



VOLUNTEER LINK-UP

Calvary Health Care Kogarah – Volunteer Services

Newsletter Date: July 2018

Issue 140

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

It is with pleasure that we announce the winners of the

Mary Potter Staff Excellence Team Award

for June 2018 are

Calvary Kogarah Volunteer Team!!

The Calvary Volunteer Team were acknowledged for going 'over and above' their normal duties and exemplifying the Calvary motto of 'Being for Others.'

Their award was presented by
Drew Kear, Chief Executive Officer / Director of Nursing
at a luncheon held on Thursday 12 July 2018

Mary Potter's mission relied on her volunteers. She inspired and enthused others to give up their time and resources to help the vulnerable.

Our volunteers are truly following in the footsteps of our patroness. The volunteers are an integral part in making Calvary a welcoming and hospitable environment.

Our staff are free to be attentive because of the gift of the time of the volunteers. This is a wonderful stewardship which increases the blessing to the patients at Calvary. Each member of the volunteer team respects and accepts each person as they find them.

Congratulations was extended to Anne-Marie Traynor and all the wonderful Calvary Volunteers on your well-deserved award.

Calvary Volunteers were nominated by Ngaire Moore on behalf of the Calvary Pastoral Care Team.

Jenny McIntosh
Chairperson on behalf of
Mary Potter Staff Excellence Awards Selection Panel



CPCT VOLUNTEERS ONLY

MONDAY AUGUST 27TH

10am – 12md

TOPIC: To be advised

it's good to stop to reflect and say a heartfelt thank you to each of you for the difference you make in the lives of our patients and their families at Calvary. It's interesting that years later, families are still remembering with deep appreciation, the difference you made through your care, compassion, professionalism and going the extra mile.

Facebook comment I read a few days ago...

My mum died in Calvary Kogarah in 2009. The nurses and volunteers there were the most loving, supportive, wonderful people I had ever met.....thank you for making my mum's last days and weeks the most comfortable she had seen in a while.....and thank you for looking after my dad during that time too.....I'm sad she is gone, but pleased her last days were so full of love and comfort....

Narelle st Claire



Hospitality



Healing



Stewardship



Respect



Presentation of the Mary Potter Award on July 12th at our Mandatory Training meeting.

The award came with a \$300 cash prize, so if any of you have ideas on how you would like this spent, let me know otherwise I might spend it for a special morning tea for our next meeting.

DID YOU KNOW

Calvary National Office now have a website section dedicated to Volunteering. The website features Calvary Volunteer stories from across the whole of Australia, fast facts and information about volunteering with Calvary.

If you would like to check it out visit www.calvaryvolunteers.org.au

You might even see some familiar faces!

As you know, Calvary Kogarah has its own dedicated website, but the National Website is an opportunity for you to see what is happening in other Calvary facilities across Australia.

SELF CARE

Mary Ashton, our Manager of Pastoral Care recently attended a great conference on self help, and wanted to share some thoughts with our staff and volunteers.

A recent seminar I attended centred on looking after ourselves and committing to appropriate self care. We have all heard this recommendation before, but are we acting upon it? Working in the 'caring industry' is emotionally exhausting. While our interactions bring us great satisfaction and lift our spirits, we should never underestimate the cost of giving continually. We need to replenish and nourish ourselves with things that bring us joy and meaning. We need to observe boundaries to make sure that our lives do not become enmeshed with patient's lives. A lack of boundaries can create a situation where we allow the intimacy in our patient's lives to be a substitute for the intimacy we should be experiencing within our own lives. Staff and volunteers act as compassionate observers of our patients, let us also be compassionate observers of ourselves. Let us remember to take time to connect with family and friends and ourselves. This practice replenishes our spirit making it possible for us to be fully present for our beautiful patients here at CHCS.

THE STREET CANTEEN

The operators of new café (The Street Canteen) at Calvary Kogarah has confirmed that all renovation works are now completed and will open for business from Saturday (21st July 2018).

MEET SOME OF OUR NEW CANINE VOLUNTEERS....

Sharon is one of Calvary's volunteers and has been with Guide Dogs for four years looking after and training puppies until they are ready to start working.

