

May 2010



Helen makes an extraordinary contribution!

Townsville resident and extraordinary RSL Care Volunteer, Helen Ervin, has been making a difference to the residents at RSL Care's Rowes Bay Retirement Community for more than 17 years.

"Since retiring from full time work in the hospitality industry, and with the children all grown up and starting their own lives, I missed the company of having people around so decided to volunteer," Helen said.

"It was out of the respect I had for the defence forces and the RSL that I decided to volunteer with RSL Care; both my father and step father were ex-service men too," explained Helen.

Helen volunteers two days a week by assisting residents at mealtimes and helping with resident activities.

"I help organise activities such as Bingo and other card games – a dementia resident taught me how to play cards," said Helen.

"Most residents don't have family that live nearby or some of their families are overseas, so the residents love to have someone for company and I enjoy being that person," Helen said.

RSL Care is currently looking for volunteers. You too can make a difference by donating as much or as little time as you can spare in areas such as social support, companionship, shopping, assisting with activities and transport to appointments. Training and support are provided.

"Volunteering is everything to me and I feel very blessed to be able to keep company and spend time with the residents and bring smiles to their faces," Helen said.

For anyone who is considering volunteering with RSL Care Helen says that it's the roses of this world that make us feel great and it's the ones on the grave that have arrived too late!

"This means that you should be nice to everyone and help out people while they are here because it's too late once they are gone", she said.

For more information about volunteering with RSL Care, please call 1300 796 111 or visit www.rslcare.com.au.

At RSL Care we pride ourselves on providing quality aged care and retirement living solutions to suit the needs of older Australians through **HomeCare** services and a network of 28 Retirement Communities throughout Queensland and New South Wales.