



# VOLUNTEER LINK-UP

Calvary Health Care Kogarah – Volunteer Services

Newsletter Date: February 2024  
Issue 180

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

## THE TIME HAS COME.....

Dear Volunteers,

It is with mixed emotions that I share some news with you today. After 29 incredible years of service at Calvary Health Care Kogarah, the time has come for me to conclude this chapter at the end of March or first week of April 2024. We will be interviewing candidates for this role in a few weeks time.

Throughout these nearly three decades, your dedication and care have been the heartbeat of our Calvary community. Together, we have woven countless cherished memories, touched lives, and made a difference in the journey of those we serve. Your commitment has been the cornerstone of our collective impact, and for that, I am endlessly grateful.

As I step away, I do so with confidence in the future of our volunteer services. Change is on the horizon, and it brings with it new opportunities for growth and innovation. With the change comes an opportunity to transition to a new model for the Volunteer Service, with the recruitment of two Managers for the Volunteer Services, each working three days a week. One will focus on community outreach, while the other will oversee volunteer services within the hospital. This adjustment reflects our commitment to enhancing the volunteer experience and expanding our reach to better serve our community. This change will also allow for better coverage and continuity for the service during holiday periods etc.

To each and every one of you, I extend my deepest appreciation. Your unwavering support and tireless efforts have been the backbone of our success. As I embark on this next chapter of my journey, I carry with me a treasure trove of memories and the knowledge that our work together has left an indelible mark on the lives we've touched.

While the road ahead may bring change, the spirit of compassion and dedication that defines our volunteer community will remain steadfast. I have every confidence that under the leadership of our new managers, our volunteer services will continue to thrive and evolve.

Thank you, from the bottom of my heart, for sharing this remarkable journey with me. Your kindness, generosity, and unwavering commitment have been a source of inspiration and joy. The bond we share and the memories we've created will endure.

With deepest gratitude,

Anne-Marie



## CALVARY DEBRIEF & ONGOING TRAINING 2024

Tuesday 20 <sup>th</sup> Feb	1430	Fire Safety Training	Check venue with MVS Hospital volunteers only.
Wednesday 21 February	10 - 12	CPCT Debrief and VAD Voluntary Assisted dying discussion With Mary Ashton:	Wollemi room: Ground Floor Education Room
Wednesday 13th March	10-11  11-12	Massage techniques Toni Powser: Massage therapist CPCT Debrief	Fitzgerald Room: 2nd Floor North
Wed 20th March	10-12	Biography Debrief Meeting	Wollemi room: Ground Floor Education Room
<p><b>Massage training:</b> 13th March: 10 – 11am: This is available to Volunteers in the Community CPCT or Palliative Care wards in the Hospital, who would like to update their massage training skills. <b>RSVP</b> to Anne-Marie if you wish to attend please.  <b>Trainer:</b> Toni Powser: Remedial, Sports, Swedish Massage therapist. <i>Sans Souci Physiotherapy Practice.</i></p> <p><i>CPCT &amp; Biography Debrief Meetings are for <u>Community Palliative Care Team volunteers only</u></i></p>			
<b>TRAINING OPPORTUNITIES WITH 3 BRIDGES:</b>			Free for volunteers
Wed 21 <sup>st</sup> Feb	9 – 1pm	Professional Boundaries	RSVP to Anne-Marie if Interested
Monday 19 <sup>th</sup> Feb	8.30 – 4pm	First Aid Training (Campsie)	



### Elearning training: 22nd Jan:

It was great to tick off fifteen more volunteers who took advantage of the group Elearning session. Special thanks to Sarah, Staff Health and Angela who assisted with the training.

There are still a few who need to complete their mandatory training so if you would like some assistance, I am happy to organise here at Calvary.

### February 2024

#### The Juggling Act: Creating Balance

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TO VISIT THE HUB](#)

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[February 2024 - The Juggling Act - Creating Balance  
\(healthatworkhub.com.au\)](https://healthatworkhub.com.au)

Click on link: to Health Body & Mind



## WHAT ELSE IS HAPPENING AT CALVARY:

As many of you know, Troy Trgetaric our General Manager at Calvary Kogarah, resigned a couple of weeks ago, so Calvary National Office is currently interviewing candidates for this role.

### Community Palliative Care Team (CPCT) relocation:

The final stage of the CPCT move is almost complete, just waiting for the final touches! This has been 18 months in the planning.

CPCT are now in three cottages:

*No. 42, 44 and 46 Ercildoune Avenue.*

**No 42** houses OT, Physio and Social Work;

**No 44** - Admin, Nursing, Medical, Pastoral Care, MVS.

**No 46** - Nursing  
... and Mimi the resident CPCT cat!!  
Shes a wild one



### FAMILY TOGETHERNESS TO THE END..... IN CALVARY KOGARAH'S PALLIATIVE CARE UPGRADE

On a sunny Sydney day in February, Saana 'Zane' Porter was surrounded by her family in our specialist palliative care unit at Calvary, Kogarah for the final stage of her terminal breast cancer. Zane, a former Endorsed Enrolled Nurse (EEN) at Calvary for six years, experienced both sides of care. Ben said the experience in the palliative care unit at Calvary allowed his mother to continue to have control and maintain dignity by working with the specialists to manage her pain and allowing her to be with her family. "Here we had space for eight members of the family plus the large number visiting Mum," he said.

"Family members could stay overnight, with four of us taking turns in Mum's room or her joining us in the family room or the kitchen, it was a really different experience to when my Dad died."

Calvary's goal is to relieve our patient's stress and discomfort and provide the best support we can, to improve their quality of life and extend the time they have left," Damon (NUM Pall Care) said.



