

# ANHF Newsletter

ISSUE 32 - Winter 2020

60 Weldon St, Burwood NSW 2134 Tel: 02 8741 0218 Fax: 02 9747 1637 [www.anhf.org.au](http://www.anhf.org.au)

## Zero Infection Rate – Standing Ovation for All Staff

**Ada Cheng, CEO**

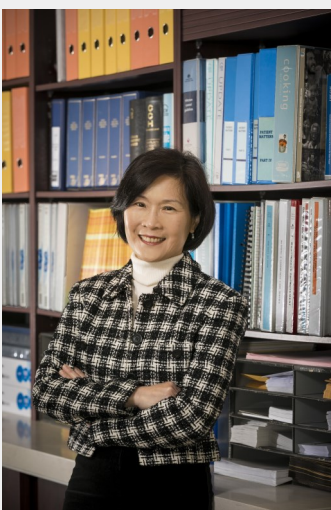
During the COVID-19 pandemic, ANHF's first and foremost priority was the wellbeing of consumers, staff and volunteers. The Infection Prevention Team set up months ago in response to the pandemic exercised stringent infection prevention measures, our staff also received paid training rolled out by the Department of Health on how to protect consumers and themselves during the pandemic.

Our nursing homes also implemented visit restrictions. To ensure elderly residents have contacts with family and friends, Management deployed experienced frontline staff to serve as Connection Ambassadors who assisted residents with setting up teleconference or video conference with their loved ones. That was how we exemplified our 'One Team One Spirit' in action!

Though our Seniors Wellness Centres were temporarily closed during the pandemic, staff still telephoned our elderly consumers every day or conducted gentle exercise programmes via WeChat. Pleasant surprises were sent by courier to their homes by Centre Coordinators – gifts and cards on Mother's Day and glutinous rice dumplings prepared by our staff on Dragon Boat Festival – while observing 1.5 m social distancing rule.

What about our community housing tenants? Many of them dared not leave home when purchasing masks seemed impossible. With the generous donation from a donor, all tenants received with joy and gratitude free masks from our Community Housing Officer. At a time when masks were so scarce such gifts meant timely help in the hour of need!

Volunteer Day Australia was May 18. Though we could not thank our wonderful volunteers with a dinner, the Volunteer Coordinator prepared a special video clip to extend our heartfelt thanks for the commitment and



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### EDITORIAL COMMITTEE:

Ada Cheng  
Rebekah Kwan  
Adelaide Fung  
Suet Yee Cheung  
Ita Wong  
Cindy Wong

**ADVISORS:**  
ANHF Board

dedication of each and every volunteer.

During the pandemic our Communications and Marketing Unit conducted four COVID-9 quizzes to boost the team spirit, to refresh what we had been trained about infection prevention and to put knowledge into practice. Another much welcomed contest was the 'Stay Well Stay Positive – Clever Idea' competition.

May I take this opportunity to thank all staff, including Management, for their tireless efforts in updating policies and procedures in response to the development of COVID-19 pandemic. My sincere thanks go to our courageous frontline staff who dauntlessly provided service with heart and soul under the threat of the pandemic. Achieving zero infection rate in the past months was no mere luck, but a joint victory from the concerted efforts of all our brilliant and dutiful staff who strived, persevered and never gave up during such a challenging time! To extend our wholehearted gratitude to them, every staff received a bag of 5 kg jasmine rice in June as a thank you gift from ANHF.

Let's not forget our mission in ensuring all elderly consumers receive safe and quality service. May all of us continue to hold on to our passion in work. My standing ovation for you all!



## Getting Ready to Resume Activities

Jenny Chua, General Manager Residential Care

***'During the pandemic these words always come up in my mind: unity, communication and caring for others. Without unity, unwanted misunderstanding and suspect arise; without communication, fear emerges. When nursing home staff exercise infection prevention measures, their standpoint is to guard the elderly residents against infection, this is caring for others!'***

**Emily Chong**

**Facility Manager, Lucy Chieng  
Aged Care Centre**

While we cannot deny that our preparedness to prevent a potential COVID-19 outbreak has caused so much inconvenience

to our residents and their families' lives, we are thankful that we have been able to successfully protect our residents and maintain zero infection to date.



