

# NEWS LINK

## CEO'S REPORT

Welcome to the New Year and the new decade!

I trust that you have all had a good festive season and that you are geared up for a busy year ahead.

I begin this edition with some bitter sweet news.

After nearly eight years with the Volunteer Association, Donna has informed us that she has been offered - and accepted - another job as the Manager of Training and Development with Northern Volunteering.

This is an amazing opportunity for Donna and we are all thrilled for her, but at the same time we are also sad to see her leave the Association after such a long time, as her influence on our development has been huge.

As this news has only arrived at the eleventh hour as we are going to press, we will feature a much more comprehensive article about Donna's legacy in our April newsletter. But for now we simply wanted to say **congratulations** to Donna and wish her well. At this point Donna will still be with us well into March assisting with the handover of a new staff member, so we trust you will all have a chance to say goodbye.

My thanks are extended to all those volunteers who have continued to work through the Christmas / New Year period in so many areas of our hospital's operations.

Personally, aside from wasting a few days travelling to Melbourne to watch the Boxing Day test, I've spent the Christmas period covering for the many Café volunteers who took a well deserved break throughout December. I am now proud to say that not only

am I a champion barista, I can also make a mean sandwich!!! Seriously, it was a wonderful opportunity to learn more about the great work that our Café team undertake on a daily basis and gave me a firsthand chance to work alongside many of our team that I often pass in the corridor but rarely have a chance to speak to.

The New Year has begun with much news of volunteers who are unwell. I wish you all speedy recoveries and wanted to let you know that you are all in our thoughts.

On a happier note, I am pleased to officially advise you that we will soon be opening two brand new thrift shops. We have decided to call these stores *Thrifty 'V'* and we are seeking donations of good quality second hand clothing, books and bric-a-brac (see article in this issue)

One store will be located next to the post office in the shops opposite the hospital, while the second (and larger store), will be opened at a location yet to be determined. Please spread the word about this new venture, and once again my thanks are extended to everyone who has been pitching in and doing the hard work to establish this new venture.

Finally, 2011 marks ten years since the world celebrated the International Year of the Volunteer, and the International Association of Volunteer Effort (IAVE) will be undertaking several initiatives throughout the year. We will keep you posted on these as they come to hand.

Until next time - have a terrific 2011

Andy Fryar



### JOIN US ON FACEBOOK!

If you have a facebook account why not join the new Lyell McEwin Volunteers group?

Simply do a search in facebook for Lyell McEwin Regional Volunteers!



### Vale - Kathryn McDonald

The Volunteer Association were saddened to hear of the passing of Life Member Kathryn McDonald recently.

While Kathryn had not been an active volunteer for a number of years, she was a long time contributor to the hospital community as a Pastoral Care worker for which she was awarded Life Membership to the Volunteer Association back in 2000.

The Volunteer Association extend their sincere sympathies to Kathryn's husband and family.



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# President's Report

Hello everyone – and a Happy New Year to you all

It was terrific to see so many of you brave the cold conditions and attend our Christmas end of year BBQ back in December at Carisbrook Park. The day was such a success we are seriously considering making it an annual event. My thanks are extended to all those who helped pull the event together.

As a Board, we were saddened to hear recently of the passing of another of our Life Members – this time Kathryn McDonald, who served as a Pastoral Care volunteer for many years. Our condolences are extended to her family at this sad time.

On a personal note, I've been involved in recent weeks helping prepare for the opening of our new thrift shop adventures! The Board are very excited about this new opportunity and really hope that all of our members will get behind this exciting new initiative.

The other big news is that at the time of going to print we should *at last* be ready to open our smaller 'express' coffee shop located

right next door to Café V. It has at times been a challenge to have the builder meet the deadlines we had set, but I certainly appreciate the patience so many of you have displayed over the last few years.

Finally, I want, on behalf of the Board to pay tribute to the work of Donna over the past eight years with our Association. It has been significant and she will certainly be missed. Thank you Donna.

So as we enter 2011, may I wish you a safe and happy year ahead.

Best wishes

Geoff Whatley



## Introducing Our New Café Team

As most of you will know, 2010 was not without its bumps and hurdles, and a part of that process meant that we were able to welcome a brand new team of key staff to the Volunteer Association to oversee and manage our Café V and gift shop operations.

Four months into the job and Tracy, Pauline and Angie have all settled in well into their new roles, so we thought it was about time we introduced them all for those of you who may not have yet had the pleasure!

