

Volunteer Update

Volunteers are the heart and soul of Warrigal, and it's always a delight to see first-hand the impactful work you do and hear about the positive difference you make in the lives of our residents and the overall atmosphere within our homes.

In recognition of your invaluable contributions, Warrigal is proud to host two **Volunteer Week** lunches each year, one for the Southern region and one for the Illawarra. Invitations have been sent to all volunteers via mail and email, with a strict **RSVP date of Friday, 10 May**.

This year, we are thrilled to have received **57 nominations** for the prestigious '**Norm Rowland Volunteer Award**'. This Award pays tribute to the legacy of Warrigal's founder, the late Norm Rowland OAM and his steadfast commitment to older people during his 55 year tenure as a Warrigal volunteer. The winners and nominees will be announced during the Volunteer Week lunches.

Additionally, we are excited to announce that we will be recognising over **140 volunteers** who will be presented with **Years of Service Awards** for their dedication to volunteering 5, 10, 15, 20, and 25 years at Warrigal.

I look forward to seeing you at the Volunteer Week lunches, to celebrate the spirit of volunteerism within our communities.

Michelle Chate, Volunteer Coordinator

Volunteer Week Lunch (Southern)

21 MAY 2024 | 11.30 AM TO 2 PM

Volunteer Week Lunch (Illawarra)

23 MAY 2024 | 11.30 AM TO 2 PM

RSVP by Friday, 10 May 2024

M: 0436 806 723 | E: volunteering@warrigal.com.au

Refer to invitation for location details



Shell Cove - Exercise, Bingo and Walking Group



Judy
Bingo Volunteer



Jan
Bingo Volunteer

Mornings at Shell Cove are full of fun activities with the assistance of our volunteers. The morning we visited Glenn was engaged in exercise routines with the physio team, keeping residents on their toes.

Every Tuesday morning you will find Jan, Judy and Denise setting up Bingo, and then assisting residents by ensuring they didn't miss any numbers. It's all celebrations for the winners, who receive a delicious chocolate, perfect with that cuppa!

Tas has recently joined the volunteer team at Shell Cove and keeps busy assisting staff with the daily morning walk around the village, providing residents with some light exercise and enjoying the fresh air and sunshine.



Denise
Bingo Volunteer



Tas
Activity Volunteer

“ my volunteer work is very very rewarding

Yvonne, a cherished volunteer at Warrigal Shell Cove, has dedicated over seven years of her time to brightening the days of residents in the Memory Support Unit (MSU) Mystics.



Yvonne's passion, dedication, and warmth are evident in every interaction she has with both residents and staff. When I caught up with Yvonne, a touching moment captured Yvonne's spirit perfectly. Noticing that one resident was having a tough day, Yvonne sprang into action. With a comforting cup of tea and a freshly baked scone in hand, she offered not just morning tea, but also a hug and a listening ear. The resident's smile said it all and was a testament to the impact of Yvonne's simple yet heartfelt gesture.

When asked about her volunteering experience, Yvonne expressed how rewarding it is to be able to make a difference in the lives of others. "Shell Cove has been marvellous, and my volunteer work is very very rewarding, knowing that I can contribute in some way."

Yvonne volunteers in Mystics every Monday, but is also there to lend a helping hand at other special events and celebrations. "Mystics is like another family to me. They are just such lovely people who just need some extra care".



Shell Cove Memory Support Unit Volunteers



For Kerry and Glenn, their journey as volunteers at Warrigal has been deeply personal. With Kerry's mum having been a resident at Shell Cove, their commitment to giving back stems from the exceptional care she received. "We just continued on because the people here were so good to Kerry's mum, and it's our way of giving back".

Kerry and Glenn dedicate one morning a week to volunteering and joining forces with fellow volunteer Yvonne, they bring joy, enthusiasm and companionship to the residents of Mystics MSU.

During their visits, Kerry takes charge of ladies' hand care and nails, adding a touch of glamour with colourful polish. Meanwhile, Glenn lends a helping hand with cleaning and assisting staff with various tasks, ensuring everything runs smoothly.

Their involvement extends beyond the walls of Mystics. They actively encourage residents to participate in group exercises and engage with others throughout the home, fostering a sense of community and belonging.



Tatyana - Stirling (ACT)

Meet Tatyana, the newest addition to our volunteer team at Stirling (ACT). Tatyana brings joy to our community every fortnight with her musical talents, playing an array of favourites for residents, staff, and visitors to sing along to. As she entertains, residents enjoy freshly brewed cappuccinos and delicious treats, adding an extra layer of enjoyment to the experience. It's heart-warming to see volunteers like Tatyana sharing their skills and talents, and residents singing and tapping along to familiar songs.