As the restrictions in the community have been gradually relaxed, we are still required by the Government to continue to maintain the restrictive visiting conditions for any people entering residential aged care homes. In addition to health and travel history check, all staff and visitors have been asked to pass a temperature check, make declarations and show evidence at entry that they have received influenza vaccination. A booking system has been arranged for visitors including family. Facility Managers may grant discretionary approval to special visiting requests upon application.

Since mid-May, we managed to “borrow” additional staff resources from the Seniors Wellness Centres to assist in the implementation of “Connection Ambassadors”. The Connection Ambassadors are our experienced frontline staff in day care setting and have been trained to help residents to stay connected with family via phone calls, video conferencing and social distancing visits activities. They also assist the Lifestyle team to provide lifestyle and enablement activities to the residents.

At this stage we are cautiously conducting risk assessments at each site to prepare the resuming of certain activities (e.g. performance by a single performer who passed all entry screenings and can demonstrate safe practice of social distancing). Activities such as the congregation of large group, visits by the community, or social outings are still on hold. We are forever grateful for the continuous understanding, patience and co-operation from our ANHF communities during this difficult enduring time. Please take care and keep well.

## Behind the COVID-19 Curtains: A Step Ahead

James Lim, General Manager Community Care

Over the last 5 months, ANHF has been constructing and traversing our own COVID-19 journey, way before Australia declared a pandemic. As a result of our countless hours of dedicated work, planning, working collaboratively across teams, while engaging all our ANHF residents and consumers on a safe journey. Despite facing an unprecedented scale of an international pandemic, we are extremely grateful to have access to experienced members of the ANHF Board, senior leaders, and a resilient workforce to continue delivering positive COVIDSafe practices and experience to all our residents and consumers. As an innovative and progressive organisation, we are still building on our success and confidence to create a COVIDSafe workplace and a home for everyone. As NSW is easing restrictions, ANHF is getting our Seniors Wellness Centres ready for a staged resumption of services.

Similarly, we are encouraged that more and more Home Care consumers are also resuming their general care services. Stay tuned with further announcements from the Community Care team.

*This pandemic taught me that life is full of unexpected incidents and what we currently possess cannot be taken for granted. Treasure more our time with family members, colleagues and consumers. Life still goes on during the pandemic. To ensure there is still sunshine in our life we must face it with a positive attitude.*

Alison Wong  
Home Care Manager



# What We Did during the COVID-19 Pandemic

## Community Housing

### GP Visit to Community Housing Premises for Flu Vaccination

During the pandemic, Jacky, our Community Housing Officer, visited the tenants individually to see if they required any support as well as informing them of the latest news from the Australian Government. Our support was timely. To protect tenants from infection risk at clinics where they had to queue for flu vaccination, Jacky arranged special GP visits to all our community housing premises. That really gave our elderly tenants peace of mind!

### Face Masks That Met Our Needs

With the generous donation from individuals and community groups, ANHF Management decided to give these face masks to the elderly who need them, including tenants of our three community housing premises. All tenants received them with joy and gratitude, especially at a time when masks were so scarce and when they dared not leave home without one. These face masks came to be timely help in the hour of need, they could then go out for medical appointments, shopping or visiting places where there were more people while feeling safe and protected.



## Seniors Wellness Centres

### Surprises on Mother's Day and Dragon Boat Festival

As advised by the Government, ANHF Seniors Wellness Centres were temporarily closed during the COVID-19 pandemic, yet staff continued to support our elderly clients through daily telephone calls, gentle exercise via audio-visual means with the aim to maintain physical and emotional wellbeing and to prevent infection.