On behalf of the Association we wanted to say that it is a real pleasure having all three ladies as a part of the team and we wanted to extend a huge 'thank you' to all three of you for your professionalism during this recent process of change.

### Tracy Ricci

Tracy has been employed as our new Café Manager on a full time basis. Tracy has worked in various hotels around the state including the Whitehorse Inn but most recently as Head Chef with Nice'n'Tasty Café and Restaurant at Hindmarsh. Tracy even had a stint at Channel 10 some years ago, but never quite made it to the news desk!

### Pauline Holcroft

Pauline had been a volunteer with the Association in both the Kiosk and the Gift shop for just over a year before being employed on a casual basis back in September. Pauline works part time hours during the day and makes a formidable duo with Tracy! Pauline came to us with a diverse background having worked in snack bars and cafes as well as in retail.

### Angie Cameron

Finally, Angie Cameron has joined us and works afternoons and evenings in Café V. Angie has worked as cook at various hotels around the state, most recently for many years at Globe Derby Park. She currently also runs her own home catering business and is also a long accomplished cake decorator so if it's a wedding or birthday cake you're after give her a call.

So if you have not had a chance to say 'hello' yet, please make the time!

Pictured below (l to r) Angie, Tracy & Pauline



## Badges For: February

## Badges For March

Volunteer	Years	Volunteer	Years	Volunteer	Years	Volunteer	Years
Ann Taylor	22	Bianca Deeble	7	Dorothy Joel	52	Janet Benier	4
Bona Krieg	20	Jason Hoppo	7	Keith Ashworth	23	John Benier	4
Dawn Rankin	17	Sonia Taylor	7	Margaret Atkinson	17	Ann Dalton	4
Kathleen Rowe	16	Patricia Daly	6	Bev Woof	15	Peter Alderton	4
Ron Oldale	16	Judy Nygren	6	Ann Surrell	12	Gloria Mutter	4
Andy Fryar	14	Mathilda Boot	6	Jean Vaughan	11	Denise Birt	2
Heather Goodwin	13	Natasha Freeman	6	Marilyn Partridge	11	Lesley Stanton	2
Shirley Wademan	13	Keith Williamson	5	Barbara Hore	11	Shilpa Subash	1
Geoff Whatley	13	Douglas Stallard	5	Pamela Lawes	11	Terence Conway	1
Reg Buick	13	Helen Crampton	5	Lois Withers	11	Andrew Cornwall	1
Angela Marchesan	13	Bronwen Williamson	4	Maureen Dunk	11	Kevin Blake	1
Bob Porton	12	David Law	4	Maureen Avery	10	Vanessa Organ	1
June Porton	12	David Partridge	3	Kenneth McIntyre	10	Zena Clark	1
Dianne Whatley	12	Barbara Watson	3	Pat Eglinton	9	Maria Pearce	1
Sheila Oliver	11	Monika Schwientek	3	Melva Lee	9	Shirley Hobby	1
Faye Davidson	11	Monica Wohlstadt	3	Audrey Orwin	8	Helen Lewis	1
Marjorie Morrirt	11	Debra Kulwikowski	2	Maureen Cherry	8	John Brooks	1
Margaret Potter	11	Francis Huppertz	2	Maxine Henke	7	Alicia Cuffe	1
Annette MacRae	9	Josephine Wilson	2	Julie Crouch	6	Alex Fowler	1
Dorothy Fatchen	8	Bianca Sewell	1	Sue Sherman	6	Leonie Harrison	1
Michelle Wilkinson	8	Carolyn Carter	1	Christopher Britt	5	Kyrstal Haydon	1
Celcie Gray	8	Mandy Muegge	1	Carlene Uffindell	5	Amelia Redman	1
				David Schmidt	5	Carly Reiman	1
				Christine Pomfret	4	Kim Wowlason	1

Well done to:  
**Bona KRIEG (20),**  
**Bev WOOF (15),**  
**Maureen AVERY and Kenneth McINTYRE (10)**  
**Christopher BRITT, Carlene UFFINDELL,**  
**David SCHMIDT, Keith WILLIAMSON,**  
**Douglas STALLARD and Helen CRAMPTON (5)**  
**on reaching**  
**these milestones with the Association.**

Badges can be collected from your Area  
 Manager or by calling into the Volunteer  
 Association Office

**Congratulations to you all**

### **THIS MONTH'S BRAINTEASER**

I have hands that wave at you,  
 Though I never say goodbye.  
 It's cool for you to be with me,  
 Especially when I say, "HI."  
 What am I?

