

### Volunteer Update

Last week we celebrated National Volunteer Week 2023 and on behalf of the management, staff, residents and families we express our heartfelt appreciation for our volunteers who selflessly support older people to live their best lives at Warrigal.

National Volunteer Week is Australia's largest annual celebration of volunteering, and this year, we came together under the theme of 'The Change Makers', which is a recognition of the extraordinary power that volunteers possess to drive transformative change within our communities.

But what truly makes a change maker? A change maker is someone who is driven by a deep desire to contribute to the greater good. They are individuals who have the ability to turn their passions into purpose, channelling their energy and skills towards making a positive impact on the lives of others.

At Warrigal, we are fortunate to have a diverse range of over 400 volunteer change makers. We have:

- Auxiliaries, Op Shops and Cafes who raise money to purchase items for our residents.
- Compassionate Bus Drivers who provide transportation and companionship to our residents.
- Activity Assistants, musicians, and even pet therapists who bring joy and enrichment to the lives of those we care for.
- Our volunteers include members of the Church, pastoral and spiritual care, Golden Angels Dementia Program, exercise/walking group enthusiasts, gardening and maintenance, and outing assistants, each contributing their unique talents to create a vibrant and supportive environment.

It is the tireless efforts of our volunteers that play a vital role in creating positive change at Warrigal. Your dedication and the time you generously give make a tangible difference in the lives of our residents and their families. Your presence brings comfort, companionship, and a sense of belonging that truly enhances their well-being.

Each act of kindness, every moment spent lending an ear or a helping hand, is an investment in a better and brighter future for Warrigal.

On behalf of the entire Warrigal community, I extend my deepest gratitude to each and every one of our volunteers. Your passion, empathy, and your unwavering dedication make you the true change makers.

**Michelle Chate, Volunteer Coordinator**



### DJ Barry Retires

After dedicating over 10 years to volunteering at Mt Warrigal, DJ Barry will be retiring from his role. Barry's volunteer journey began when he first came to the home to perform at a resident's 100th birthday celebration. From that moment on, Barry became an integral part of providing entertainment at Mt Warrigal. With his infectious energy, impressive dance skills and incredible performances, Barry has brought joy, fun and laughter to the residents and staff. As DJ Barry bids farewell to his volunteering days, we express our heartfelt gratitude for his years of service and wish him all the best in his well-deserved retirement. You will be greatly missed.





# Norm Rowland Award

The Norm Rowland Award is a tribute to the legacy of Warrigal's founder, the late Norm Rowland OAM. Norm's unwavering commitment to older people over his 60 years of volunteering at Warrigal makes him a true inspiration for all volunteers.

The Norm Rowland Award is an opportunity to celebrate and recognise the outstanding contributions of volunteers who share Norm's commitment to serving the needs of older people in the community.

Nominations were received by managers and staff and the selection criteria was measured against six categories. Congratulations to all our winners and nominees.

**WINNERS** - Jan Elliott (Stirling) and Linda & Allan O'Rourke (APR).

**NOMINEES** - Jill Elliot (*Queanbeyan*), Chris Fitzpatrick (*Stirling*), Truly Budihedarti, Bill Leggo (*Coniston*), Alana Walker (*Mt Warrigal*), Jeanette Byers, Dorothy Abbott, Jenny Smolders (*Mt Terry*), Gail Cox (*Administration*), Klaus Grach (*APR*), Rex Halpin (*Shell Cove*), Lydae Pearson (*Warrigal Social*), Yvonne Wheatley (*Shell Cove*).

## Congratulations Jan Elliott

Jan is an invaluable volunteer who goes above and beyond to assist residents, particularly those living with dementia and lacking regular family visits. She is part of the Golden Angel program, which was piloted at Stirling. Jan's dedication is evident through her 1:1 visits, where she creates memory books for the residents by engaging them in conversations about their life history. She also ensures that residents attend group functions by providing personalised support. Jan builds rapport and trust with the residents, working at their pace and going the extra mile to notice non-verbal cues. She compiles a life history book for each resident, filled with photos and memories, often researching their hometowns to include meaningful images. Jan's visits have a profound impact on the residents, bringing smiles to their faces and encouraging them to engage more with their environment. Jan's contributions have uplifted the lives of residents living with dementia.