Though it seemed impossible to celebrate Mother's Day and the Dragon Boat Festival with the elderly clients together, Centre Coordinators had their brilliant ideas in bringing pleasant surprises. Staff from So Wai Seniors Wellness Centre personally delivered Mother's Day presents before the day. Stanley Hunt Seniors Wellness Centre delivered flower bouquets and cards while Hurstville Seniors Wellness Centre also had their home delivery of Mother's Day gift packs (cakes) and glutinous rice dumplings made by staff for clients to celebrate the Dragon Boat Festival – all done with social distancing!



# What We Did during the COVID-19 Pandemic

## Nursing Home Connection Ambassadors Who Brought Emotional Comfort

Michael Yu, Community Service Employee

As advised by the Government, ANHF nursing homes restricted visits. Michael was among those who were deployed to nursing homes as Connection Ambassadors. Their work was mainly to assist residents to contact family members via telephone or visual means, or accompany them to meet their loved ones at specific areas within the premise. To Michael, this was a very meaningful job that brought emotional comfort to the elderly by meeting their genuine needs.



Michael mentioned an elderly Shanghainese male resident who was a bit upset. When he started to chat with this resident in Shanghainese, the resident's eyes sparkled with joy. Connection between them was strengthened. Moods were high as this resident had a video chat with his son with Michael's assistance. The family members of a resident thanked the facility for arranging video contacts during the pandemic as they could not come over from Newcastle for a visit. Michael said his experience in working in a Seniors Wellness Centre equipped him with communication skills and the sensitivity to feelings of the elderly, that was why he could easily pick up the new role of Connection Ambassador and enjoyed being one!

## Sharing by a Frontline Staff – The Elderly Need Us More during the Pandemic

Lucy Tsao, Care Service Employee

When asked if she was worried about infection risk when providing home care services, Lucy said she was not a bit worried as ANHF conducted many staff training sessions from which she gained ample knowledge in protecting herself and the elderly. Staff received protective items like gloves, face masks, shoe protection covers etc. All these gave the elderly peace of mind.

Though work was not light – assisting the elderly in showers with a face mask could be a bit uncomfortable. Despite the irritation on her sensitive skin, Lucy insisted on fulfilling her duties. 'During the pandemic, many elderly people who live alone cannot receive help from their family members. Without



our support, they might not have meals or showers...what can they do?' Besides personal care, she also helped the elderly in shopping, purchasing medicines and teaching them how to contact their loved ones via WeChat. Once Lucy assisted an elderly lady to contact a friend who lived in China, someone whom she had not seen for many years. The consumer said, 'Why? You've become so old!' Indeed this consumer had not realized she had become old too!

'With the uniform, you are no longer yourself but a representative of the organisation. The elderly need us even more during the pandemic. We have to love our job, do it well through thick and thin!'

# What We Did during the COVID-19 Pandemic

## Treasure the Opportunity to Communicate with Family Members during COVID-19 Pandemic Alice Hon, RN at Chow Cho Poon Nursing Home

Despite the COVID-19 pandemic, Alice feels it is safer to work in the nursing home. 'Our residents haven't gone out since the pandemic began. The facility also exercises stringent measures like visit restrictions, declaration and self-isolation by all staff and visitors who have travelled overseas, frequent handwashing etc. As everybody is very conscious about hygiene, there are fewer flu cases this year!' Our organisation provides much support for staff. At the onset of the pandemic we had training sessions to equip us with enough knowledge to combat COVID-19 e.g. how to identify symptoms, how to put on and remove personal protective equipment. I have learnt a lot. I even won a prize by participating in the COVID-19 quiz conducted by Communications and Marketing Unit. Putting knowledge into practice was so fantastic!

Our residents were a bit unsettled when family members could not visit them. Once an elderly female resident asked me, 'Why doesn't my son visit me? Is there anything wrong with him?' No matter how we explained to her, she did not quite understand. Then we arranged Connection Ambassadors to help her chat with her son through video conferencing. Seeing her son on the screen, she became very happy!

All over the world many people lost their loved ones during the pandemic. Being able to be with our family members cannot be taken for granted, this pandemic has taught me to treasure the opportunity for communicating with family members.



