

Volunteer Update

Over the past month, it has been a privilege to visit a number of volunteers in action and have been truly impressed by the wonderful work you do. The dedication, compassion and commitment you demonstrate is truly inspiring.

Warrigal volunteers have achieved a 91% compliance rate with reviewing and acknowledging the new Aged Care Code of Conduct. Whilst this is an amazing achievement, our goal is to reach 100% by the end of July.

We recently completed a comprehensive review of our bus management policy and bus driver handbook. These updates are designed to provide clear guidelines for our volunteer bus drivers to ensure the safety and comfort of our residents. During July, these revised policies and guidelines will be implemented for all bus drivers.

In our dedication to foster an inclusive and supportive workforce, we extend a warm welcome to several new volunteers and their support workers who have recently joined the volunteer team. Their support within our homes has already made a positive impact.

We would like to highlight that flu vaccinations are highly recommended by Warrigal, but not mandatory. As we enter the flu season, we strongly encourage all volunteers to receive their flu shots to protect yourselves as well as the health and wellbeing of our residents.

We express our heartfelt gratitude to each of our volunteers. Your kindness and unwavering commitment to our residents make you an invaluable part of the Warrigal team.

If you have any suggestions, feedback or require support, please do not hesitate to contact your local supervisor or myself. Together, we can ensure our residents live their best lives.

Michelle Chate, Volunteer Coordinator



FOR OUR ELDERS

2-9 JULY 2023

CEO Update



While Jenni Hutchins, CEO, is overseas on her Churchill Fellowship, Alissa Walsh will be Acting CEO from 5 June to 18 August, inclusive.

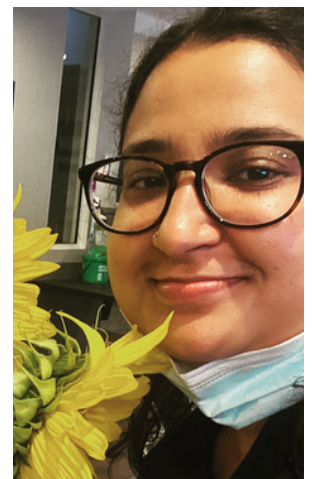
As part of her Churchill Fellowship, Jenni has a fantastic opportunity to explore the best practices in Out of School Hours Care and Intergenerational Practices from around the world, and learn from the experiences of others.

We are immensely proud to see Jenni wearing Warrigal branded shirts and caps on her journey, and is inspiring to witness her represent our organisation as she explores the incredible power of intergenerational activities.

If you are curious about Jenni's journey and would like to stay updated on her exciting moments and discoveries, as well as how they will further enhance our commitment to fostering connections between younger and older generations, be sure to follow her latest updates at <https://bit.ly/3qq7pOY>

New face for Queanbeyan

For our Queanbeyan volunteers, we would like to inform you that there will be a change in supervision while Maddie Memmolo is on extended leave. Please welcome **Rikma Basnet**, who will be stepping up to oversee the volunteer program at Queanbeyan. Contact details mobile 0448 586 928 or email rbasnet@warrigal.com.au



Polo shirts

It's wonderful to see so many volunteers proudly wearing their polo shirts while working in our homes. Wearing the polo shirt assists our staff, residents, and families in recognising and identifying our committed volunteers.

If you haven't received your polo yet, please email your size (*refer to the guide below*) to volunteering@warrigal.com.au. Order a size larger if you prefer a looser fit.

Size	To Fit Chest (CM)	To Fit Chest (Inches)
XS	90-95	35-37
S	95-100	37-39
M	100-105	39-41
L	105-110	41-43
XL	110-115	43-45
2XL	115-120	45-47
3XL	120-125	47-49
4XL	125+	50+



Janny's winter warmth

Volunteering takes on various forms, and one such form is distance volunteering. Janny has been a dedicated volunteer at Warrigal for several years, contributing her time and skills in crocheting exquisite blankets for our residents. Despite facing recent health challenges, Janny has continued to create blankets to provide warmth and comfort to our residents during this winter season. We extend our heartfelt thanks to Janny for the countless hours she has dedicated to making these beautiful blankets.



Agility entertainer Jack



At Warrigal APR, we are privileged to have Jack, a five year old Jack Russell cross Staffy, as a beloved volunteer pet therapy dog. Jack has been a regular visitor to the home since he was just three months old and volunteers twice a week with his owner, Physiotherapist Assistant, Peter.

Jack assists Peter every Thursday for the men's BBQ, followed by a captivating 45 minute dog show. With his impressive repertoire of tricks, including jumping through hoops, catching balls, and racing through tunnels, Jack never fails to entertain and put smiles on the residents' faces. On other days, he provides comfort, support and gentle puppy hugs during his 1:1 room visits.

