



# AUSTRALIAN NURSING HOME FOUNDATION

## Newsletter

ISSUE 30 - Summer 2019

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### A Shimmering Showcase of Elderly Talent



Elderly wellbeing and reablement have been two of the core elements in ANHF's aged care services. To us, life in a nursing home still embraces a kaleidoscope of fun-filled moments. Seeing is believing – our three nursing homes (Bernard Chan Nursing Home, Chow Cho Poon Nursing Home and Lucy Chieng Aged Care Centre) had a Joint Talent Show at Fitzroy Hall (Burwood) on the 20th September.

What a jolly gala for the elderly on that day! Well-dressed and beaming with smiles, residents danced together with the dance instructor and volunteers in brightly coloured dance costumes as they danced their way into the hall to stir up the excitement. Then came the talent shows: organ playing by a centenarian resident, other performances included harmonica music pieces, Chinese golden oldies like Jasmine Flower, Full Moon, Blooming Flowers., etc. that resonated and lingered with nostalgia among the audience. The musical 'My Heart is for You, Not Him' played by two tall and handsome elderly residents and the dance teacher made everyone laugh to tears. Their exaggerated 'valentino-style' expressions brought hilarious laughter, giving them the sure-win confidence in waiting for the announcement of the Best Show Award!

In the interview, we asked Fifi Lai, our Physiotherapist and Lifestyle Coordinator who organised this event how this idea came up. 'Initially both our CEO and I believed that with so many hidden talents in our nursing homes, why not find an opportunity for them to showcase it? As our dance instructor has been thinking of organising a dance contest for residents and this idea is in line with our vision in celebrating life with the elderly, we finally decided to hold this joint talent show. We're a bit surprised to see such a huge response! I really have to thank the Facility Managers, the dance instructor, the music therapists, family members and staff for their input and enjoying the fun together with us. No wonder this was a superb program that brought so many hearty smiles and so much energy to the elderly. The 2020 Talent Show will surely be underway to bring even more joy to our elderly residents.' says Fifi.

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ANHF Board

**Ms LEE** deliberately took a day off from work to support her mother's singing performance as she had become very serious in practising every day in the nursing home. 'Mum was so excited on that day that she woke up early to dress up beautifully. Seeing her in a great mood, I was in a great mood as well. This Joint Talent Show was a huge success, hope we'll have more similar programs in the future!'

**Ms Bee Lim** has been our volunteer dance instructor for over two years in teaching the residents waltz, zumba and the brisk and delightfully playful cha cha. 'At first their bodies were a bit stiff, but now their shoulders and legs are more flexible. Their hands can now move with the beats. Seeing their happy smiles is the best thing in the world! What a surprise to me to see such enthusiasm and huge response!'



## Smart Technology Poses No Difficulty for the Elderly

Whether you are on the street, on a train or a bus, you will see people moving their fingers over their smart phones which (and related products) have become must-haves in modern life. Many elderly have to pick up the required skills to keep pace with the world. Will they have difficulty in picking up these skills?

Yvonne, aged 71, an elderly lady with beautiful white hair, said, 'Not a bit easy! At our age, memory fails. Though we've just nodded to show our teacher that we understand what has been taught, by the time we're home, our minds are blank! I use the foolish way to overcome this problem by writing down everything, then practise again and again at home!' The simile used by Yvonne was a Chinese folklore about how an elderly man finally removed the whole mountain by taking away the rocks and soil persistently day by day. With perseverance, the elderly can learn how to use smart phones.

Yvonne lives in one of our community housing premises and regularly attends the activities at Ultimo Community Centre which runs elderly courses on how to use the iPad to watch the news, use different apps, even to read the Bible, etc. The usual apps Yvonne uses are facebook, wechat, whatsapp, viber, etc. 'As my friends use an app I have to learn what they use. Through facebook I reconnected with a long-lost friend who is now in New York. What a pleasant surprise!' She continued, 'I communicate with my family members through viber. We seldom saw one another and had few conversational topics, but now there is better communication and relationship between us. My grandchildren are eager to correct my spelling as my English isn't good!'