## Sharing by a Community Housing Volunteer – Working together to Fight against COVID-19

Yvonne Fung, Community Housing volunteer

Every time we visit Jones Street Community Housing, we will see Yvonne sanitizing the hand rails, the lobby lift etc with liquid sanitizer. When asked how many times these areas were sanitized, Yvonne said sanitization was done at least 5 times a day during the pandemic to give all elderly tenants the peace of mind. Apart from sanitization, Yvonne is also frequently seen in attending to the potted plants in the courtyard. To her, a well-maintained courtyard is a comfortable leisure corner for tenants during the lockdown. Gardening also gives Yvonne a meaningful way to pass the time and to learn patience. Seeing



the seeds turn into seedlings or baby plants that are full of life gives her immense pleasure!

How did life change during the pandemic? Before, tenants simply walked into the office to get their mail. To follow 1.5 metre social distancing, Yvonne delivered their mail into ANHF enviro bags hung outside their doors and informed tenants of the latest COVID-19 information. As a community housing volunteer, Yvonne also assists in emergency situations. Recently when Yvonne was fast asleep late one night, someone knocked at her door to tell her that a tenant had a fall. She immediately called 000 for ambulance service, hoping to take the elderly male tenant to the hospital as soon as possible. To Yvonne, doing everyone's best during the pandemic and being able to help others during the pandemic is a blessing!

# Sharing by Consumers and Carers during the Pandemic

*We received many thank you letters from consumers and carers –each and every word reflects invaluable feedback that we treasure.*

## Glutinous Rice Dumplings That Carried Tender Loving Care from Hurstville Seniors Wellness Centre Jenny Pan, Carer

Ever since the COVID-19 pandemic, the Australian Government exercised stringent measures. Many service organisations had to close temporarily, numerous trades and businesses faced even harsher conditions, normal work routines were very much handicapped. To prevent infection, our much loved Hurstville Seniors Wellness Centre had to follow Government guidelines to temporarily suspend their services.

Yes, the pandemic swept across the world, but the ANHF spirit prevailed. Despite service suspension for over four months, staff continued to have gentle exercise with the elderly through video media on smart phones. This one-hour exercise time, though seemingly short, did a fantastic job in helping the elderly to maintain physical and emotional health! First there was a set of exercise with 18 styles, then came tai chi, rounded up by a sing along of golden oldies that further lifted everyone's spirits to start another cheerful day!

As a carer, I also followed the exercise. There were times when I enjoyed seeing my mother doing the exercise while I was engaged with housework. Looking after an elderly person is far more tiring than looking after a child, I deeply experienced the toil in taking care of my mother. Not just being physically sound, all aged care staff also need a sense of responsibility and patience. These qualities are indispensable! I do wish the pandemic would soon end for everyone to be back at the centre. May I take this



## Thanks for Your Caring during the Pandemic Sau Shu Zhou , Home Care consumer

I am Zhou Sau Shu, 84 years old, live alone in an elderly unit in Roseland. Ever since I started receiving services from ANHF, I have been very happy and thankful to the Australian Government for providing care services for elderly people. This indeed gives hope to me. My sincere thanks go to the ANHF Home Care Team, especially the frontline care staff for their committed services during the COVID-19 pandemic. Understanding my fears, their genuine care and concern significantly alleviate my worries.

I am very grateful to the three home care staff - first it was Yi Feng, then Candy and currently Kay. They have been tireless and dedicated in their services, just to make sure my needs are met. More than just helping me with my shopping needs – their listening ears are a joy for my lonely days. Ms Wendy Lin, my Home Care Advisor, is very efficient and professional in allocating staff appropriately to meet my specific needs.

May I wish ANHF even more achievements in the days to come and in your advocacy for more welfare for elderly Australians!  
Wishing you all the best in serving the community in different roles and in your career!