Reminisce through music



Bill and Faye are two dedicated volunteers at our Coniston home. Bill provides musical entertainment and drives the bus, while Faye provides Pet Therapy with her dog Benny.

What makes this duo special is their collaboration as a musical duet, spreading their love of music at both Coniston and APR. Faye, who hasn't sung for a number of years, has reconnected with her talent and now enjoys singing with Bill as they bringing joy and reminiscence to others through music.

The combination of Bill's many years of musical expertise and Faye's love for singing creates a delightful experience for our residents.

Volunteers needed at APR café



The APR Café has been successfully operating for over 15 years and relies on a small group of dedicated volunteers. This bustling little café offers a cozy and social setting where residents and families can relax, enjoy a cuppa or barista coffee, and indulge in delightful treats.

All profits generated by the café is used to purchase equipment, furniture which create meaningful spaces for our residents' enjoyment. This highlights the crucial role the café plays at Albion Park Rail.



Join our volunteer team

The APR café operates from 9am to 2pm on Thursdays and Fridays. However, we would like to expand its opening days to include Wednesdays or more. If you know anyone who is interested in volunteering once a week or fortnight, please contact Natasha McAlister, Lifestyle Team Leader on 0476 858 870 or email nmcalister@warrigal.com.au.



Community Helping Hands Program



Last year, we initiated a partnership with The Disability Trust and established the Community Helping Hands Program at our Albion Park Rail home. Presently, the program consists of four participants from The Disability Trust and two dedicated Support Workers who generously volunteer their time at the home every Tuesday.

The primary objective of the program is to provide individuals living with disabilities an opportunity to develop work skills whilst also studying job related skills through WEA. At Albion Park Rail, our volunteers actively contribute to the kitchen operations, diligently attending to morning dishes, cleaning and setting tables, as well as arranging lunch trays. Additionally, they provide invaluable support to residents, assisting them during activities and offering companionship during Bingo sessions.

Within just a short time, we have witnessed the tremendous benefits of having this team of volunteers, who have become an integral part of the home. With their keen attention to detail, enthusiasm to learn and help, we are delighted to see their bright, beaming smiles each week.

We are excited to continue our partnership with The Disability Trust and expand the Community Helping Hands Program to other homes within the Illawarra.



Comfort and cuddles from Benny



Meet Pet Therapy Volunteer Benny, a delightful Maltese Cross who has teamed up with his owner Faye to spread joy at Coniston and make special visits to APR for karaoke sessions. This four year old little bundle of fur thoroughly enjoys receiving pats, cuddles and also warming the residents' feet during karaoke sessions. It didn't take long for Benny to settle in and capture the hearts of the residents and staff at Coniston. His favourite part of volunteering is the abundant love and affection he receives from everyone.

Benny's presence has brought an extra dose of happiness to Coniston. With his wagging tail and loving nature, he effortlessly creates a positive and warm atmosphere. Residents eagerly await his visits, knowing they will be greeted with snuggles.

Age is no barrier for Barbara



We recently had the privilege of catching up with Barbara, who has joined the volunteer team as a Gardening Assistant at Albion Park Rail. She dedicates a few mornings every week to gardening in the courtyards, ensuring they maintain their immaculate appearance.

But what makes Barbara truly unique to volunteering is her status as a resident at APR.



At 89 years young, Barb defies stereotypes with her limitless energy and zest for life. She finds joy in being helpful around the home, generously dedicating her time and skills to creating beautiful outdoor spaces for everyone to enjoy.

Volunteering has numerous advantages for older people by providing the opportunity for socialisation and connection. Barb recently attended Warrigal's Volunteer Week lunch, where she was able to meet other volunteers. Volunteering has also given Barb a sense of purpose and personal fulfilment and her effects are greatly appreciated within the home.



Community Facilitators

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

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

Lifestyle Team Leaders

APR - Natasha McAlister 0476 858 870
nmcAlister@warrigal.com.au

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

Calwell - Amrit, Lorraine, Sanju and Thanga
(02) 6298 5200

Coniston - Kylie O'Brien (02) 4229 4433
kobrien@warrigal.com.au

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

Mt Warrigal - Stella Banks 0458 110 571
sbanks@warrigal.com.au

Mt Terry - Kim Lillie (02) 4235 7600
klillie@warrigal.com.au

Multicultural Village - Robyn Lyons
0488 100 086 rlyons@warrigal.com.au

Queanbeyan - Rikma Basnet 0448 586 928
rbasnet@warrigal.com.au

Stirling - Babita, Joyce, Kimberley, Prashansa,
Ram and Sushila (02) 6287 0200

Wollongong - Wendy McKnight 0458 068 486
wmcknight@warrigal.com.au