Many elderly reject learning new things as there is 'no point in picking up skills when you are old'. Yvonne thinks otherwise, 'Age is never a hindrance. No matter what age you're at, you can still learn new stuff. The joy and the great sense of achievement are beyond description! I had no opportunity for schooling when young. Now that I am at my age, I can learn without any pressure while recapturing my lost time in the past. I treasure every learning opportunity!'





## Life-Long Learning to Illuminate Our Lives



Ever thought of what you might have become at the age of 90? Restricted physical mobility that confines you at home to wait for grandchildren's visits, or receiving care in a nursing home? To Mr Sheng KOO, new possibilities come at the age of 90. At the age of 92, his back is straight, he is full of energy and curiosity to the world around. Learning has been a continuous part of his life – recently he is after something new. A chat with him humbled us.

### Learning Wing Chun (a stream in Chinese martial art) at the age of 92

'I've just started to learn Wing Chun. The tai chi I've learnt is too 'gentle', Wing Chun is comparatively tougher. The feeling is: you're always in a battling spirit. To me, we should face life with a battling spirit. Never give up when you're old. Otherwise you'll feel dejected. I'm the oldest in the class, the teacher and the other students all call me old pal. We practise together -- fist after fist, force after force. You feel so energetic after the practice, together we then have supper together outside the martial arts centre. Chatting with these young people makes me feel years younger!' Practising every night brings him good sleep as well!



Other than this, Mr Koo told us that he is very absorbed in studying Yi Jing (*translator's note: Also known as 'The Book of Changes' or 'I Ching', Yi Jing is an ancient Chinese classic on divination and its relationship to practices in many aspects of life*). 'When I read over Yi Jing before, I only thought it was something superstitious or meant for fortune-telling. Now that I'm going over it again, I find that it's about the multifarious changes of heaven and earth, a book that seems to carry very complex messages as you have to be very familiar with the 64 (8 times 8) 'gua's (*translator's note: the 'predictions'*). This is no easy task, but my interest grows as I relish every page of it. I also love playing Chinese chess. From a greenhorn to one who perceives the strategies now, I can predict the coming several moves. While the experienced players cleverly hide their strategies, some might fall into traps out of haste. There are also short-sighted ones, who cautiously move step by step without foresighted planning. There's so much interest in seeing life through chess games!'

### Inadvertent Harvest

Life is still substantial after Mr Koo's retirement. Apart from travelling everywhere, his learning continues. He learns how to play the Chinese musical instrument 'er hu', Cantonese opera, cartoon drawing, writing, studying the Yi Jing, chess playing and learning Wing Chun. 'I only learn what I'm interested in, that's why I'm so involved and get so much fun out of them. When young, I studied in a naval school. Once I walked past a cinema and saw someone painting cinema poster, interest urged me to pick up the skills. Never could I have imagined that during the war time in later days these skills were my trump cards in being recruited as the Art Director in a big company and supported my whole family!' Mr Koo then marched triumphantly in the world of cultures – he was head hunted with high pay to Australia to establish a Chinese newspaper, naturally making himself a forerunner in newspaper media. Looking back, his idea is: why bother to weigh and calculate our loss and gains in our lives? Many things just come inadvertently!

When asked about his secret in maintaining health and a smart brain, he said, 'Age is never an issue, the most important thing is to be young at heart! Pursue your interests, never stop learning and enjoy the fun!'

## Retirement Lifestyle Expo – How We Care

‘I seldom come here to the City. It’s lucky of me to have come all the way from Hornsby to here...your explanations are so detailed!’

‘Thank you for answering all my queries. I now have peace of mind in planning ahead.’

On the 23rd and 24th of November (Saturday and Sunday) over 60 ANHF staff and volunteers, together with TVB Anywhere, jointly organised the Retirement Lifestyle Expo with nearly 30 participating stalls and companies / organisations displaying a wide range of information and health products for the elderly. That was a joint effort to help stall visitors to plan ahead for their retirement life.

