



# VOLUNTEER LINK-UP

Calvary Health Care Kogarah – Volunteer Services

Newsletter Date:

May 2022

Issue 170

<http://volunteerservice.calvarysydney.org.au/>

## NEWS FROM CALVARY NATIONAL CHIEF EXECUTIVE – MARTIN BOWLES



Together, through volunteering,  
we are changing people's lives and communities for the better.  
We are. Better Together.

Thank you to our more than 1800 volunteers and volunteer managers, who work tirelessly to support our communities during what has been an extraordinarily challenging past two years for all Australians.

To all Calvary volunteers, thank you for your passion, commitment and dedication and for making such a positive difference. Find out more about our volunteers' experiences [here](#).

[National Volunteer Week 2022 - Calvary Health Care \(calvarycare.org.au\)](#)



Celebrating  
National Volunteer  
Week 2022



The Theme might be 'Better Together' but we are all feeling that missing piece with the prolonged CoVid restrictions.



So it was great to have the opportunity to catch up face to face, with so many of you off site during Volunteer Week.

A 'Thank You' pen is just a small token of our appreciation for each of you.

For those of you who were not able to join the 'catch up' celebrations during Volunteer Week, I have a biro for you on your return.



Volunteering Australia 'thank you' biro



**VOLUNTEERING FROM HOME:** Mother's day Cards. Thanks to our little working group of volunteers who met off site and created sixty handmade 60 Mother's day cards, which will be given to the female patients on Mother's Day.

This is a role you could do at home if anyone is interested in making cards for our patients to celebrate birthdays, Fathers Day, Easter, Christmas etc. If you are interested in this sort of craft activity, please let me know and I can provide kits for you and link you up with others who are also interested, so you can meet off site somewhere and share some fun creative time together.



THANK YOU TO ANNE, ANGELA, FLO AND JULIE

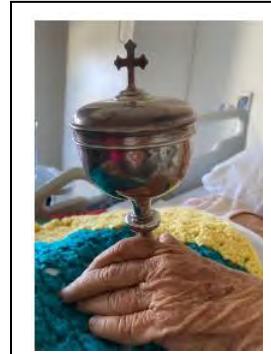


SOME OF THE HANDMADE MOTHER'S DAY CARDS

**GOING THE EXTRA MILE:** Recently, an 84-year-old patient spoke of her love and admiration for her father who was left wheelchair bound in his 30's after a tram incident. Now at the end of her own life, the patient was drawing inspiration from the memories of her father's courageous example. A silversmith by trade, he did not let his physical issues limit his contribution to his family or the community. She smiled as she explained, "I was the apple of his eye". Beaming with pride about her father's creativity and silversmith talents, the patient spoke of several Melbourne Cup Trophies he had created.

The patient also mentioned that her father had created a ciborium for Calvary. The Pastoral Carer volunteered to look and see if this ciborium was in our Chapel. The sacristy search revealed the beautiful piece originally created for Lewisham with her father's details engraved on the bottom! It was joyous to witness the patient hold the ciborium two days before her death creating a physical connection with her much loved father.

A thank you note was received by the family saying the photo was used in the funeral book and the story was part of the eulogy.



**MVS: Holidays...YET AGAIN I HEAR YOU SAY HA HA....**



Just to let you know I am taking advantage of some more time off since the decision was made for the service to remain on hold until mid July.

So I will be on long service leave  
20th May until 13th June

CLICK HERE TO READ THE

## CALVARY HEALTHY BODY & MIND UPDATE



***Click on May 2022 link below:***

May 2022 - Power of Longevity  
(healthatworkhub.com.au)



**Live Class**

**MEDITATION**

Take a break from your busy day and join meditation teacher Tamblyn Lord for meditation and breathwork sessions to let your mind unwind. The longest-lived also do this practice to help reduce stress.

Every Tuesday at 1:00pm AEST

 [Register now](#)

**Live Class**

**TAI CHI**

Practice Chinese martial art with instructor Paul McIntyre from the Blue Zone - Ishigaki Island, Okinawa. The slow fluid movements support posture alignment and joint mobility and help manage stress.

Every Thursday at 12:00pm AEST

 [Short 10 minute classes](#)



**10 minute Classes**

Yoga | Meditation | Mindset | Communication | Pilates |  
HIIT | Dance | Breathing | Stretching | Tai Chi

[Access here for 100+ classes](#)

---

### ELEVATING THE HUMAN EXPERIENCE: PATIENT EXPERIENCE WEEK:

---

If you have time, I can recommend watching these presentations on the Power of Storytelling'

The recordings of the presentations are available on the Elevating the Human Experience links below  
It is best to use Chrome. They were all excellent and well worth watching but included a couple of links you might be interested in watching.

