

Your year to volunteer



Become a Volunteer with ACVVS and help preserve stories, wisdom, and memories just like Sonia Holzknecht does every time she visits Kath Rochford.



**LUTHERAN
CARE**

For Sonia Holzknecht, volunteering with the Lutheran Care Aged Care Volunteer Visitors Scheme (ACVVS) isn't just a pastime, it's a meaningful extension of a lifelong commitment to people.

Since retiring in 2018, Sonia has dedicated her time to visiting older community members in residential aged care or in their own homes. Her role is simple yet deeply impactful: spending at least an hour each fortnight offering companionship, conversation, and connection.

"It's very good," she says of her experience with ACVVS. "People are interesting. There isn't anyone who doesn't have an interesting story to tell."

Sonia's path to volunteering was shaped early. Her mother volunteered with ACVVS for many years, driven by a strong compassion for those who felt lonely or isolated.

With a background in social work, Sonia felt naturally drawn to follow in those footsteps.

"Talking to people I don't know

doesn't scare me. I have the time, and people interest me."

What clients gain from the program varies. For some, it's simply someone new to talk to. Others appreciate the chance to build a relationship or even share a quiet moment of prayer.

Sonia says she feels valued and supported, noting the training and appreciation volunteers receive.

Her message to anyone considering aged care volunteering is clear.

"If you like people and chatting with them at depth, it's rewarding in itself. And if you're looking for social contact, it's a great alternative to a coffee group."

Is it Your Year to Volunteer in Aged Care? Become a part of ACVVS.

Contact Annie on 8562 2688 on Tuesdays and Wednesdays.

ACVVS is funded by the Australian Government Department of Health, Disability and Aged Care.