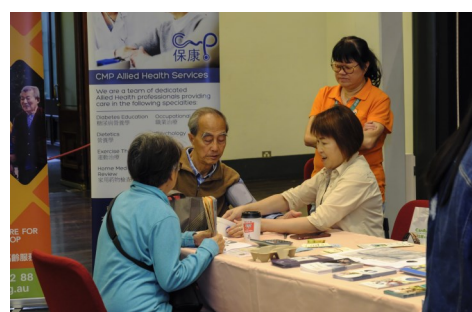
The Expo was held at the Lower Town Hall at Sydney Town Hall. Despite being strong and healthy and before their retirement age, some stall visitors eagerly looked for information on aged services. An elderly visitor put it clearly: ‘Though I understand English and will access the internet at one time or another, your on-the-spot information really helps me to better understand the complicated aged care system in Australia.’

We met many new and old friends, some were ‘fans’ of our radio sessions (Happy Friends) and feature columns in Chinese newspapers. Chatting with them was just like chatting with old pals.

Impressed by the friendly attitude and professionalism of our staff in information giving, some elderly visitors who were not our clients decided to join our volunteer team. We received an overwhelming number of volunteer application forms on the days. Our Volunteer Coordinator felt so excited when a young helper in an adjacent food stall took the initiative to join our family of volunteers.

Just as what Mr Andrew Gock, our Board Member, had stated, the concerted efforts of volunteers and staff were key elements as ANHF expanded in the past 40 years. This year’s Expo was a showcase of combined efforts to put into practice the spirit of ‘How We Care’. Indeed ‘How We Care’ is the care model of ANHF this year.

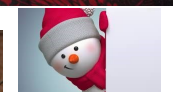
To make this Expo a success, ANHF had invested much manpower and resources. It was our aim to introduce our services to more people and to assist the elderly to better understand their rights and know how to access aged care services in Australia.





## Staff Christmas Party 員工聖誕聯歡會

What a joyous Christmas! 看我們這個聖誕過得多快樂!



## Good News - New Funding

Good news came one after another! Recently ANHF received funding for two programs, one being 'A Room to the World' to be based in Campsie. This program is for people aged 65 or over. In the comfort of a spacious activity room with a mega screen, participants can explore the wonders of the world, leave their footprints in different countries as they venture to a myriad of cultures, their heritage and interesting stories. Together they will give their taste buds a good relish of cultural snacks or share their own travel experiences. The Centre Coordinator will conduct games and activities to improve participants' memory and motor skills. Staff will also assist participants to compile their own travel journals.

Another funded service was 'Speak Your Language Call Monitoring'. This service is for elderly clients aged 65 or over. Service recipients will have a watch-like device that can function as a phone that is linked to our 24/7 information helpline. This device can also keep track of their health and locations. This newly funded services will benefit 250 CHSP clients on a trial basis. If all goes well, we will expand our service to provide even better care for the elderly in the Chinese community.





## 活動相簿 Activity Photos



祝好思維活動中心劉太百歲生日快樂！  
Happy 100th birthday to Mrs Lau at  
Hurstville Seniors Wellness Centre!  
(HSCW 好思維活動中心)



一起玩彩球，讓長者練習手眼協調。  
Ball rolling to improve motor skills.  
(BCNH 陳秉達療養院)



齊齊為聖誕樹扮靚靚！  
Decorating the Christmas tree together!  
(BHSWC 伴樂園活動中心)



家居服務長者與來賓一起翩翩起舞  
Home Care Service clients happily  
dancing with guests.  
(HCS 家居服務)



用汽球變出美麗的花，讓長者心花怒放  
Balloon flowers that conjured up smiles.  
(CCPNH 周藻泮療養院)



風景如畫，還要有老友相伴才玩得  
那麼開心！  
Beautiful scenery and friends doubled  
the happiness!  
(SHSWC 沛德活動中心)



