



IN HOME HOSPICE CARE

1 James Street , Mount Gambier. Ph: 8725 7448

July 2022

Issue 9

VOLUNTEER NEWSLETTER

Welcome

Another busy month has just flown by, I am not sure if it is just me but this year seems to be going extremely quickly.

Thank you for your continued support of our clients, their families and carers. You make a real difference in their lives and are greatly appreciated.

We have 3 new clients (1 carer and 2 patients) with support for them already underway.

We look forward to Glenny returning from her leave at the end of the month. She will be available for anyone wanting to catch up at the beginning of August. Please remember to book in for the “Grief 101” sessions in August, and “Seasons for Growth” volunteer Workshops in September and October that Glenny will be conducting as they are limited to number of participants at each session.

If you have are unsure or have any concerns about visiting a client due to COVID, please collect a RAT's test that are available from our office.

Community Information Flyers

A one-page information flyer about our programs and care support service have been distributed to residents at Boandik (Lake Terrace); Woodlands Grove; Hallmont Estate; and to those receiving support through ‘Meals on Wheels’. Thank you to Linda who has been a great help in getting these ready to send.



DATES TO REMEMBER

Next Volunteers Get Together

Thursday 21st June 1.00pm

Glennly Tiller returning

August 2022

“Grief 101” Workshops

Thursday 11th August 9.30am to 12 noon

Friday 12th August 9.30am to 12 noon

Thursday 18th August 12.30am to 3.00pm

Friday 19th August 12.30pm to 3.00pm

Our Get Togethers

Hoping to see you at our next Get Togethers Thursday 21st July (1.00pm) and Tuesday 16th August at 10.30am. We would greatly appreciate your input into creating a process on when someone exits our program, and some thoughts on how you would like to celebrate Dying to Know Day.

Palliative Care Vic Conference in Melbourne

Palliative Care Victoria created an ebook with "Impressions of PCV's Volunteers Conference 2022". If you are interested to see what Bernie and I had access to please click on the link and scroll down to **Memories of the day** <https://www.pallcarevic.asn.au/page/82/volunteers-conference>

Palliative Care SA with CALD perspectives – Tuesday 28th June 2022

This was a very interesting webinar which highlighted a number of barriers and difficulties that can be experienced when working with the CALD community and some references on where to get assistance. 2 volunteers plus 1 'volunteer in waiting' joined Sandi and I to view this presentation.

Limestone Coast Carer Event

We had a stall at the Limestone Coast Carer SA Event where we were able to provide information to 'carers' in our community. It was hosted by CarersSA and other organisations attending were Skylight; Homecare Plus; Dementia Australia; Country Health Connect and Centrelink.



Glenny's Volunteer Workshops

A single 2.5 hour workshop of basic grief information.

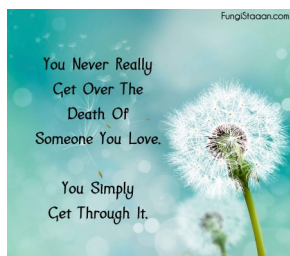
All volunteers are encouraged to attend.

Thursday 11th August - 9.30am to 12 noon

Friday 12th August - 9.30am to 12 noon

Thursday 18th August - 12.30 to 3.00pm

Friday 19th August - 12.30 to 3.00pm



Seasons for Growth

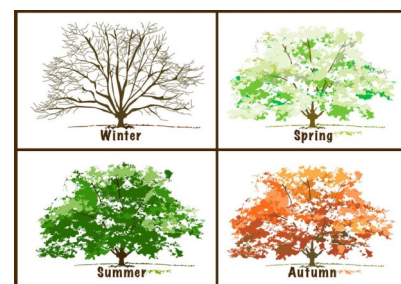
"Seasons for Growth" explores grief using the four seasons as a metaphor in achieving William Worden's "The Four Tasks of Grief" being:

Autumn – To acknowledge/accept the reality of the loss.

Winter – To learn about possible grief reactions and how to process the pain of grief.

Spring – To develop skills to assist in processing grief.

Summer – To explore ways of letting go and moving forward.



Group 1 - Thursday 1st, 8th, 15th, 22nd September, 9.30 – 11.30am

Group 2 - Friday 7th, 14th, 21st, 28th October, 9.30 – 11.30am

Please enroll in these workshops asap to ensure your spot!!

COVID-19 Booster Updates

It is a requirement to be fully vaccinated against COVID-19 and Influenza. Please keep us abreast of any changes. Your cooperation is greatly appreciated.