

Volunteer Update

Welcome to the October edition of the volunteer newsletter! I'd like to welcome our new volunteers: Sweta, Linda, Reena, Courtney, Leigh, Lena, Mary, Erika, Kristal, Anah, Karl, Bev, Aliesha, Avni, Harsh, Shlok, Alan and Rosie. We are thrilled to have you join us at Warrigal!

I am pleased to introduce Emmie Scott, our new Volunteer Services Officer. Emmie will be supporting me, and play an integral role in recruiting, engaging, recognising, and retaining volunteers across Warrigal.

During October, we celebrated the past year at Warrigal's annual Company Members dinner. I had the privilege of sitting with our **Norm Rowland Volunteer Award** winners, Derek and Jacqueline from Queanbeyan, along with representatives from the Warrigal Auxiliary and Op Shop (Johanne, Sonya, Jan, and Fran). It was inspiring to hear their stories and volunteering journeys at Warrigal. Both Jan and Fran have each contributed over 25 years of service - what an achievement! *See photo below.*

A very special **THANK YOU** goes out to our **Know Me Program volunteers**, who have just completed their 16 week reminisce project at our ACT and Queanbeyan homes. It was an honour to attend the program graduation ceremonies, hear their insights and reflections, and watch the digital life stories they created for the residents they visited. *Read more on page 3.*

Michelle Chate, Volunteer Coordinator



Christmas Reminder

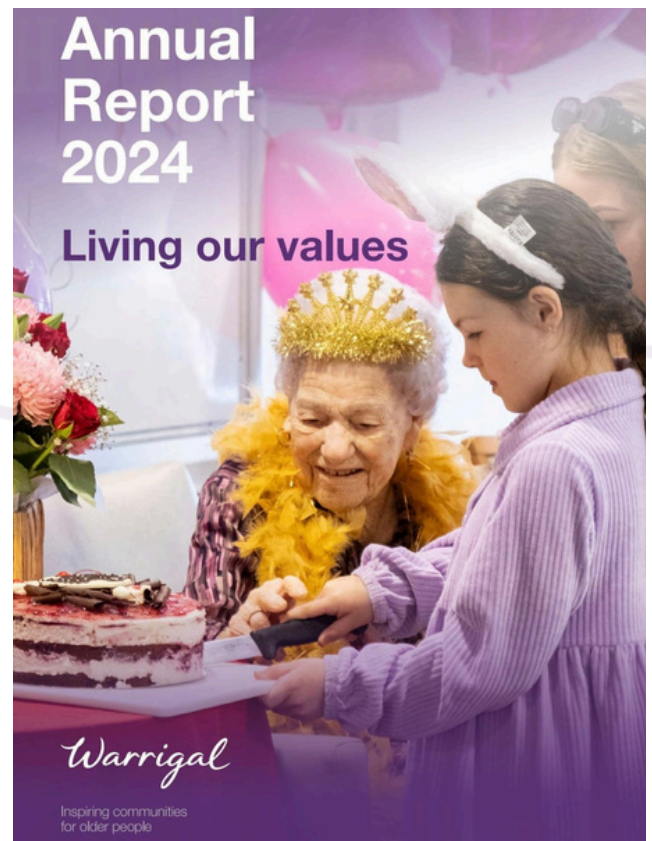
For catering purposes, RSVP to the Volunteer Christmas is strictly by Friday 15/11/24.

Southern Volunteer Christmas Event: Goulburn Soldiers Club
Tuesday, 26 November 2024

Illawarra Volunteer Christmas Event: Warilla Bowls & Recreation Club
Thursday, 28 November 2024

Via email: volunteering@warrigal.com.au OR
Text: 0436 806 723

If you are in the Southern region and require transport to the event, please let us know.



The Annual Report 2024 is now available to view online [ANNUAL REPORT](#). This year's theme, **'Living Our Values'**, represents our commitment to leading with integrity, innovation, compassion, and respect, from our residents and customers to the wider community.

Bundanoon Auxiliary Closes

It is with great sadness that the Bundanoon Auxiliary Inc. has voted to voluntarily close as a formal group after serving the Bundanoon residential care home for over **15 years** and fundraised an estimated **\$90,000**.

During this time, the Auxiliary organised many popular events, including Mah-jong days, summer fairs, fashion parades, cake stalls, car boot sales, trivia nights, and meat raffles at the Bundanoon Club, among others.

All funds raised were used to purchase valuable items for residents, such as air chairs, diversional therapy supplies, air mattresses, iPads, syringe drivers, outdoor furniture, and garden enhancements, to name a few.

The Auxiliary met faithfully every month to plan and coordinate these events, always liaising with the Manager and lifestyle teams to ensure they could fund items that truly enriched the lives of the residents at Bundanoon.