Exciting news! The Jolly Trolley is back! After the Covid lockdown three years ago, it's fabulous to see its comeback. Andrew, who had been bringing smiles & cheers to the wards for the past decade, has passed the baton onto Pieter and Craig. They will carry on the tradition of spreading a bit of fun and good cheer with the offer of beer, wine etc and nibbles. Scheduled days will be Tuesdays and Thursdays at 12:30, following their shift in the Palliative Care gym.

## CHAPEL REMEDIAL WORK NOW UNDERWAY:



### Safety:

1. There will be no access to the Conference Centre from the visitor car park end.
2. The footpath from the car park and the grass area in between the Chapel and the Conference centre will be fenced off to prevent unauthorised access.
3. The Chapel, including the footpath and grass area is a construction zone.
4. No unauthorised access is allowed.



### REMEDIAL WORK INCLUDES:

1. Installing Slimline aluminium framed toughened glass outside the stained glass to stop rain from leaking in through the stained glass windows
2. Repairing the roof top skylight to stop rain leaking in through the roof
3. Installing new LED crucifix lighting
4. Extending the top step inside the chapel out to the second step providing a platform for wheel chairs
5. Redoing the Tabernacle steps including installation of handrails to make it safer – reducing/eliminating falls risks
6. Patch and Paint spalling of the fins inside the Chapel around the stained glass windows
7. Treating the Chapel for termites
8. Replacing the rotted timber window sills and skirtings
9. Replacing the badly stained and buckled carpet
10. Repairing the Sacristy and storeroom ceilings
11. Replacing the damaged Sacristy joinery complete with installing 2 new sinks and tapware
12. Repairing the Chapel lighting

### Estimated Timeframe:

Start: 22/01/2024 – Nominal Finish: 01/03/2024





25 years ago, our wig library was established under the Calvary Volunteer Service initially for our palliative care patients. Over time, we've organically expanded to become the go-to wig resource for our Local Gov Area. We primarily cater to women and at times a few men, referred to us by Cancer Clinics at St George and Sutherland Hospitals, as well as from farther afield.

Offering a wig to women undergoing chemotherapy provides a source of comfort during a time of fear and trauma from hair loss, often compounded by changes in body image. As the demand for wigs has increased, particularly among younger women and those from diverse ethnic backgrounds, we've adapted by providing youthful and culturally appropriate options.

Despite the ongoing expenses associated with running this service, including retiring older wigs and acquiring new wigs and turbans etc, we are deeply grateful for the financial support we receive from our generous community groups, who support this program.

The heart of our service lies in the dedication of our remarkable volunteers over the years, without whom this program would not be possible. Their commitment allows us to continue offering this vital service. Thank you Julie and Eva.



Eva Mamolis: started 2016  
+ Beautician on weekends



Julie Spaul: Started 2012-  
+ Hairdresser in wards, usually Tuesdays



Message of thanks for volunteers from patient's friend Christine Bass:  
To all the most caring volunteers at Calvary Care Services. Thank you so much for taking good care of my very dear friend, Rosaline.  
May God bless all for your good work..... So grateful.

# ***Voluntary Assisted Dying Act 2022 (NSW)***

## **What does this mean for Calvary Volunteers?**

**Date:** 20 November 2023

**To:** Volunteers, New South Wales Services

**From:** Mark Green, National Director, Mission and People

Dear Volunteers

The *Voluntary Assisted Dying Act 2022* commences on 28 November 2023.

The purpose of this document is to briefly outline Calvary's position and approach. NSW Health has released *NSW Voluntary Assisted Dying Private Entity Guidance*. Calvary's approach is consistent with the legislation and this guidance.

### **Calvary does not provide voluntary assisted dying (VAD)**

Calvary's mission focuses on healing and accompanying the dying. We seek to relieve people's suffering – whether this suffering is physical, emotional, psychological, social and/or spiritual. We do this by alleviating the causes of the suffering, never by intentionally assisting a person to end their life.

Calvary does not facilitate or participate in assessments undertaken for the purpose of accessing or making use of the interventions allowed under VAD legislation, nor does Calvary administer (or facilitate the administration of) a substance for the same purpose.

### **What does this mean for you?**

Calvary staff and volunteers **do not initiate** or start a discussion with a person about the VAD process, or suggest to a person that the person may wish to participate in the VAD process.

If a person raises the question of VAD with you, you must:

- Respond openly, sensitively and respectfully (that is, without discrimination);
- Explain that **Calvary does not provide VAD services**, and that the person's medical practitioner is the best person with whom to discuss VAD;
- Encourage and support the person to speak more about their present experience and any fears they may have;
- Let your Volunteer Services Manager or the person to whom you report in your volunteering role know as soon as possible that the person has raised the question of VAD.

A Calvary staff member with Tier 1 training will have a further conversation with the person and provide any relevant information (including the contact details of the VAD Navigator Service, if desired).

### **What this means for all of us together**

We are confident that we will be able to continue to deliver compassionate palliative and end of life care. Together we will continue to optimise people's quality of life. We will continue to support patients, residents, their families and one another.

Calvary provides person centred palliative and supportive care for people diagnosed with a life limiting illness in our services.

We appreciate that the new laws may prompt some questions. There is information available on the Calvary website to help you understand Calvary's position on this issue.

The relevant policy and procedure are both available on Calvary Connect. Speak with your Volunteers Manager, the Home Manager or the Regional Director of Mission if you would like to access these documents.

If you have any questions or concerns or would like to discuss further please contact your supervisor, the Volunteer Services Manager or the Home Manager. If they are not available, the Regional Director of Mission – Matt Peel or Helen Pappas will be able to assist you.

Thank you for your generosity and all the ways in which you enrich our mission and our care.

Mark Green