- Rachel Callander 'Clarity, Kindness, curiosity-tools for effective communication'  
[Clarity, Kidness and curiosity.mp4 \(vimeo.com\)](#)
- Sue Robins 'Power of Storytelling'  
[NSW Health Patient Experience Week 2022 Launch and Sue Robins \(vimeo.com\)](#)



**Building a better  
Palliative Care  
experience**

**Calvary** | Health Care Kogarah  
Hospitality | Healing | Stewardship | Respect

## PALLIATIVE CARE RENOS

The renovations has begun in the Palliative care ward on 2<sup>nd</sup> floor. The banner at the front of the hospital will give you an idea of what the patient rooms will look like when they are completed.

The dining room on 2<sup>nd</sup> floor will also be renovated and the flower bay will be the same as the other floor in the corridor on 2 west. It should look lovely, and you may not recognise the place when you return. Its certainly looking very welcoming and asthetically pleasing to the eye, which combines with the wonderful care provided by our amazing and dedicated staff. We look forward to your return as soon as we are given the green light.

*click on the link below to see the latest progress VIDEO on the refurbishment of the Palliative Care Unit – West.*

[https://secure-web.cisco.com/1Ddoux7rKbEvWPh\\_ktxE\\_SXaOxrIMlkOq5inFVQ1MUBItLi0cBqZEdP3w\\_O\\_1fr33Ezx1hx267WUNHR367KMXPDNtB41eVy7QboxBHUCUYog8tw6Zs8ygkySDjFSdIYiyAD-On1LwyCCBeA5\\_dLFpdWFrkSVk32ZXcmIWhsBs3iGP1\\_kbvvdkj4aOCelQni8sMZooz6M5jSTZbvEM1Id7F1R-t\\_qgi33Pwc1Xr6D-qviHKIqWCADYhOL6xsQSDbcGBHLBoKNoXfvRsrpw-dXPMpnkWV29ckjXel6SWU2iDtuWHevl2mzvLcX1ESirk1LD\\_MiUbR-IC3beUsflupPuyOjvU4VmDZ4rHjTOLO\\_nSdgpGTmyV-bGOZVuENtc4hxND-ldLdMWveXqPIF8KlaUqdmcxlyXI2ud5T\\_6gUciQmk7XIP7tHHL5-NHNXP\\_LZWHPbdPilSd8JNjdGGt6k\\_HvyIQuNT6n9-xVoqU/https%3A%2F%2Ffugenconstructions.com.au%2Fproject%2Fcalfary-health-care-kogarah-palliative-care-refurbishment%2F](https://secure-web.cisco.com/1Ddoux7rKbEvWPh_ktxE_SXaOxrIMlkOq5inFVQ1MUBItLi0cBqZEdP3w_O_1fr33Ezx1hx267WUNHR367KMXPDNtB41eVy7QboxBHUCUYog8tw6Zs8ygkySDjFSdIYiyAD-On1LwyCCBeA5_dLFpdWFrkSVk32ZXcmIWhsBs3iGP1_kbvvdkj4aOCelQni8sMZooz6M5jSTZbvEM1Id7F1R-t_qgi33Pwc1Xr6D-qviHKIqWCADYhOL6xsQSDbcGBHLBoKNoXfvRsrpw-dXPMpnkWV29ckjXel6SWU2iDtuWHevl2mzvLcX1ESirk1LD_MiUbR-IC3beUsflupPuyOjvU4VmDZ4rHjTOLO_nSdgpGTmyV-bGOZVuENtc4hxND-ldLdMWveXqPIF8KlaUqdmcxlyXI2ud5T_6gUciQmk7XIP7tHHL5-NHNXP_LZWHPbdPilSd8JNjdGGt6k_HvyIQuNT6n9-xVoqU/https%3A%2F%2Ffugenconstructions.com.au%2Fproject%2Fcalfary-health-care-kogarah-palliative-care-refurbishment%2F)



## NATIONAL ADVANCE CARE PLANNING – WHAT IS IT?

National Advance Care Planning Week is an annual initiative that encourages all Australians, regardless of their age or health status, to make their future health care preferences known. It's the perfect time to learn more about advance care planning or to encourage others to start the conversation about what's important to them.

Advance Care Planning: Getting Started Guide-Want to know more and what to include in an Advanced Care Plan? [getting-started-guide-2020.pdf \(advancercareplanning.org.au\)](getting-started-guide-2020.pdf (advancercareplanning.org.au))