On behalf of Warrigal and the Bundanoon care home, we thank, Janice Grimson, Jan Newbury, Ann McCarter, Juliet Robert, Vera Blain, Nola Flower, Wendy Johnston, Margaret Fitzpatrick, and Anne Derham, for your immense dedication and hard work over the years. We look forward to formally recognising the Auxiliary volunteers at the upcoming Christmas event.

Our volunteers won't be strangers, as they will continue to volunteer within the care home.

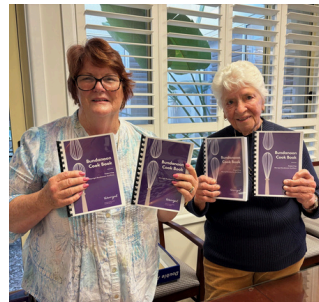
Thanks for the Memories

As Deputy Residential Services Manager at Warrigal Bundanoon from 2010 to 2019, I had the privilege of working with the Bundanoon Auxiliary, an inspiring volunteer group dedicated to enhancing our residents' quality of life.

I have fond memories of their fundraising events, especially the 2017 "A Touch of Class" High Tea, where an afternoon filled with delicious home cooking, bubbles, and a silent auction raising over \$6,000 to purchase two much-needed mobility chairs. I also attended their jumble sales with my family and friends and was grateful there was second hand suitcase we could buy to help carry all our purchases.

The Auxiliary's unwavering generosity and community spirit made a lasting impact, embodying the saying, "charity is just another word for love", the Auxiliary were very charitable.

Lynn Bryson, Clinical Education Manager



Know Me Project Update



Australian
National
University

What is the Know Me program?

The Know Me Program is a research project in partnership with Warrigal and the Australian National University running over a 16 week period. Volunteers were trained to learn about reminiscence and digital story making, and paired with a resident who had a diagnosis of dementia or some cognitive impairment.



"They had someone to listen to them and understand them. They had someone who had time to be with them. She knows she's slower than she used to be but still wants to be included. This program gave her someone that was available to go at her pace".
(ST – Know Me Volunteer)



A total of 15 keen volunteers commenced at Warrigal Calwell, Queanbeyan, Stirling and Hughes in early July. These volunteers were predominantly local university students studying psychology and social work.

With the support of Warrigal staff at each home, the volunteers reported gaining invaluable insight into older people, aged care and dementia. They reported having developed a deeper appreciation that older people have lived full lives, just like themselves, and are worthy of respect and care.

"To me, it's knowing how meaningful this experience was. I met a real, human being. I made a difference, even if it's just 1%, in her life. If her life is even just a little bit brighter towards the end of her life, then my job is done. It is so rewarding knowing I got to share the gift of memory and reminiscence with her, especially considering she might not have been able to remember all those wonderful memories on her own".
(MC – Know Me Volunteer)

Of the Warrigal residents who received a volunteer visitor to reminisce with them each week, staff commented that one resident is now joining in activities and meals and conversing with staff and other residents, and has shown improvements in mood and cognitive abilities.

Volunteers provided feedback that the residents really enjoyed reminiscence sessions and watching their digital stories.

More feedback will be sought by the researchers from residents, families and volunteers throughout November/December.

Annaliese Blair - Project Manager - Know Me Project

Associate Professor Katrina Anderson - Lead Researcher Know Me Project

Rebecca Collins - Intervention Lead - Know Me Project

Marilyn's Melbourne Cup

Warrigal Stirling residents were all set for fashion on the field at this year's Melbourne Cup! Our talented new volunteer, Marilyn, was busy creating beautiful fascinators for the ladies, ready for Melbourne Cup celebrations.



New Bus for Goulburn

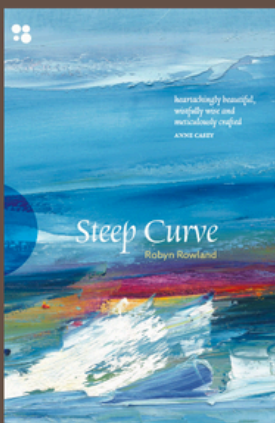
Volunteer Ian Smith couldn't hide his smile as he picked up the new 12 seater Renault bus, which is on the way to its new home at Warrigal Goulburn. Residents and customers will soon be touring the countryside in comfort and style!



STEEP CURVE by ROBYN ROWLAND



When her father, Norm Rowland OAM, is almost 100, Robyn returns from Ireland. Initially his companion, then carer during covid, she lives with him in the house he built 65 years before. Their relationship grows through physical and emotional challenges, anger, frustration, grief and love. Poems for Norm from previous years are also interwoven here. Heartbreaking and tender, a book created with love and skill: this is the poetic narrative of their shared journey.



Robyn Rowland...never shirks from the details, the hard facts, the sting of the sublime. A book of remarkable moments and enduring love.

KEVIN BROPHY

This book dexterously captures the humility, grace and wisdom a daughter divines in tending to an ageing, then dying, father.

ANNE CASEY

AVAILABLE NOW

Order online from the publisher:
www.5islandspress.com or
contact Robyn on bysea@bigpond.com



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