



VOLUNTEER LINK-UP

Calvary Health Care Sydney – Volunteer Services

Newsletter Date: July 2017

Issue 131

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

ACCREDITATION: MAY 24 & 25TH

- *Aftermath comments...*

After two days of surveying I left the summation meeting this afternoon feeling incredibly proud of the work we all do here at Calvary.

The following three quotes from the surveyors today will stick with me for a long time and I want to highlight these.

- Patient centred care is clearly understood and practiced throughout the organisation.
- It was very obvious that the delivery of safe, high quality care is embedded throughout the organisation
- If it was me or if it was my relative would we be happy to be cared for in this hospital? The answer is yes.

Congratulations to everyone – this is a team effort and I feel we have the most amazing team here at Calvary.

Thank you,

Peggy Yeomans
Acting Governance Manager



Congratulations to everyone on a wonderful Periodic Review Summation and for once again, showcasing the exceptional quality of care and depth of compassion provided by staff and volunteers at Calvary Kogarah.

The Periodic Review Accreditation Survey really does take a deep dive into the core of an organisations systems, processes and outcomes across clinical and corporate services. It is therefore, wonderful to receive the degree and depth of positive feedback the accreditation team provided us with today.

I am immensely proud of our organisation and am ever inspired and humbled by the dedication each of you show and the quality of care and service each of you deliver on a daily basis.

Congratulations once again to a truly marvellous team

Shelley

Shelley Castree-Crood
Chief Executive Officer / Director of Nursing

For your Diary



for **COMMUNITY VOLUNTEERS ONLY**

Monday August 21st

10am – 1200

Topic: Speech pathology – how can it help?

VOLUNTEER COMMITTEE REPS

- Caecilia Solante is now the consumer rep on the Diversity Health committee.
- Angela Richards continues to be the volunteer rep on the WHS committee.

If you have any issues you would like either Angella and Caecilia to take to these committees, please send to me and I will pass them onto them. Thank you.

STORIES FROM VOLUNTEERS: PALLIATIVE CARE WEEK

<http://volunteerhub.com.au/a-light-switched-on-by-volunteering-stories-from-palliative-care-volunteers-in-nsw/>

A Light Switched On By Volunteering – stories from Palliative Care Volunteers in NSW

During National Palliative Care Week 2017 we started sharing stories from palliative care volunteers in NSW, collated by editor and palliative care biographer Ros Bradley over the last couple of months.

Ros asked volunteers if they would share an inspirational moment, a story of resilience, a transforming experience, a special poem, text, image or piece of music.

Along the way she spoke to some 60 of the 1,600 or so palliative care volunteers around the state, with 21 of them sending her contributions that gave us unique insights into their experiences, inspirations and inner life as volunteers.



'He has achieved success who has lived well, laughed often and loved much' Bessie Stanley

It is with great sadness I share the news with you that our beloved John Byrnes has died.

Many of you would remember John, who for the past 30 years visited the wards on Sunday mornings, offering shaves to our male patients, sharing a few laughs and always a kind word. John's gentle and thoughtful presence reflected the true meaning and inspiration of our Calvary Mission and Values.

John was recently a patient in Calvary Hospital then transferred to John Paul Village where I visited him a couple of weeks ago and presented him with a lovely Calvary gift from Shelley & letter of appreciation for his 30 years of service as a beloved and well respected Calvary Volunteer.

Our thoughts and prayers are with his family and fellow volunteers, especially Tom Togher who was his constant companion on Sunday mornings.

CALVARY GOLDEN JUBILEE TIME CAPSULE

The capsule will be buried in the reflection garden outside the conference centre to be opened again in 2041.

Already planned for inclusion: Golden Jubilee Mass booklet; 3 photos of staff taken during the Jubilee Year; Document 'The Spirit of Calvary'; a copper pear; a Perspex Calvary emblem.....



A selection panel consisting of members of Staff, Volunteer Margaret McLennan & a member of the Auxiliary will make the final decision from all suggestions submitted. I have submitted the suggestion of the 20 cent coin which is a tribute to volunteers: 'Australian Volunteers making a difference'

Time capsule dimensions

- 350mm long x 300mm wide
- 250mm height;
- volume 26L

FREE DEMENTIA CARE KIT

Everyone is different, and the effect of getting older on memory is different for each person. Recent research describes the effect of getting older on attention processes, on the ability to get new information into storage, on the time it takes to recall things and 'on the tip of the tongue' experiences

www.fightdementia.org.au/helpline/free-dementia-kit

Description	Person with Dementia	Older Person
Events	May forget part of an event	Memory may sometimes be vague
Words or names for things or objects	Progressively forgets	Sometimes may forget, words or names are on the tip of the tongue
Written & verbal directions	Increasingly unable to follow	Able to follow
Stories on TV, in the movies or books	Progressively loses ability to follow	Able to follow
Stored knowledge	Over time loses known information such as historical or political information	Although recall may be slower, information is essentially retained
Every day skills such as dressing and cooking	Progressively loses capacity to perform tasks	Retains ability, unless physically impaired

WELCOME to the new group of volunteers who commence their training on Wednesday August 2nd.

