



VOLUNTEER LINK-UP

Calvary Health Care Kogarah – Volunteer Services

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

NEWS FROM CALVARY : DREW KEAR GENERAL MANAGER

Dear Team,

It is with sadness that I write my last ever General Managers' column –Friday 4 November 2022 being my final day at Calvary before moving north to sunny Brisbane. It has been a privilege to work alongside you all for over four and a half years, and I depart Calvary knowing that I leave behind a service to our community of which we can be proud. I take with me many fond memories.

Troy Tregetaric will join Calvary on December 5th as the new General Manager. Troy brings with him a wealth of experience both in the public and private health services, and more recently has been GM at Wagga Wagga base Hospital.



Congratulations

Professor Liz Lobb won the 2022 South Eastern Sydney Local Health District Allied Health Researcher of the Year Award.

Sadly Liz is retiring from Calvary after 14 years of dedicated service and having achieved some astonishing research, which is reflected in the award she received.

Well done Liz on this well-deserved recognition.

Congratulations also to all our Calvary nominees, Felicity Forby, Carmel Illsley, Leah Saunders and Holly Hawtin.

Christmas Donations:

For almost 17 years, Calvary Staff & Volunteers have continued to generously donate to The John Franklin Christmas Lunch (*local in the Sutherland shire*) & Matthew Talbot Hostel.

Both these charities have sit down lunch on Xmas Day for those who are homeless, without company, vulnerable and in need. Every year our donations have supplied Christmas dessert to well over 700 people and families.

If you would like to contribute puddings, custard, Christmas cake, fruit mince tarts, biscuits etc it would be greatly appreciated. You can leave your donation with Mary Ashton or Anne-Marie by 9th December.

Thank you

Did you know?

Calvary has a national network of 14 Public and Private Hospitals, 72 Residential Care and Retirement Communities and 19 Community Care service centres and over 18,000 staff and volunteers.

'Calvary Community Care' Services, a Calvary national service has recently be moved to the previous Holistic Health Centre at Calvary Kogarah. This Calvary-at-Home provides personal care, support for carers, social support and outings, domestic assistance and cooking, Transport and shopping, 24 hour and overnight care and telecare and home maintenance.

The Calvary Kogarah Wig Library and Massage room are still situated in the Holistic Healing Centre.



What a wonderful way to celebrate this special day, as we gathered at the Wharf Cafe together... face to face..... who would have thought three years ago that this would be such a special landmark amidst years of masks, RATs, isolation, lockdowns, 1.5m social distancing, and 5 km LGA restrictions... and no volunteering ☹ !! A time where we were not able to make important connections and contributions in our community in the way we had hoped. We all have our own memories and experiences of this time and no doubt have grown in resilience and appreciation of just the little things which we may have taken for granted.

So many things have changed over the past few years, many of our dedicated volunteers have resigned, each of them having made an enormous contribution over so many years. I know you have all missed not being part of the lives of our Calvary patients and staff and your absence has been keenly felt by all. One of the positive changes at Calvary is the hospital renovations, which are now complete in readiness for your return. The hospital is looking awesome, and has created a wonderful environment for our patients, their visitors and for our dedicated staff and volunteers.

So there is light at the end of this long tunnel... as we welcomed back our Community Palliative Care Volunteers, Biographers, Equipment delivery and Admin volunteers to face to face volunteering. We anticipate our Hospital Volunteers will return at the end of January, once all NSW Health compliances are met. (eg Police checks and immunisations - many which expired over past few years).

Many of our new volunteers have demonstrated a patience beyond belief as they waited and waited for the time when they could begin their volunteering at Calvary. I hope to organise the training programs early in the year so you can eventually join the Calvary Team. You are so welcome.

I can only express my deepest appreciation to each of you for your dedication, commitment and patience during these challenging times. Thank you for understanding that it was beyond our control to move things faster, but I hope now we are entering a new era where we will not face further restrictions and you can follow your heart in 'being for others' and making a difference in the lives of our Calvary patients and staff.





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Staying safe!!

Best practices for using public Wi-Fi

Public Wi-Fi networks can now be found almost everywhere – in airports, coffee shops, libraries, restaurants, shopping centres, and hotels, making it easy for anyone to connect to the internet wherever they are.

Although these Wi-Fi hotspots can be convenient, they are not always secure, potentially exposing you to online risks and presenting an opportunity for cyber criminals to steal sensitive information. It is important to understand these risks and take measures to protect yourself when connecting to Wi-Fi networks. See the tips below for best practices.

Think before you connect – Before you connect to any public wireless hotspot, like on an aeroplane or in an airport, hotel, or café, be sure to confirm the name of the network and login procedures with the appropriate staff to ensure that the network is legitimate. Cybercriminals can easily create a similarly named network hoping that users will overlook which network is the legitimate one. Additionally, most hotspots are not secure and do not encrypt the information you send over the Internet, leaving it open to cyber criminals.

Use your mobile network connection – Your own mobile network connection, also known as your wireless hotspot, is generally more secure than using a public wireless network. Use this feature if you have it included in your mobile plan.

Avoid conducting sensitive activities through public networks – Avoid online shopping, banking, and sensitive work that requires passwords or credit card information while using public Wi-Fi.

Keep software up to date – Install updates for apps and your device's operating system as soon as they are available. Keeping the software on your mobile device up to date will prevent cybercriminals from being able to take advantage of known vulnerabilities.

Use strong passwords – Use different passwords for different accounts and devices. Do not choose options that allow your device to remember your passwords. Although it's convenient to store the password, that potentially allows cybercriminals into your accounts if your device is lost or stolen.

Disable auto-connect features and always log out – Turn off features on your computer or mobile devices that allow you to connect automatically to Wi-Fi. Once you've finished using a network or account, be sure to log out.

Ensure your websites are encrypted – When entering personal information over the Internet, make sure the website is encrypted. Encrypted websites use <https://>. Look for https:// on every page, not just the login or welcome page. Where an encrypted option is available, you can add an "s" to the "http" address prefix and force the website to display the encrypted version.