



VOLUNTEER LINK-UP

Calvary Health Care Kogarah – Volunteer Services

Newsletter Date:

October 2022

Issue 173

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

NEWS FROM CALVARY : DREW KEAR GENERAL MANAGER

This month we welcome Genevieve Clarke to the role of Director of Nursing and Corporate Services – a newly formed role for Calvary Kogarah and comes at an important time for the nursing profession as we contend with a significant workforce and skills shortage. Genevieve has an extensive background in senior operational, professional and nursing executive roles and she will be integral in enabling Calvary Kogarah to deliver on its operational and strategic objectives

UPDATE: Below are the projects commencing/planned/completed:

- o Conference Centre: upgrade of air conditioning and roof replaced.
- o Rear cottage gardens along Ercildoune Avenue, increasing the green and recreational space for all staff to access and enjoy, including new outdoor furniture and more open fencing at the rear of the cottages where they meet the main fleet carpark.
- o Palliative Care ward refurbishment now complete. Furniture has been ordered for the patient dining room, Multi-faith and Quiet rooms.
- o Expansion of the Day Rehabilitation Unit (DRU) completed.

I wish to acknowledge the tremendous generosity of Bunnings Rockdale and thank them for their donation of plants and soil for our Palliative Care balconies. We have a few resident “green thumbs” who have been busy potting, watering and tending to the plants, with more plants to be added to this green space.

Other Updates: - from MVS:

- o Coffee Shop is now operating its full service, now allowing visitors and staff to sit at tables within the Café. There is a seated section as you walk into the Café for visitors etc, and staff have the section at the back which provides more privacy during their lunch break.
- o We are now on Yellow Alert which means Category B volunteers can return this month to their Auxillary and Admin roles, where there is no patient contact. Community volunteers are permitted to return once their clearances are met. We are getting closer to the time when the Category A Volunteers (ie. Volunteers working in clinical areas) will be given permission to return, but this is dependent on SESAHS announcement permitting this to go ahead. It’s been a long and demanding process for you all and Calvary has missed your presence and grateful for your ongoing commitment. During the past two years, many of our wonderfully dedicated volunteers have retired, having left their indelible impression on so many peoples lives’ during their years of dedication at Calvary. Thank you to each and everyone of you.
- o Interviews are underway as we welcome a new group of Volunteers, who are keen to support our Calvary Services in the hospital and community setting.



LET'S CELEBRATE INTERNATIONAL VOLUNTEER DAY!!!

This will be a great opportunity to come together for morning tea, as we re-emerge from this long period of lockdown...to catch up with some of your volunteer colleagues and staff.

Date: Thursday December 1st,

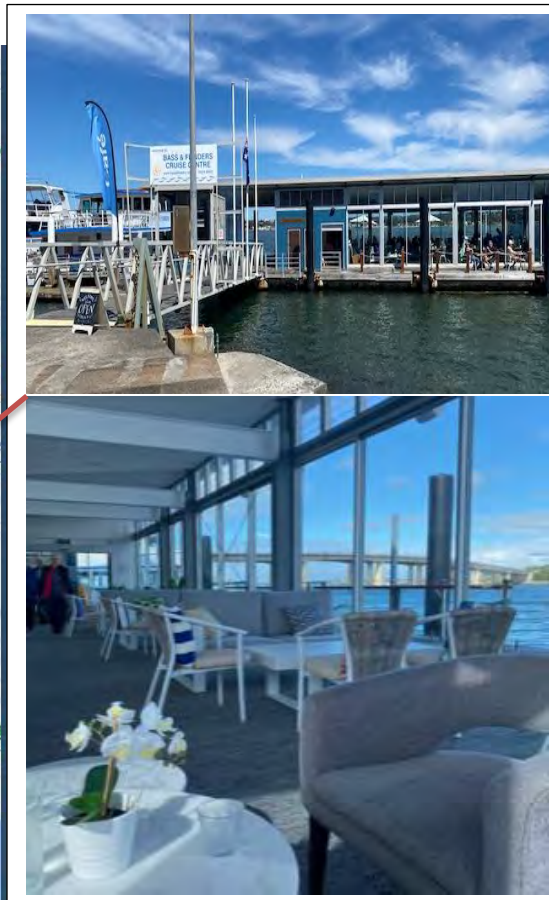
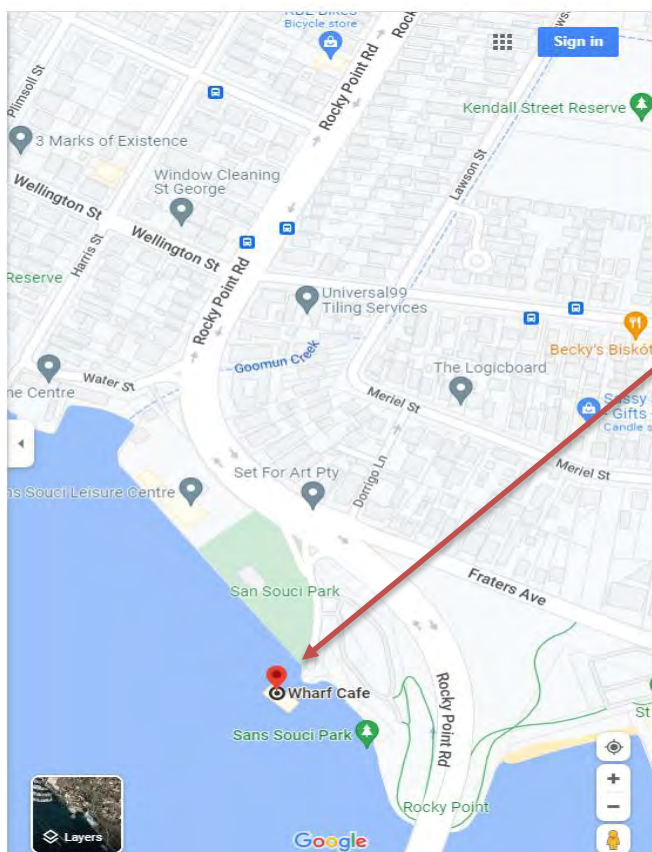
Time: 10 - 12.30