長者探訪兒童中心，與小孩玩氹氹轉！  
A visit to a child care centre where our elderly  
clients danced happily with the kids.  
(CCPNH 周藻泮療養院)



三五知己，到酒店歎下午茶！  
Afternoon tea in a hotel with friends!  
(LCACC 錢梁秀容療養院)



童心未泯，開心放風箏！  
Kite flying with a child's heart.  
(SWSWC 蘇懷活動中心)





## 活動相簿 Activity Photos



和長者一起遊山玩水  
Picnics are never boring !  
(HSCW 好思維活動中心)



頤康苑長者開開心心過聖誕 !  
Merry Christmas to LCG tenants.  
(LCG 錢梁秀容頤康苑)



全國照顧者週與長者及家人一起去吃齋  
Vegetarian luncheon with elderly clients  
and their carers in National Carers Week  
(SHSWC 沛德活動中心)



到訪悉尼大學，看孫仔孫女  
是否在上課 !  
A visit to University of Sydney... Hey! Is  
my grandchild in a lecture?  
(SHSWC 沛德活動中心)



長者聚精會神玩天九遊戲  
A game of Chinese dominoes  
(LCACC 錢梁秀容療養院)



長者親手做的燈籠是否很漂亮!  
My eye-catching handmade lantern!  
(BCNH 陳秉達療養院)



齊慶慶祝頤康苑住客生日快樂 !  
Happy Birthday to LCG tenants!  
(LCG 錢梁秀容頤康苑)



萬聖節群魔亂舞，長者創意無限  
Halloween was a time for creativity and  
'spooky' fun!  
(LCACC 錢梁秀容療養院)



長者又可愛又俏皮!  
How cute I am !  
(SWSWC 蘇懷活動中心)



### Section 1: Personal Details

Please support ANHF to deliver quality and culturally competent aged care to our community.  
請支持澳華療養院基金為社區提供高質素及符合文化的高齡護理服務。

Title 稱謂      Mr 先生      Mrs 太太      Ms 女士      Miss 小姐

Family Name 姓氏

First Name 名

Second Name

Home Address 住址

State/ Territory 州

Postcode 郵政區號

Phone Number 電話號碼

### Section 2: Donation Details

Donation of \$2 and over is tax deductible.

凡捐款2元以上可扣稅

I would like to make a donation of \$ \_\_\_\_\_.

### Payment Type

- ☐ Electronic Funds Transfer  
☐ Please debit this card

**TO:** Australian Nursing Home Foundation (BSB 082-201, Account Number 580-328-001)

<input type="checkbox"/> Master Card	<input type="checkbox"/> Visa	<input type="checkbox"/> Other:
Name on Card		
Card No.		
Expiry Date		
Signature		

### BEQUEST – Leave a Gift in your Will

By leaving a **Gift** to the ANHF in your **Will**, you are creating a **lasting legacy** that will help us continue to create a **thriving** and **vibrant** environment that will enable our elders to age with **dignity** and **grace**.

If you wish to leave a **Gift** in your **Will**, you should seek appropriate legal advice. For more information, you may wish to request further information by ticking the box below or refer to our **Bequest Fact Sheet** on our website.

- ☐ Please send me details on making a gift to the Foundation in my will. 我希望在遺囑中對基金作出饋贈，請將詳情寄給我。

Please return this form to Australian Nursing Home Foundation, 60 Weldon Street, Burwood NSW 2134.

