

# Media Release

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## Shining a light on Calvary's care for the older person on Aged Care Employee Day

At Calvary Muswellbrook Aged Care, residents Pam King and Sue Woods each have their favourite staff members with whom they share a special bond.

"All of the ladies who work here are lovely but, there's four women on night shift that I absolutely adore. They're my darlings. They are just so beautiful," Ms Woods said.

"I've nicknamed all the staff here. We have the 'Lady in Pink', then the one who is very much in charge naturally called the 'Sergeant Major', and there's the one who you hear coming from a mile away. She is always so happy and singing so her nickname is 'The Voice'," Ms King added.

Walking around the corridors of Calvary Muswellbrook it easy to work out who 'The Voice' is. Care Support Officer, Terri Owens, loves to sing and bring joy to the residents she cares for at the home.

"The thing I love the most about my job is the residents. It is so rewarding being able to make sure their needs are met and that I can make a difference to their days," Ms Owens said.

Her colleague, Donna Rushbrook, who has worked at Calvary Muswellbrook since it opened its doors eight years ago, agrees.

"My favourite part of my job is our residents. It can be challenging but, I enjoy what I do. I know the residents and I know their routines," Ms Rushbrook said.

At Calvary Brighton Aged Care in South Australia, Leisure and Lifestyle Coordinator Peng Gao never imagined she would work in aged care. Ms Gao was an accountant living a busy life until 2020, when she was diagnosed with breast cancer.

"When you're young, you're always thinking that you want to be successful and climb that ladder but undergoing chemotherapy made me rethink life completely," Ms Gao said.

"My neighbour told me about the role of a leisure and lifestyle coordinator in aged care. I'd never heard of

it before then.

“My job is to create fun and make life enjoyable for older people. It is the perfect role for me.”

On Aged Care Employee Day, Calvary Health Care celebrates the many dedicated workers supporting older people in aged care, home care, independent living and hospitals.

Calvary Health Care’s diverse workforce includes nearly 8,000 aged care staff and more than 1,600 home care staff.

Another Calvary member making a difference is Occupational Therapist, Kyla Trehy, who is based in the Hunter Home Care office. Ms Trehy said from a young age she wanted to work with older people.

“I love that it is so varied and I’m doing something different every day. I really enjoy working with older adults in their home and helping them to stay independent and safe. It is incredibly rewarding,” Ms Trehy said.

Calvary Kogarah Health Care Palliative Care Transitional Nurse Practitioner, Michelle Leung-Cheng, said she also felt the call to support older people with their care needs, particularly at end of life.

“Often how you want your parents or loved ones to be treated is how you treat your elderly patients. I think the best aged care employees have a heart and are caring by nature,” Ms Leung-Cheng said.

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### **About Calvary:**

In 1885, six courageous Sisters sailed into Sydney to continue the mission of Venerable Mary Potter and the Sisters of the Little Company of Mary to care for those in need. Thus began Calvary’s enduring legacy of care in Australia. Today, we continue their mission, in our hospitals, home and virtual care services, retirement living and residential aged care homes across four states and two territories.

For more information, visit [www.calvarycare.org.au](http://www.calvarycare.org.au).