



# VOLUNTEER LINK-UP

Calvary Health Care Kogarah – Volunteer Services

Newsletter Date: September 2023  
Issue 178

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

## NEWS FROM CALVARY KOGARAH

### International Volunteer Day celebrations:

Please keep this day free and join us for Morning Tea

Date: Tuesday, December 5th

Time: 10 – 12.30

Venue: Bass & flinders Wharf Café: Sans Souci

RSVP: by 28<sup>th</sup> November for catering purposes.



If you're unable to make it, would you please inform me a week in advance? Last year, we experienced a situation where approximately 15 volunteers didn't show up, and we incurred expenses for them. While we completely understand that unexpected circumstances arise, if it's feasible, kindly give me a heads-up before I provide the final headcount.. Thank you.

Please RSVP to [annemarie.traynor@health.nsw.gov.au](mailto:annemarie.traynor@health.nsw.gov.au)



*(end of Rocky Point Rd, before Capt Cook Bridge)*

Plenty of parking: in the park....



## Club GRANT Funding :

We want to express our heartfelt appreciation to St. George Leagues Club for their generous grant of \$10,000 to support the Calvary Biography Service. This invaluable contribution ensures the sustainability of our service and enables our team of biographers to continue documenting the real-life stories of our patients, underlining the significance of each patient's life.

Furthermore, our service has expanded its offerings to include the creation of personalised photo books, catering to both children and adults. Through our 'Portraits Program', our skilled photographer, John, is now available to capture enduring and meaningful photographs for our Palliative Care Patients and their families. This initiative aims to provide a profound and cherished experience during their time in Palliative Care.

## Mask Update:

On 30 August we transitioned from yellow alert to foundational level, moving to a risk assessment application. The key change to this is around mask wearing, with staff no longer required to universally wear masks in clinical and patient facing areas. Masks continue to be required when providing care to patients who present with respiratory infections.

**NSW Volunteer Conference** is being held on October 23rd in Narrabeen. Six of our volunteers are attending the Masterclass for Biographers workshop, and one of our hospital volunteers will be attending the Bereavement Workshop. If anyone else is interested in attending the Conference please see Anne-Marie.

Dates: Monday 23 & Tuesday 24 October 2023

Costs: Monday afternoon workshops – \$50; Tuesday main conference – \$100

Conference website: <https://pcvolunteerconference2023.com.au/> (copy & paste if link not opening)

## ELearning:

Recently Calvary has updated some of the training courses. Your list may look a little different when you next go into the eLearning Hub.

The six mandatory courses are:

- Calvary National Induction Program (one off Elearning)
- Hand Hygiene for Healthcare Workers
- Safety at Calvary
- Manual Handling Info (every two years)
- Calvary Cybersecurity User Awareness Training (only if using Calvary computers)
- Safe Home visiting: (volunteers working in the community only)
- Fire Training (Face to Face for Hospital volunteers: annually).

[CLICK HERE](#) for the eLearning Hub.

**Username:** is your Calvary Volunteer number. It's a 7 digit number starting with 'v' or '5'

**Password:** usually your username with 'Cc' in front of it. If you cannot remember your password then please click the Forgot username or password? link and reset.

REMEMBER if you're having difficulty with your Log On, please phone 1800 313 219

## Education links:

- This is a great link to Calvary's 'Healing after Loss' booklet. Just click on the QR reader or weblink. Please feel free to share.

[Calvary-Healing-After-Loss-Booklet-40pp-NATIONAL-VERSION-March-2019\\_FINAL-DRAFT.pdf \(calvarycare.org.au\)](#)



- If you are working in Palliative Care, can I please request you watch this video on MND [\(274\) Inside MND - YouTube](#)

## Healthy Brain for a Healthy Life:

"People may forget what you said, people may forget what you did, but people will never forget how you made them feel" Maya Angelou

**CLICK HERE  
TO VISIT THE HUB**

FEATURING

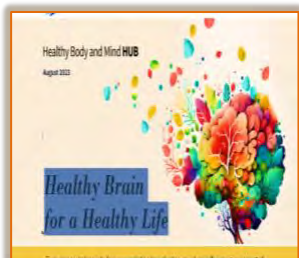
RECIPES

WEBINARS

ONLINE CLASSES

AND MORE

Don't miss the August HUB as it unpacks how to care for your brain to enhance longevity, improve memory and boost concentration.



Take a look at what you can expect... includes: 21st day Challenge for better Brain Health, recipes, Class Library for Yoga, Fitness, Stretching, Meditation, Nutrition etc.

[Calvary Healthy Body and Mind Update - August 2023 Edition](#)

Dear Staff, Volunteers and Auxiliary,

On behalf of Troy Trgetaric and the Executive Management Team, you are invited to come along and share a bite to eat and catchup at our next hospital-wide **BBQ lunch**.

Details as follows:

**When: Wednesday 20 September 2023**

Time: 12.00pm – 2.00pm

Where: Conference Centre (food pick up) then in our gardens and lunch areas



We look forward to seeing you on the day. Come and meet Troy, our new General Manager and enjoy a snag from the barbie.....

## Letter from Julie Taylor, Director Mission: Retirement

To all my valued Colleagues, Volunteers and Auxiliary members,

It is with a very heavy heart and intense sadness that I write to you in light of my resignation from my position as Director of Mission Integration.



Sadly, after my initial COVID infection in April 2022, I was one of the unfortunate people to be diagnosed with Long Covid with a range of varied and ongoing symptoms. I have been receiving support from the St Vincent's Long Covid clinic and a range of specialist since then. My journey was further complicated by the finding of an enlarging brain aneurysm requiring brain surgery and clipping of the aneurysm. A second COVID infection in April 2023 exacerbated all my symptoms and the future of the journey ahead is unclear at the moment. All the medical advice I have received supports that I am not well enough to return to work for some further months and like the challenges I have faced throughout this whole journey – I am dealing with the 'unknown and uncertainty' on an unfolding basis.

Throughout this whole journey though, I have been hopeful of improved health and to be well enough to return to work, but no-one could have predicted this unfolding journey for me!

In some ways I feel very fortunate and blessed, as despite my challenges, my heart goes out to all who have travelled a more painful journey than myself and to all those who have lost loved ones and those whose lives have been and continue to be cut short due to COVID and complications from this virus.

You are all amazing, gifted and committed people and you have all contributed to the essence of how all at CHCK give life to our mission of "being for others" in the spirit of the Venerable Mary Potter and the Little Company of Mary Sisters whose legacy we have all inherited!

Calvary Health Care Kogarah is a special place, and it will always hold a sacred place in my heart and soul. I will be forever grateful for this precious experience in my life.

I would like to offer my deepest appreciation to Mary Ashton for her willingness and generosity to act in my role; to Drew and Troy and all members of the Leadership Team for their ongoing support, to my teams under the leadership of Mary, Anne-Marie and Megan ... for their support, thoughtfulness and prayers ..... and to you all, for your messages of concern, hope and wishes for a speedy recovery.

I hope to visit sometime in the future when I am up to doing so.

I have loved my time at Calvary Health Care Kogarah and I miss you all. I will also continue to miss your precious and sacred work and the amazing sense of community you all have contributed to building, which is inspiring and life giving!

Throughout this whole journey I have drawn strength and hope from these two Mary Potter quotes:

'Hope is a flower of great beauty in God's sight and can only grow on earth. It blooms best in adversity.'

'A little more faith and trust and you may be able to do more than you now dream is possible'

With gratitude & warmest wishes to you all,