YOU CAN ALSO DONATE SECURELY VIA OUR WEBSITE: [HTTP://ANH.F.ORG.AU/CONTACT-US/DONATIONS](http://anhf.org.au/contact-us/donations)

Thank you for your support. Below are the donations received from Sep. till Dec. 2019

謝謝各位的支持。下為2019年9月至2019年12月期間之捐助人士芳名。

100以下 Below <100	\$100—\$499	\$500 - \$999	\$1000-\$4999	\$5000以上 \$5000 and above
			Anna LO	
			2CR China Radio E & T Pty Ltd	
			Paul TAM	
			Chuk Ying CHUN	
			Micky WU	
			Eva NG	





### 陸燕 陳秉達療養院副院長

陸燕女士自二零一九年十二月九日出任陳秉達療養院副院長一職。

陸女士曾任職註冊護士，過去五年於悉尼數間規模龐大之療養院任職臨床護理經理。於修讀護理學位期間陸女士曾擔任高齡護理之「護理助理」達三年之久。移居澳洲前陸女士於湖南修畢醫藥(中醫)學士學位。現希望能以一己專長及經驗在服務華人社區之餘，同時亦不斷迎向新挑戰。



### Yan (Joyce) LU Care Manager / BCNH

Joyce (Yan) has assumed the position of Care Manager at Bernard Chan Nursing Home as at 9<sup>th</sup> December.

Joyce was a Registered Nurse, and then Clinical Care Manager for a number of large size aged care providers in Sydney in the past five years. She also had worked at the frontline as Assistant in Nursing for three years in aged care while pursuing her Bachelor of Nursing degree before these times. Joyce held a Bachelor of Medicine (Traditional Chinese Medicine) degree from Hunan in China before moving to Sydney. Applying her knowledge, skills and experience for the Chinese community and striving to continuous challenging herself are her motivation to join our ANHF family.

## Staff Movement 員工變動

### 鄭麗媚 人力資源主任

鄭麗媚女士於二零一九年十一月四日起任職人力資源主任。

鄭女士起初入職基金時為服務質素監控主任，以其於香港及悉尼之豐富人力資源經驗及資歷，履任新職必勝任有餘。鄭女士將領導財務及行政部之人力資源及義工團隊。



### Lai Mei (Winsome) CHENG

#### Human Resources Officer

Winsome assumed the position of Human Resources Officer from Monday 4 Nov 2019.

Winsome originally joined ANHF as our CQI Officer. However, owing to her wide experience and qualification in the HR area from her previous roles in Hong Kong and Sydney, she is ably suitable for this new position. She will be leading the HR and Volunteer Services Team in the Corporate Services.

### 李瀟雅 錢梁秀容療養院副院長

李瀟雅女士自二零一九年十一月二十五日起任職錢梁秀容療養院副院長。

李女士修畢護理碩士學位，於加入基金大家庭前曾有五年領導高齡護理臨床護理團隊經驗。李女士於額外承擔錢梁秀容療養院引進電腦護理軟件及高齡善終護理指引工作中，在汲納真知灼見之餘，與住客及員工亦建立更親切關係。



### Xiaoya (Ruby) LI Care Manager / LCACC

Ruby assumed the position of Care Manager at Lucy Chieng Aged Care Centre as at 25 November.

Ruby has been working as a Registered Nurse, and then Acting Care Manager in the last 4 weeks. Ruby holds a Master of Nursing and has over five years' experience in clinical leadership position in aged care before joining ANHF. By taking up additional roles of the PC Software Champion and ELDAC Champion at LCACC, Ruby has gained good insight and familiarity of the residents and staff at the facility.

## 好消息 - 澳華療養院基金獲政府最新撥款

喜訊連連！最近澳華療養院基金獲得政府兩項創新項目的撥款，其中一個名為「世界之窗」，其特色是為 65 歲或以上長者，提供一個活動好去處，就算是安坐室內，也可以透過超大屏幕，一起遨遊天下，認識世界不同國家，體會當地文化風俗、品嚐特色民族小點和長者自己分享以往旅遊的趣聞趣事。中心主任又會帶長者實地旅遊，並透過遊戲和簡單運動，訓練長者的記憶力，並手、眼協調功能等。同時，職員也會協助長者製作個人的旅遊日誌。

負責人陳姑娘解釋：「每次長者透過大銀幕遨遊世界後，我們都會透過各式遊戲讓加深他們的記憶，融入當地文化。那次和大家去完澳洲後，我問澳洲有幾個省，一位患有輕度腦退化症的長者立即搶著答 6 個，證明他們多麼享受這個節目！」