PLEASE **RSVP**: **BEFORE 16TH NOVEMBER**

- FOR NUMBER ATTENDING & CATERING

Venue: Bass and Flinders Wharf Café, Sans Souci. (end of Rocky Point Rd, before Capt Cook Bridge)

The Wharf Café owners have kindly allowed us to have this space to ourselves for this day, its an idyllic venue with plenty of parking.



[Listening to patient stories](#) to create a culture of care, where the focus is not so much on 'What is the matter with you' to 'What matters to you', the focus therefore is on the person who is being cared for. This certainly applies to volunteering where you so often sit with patients and listen to 'what matters' to them, what are their concerns, what is their story, are we missing anything in their care that would be good for staff to know. This can make all the difference to their experience.




Topics

Support


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Crossing boundaries: Issues for hospice palliative care volunteers



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STEPHEN CLAXTON-OLDFIELD PHD
Associate Professor of Psychology at Mount Allison University, Sackville, NB



*"Here's my cell phone number, call me any time."
"I'm not supposed to accept gifts, but I guess it can't hurt."
"I can stay a little longer if you like."*



[Crossing boundaries: Issues for hospice palliative care volunteers \(virtualhospice.ca\)](https://virtualhospice.ca)

[Understanding Powers of Attorney in NSW – Justice Connect](#)

A Power of Attorney is a legal document that appoints a person or people to make legal or financial decisions on your behalf. Take a look at our website for helpful information on:

📄 Who to appoint as your Attorney

📄 Duties of an Attorney

📄 How to appoint an Attorney Read more: <https://justiceconnect.org.au/re.../powers-of-attorney-in-nsw/>

[This article](#) from The New Daily compares financial scams

If you receive a call or text message that seems suspicious, don't respond. Hang up or delete the message. Don't click on any links, and don't give out any personal information over the phone. Scammers rely on us feeling like the bad guy and not wanting to cause any hassle. However, your bank, for example, will never begrudge you being cautious and calling them back on the number listed on their website. Protect yourself first.

Report scams here: <https://www.scamwatch.gov.au/report-a-scam>. You don't need to get into an argument with the scammers. Just go straight to this website and report them.

Talk about scams with your friends and family. Even if you got scammed. Even if the communication made you frightened. The more we talk about it, the less power scammers have over us.



October 2022

Powerful Practices for Wellbeing

**CLICK HERE
TO VISIT THE HUB**

FEATURING

RECIPES

WEBINARS

ONLINE CLASSES

AND MORE

The October Hub, Powerful Practices for Wellbeing, will explore the impact practices and rituals can have on your mindset, body and relationships.

Take a look at what you can expect...

Liz Rutledge (Hospital volunteer) sent the following information about U3A which she has enjoyed doing throughout CoVid and wanted to pass on this information to you all.

Learn, laugh, live

U3A courses, Presentations and discussion groups provide a friendly, informal yet stimulating environment where learning is fun and friends are made. If retirement is around the corner for you, U3A offers many stimulating and engaging courses across Sydney. Courses include Current Affairs, History, Music, Dance, Languages and Science and Technology. It is one of the best things to do in retirement and everyone is very welcome at any course.

No qualifications are required and there are no exams.

We'd love to see you at a U3A course soon.

Every single moment shapes our future

Be intentional. Live with purpose



For more information visit our website sydneyu3a.org.

PALLIATIVE CARE RENOVATIONS

Balcony off Palliative Care dining room



1st Floor Staff Dining Room and Balcony



Reception Desk, Wards with bed below window for visitors, Pull down bed in hidden cupboard. Dining Room and Balcony sitting areas (sliding doors). Double room with dividing wall.