Kane is Sharon's second Guide Dog puppy. Sharon has been coming to Calvary with Kane since February 2017 when he was five months old providing Pet Therapy to our patients, clients and staff.

Kane is now 21 months and has successfully completed his training to be a working Guide Dog and has been placed with his new family. Wednesday the 25th of June was his last visit to Calvary.



Sharon, Sass, Kane and Suzy

Kane, "Mr Regal" has put a smile on the faces of many patients, clients and staff during his visits. We will certainly miss him and his extremely calm temperament. We can only imagine how it must be for Sharon to say goodbye to Kane. What an inspirational role to take care of guide dog puppy for almost two years and be part of his training to become a trained Guide Dog.

Congratulations Sharon and thank you for giving your time to provide Pet Therapy to the clients at Mary Potter House and inpatients in both Palliative Care and Rehabilitation Units. We look forward to Sharon continuing her role at Calvary with her new puppy Sass. *Suzy Flynn DT*



We also welcome Ellie and 'Millie' and Rohan and 'Bailey' who will be visiting in the hospital on the weekends, so will no doubt bring precious memories and stories and a few smiles to our patients and the visitors.

(L) Rohan and Bailey & Elli and Millie

LIFE CIRCLE

[LifeCircle](#) aims to improve the experience of dying and death by supporting those who are caring for people at the end of life.

To help meet this aim, LifeCircle has launched a new [online platform](#) for carers who are looking after people in their last stages of life to help them find information, join an online community and to connect with a LifeCircle Guide for one on one peer support.

The service is free and you can refer carers directly to the online platform/website.

MY HEALTH RECORD

WHAT IS MY HEALTH RECORD?

My Health Record is an online summary of your key health information. Once it's set up, you don't need to do anything. Your health information can be viewed securely online, from anywhere, at any time – even if you move or travel interstate. You can access your health information from any computer or device that's connected to the internet. You don't need to be sick to benefit from having a My Health Record. It's a convenient way to record and track your health information over time.

YOUR HEALTH RECORD IN YOUR HANDS

What is included in your My Health Record?

My Health Record brings together health information from you, your healthcare providers and Medicare. Healthcare providers can add clinical documents about your health to your record. They include: an overview of your health uploaded by your doctor called a Shared Health Summary. This is a useful reference for new doctors or other healthcare providers that you visit, which includes your hospital **DISCHARGE** summaries, reports from test and scans, blood tests, medications that your doctor has prescribed to you, referral letters from your doctor(s)

This year, you will get a My Health Record unless you tell us you don't want one – just remember that the opt-out period finishes 15th October 2018

Further information is available from www.myhealthrecord.gov.au . Should you have questions Jenny is happy to answer .

Jennifer O'Hearn JP Manager Clinical Information and Medical Records

AND FINALLY.....SOME WINTER SOUP RECIPES & 'NOT SO LOW CALORIE' RECIPE!!!



<https://kitchen.nine.com.au/2018/03/14/14/03/simple-soup-recipes-for-unpleasant-weather>

'Bumble Bees' Our social worker Helen Dawson made these for our recent volunteer meeting & lunch. Many of you requested recipe so Helen kindly shared her recipe. Experiment! Enjoy!!

1 ½ cups chopped
dates
2/3 cup caster sugar
125g butter
1 egg, beaten
3 cups rice bubbles

Put the butter, beaten egg, dates and sugar into a saucepan and bring to boil- simmer, stirring occasionally for 3-5 minutes. Bring off the heat and add 3 cups rice bubbles. Cool until you can handle. Roll into balls tossed in coconut.

TIPS: The original recipe has 1 cup sugar- I always reduce this.

Always put the beaten egg in with the other cool ingredients, if you put it in when the others are hot, it will scramble. I usually substitute 1 cup of the rice bubbles for 1 cup granola. I have also tried substituting 1 cup of the rice bubbles for 1 cup of almond meal/ slivered almonds/pepitas.

Hanna Limato also contributed a delicious mud cake for the lunch as she wanted to express her gratitude to the hospital and community volunteers who provided so much support, love and care to her husband Teddy who recently died in Calvary. She said how much 'he really enjoyed the massages and chats'