職員帶長者遊覽動物園，長者表現十分雀躍，到處拍照留念。

另一創新項目暫名為「24 小時一線牽」，是專為 65 歲或以上的長者提供一個輕便平安錶，除可作電話用途，讓長者隨時隨地聯絡摯愛親朋，同時可聯繫澳華療養院基金提供的 7 天 24 小時資訊查詢服務，並可監察長者的健康，以及追蹤長者位置。這個創新項目是澳華療養院基金的一項新嘗試，即將推出的試驗計劃將為 250 名家居支援服務長者提供服務。如發展順利，將進一步擴大服務範圍，讓華人社區更多長者受惠。



### 澳華療養院基金 長者平安錶 – 24 小時一線牽





## 銀髮優質生活博覽會展現「護理、護您」精神

「平常很少出來市中心，很慶幸我今日專程從康士比來到這裡，因為你們的解釋非常詳盡！」

「多謝你解答了我很多疑問，讓我安心為下一步好好安排。」

11月23、24日（星期六、日），澳華療養院基金的60多位員工和義工，連同TVB Anywhere一起協力舉辦了「銀髮優質生活博覽會」，加上近30個參展及贊助公司和機構，為大批銀髮一族，介紹各類生活資訊和養生保健的產品，讓參加者提早規劃自己的退休生活。

博覽會在悉尼市政廳低層禮堂（Lower Town Hall）舉行。部份人士還未退休，十分精壯，卻積極索取澳洲長者服務的資料。正如其中一位銀髮一族說：「我懂英文，平常也會上網，但澳洲的高齡服務很複雜，跟你們面對面諮詢後，現在清楚很多。」

兩日以來，我們見到不少新知舊雨，有些更是我們在電台節目「開心老友記」及兩大中文報紙專欄的「粉絲」。跟她們傾談，仿似相識多年的老朋友。

也有些長者雖然仍未是我們澳華療養院基金轄下服務的用戶，不過對我們職員親切的態度和專業的介紹，印象十分深刻，索性加入我們的義工行列，幾十份的義工申請表竟然不足應付需求。連一位本來在旁邊食品攤位工作的年輕人，也主動要求加入，成為這個大家庭的一分子，令我們的義工主任十分興奮。

正如澳華療養院基金董事郭立德所說，近40年來機構不斷擴展，實在有賴員工和義工，上下一心。今次的博覽會，也再次展現了大家齊心協力「護理、護您」的精神。「護理、護您」正是今年本機構訂立的護理模式。

澳華療養院基金舉辦博覽會，投入大量人力物力，不僅讓更多人認識我們的機構，也期望更多長者懂得自己的權利，如何使用澳洲的安老服務。



## 終身學習，讓生命繼續綻放光彩



有沒有想過你九十歲會怎樣？行動不便，整天坐在家裡，等候兒孫探望；或是住進療養院裡，需要別人的護理照顧。但原來九十歲，也有另一個可能性，就像古城先生，九十二歲仍然腰板挺直，神采飛揚，對世界充滿好奇，不斷努力學習，聽說他最近又有新搞作，細問之下，不由得暗自佩服。

### 九十二歲學習詠春

「最近我在學詠春，以前學過太極，比較柔和，但詠春相對來說較有勁，好像隨時都處於戰鬥狀態。我覺得面對人生也應有戰鬥精神，不要那麼容易認老認輸，會很沮喪。在班中我年紀最大，老師同學都叫我老先生，跟他們一起練習，逐一過招，他們使勁，我也使勁，練習完後整個人也精神煥發，然後和大班師兄師弟一起去宵夜(練功夫的人就叫這做食夜粥)，跟年青人一起，談天說地，自己也年輕起來！」

