he brought with him, his character, cheekiness, laughter and smiles to everyone he met. Ian always gave 100% to the residents at Warrigal and will be greatly missed by all the staff and residents.

Earlier this month a group of APR volunteers arranged a lunch with Ian's wife Helen and daughter Karen to share with them the fond memories they have of Ian whilst volunteering at Warrigal (see photo below).





## Latest update on COVID-19

*excerpts taken from letters to families and carers from Craig Smith (Executive Leader, Service Integrated Communities)*

- Warrigal continues to have no cases of COVID-19 at any of our homes.
- Warrigal recently met with Illawarra Shoalhaven Local Health District (ISLHD) and several GPs to discuss planning for an outbreak in a residential aged care home. The ISLHD provided important information on the localised Incident Action Plan and discussed the clinical outreach team and how they would assist with coordinating testing, resident transfers and establishing a response team within the Public Health Uniting to support residential aged care homes.
- During September the Infection Prevent Officer from NSWSAHS LHD conducted a review of our Goulburn home and provided positive feedback on the Outbreak Management Plan and the PPE that has been ordered. Warrigal continue to work closely with the Local Health Districts as a collaborative approach.
- We celebrated R U OK Day, which was a reminder of the importance of the mental health for both our residents and families. While our focus continues to be safety, we are looking at opportunities to increase communication, including outdoor visits as the weather improves. While this is challenging at some locations, we will be identifying suitable location which will allow more visits to occur, with screening and social distancing requirements. As these visits are still on Warrigal premises, it is still a requirement to have had a flu vaccination.
- We continue to be vigilant on screening anyone entering our aged care homes and have recently trialed a thermal imaging for temperature checking at Albion Park Rail. This trial was very successful and we are looking at implementing this across all of our homes in the coming months.
- Warrigal have been working very hard on preventing COVID-19 from getting into our homes, but we also hold a realistic view that this virus will continue to require a strong infection control focus for many months to come.

- Within our homes we remain committed to safety, but we are also conscious of the need for social engagement and interaction, which increases the risk of cross-infection. While there is optimism that there will be a vaccine, the reality is that we need to be prepared to keep everyone safe for many months to come, while still ensuring that modified activity programs are delivered.
- While we have commenced outdoor visits, this still requires social distancing and face masks to be worn, while visits inside the care home will remain in the Safe Visiting Areas or where compassionate visits have been approved.
- We continue to work closely with all three LHDs in our geographical area, including a joint video being produced with the CEO of the ISLHD and Warrigal's CEO, Mark Sewell on the strong partnership with the ISLHD and aged care providers.

You can read the full letters on our website [warrigal.com.au](http://warrigal.com.au) under latest communication to families.



## Warrigal's Employee Assistance Program

Did you know that as a Warrigal volunteer you have access to our Employee Assistance Program?

If you find yourself feeling stressed or overwhelmed for any reason and need assistance, please contact our Employee Assistance Program on 1800 680 180.

This program provides you with free confidential counselling services 24/7.

We know that being socially connected and physically active improves your health and happiness. That's why Warrigal is supporting MyClubConnect.

MyClubConnect connects you with local clubs that specialise in particular interests such as gardening, cooking, book club, drone flying, drawing classes and more.

MyClubConnect is FREE and easy to join on your smart phone or computer. When you join you will receive a weekly newsletter with fun activity links and COVID relevant information.

As a MyClubConnect member you have access to regular deals with our business partners such as discounted coffee, computer help or even services like a hearing check.

Website: <https://myclubconnect.com.au/>

Registration: <https://myclubconnect.com.au/register/>

## Walking for Mental Health

October is Mental Health Month. Mental illness is very common with 1 in 5 people experiencing symptoms of mental illness each year. That's more than 5 million people in Australia. The most common of these illnesses are anxiety and depression

During October, Warrigal pastoral care volunteer Scott, will be walking 60km to help fund support services to Australian's living with mental illness. Find out more at [onefootforward.org.au](http://onefootforward.org.au)