Answer: \_\_\_\_\_

Name: \_\_\_\_\_

Area: \_\_\_\_\_

Please submit all answers to Andy Fryar c/ the Volunteer  
 Office for your chance to win a bottle of wine.

Thank you to those who tried  
 the December/January brain teaser

The answer to the question

**h a r d w a r e**  
**h a p h a z a r d**  
**c o o k b o o k**  
**p e d d l e d**  
**o n i o n**  
**a n e m o n e**

Our winner is Joanna Wilcock from the Emergency Dept  
 You may pick up your prize from the Volunteer Office.  
 Hopefully many of you will attempt the  
 February/March Teaser.

# VOLUNTEER LUNCH / MEAL ENTITLEMENTS

The issue of volunteer meal entitlements continues to be one which we field many questions about, and also one which both the Policy Sub-Committee and Board of Governance have recently reviewed

The following information is therefore provided as a guide for all volunteers no matter which area you may be working in

The provision of a \$5.00 meal voucher / allocation was originally created to assist those volunteers working across meal times to have some assistance with the cost of purchasing food while on duty. It was never intended that a meal voucher would necessarily cover the cost of a full meal and drink for a volunteer, but rather that it would assist those volunteers who choose not to bring their own lunch or dinner with the cost of purchasing a meal.

During the last financial year, the cost of these volunteer expenses was nearly \$30,000, and we are one of the few agencies to still provide this incentive, so we would ask that all volunteers abide by the guidelines we have in place as we will be tightening up on these rules in the coming weeks and months

We have prepared the following set of frequently asked questions to answer some of the more frequent questions we are asked:

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**Q. Are all volunteers eligible for a \$5.00 meal voucher?**

A. No. Only volunteers who work a shift of 5 hours or more are eligible

**Q. What can I use my voucher to purchase?**

A. It is up to you. If you prefer to buy a cappuccino rather than a sandwich, so be it.

**Q. Is \$5.00 is enough? Some things on the menu cost me more than the value of the voucher.**

A. The \$5.00 amount is an arbitrary amount intended to help you to get something to eat, and not a voucher that will necessarily get you a three course meal! Think of the voucher as being a \$5.00 donation towards the cost of your lunch or dinner. Remember free tea, coffee and water are all available in the volunteer lounge and \$5.00 will still get you most items on the menu in the café.

**Q. I work in Café V. Do these rules apply to me as well?**

A. Yes absolutely. While volunteers in

the café may not formally be issued with a meal voucher, the Café V team are also expected to abide by the \$5.00 limit per volunteer per 5 hour shift. This is inclusive of any drinks you may consume or sandwiches you may make for yourself

**Q. I understand a 10% discount applies on purchases made by volunteers at the Café or Gift Shop. Do I get this discount when using my voucher?**

A. No. The discount is intended for those volunteers not working a 5+ hour shift. Meal vouchers are deemed to be the discount for volunteers working longer hours and no extra discount is available

**Q. But doesn't the Volunteer Association get some sort of government funding or hospital subsidy to cover these costs for volunteers?**

A. No. The Association get no funding to pay for the cost of hospital meal vouchers. Every \$5.00 voucher we distribute to a volunteer is \$5.00 less that we have to donate back to the hospital.

Please see Donna or Andy if you have any questions about this matter & thanks for your cooperation

## **Volunteering benefits those with functional limitations**

Volunteering is known to provide health benefits to the person doing the volunteering. Now, an American study finds that older adults with functional (not cognitive) limitations (trouble conducting daily tasks like cooking meals, or driving a car) in particular appear to reap the benefits from helping others.

"As functional limitations increase, the risk of dying increases, but not among those who volunteered," said Professor Morris Okun, the lead author of Does volunteering moderate the relation between functional limitations and mortality? published in an issue of *Social Science & Medicine*.

"By helping other people, you are actually helping yourself."

With the leading edge of the baby boomers approaching 65 years old, the study raises some interesting possibilities, Professor Okun said.

"We found that people with functional limitations are benefitting more from volunteering in terms of longevity than the people who are free of functional limitations," he said.