現在每晚他會打一套詠春拳，睡覺也睡得特別好！

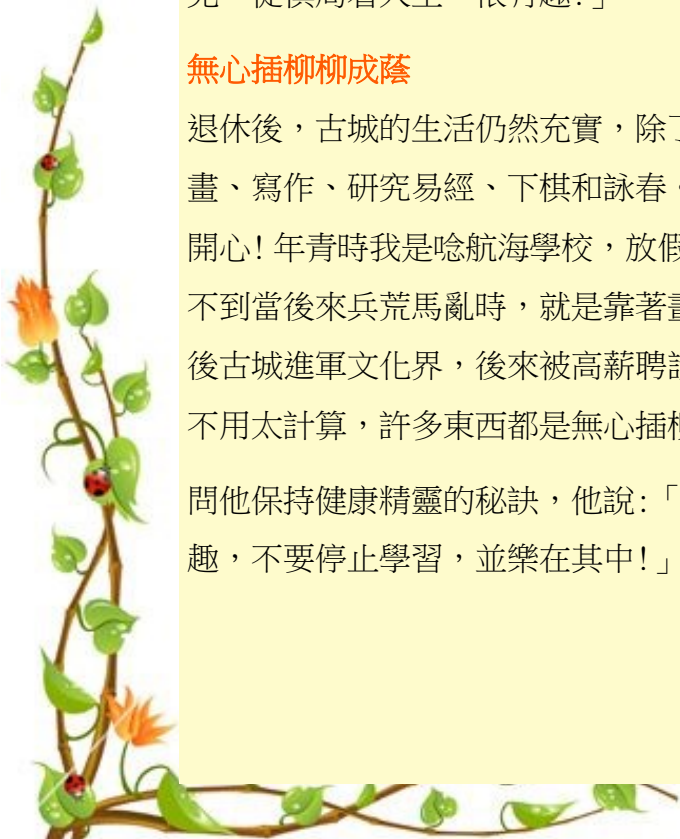


除此以外，他說最近也迷上了研究易經：「以前看易經，覺得只是算命迷信的東西，現在再看，感覺是講天地變化，好像好複雜，但博大精深，要先牢記八八六十四卦，雖然不容易，但覺看愈來愈有趣味！我也愛下棋，以前不懂，現在學識看棋局，看兩三步知他怎樣行，有些人老謀深算，引人進局；有些人心急求勝，易進圈套；亦有人見步行步，毫無遠見，從棋局看人生，很有趣！」

### 無心插柳柳成蔭

退休後，古城的生活仍然充實，除了遊山玩水，他仍然不停學習，拉二胡、唱粵曲、畫漫畫、寫作、研究易經、下棋和詠春。「學習每樣東西，我都是興趣先行，所以很投入，很開心！年青時我是唸航海學校，放假時看見戲院旁有人畫廣告畫，我有興趣就開始學，想不到當後來兵荒馬亂時，就是靠著畫畫這手藝考進大公司做美術主任，養活一家人！」之後古城進軍文化界，後來被高薪聘請來澳洲創辦華人報紙，成為報界翹楚。回首看，人生不用太計算，許多東西都是無心插柳柳成蔭！

問他保持健康精靈的秘訣，他說：「年齡不是問題，最重要保持心境年青！建立自己的興趣，不要停止學習，並樂在其中！」





院舍天才表演日那天，**李女士**特別請假來支持母親的表演，她母親是表演唱歌。為了預備這次演出，她母親很認真，每天都在療養院裡練習，所以請假也要來支持她。「母親很興奮期待這天到臨，一早已精心裝扮，換上漂亮的衣服，看見她開心我也開心。這次院舍天才表演日真的很成功，希望以後能多舉辦這些活動!」

在澳華療養院基做義工已有兩年多的舞蹈老師**吳太**，時常教長者跳華爾滋、森巴舞，甚至調皮的查查，她說：「起初長者身體較僵破，但現在肩膀和腿也靈活多了，他們的手會隨著音樂打拍子，最重要是臉上都是欣喜幸福的笑容!想不到他們反應這麼熱烈投入，看見這麼好的反應，我也有一份意外的喜悅!」