QUIZ - Musical Instruments

A lot of songs have the names of musical instruments in their titles. Can you complete these song titles? **ANSWERS:** drums, guitar, bugle, piano, fife, bells, banjos, trombones, bongo, tambourine, chimes, triangle, gong, fiddle, Hurdy Gurdy, tubas, ukulele (some may be used more than once!)

1. '..... Man' Billy Joel
2. 'Teardrops on my
3. 'Bang the All Day' Todd Rundgren
4. 'The Song' Jamey Johnson
5. 'Pink
6. '..... Man' Donovan
7. 'Grand
8. 'Mr Man' The Byrds
9. 'Bang a
10. 'Drum and
11. 'This Old
12. 'Distant
13. 'The and the Drum' Joni Mitchell
14. 'While My Gently Weeps' The Beatles
15. 'Land of a Million
16. 'Boogie Woogie Boy' Bette Midler
17. 'Play
18. 'Church
19. 'Bang a
20. '..... in the Dark' Brendan Russell

Benefits of Music Therapy in Aged Care

Music is an integral part of daily life, whether its tuning into the radio while driving, listening to songs while cooking or making a playlist for motivation during exercise, music is second nature for many of us. Music plays a fundamental role in our identity, culture and heritage and can evoke powerful memories and emotions.

Music Therapy can range from receptive listening to active participation through activities like singing, reminiscing, or creating music. From rhythm-based activities to personalised playlists, the versatility of music therapy allows for tailored interventions to meet diverse needs.

Research has shown that music has potential therapeutic purposes and is a valuable tool in various healthcare settings such as aged care with demonstrated positive effects on communication, reduced anxiety and depression, and physical health. Music is also beneficial for people with dementia and brain injuries.

The very interactive nature of music fosters social connections and a sense of community, particularly in group settings. You can read more on the benefits of music therapy from the links below.

References: <https://www.agedcareguide.com.au/information/the-benefits-of-music-therapy-for-older-people> ; Australian Music Therapy Association <https://www.austmta.org.au/>

Sydney Adventures



Residents from Mt Warrigal ventured into the city to explore some of Sydney's iconic landmarks, with Volunteer Bus Driver Rex at the wheel. Our journey began with a coffee stop at McDonald's in Engadine, setting the tone for an exciting day ahead. At Luna Park, we seized the opportunity for our first round of memorable photos. Our next stop was the Opera House, where we admired the backdrop of a cruise ship and the Harbour Bridge. After a morning of exploring, we enjoyed a delicious Chinese meal at St George Leagues Club, before returning home, just in time for dinner and some well-deserved rest.

It was a beautiful day filled with fond memories of childhoods spent in and around Sydney. Many thanks to Rex, our dedicated volunteer driver, who navigated the city traffic, and provided a day we won't forget.



Residents and staff presented Rex with a birthday gift.
Happy Birthday

Queanbeyan Volunteers

Recently, the Queanbeyan volunteers gathered for an afternoon tea, providing a wonderful opportunity for volunteers to connect, share stories, and develop new friendships. The event was also an opportunity for staff and residents to express their gratitude for the invaluable contributions made by these dedicated volunteers within the home. This afternoon tea not only celebrated the volunteers' but also strengthened the bonds that unite them in their shared mission of spreading kindness and support within the Queanbeyan community.



Warrigal Social

At Warrigal, we embrace volunteering across all age groups because everyone has something valuable to offer. Even at nine years old, Lily confidently engages in craft activities and plays dominoes with the customers of our Warrigal Social group. Lily's presence brings abundant smiles, and she loves to chat with the customers whilst utilising her passion for craft. Thank you Lily for volunteering your time during the school holidays.



Handyman and Gardening



Meet Gordon, who has been volunteering at Shell Cove for over three years. Gordon provides support to the Property Services Team by assisting with maintenance, handyman tasks, gardening, cleaning courtyards, and watering plants.

Having retired from full-time work, Gordon chose volunteering as a means of giving back to his local community.

Gordon finds great satisfaction in utilising his skills and engaging in friendly conversations with the residents during his work.



Congratulations Scott



Congratulations Scott Rayner, who has been appointed as Community Facilitator at Shell Cove. Scott has been acting in this position for a number of months, and will continue developing his unique, creative and engaging activities for customers to enjoy and provide expert guidance and support to the volunteers. We also wish Lexy (previous Community Facilitator) all the best in her exciting new role at Warrigal Support Services and thank her for the many years of volunteer leadership at Shell Cove.

Dementia Training for Volunteers



Are you interested in learning more about dementia and supporting people living with dementia or experiencing memory and thinking problems?

Dementia Training Australia is offering a **FREE** online course for volunteers. The completion time is approximately 4 hours over one week, and upon completion, you will receive a Certificate of Completion.

Click on the following link to access the course: <https://dta.com.au/online-courses/dementia-care-training-for-volunteers/>

Community Facilitators

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Lifestyle Team Leaders

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