"It is also true that people with functional limitations are less likely to volunteer, so it is paradoxical that those who would benefit the most from volunteering, also are less likely to volunteer."

Professor Okun said that by volunteering older people feel more useful.

"People who have the beginning of a set of functional limitations are the kinds of people who are experiencing some diminished sense of usefulness. We know that a sense of usefulness is a predictor of mortality in older people," Professor Okun explained.

"We are arguing that the experience of functional limitations may be accompanied by an erosion of their sense of 'how can I contribute'. If we give older people with functional limitations a way to restore their sense of usefulness, then we may be able to compensate for, or off set, the effect of functional limitations on mortality. Volunteering may very well provide one of those opportunities."



## **UNIFORM UPDATE**

During December the final piece of the puzzle fell into place when our Association T-Shirts were finally delivered.

The shirts (as modelled in this photo) are a bold orange colour and designed specifically with our youth / younger volunteers in mind



## DONNA'S DIALOGUE!

### *News from the Director of Volunteer Services Desk*

2010 ended with a bang for our fundraising team with us once again being invited by Elizabeth City Centre to fundraise at their gift wrapping stall. With all paper, ribbons and materials being donated by the centre management, all proceeds were returned directly to the Association. Thank you to all the volunteers who supported this event and raised a great total of \$1400.00 Due to our fine work, the centre has once again invited us to fundraise at the end of this year.

BBQ end of year functions couldn't have taken place without the support of the core group of Geoff, Di, Bill and David plus the rest of the team who have grown this program to become the efficient and dynamo team it is today. Don't forget that the BBQ trailer is available for hire - with or without its team of cooks!

Thank you to everyone who worked right through the Christmas period to keep the café and gift shop open - a little birdie told me that both Andy and Geoff now make a mean coffee so why not test them out some time !!!

And now it is time for me to bid farewell to the Association and to all the amazing people I have met during my almost 8 years here. What a journey I've had - I've cried and laughed and learnt with the best of them and I will miss all of you very much. But I won't be going far. My new role will keep me in the north in a training position so I will no doubt see many of you around the traps. This Association is one of the best organisations to work for because the people within it really care about their community and the work you are all involved in proves this every day. I believe your strength is in your dedication and your commitment to improvement. The new thrift shop initiative is an exciting venture with a whole new direction for the Association and I wish you every success.

Thank you for your spirit, your friendship and your support. I won't forget the time I've had here and I won't forget you.

Wishing you all a terrific 2011

Cheers for now, Donna

## NEWS FROM AROUND THE TRAPS!

**Get well wishes** are extended to a long list of volunteers at this time, including:

Margaret Atkinson  
Audrey Orwin  
Christine Robinson

Rhonda Sutton  
Christine Kellas  
Ruth Bradford

Barbara Barber  
Fay Betts  
Lyn Lloyd



'Congratulations' to 'Cafe V' volunteer Brendan Furey and Playroom volunteer Nicole Corkalo on the arrival of their daughter Kendall Rose on 14.1.2011

Congratulations also to Cafe volunteer Krystal Harrison and her partner Simon on the safe arrival of a little boy, Shawn on January 18

### Condolences to these volunteers:

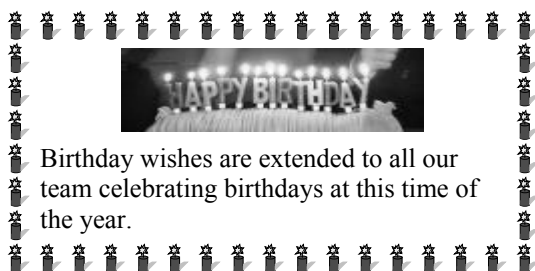
Gift Shop volunteer Mary Carroll & Library Trolley Service volunteer Ann Duncan, who have both lost their Fathers.

### CALLING ALL VOLUNTEERS - ACCU Lottery—we need your help

We are pleased to announce that we have once again been allocated tickets in the annual Australian Central Credit Union lottery.

This lottery has been very successful for us in the past and we will soon be seeking your support to sell tickets at shopping centres, on site at the hospital and by asking volunteers to take a book home to sell to your friends.

If you can help in ANY way, please advise Donna



Birthday wishes are extended to all our team celebrating birthdays at this time of the year.