## 長者學習智能產品無難度

今時今日，無論你走到大街小巷，火車或是巴士上，都看見人手中拿著智能手機掃來掃去。智能手機及其相關產品，已成為現代人生活不可或缺的一部份。許多長者為了與世界接軌，也鏗而不捨地學習，究竟有沒有困難？年過七十、一頭白髮的 **Yvonne** 說：「絕對不容易! 特別是我們這年紀，記憶力很差，剛剛聽完老師解釋點頭說明白，回到家就忘得一乾二淨!為了克服困難，我用了最笨的方法，就是用筆和紙記下來，回家就不停練習!」**Yvonne** 套用愚公移山這比喻，只要有恒心，每位長者都可學到怎樣使用智能手機!

**Yvonne** 住在澳華療養院基金屬下的社區房屋，定期到歐田磨活動中心參加活動，中心時常教導長者使用 IPAD，讓他們用 IPAD 看新聞、看聖經。現在 **Yvonne** 常用的 App 包括臉書 Facebook，微信 WeChat，WhatsApp 和 Viber 等。「因為不同朋友使用不同的 App，所以我都去學。我曾用臉書，找到十多年沒見的老友，她已移民紐約，可以在網絡裡再次重逢，十分開心!」「我和家人溝通是用 Viber，以前不常見面，也沒甚麼話題，現在用寫的方法，溝通多了，關係也較親密。我英文不好，時常串錯字，孫仔會很快糾正我!」

許多長者拒絕學習新事物，時常說「臨老學吹打」，學來都沒有用。**Yvonne** 卻認為：「我覺得不應該給年齡框住，無論幾多歲都可以學習新事物，而且當你學會後，那種成功感和滿足感，開心到沒言語可形容!我小時候沒機會讀書，現在到了我這個年紀，沒有任何壓力，可以很自由地追回過往失去的時光，所以我很珍惜每一個可以學習的機會!」





# 澳華療養院基金

## 會訊

第30期 - 2019年夏季

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### 同歡共慶，長者才藝大比拼



澳華療養院基金一向重視長者身心健康，強調重建長者能力，即使入住療養院，長者仍然可以擁有多姿多彩，開心快樂的時光。為此澳華療養院基金屬下三間院舍包括陳秉達療養院、周藻泮療養院和錢梁秀容療養院特別攜手合作，於九月底在寶活會堂（Fitzroy Hall）舉辦「院舍天才表演日」。

當日可說是長者的開心嘉年華，每位長者都盛裝打扮，掛滿笑容。一開始跳舞老師與職員、義工穿著彩色舞衣，跳著舞入場與長者共舞，讓氣氛即時熱鬧起來。跟著是長者天才表演，包括一百歲的伯伯表演電子琴，還有其他長者表演口琴合奏，演唱的「茉莉花」和「月圓花好」等多首名曲，歌聲繞樑三日，讓來賓如痴如醉。最爆笑是兩位高大瀟灑的伯伯與跳舞老師合演的歌劇「我的心裡只有你沒有他」，七情上臉，令全場捧腹大笑，最後更勇奪「最佳節目表演大獎」！

特此訪問是次活動負責人康體協調主任黎姑娘，當初為甚麼會這個構想？她說：「最初和行政總裁談起來，覺得療養院臥虎藏龍，希望創造機會，讓長者各展所長；而我們的跳舞老師也想為長者安排跳舞比賽；加上澳華療養院基金其中一理念是與長者同歡共慶，於是決定舉辦這個院舍天才表演。想不到這活動那麼受長者歡迎！在此也特別感謝所有院長、跳舞老師、幾位音樂治療師、家人和所有同事的投入參與，並樂在其中！當天看到長者特別神彩飛揚，開心大笑，我覺得這是提昇長者身心健康的最有效方法，真的很值得！我們現正計劃明年再舉辦院舍千歲天才表演，期望再為長者帶來更多歡樂！」

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