



VOLUNTEER LINK-UP

Calvary Health Care Kogarah – Volunteer Services

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Issue 145

<http://volunteerservice.calvary-sydney.org.au/>

Volunteer Week 2019

More than 1000 volunteers, with an average of six years of service, make a positive contribution to Calvary patients and residents.

In celebration of our volunteers, a number of Volunteer Appreciation events are scheduled during National Volunteer Week.

We thank our volunteers for their passion, commitment and dedication, and encourage you to read their stories and find out what makes them so special.

Calvary Stories (click on link Stories)



In Calvary

More than 1000 volunteers, with an average six years of service, make a positive contribution to the wellbeing of our communities.

National Volunteer Week (NVW) is the annual celebration to acknowledge the generous contribution of our nation's volunteers.

In celebration of International Volunteer Day, Volunteering Australia is pleased to announce the new theme for National Volunteer Week 2019 – *“Making a world of difference”*.

From 20–26 May 2019, thousands of events will be held across the country to say thank you to the 6 million Australians who volunteer their time.

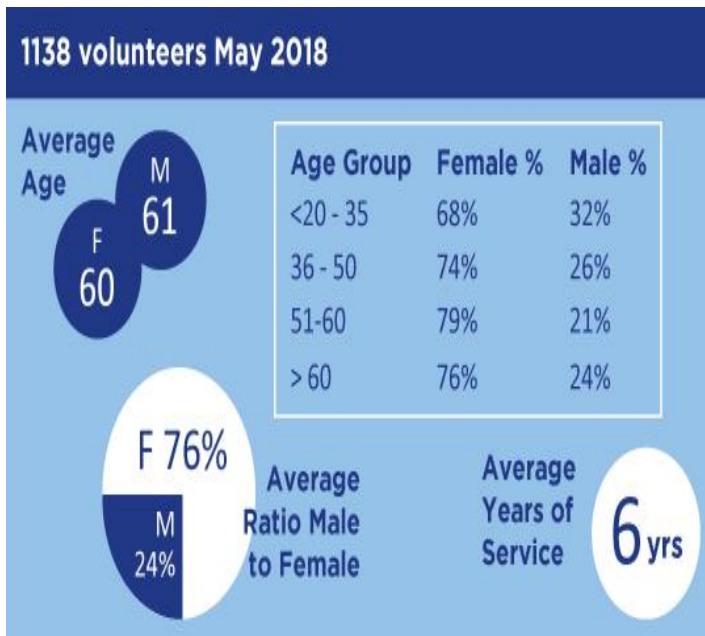
Calvary Kogarah is celebrating National Volunteer Week on

Monday May 20th with a Meeting for ALL Volunteers from 10 – 12.30 followed by BBQ lunch.

The staff have kindly offered to cook as their way of saying ‘Thank You’ for the wonderful contribution each of you makes to Calvary and to our patients and their families.

Julie Taylor, our Director of Mission Integration will be doing the training session which will include ‘reflective practice’ and ‘caring for yourself amidst the joys and challenges of caring for others’, and Mission in action.

‘Being for others’



Hospitality



Healing



Stewardship



Respect

In Australia*

- An estimated total of 932 million hours was volunteered during 2016.
- The rates of volunteering are highest among males aged 45-54 years at 302,612 people.
- The rates of volunteering are highest among women aged 35-44 at 399,889 people.
- Overall, the rates of volunteering are highest in the 45-54 year age group at 679,602 people.
- Business volunteering in the workplace is increasing, with 63% of large companies having a workplace volunteering program, 30% of mid-sized businesses, and 6% of small business.
- Almost 90% of large businesses reported allocating more resources to volunteering, compared to 10 years ago, and wanted to see more of their workforce participate in workplace volunteering.
- Almost three-quarters of large businesses or 72%, indicated they encouraged employee giving by allocating paid time for volunteering.
- Those who volunteered (87.4%) also engaged in charitable donation.
- Research demonstrates that volunteering yields a 450% return for every dollar invested. Nationally, this is an estimated annual contribution of \$290 billion.
- Volunteering activities present identifiable benefits to the community, with formal volunteering contributing an estimated 743 million hours to the Australian economy in 2014.
- Volunteering Australia's State of Volunteering in Australia report found that 46% of people have undertaken informal volunteering, predominantly by taking care of someone in the community.
- 77% of informal volunteers were encouraged to informally volunteer to support those in their community.
- Volunteers are inspired to be involved in volunteering as it allows them to give something back to the community.
- Volunteers are motivated to volunteer by a personal belief in a cause or issue.
- Volunteers are driven to volunteer to make a difference.
- The State of Volunteering in Australia Report found that 93% of people saw positive changes as a result of their volunteering efforts.

* For more information visit <https://www.volunteeringaustralia.org/nvw-facts/>



Sr Eymard

The Longest Serving LCM
Sister Celebrates 105th
Birthday at Calvary Ryde

*May God bless you at
Easter
And keep you all year
through.*

*May God give you all
the faith it takes,
To make your dreams
come true.*

*May His love and
wisdom always help
To guide you on your
way.*

*May His light shine
down upon you now,
To bless your Easter day*

*Wishing you, your
family and friends
A blessed and joyful
Easter*





On behalf of **3Bridges Community**, I warmly invite you, your volunteers and your volunteer supporters, to join us in celebration of National Volunteer Week. I encourage anyone wanting to attend, to register as soon as possible as places are limited.