**Handmade birthday cards  
\$1 each with envelope see  
Geraldine in Vol Office  
on Fridays.**

## VANS FOR HIRE

The Volunteer Association now owns two small vans which are available for hire to other community groups or individuals  
One van can hold a wheelchair and seven passengers, while the other holds a total of 12 passengers

For conditions and bookings, please contact  
Gillian Hughes  
on 8182 9651



## Peter's Page!

### News from the Director of Volunteer Business Services

Peter Paye is currently away on extended annual leave in the 'Old Dart', having a well earned break with his family and friends.

As such we don't have a report from Peter this month.

However, in his absence, we wanted to acknowledge Peter's amazing efforts over the last year and a half and we look forward to having him back and pestering us all again (in the nicest possible way) in early February



## Stage One Art Project Complete!

December saw the first stage of the Volunteer Association's 'Art in Health' project finally come to fruition, with the first ten (of twenty) diorama boxes being hung in the corridors between the Joel building and the Women's Health building, along with one large canvas painting

The boxes contain a wide variety of interesting subjects and styles, from mini water colours for the artistic eye through to Disney themed boxes for younger visitors to the hospital, and it has been great to see the joy this artwork has brought to visitors and staff alike.

The Art Project has been the brainchild of staff member Peter Paye, who brought his art history background with him to the Association. Special thanks are extended to Peter for all his hard work and enthusiasm for the project. Thanks must also go to all those artists who have contributed to the project and to the E&BS Department for their assistance in hanging the work onto the wall.

Stage two of the project will see an additional ten boxes complete the set, along with a growing number of large canvasses filling empty walls all around the hospital.

If you would like more information about the project, please contact Peter Paye



### Consider this:

Give a person a fish and you feed them for a day; teach a person to use the Internet and they won't bother you for weeks.

### and this:

Why do they call the airport "the terminal" if flying is so safe?



## VOLUNTEER SPONSORSHIP CARD NEWS

Thank you to everyone for your ongoing support of the Gunn group discount card.

Don't forget to use your Lyell McEwin Card for discounts and to earn a rebate to the LMRVA!

If you have not yet received a card or would like some additional cards for family or friends, pop into the Office and collect yours today!

Presenting your card at any Gunn Group outlet will get you an immediate 10% discount, with a rebate from all sales coming back to the Association.

Gunn Group venues include:

- Mawson Lakes Hotel
- Louisiana Tavern
- Darsharna's Curry & Tea House
- Port Dock Hotel
- Crown Hotel (Victor)
- Royal Hotel (Kent Town)



Lyell McEwin Volunteers ...quite simply the best!

## End of 2010 Celebrations

The Volunteer Association celebrated another successful year with a giant BBQ held at Carisbrook Park on December 12th. Attended by some 100 volunteers and their families (who braved the icy conditions), it was a great opportunity to celebrate yet another busy year of service to the Lyell McEwin and her affiliated agencies.



December also saw the Lyell McEwin Hospital throw its annual 'Volunteer Thank You' party for our dedicated team of volunteers.

A light afternoon tea was provided along with a thank you speech from Acting General Manager Vanessa Owen.

Approximately 80 volunteers attended this now annual event, and this availed us with the opportunity to take a 'snap' of some of our happy team all kitted out in their orange garb (see photo)

Volunteer Peter Hasett was the winner of our giant Christmas stocking, once again generously donated by Coca-Cola.



## Social outings for this year for our volunteers

For information on the outings please contact the volunteer office.

### Thursday 3<sup>rd</sup> February, 2011

Victor Harbor on arrival you can wander around at your pleasure or walk across to Granite Island or take the horse drawn tram to the island at your cost.

The cost of the trip is for petrol only \$6.00.

### Tuesday 8<sup>th</sup> March, 2011

Port Princess Dolphin Cruise: a two and a half hour trip along the Port River including 2 course menu.

Total cost for petrol and lunch is \$32.00.

### Tuesday 5<sup>th</sup> April 2011

Martindale Hall: bring your own lunch.

Cost of entry to Martindale Hall and petrol is \$13.50

## 'THRIFTY V' - Coming to a suburb near you!

As we have been reporting, the Board of the Volunteer Association have approved the development of two thrift shops to help raise even more greatly needed funds to support the work of Lyell McEwin.

Opening on March 1, one store will be located in the shop next to the Elizabeth Vale Post Office (opposite the LMH), while a larger store and warehouse will be opened at a site to be determined.

We are now in the process of seeking donations of good quality used clothing, books and bric-a-brac. We will NOT be accepting electrical goods of any kind.