## Congratulations Linda & Allan O'Rourke

Linda & Allan's dedication and commitment to volunteering at Albion Park Rail for over 16 years have made a significant impact on the community. Every week, they selflessly provide pastoral care support and communion to over 30 residents, offering them comfort and meaningful one-on-one interactions. Even during challenging times like the COVID outbreaks, Linda & Allan continued their visits, providing much-needed emotional support to the residents. They also contribute to the planning of Church services for Christmas and Easter, adding joy and spiritual fulfilment to the community. The residents and staff eagerly anticipate their visits and are incredibly grateful for the valuable time and care they give.



Dr Robyn Rowland AO, the daughter of Norm Rowland, delivered a heartfelt congratulatory video message to our winners and nominees all the way from Turkey.





# Volunteer Week (Southern)

Bundanoon, Goulburn, Queanbeyan, Stirling and Calwell



**Last year the Warrigal volunteer collective dedication and commitment amounted to an astonishing 31,926+ hours of service and support. This remarkable feat reflects the unwavering passion and generosity, and the impact our volunteers have on our organisation and the lives of those we care for.**





# Volunteer Week (Illawarra)

Mt Terry, APR, Mt Warrigal, Coniston, Shell Cove, Wollongong, Multicultural Village, Warrigal Social, Auxiliary, Op Shop



**We extend a very warm welcome to our Multicultural Village volunteers, who have recently joined Warrigal. We are all thrilled to have you as part of our growing volunteer family.**





## In loving memory



It is with sadness that we advise the passing of Kath Hilton, who was not only a Warrigal Village resident, but also dedicated her time and heart as a volunteer at Mt Terry over many years. Kath provided Catholic communion and pastoral care visits to the residents and will always be fondly remembered for her beaming smile, friendly warmth, energetic spirit and genuine care of the residents.



We also say a very sad farewell to our beloved pet therapy doggo, Scamp. Scamp brought immeasurable joy and comfort to the residents of Warilla and APR. With his purple jacket and name badge on, Scamp would dance around and around in circles when his owner Sonya asked "do you want to visit the older people in the nursing home?" This pint size bundle of joy would instantly brighten up the residents' day. His adorable nature and boundless affection captured the hearts of all who had the pleasure of meeting him.

## Volunteer Polo Shirts



If you have not yet placed an order for your volunteer polo shirt, please reach out to Michelle Chate, Volunteer Coordinator, using the contact details provided below.

## Thank you

On behalf of all the volunteers, we would like to say a huge thank you to our community facilitators and lifestyle teams who provide day-to-day guidance, supervision, and mentorship to our volunteers. Their invaluable support ensures the seamless running of our volunteer programs within our services, and we greatly appreciate their commitment and assistance.



### Community Facilitators

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

**Queanbeyan** - Kathleen Thompson (0408 486 016)  
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### Lifestyle Team Leaders

**APR** - Natasha McAlister (0476 858 870)  
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**Bundanoon** - Stacy Plain (02) 4884 6100  
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**Calwell** - Amrit Adhikari (02) 6298 5200  
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**Coniston** - Kylie O'Brien (02) 4229 4433  
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**Goulburn** - Rachael Edwards (0476 858 871)  
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**Mt Warrigal** - Stella Banks (0458 110 571)  
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**Mt Terry** - Kim Lillie (02) 4235 7600  
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**Multicultural Village** - Robyn Lyons (02) 4276 3212  
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**Queanbeyan** - Maddie Memmolo 0448 586 928  
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**Stirling** - Kimberley, Sushila, Bubita (02) 6287 0200

**Wollongong** - Wendy McKnight (02) 4222 0930  
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