Volunteer Engagement Workshop and Celebratory Gathering

Tuesday 21st May, 10am
Club Central Hurstville Biddegal
Rooms 1 & 2, 2 Crofts Ave, Hurstville

This fun-filled event is for volunteers and volunteer managers. We'll start with a fun 2-hour team building/communication workshop, followed by celebratory drinks and a delicious array of finger food.
Book Now: www.trybooking.com/BBVTK

CELEBRATING THE LIFE OF OUR BELOVED PATRICIA



It was with great sadness that we farewelled our beloved Patricia Karadimitris on March 19th at the Greek Orthodox Church Kogarah. Patricia died in Calvary after a fairly brief illness.

Patricia had been volunteering at Calvary for the past six years, and always had that beautiful smile, caring touch and gentle nature as she assisted our Rehab patients.

Our thoughts are with her family at this time, and also her Calvary colleagues.

May Patricia now RIP

Advance Care Planning Australia

BE OPEN | BE READY | BE HEARD

Advance Care Planning Australia (ACPA) have developed a video aimed at volunteers and managers of volunteers on advance care planning. The video is available here <https://www.advancecareplanning.org.au/get-involved/watch-our-volunteer-video> or on our VolunteerHub <http://volunteerhub.com.au/video-supports-volunteers-involved-in-advance-care-planning/> According to ACPA advance care planning is “about conversations and planning for your future health and personal care so that you, your family, friends, carers and doctors know your values and preferences”.

The 30 minute video describes the key concepts and elements of advance care planning and features presentations from volunteers attached to ACPA.

ACPA say that they are currently developing a free online learning module for volunteers in advance care planning, which builds upon the concepts presented in the video, due out in a few months.

THE VACCINE WILL BE AVAILABLE FREE TO CALVARY WORKERS & VOLUNTEERS
FROM 1ST MAY.



Influenza time is fast approaching and the best defence is protection through vaccination.

This is the optimal time to get vaccinated as per the PHU advice. Vaccination before this may put you at risk towards the end of the season if the vaccine is beginning to wear off.

The over 65 vaccine will also be available free of charge. If you want to discuss whether this vaccine is right for you please contact me either via email, phone #43105 or come and see me in my office on the first floor (Admin section).

If you would like to receive the over 65 vaccine please let me know when you get your vaccination.

Facts

Vaccines take around 2 weeks post vaccination to become effective.

10% of recipients may experience some mild swelling, aching or a rash at the injection site.

Mild fever has been associated with 1-10% of vaccine recipients, this is often in those under 5 years of age.

Influenza vaccines cannot give you the flu – they are not a live vaccine.

The individual dose influenza vaccine does not contain Thiomersal – a preservative that contains mercury.

A small increased risk of Guillain-Barré syndrome (GBS) was associated historically with one influenza vaccine in the United States in 1976, but, since then, close surveillance has shown that GBS has occurred at a very low rate of up to 1 in 1 million doses of influenza vaccine, if at all.

Information from the current online version of The Australian Immunisation Handbook available on the Immunise Australia website (www.immunise.health.gov.au)

Regards

Sarah Lever

Infection Prevention & Control/ Staff Health/Special Projects



NSW HEALTH SMOKE-FREE POLICY

All staff, students, volunteers, contractors, patients and visitors are required to follow the Procedure and NSW Ministry of Health Policy Directive PD2015_003 NSW Health Smoke-free Health Care Policy. New Smoke Free zones within the perimeter of the hospital are now enforced (refer to map in volunteer room for more info). The patient smoking area located on Level 2- West Wing is the only exception to this policy, this area is for Palliative Care Patients only.

Community Health and Outreach Services Employees:

SESLHD has a responsibility to ensure that workers who work in the community or visit patient/clients in their homes are not exposed to second-hand smoke. Patient/clients should be provided with standard information about the smoke-free provisions of the Procedure, the health effects of second-hand smoke, and the requirement not to expose the worker to second-hand smoke.

If the patient/client continues to smoke (including electronic cigarettes) in the presence of the worker, the treatment session may cease until the patient/client can comply with the Procedure. Another treatment session may need to be organised to ensure the patient/client's treatment regime is not compromised.

CALVARY WARD PROJECT



**New front desks
for the wards
and
new E-med trolley
parking bays.**



3. 3D EMED STORAGE

The rationale behind projects include **

- The nurse call system is old and we do not have emergency buttons in our bathrooms. Our patients have separate remote controls for their TVs and nurse call and the new system will have an integrated hand set. In addition, the patient TVs will be wired to accommodate a range of options such as patient education and menu selection should we choose to implement those options in the future.
- The staff stations are old and feedback from our patients and consumers is that they are unfriendly and visitors don't know what floor their on as they all look the same. We had a number of consumers and staff involved in the design and the two main requests where a number that matched the lifts (hence the embedded back lit floor number) and a colour or motif.
- The new e-Med storage areas will house at least 4 of the e-med trolleys and enable our wards to have less equipment in the corridors.
- The installation of lift 4 will be completed in late May.

Drew Kear, General Manager