It is our hope that staff and volunteers of the LMH (and their families) will from this point forward see 'THRIFTY V' as their charity of choice, and choose to donate their used goods to support our efforts.

If you have goods you would like to donate, please drop them off at our offices, at one of the stores (after March 1), or call us to arrange a collection on 8182 9651

If you are interested in volunteering with 'THRIFTY V', please give our recruitment team a call or speak with Donna

Andy Fryar  
Executive Officer  
Lyell McEwin Regional Volunteers Inc



Memo to all staff, clients and visitors

As you would be aware Lyell McEwin Hospital, and all other SA Health sites, have been smoke free since the 31st May, 2010 meaning the smoking of tobacco products anywhere on the LMH campus is not allowed.

Since the ban on smoking came into effect there has been extensive media coverage of this initiative and a series of comprehensive communication strategies, including the use of prominent signage, used to advise and remind people that they are no longer permitted to smoke anywhere on hospital grounds.

This applies to the entire LMH site, including car parks, gardens and walkways.

To allow people time to get used to this change the Hospital has been very lenient in the hope that staff, patients and visitors would see the undeniable health impacts of smoking and voluntarily cease smoking while on the hospital grounds.

Unfortunately, despite this approach it has become evident that there are staff, clients and visitors who ignore the ban on smoking and the polite requests from authorised hospital staff to stop.

As a result, from Monday, 10 January 2011 the policy and by-laws relating to smoking will now be fully enforced across the LMH site in all instances other than those determined as "crisis".

Accordingly Authorised Officers (security guards) have recently completed a training program that will assist them to manage individuals who smoke on site. Offenders will be asked by Authorised Officers to provide their personal details and will then be issued with fines on the spot in line with the *By-laws for hospitals incorporated under the Health Care Act 2008*. Failure to provide personal details to an Authorised Officer (security guard) on request can incur further charges and fines.

Could you please ensure that all staff, clients and visitors in your respective area are advised of the intent of LMH to enforce the Smoke Free Policy and the implications of non-compliance and that this notice is placed on bulletin boards around the hospital.

**Peter Mullen**  
Manager, Corporate Services  
Lyell McEwin and Modbury Hospitals

### THOUGHT FOR THE DAY

*Rev Jeff May, Ecumenical Coordinating Chaplain has passed on this thought from Cheryl Lawrie writing for the Melbourne Age*

## the floods

It's always hard to know what to write in a massive moment. Words about a disaster like this seem flippant, but not writing - leaving a blank space - feels too much like ignoring it.

So this entry is a place holder; a moment of silence, as such:

silence for those who have lost everything that matters to them  
and for those still waiting to find out who and what they have lost

[how much does waiting suck...]

silence for those who haven't lost everything, but who feel desperately sad and lonely and frightened now, and feel guilty for feeling that because they haven't lost everything

silence for those who don't know where to start  
silence for those who still don't know how it will end  
and silence for those reliving memories of past tragedies,  
and finding that they weren't quite as over it as they believed...

### CAN YOU HELP - SHED SPACE NEEDED

As reported elsewhere in this Newslink, the Association are embarking upon the creation of a couple of thrift shops in the near future, and we are looking for a vacant shed that we can use as a central place to sort through donations as they are received.

The space would need to be relatively large, have a concrete floor and lighting, be secure and allow us sole use. In return we would be able to offer a small monthly donation.

So if you know of someone with a shed that is sitting there empty, please contact Andy Fryar on 8182 9392

### Consider these:

"If you ever need a helping hand, it is at the end of your arm. As you get older you must remember you have a second hand. The first one is to help yourself. The second hand is to help others."

*Audrey Hepburn*

I am enough of an artist to draw freely upon my imagination. Imagination is more important than knowledge. Knowledge is limited. Imagination encircles the world.

-- Albert Einstein

I don't understand why Cupid was chosen to represent Valentine's Day.

When I think about romance, the last thing on my mind is a short, chubby toddler coming at me with a weapon.

-- Author Unknown

A request to volunteers:

Please, if you have any information about your involvement or that of other volunteers which you think we should all hear about, then let me know.

Articles, photos etc. can be emailed to me with LMRVA in the Subject line.

Brian Adams  
lmrva@tpg.com.au



### Parting thought ....

*Never complain about growing old, far too many people have been denied that privilege*