It will be great to have them join the team.

eLEARNING

Thank you especially to the new volunteers who have alerted me to some gremlins in the eLearning. I have contacted Head Office and hope the issues will be rectified.

If you have any further problems, please don't waste your time trying to work through it, just let me know and I will try to sort it out for you.

Thank you for your tenacity and patience.

BBQ

There are BBQs on two days so you are welcome to come along if you are in the hospital on those days.

Wednesday 2nd August &
Monday 7th August

ADVANCED CARE PLANNING for NESB groups.

Marguerite Green, our Diversity Health Co-ordinator at Calvary sent this link to staff which I thought may be of interest to many of you. It is the new 'ACP Talk' website for health professionals and has excellent information about the various cultural groups, religious beliefs, rituals etc.

It provides advice and support in regard to conducting advance care planning (ACP) with people from different religious and cultural backgrounds. The site was designed in collaboration with Australian religious and cultural leaders and organisations.

<http://www.acptalk.com.au/>

MOCK EVALUATION:

Recently Justine Bayliss WHS Manager, conducted a mock evacuation of the hospital and a couple of things concerning the volunteers were highlighted.

- When you come on duty it is essential that every volunteer sign the on/off book- in the volunteer room. Please do not sign off an estimated time you will be leaving because in the event of a fire or **disaster, we need to know that you have actually left the hospital** premises and not assume you have done so.
We also need to know where you are so please include this information when you sign in.
- Do you know the evacuation point for your area- check chart on the ward where you are working
- Emergency number: 777

We want to ensure your safety. Thank you

STEWARDSHIP:

Calvary is making great efforts to ensure we are reducing our carbon print on the planet and expressing the value of stewardship which is at the heart of our mission.

Recently you will have noticed all the lighting throughout the hospital has been changed to energy efficient globes.

New Printers: are now installed throughout the hospital. This is an effort to reduce waste. If staff print off documents they do not automatically print until the staff member swipes their ID which then activates the printer.

How this will impact on some of the volunteers who assist with photocopying- Should staff ask you to print documents for them, they need to swipe their ID to log in so documents can be printed.

This also enables printing to be costed and tracked to ensure we are not being wasteful. Eg. Not using colour printing when we could be using B&W etc.

This week, the hospital is installing wifi throughout the hospital as many of our systems now require the access to wifi. You will notice cables being installed this week and next.

You may also notice new solar lights have been put in the carparks on the corner of Jubilee Ave. Just be aware if you are parking in this area with the new lights, especially if you are backing into the car space, so you don't ding your car.

NATIONAL HEALTH AND FITNESS AVAILABLE TO CALVARY STAFF AND VOLUNTEERS

What is CareTrac?

CareTrac is Australia's largest national corporate health and fitness network providing access to premium facilities such as gyms and pools, and includes activities such as indoor rock climbing, squash, nutritionist, yoga and remedial massage (some peripheral activities may incur a small surcharge).

What are the Membership Benefits?

- One low price for unlimited national access to hundreds of outlets
- Visit as many different outlets as often as you like
- Family discounts available (see terms and conditions)
- Cheaper than directly joining most premium fitness clubs
- Variety of facility types available (subject to locations)

Who can Sign-up?

- CareTrac is available to all Calvary employees, volunteers, and their immediate family members.

How do I Sign-up?

To sign up for your exclusive CareTrac membership, click the "Buy Now" button of the deal you wish to purchase, on this pricing page.

What facilities can I use?

For a complete list of facilities, please visit www.caretrac.com.au/OutletMap [CLICK HERE] to view the interactive outlet map. You can request an outlet by selecting "Request an Outlet" on the map menu. CareTrac is continuously adding new outlets to its network.

Still have questions?

If you require further details, please visit www.caretrac.com.au/FAQ [CLICK HERE] to view the FAQ page, or lodge an online ticket with your specific questions.

<http://www.caretrac.com.au/membershippricing.aspx?sponsorwebcode=ESEASR88>

FREE COURSES AVAILABLE – *thought I would pass on this info as some may be interested:*

The University of Tasmania Faculty of Health is offering a fully online course that the faculty of Health has developed to increase community awareness and skills in areas such as healthy living and social engagement. There are no tuition fees.

- 'Foundations of Arts and Health' explores ways to integrate creative practices into health programs and for personal healthcare to promote well-being as well as practical activities from a variety of genres, including visual arts, journaling, music and voice, dance and movement, drama and performance, story writing and poetry and therapeutic environments.

Commences 17th July 2017 www.utas.edu.au/health/arts-and-health

- 'Stress Reduction and Mindfulness' is also offered without tuition fees and full online course which will introduce students to the principles of stress reducing practices including mindfulness, positive psychology, goal setting, creativity, physical exercise and conflict resolution through a series of learning tasks and practical exercises. You will learn key skills to better understand stress triggers and manage your stress more effectively.
Commences 17th July 2017 utas.edu.au/health/stress-reduction

Both these units form part of the Associate Degree in Health & Community Care and upon completion of the unit, you can undertake further study towards this qualification.

For more information, check web or contact Emily.McnallySmith@utas.edu.au T. 03 62264379