*Providing timely support for the elderly to help them stay safely at home instead of feeling lonely or helpless during the pandemic is the responsibility of our Home Care Team.*

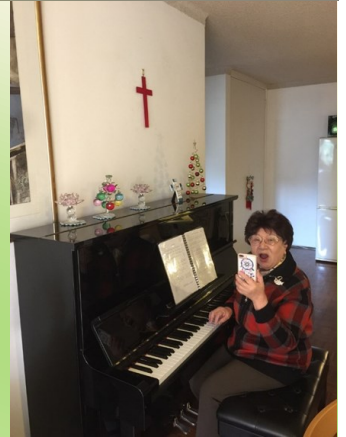
*Wendy Lin  
Home Care Advisor*

## Sharing by Consumers and Carers during the Pandemic

*We received many thank you letters from consumers and carers –each and every word reflects the invaluable feedback that we treasure.*

**Ms Gao** is our Home Care Services consumer. She had not left her home since the pandemic began in January, yet to her life was never boring!

Despite being homebound, her daughter would place the purchased items in front of her door. Our ANHF care service employee also visited her every week. When asked why she did not let in her daughter but allow our staff to walk inside the house, Ms Gao said, 'Your staff have been trained professionally. Every time they come, they complete a health declaration, carry out sanitization at the door, put on face masks, gloves and shoe protection cover. I myself cannot even meet the stringent policy of mandatory flu vaccination before May 1 — that's why I feel safe with your services!'



Those who can prepare their own meals might have the least idea of not being able to leave home for grocery shopping or having no family members to help, not to mention not having a hot meal! Seeing such a need, Stanley Hunt Seniors Wellness Centre kicked off their meals on wheels service to meet the urgent needs of the elderly who lived in the vicinity.

**Ms Tse** aged over 90: she could only eat pureed food due to poor digestion. Kitchen staff at Stanley Hunt Seniors Wellness Centre prepared chicken congee for her every day with an added egg, cheese and nutritious formula under the advice of a dietitian. All pureed to a paste to ensure she was well fed during the pandemic. No wonder we were praised by this elderly lady, 'Your COVID-19 measures are so well organised. The needs of the elderly are still attended to!'

### Dear staff at Lucy Chieng Aged Care Centre,

We are the son and the daughter of Ms Hui Lian Nie. Before mum passed away and was still conscious, she reminded us to extend our heartfelt gratitude to all LCACC staff who had provided dedicated and professionally care for her! Mum was one of the first group of residents who moved in. For over nine years, staff cared for her far more than what sons and daughters might do. Her longevity owed much to this tender loving care. She had the most comprehensive care – from enjoying a variety of daily activities in her early days to (in her final days) receiving insulin every night, dressing for her legs every morning, meal feeding, palliative care...your tender loving care was what we, as well as my mum, were immensely grateful for. Viewed either from the perspective of a family member or just a visitor, your professional, comprehensive and need-based care services deserves to be reckoned as the best among all residential care services in Australia. Though mum had already passed away in gratefulness and grace, we trust that the LCACC spirit will live on to even higher grounds! We would love to thank you all once again.

Wishing you all achievements in work, a prosperous future and good health!

Peter (son)/ Phyllis (daughter)



# Gather our wits and be clever

As we face the COVID-19 pandemic, many people are overwhelmed by anxiety and physical exhaustion. The health and safety of ANHF staff health is our utmost importance. This Clever Ideas Contest aims to boost our spirit and promote a positive attitude. Let's turn on our brain waves to conjure up clever ideas to protect ourselves and our families during this difficult time.

## Clever Ideas Contest Winners

Cindy Wong	Ita Wong
Fifi Lai	Liana Li
Annie Kung	(names not listed in order)

### How to make hand sanitiser? You need:

2/3 cup 99% alcohol or rubbing alcohol (isopropyl alcohol)  
1/3 cup aloe vera gel

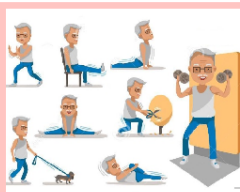
Mix them and funnel into bottles to be used. I also added a few drops of essential oil so it smells refreshing and nice. I then give them to my family and friends.

## EASY STEPS TO STAY WELL AND STAY POSITIVE



### Stay Connected with Loved Ones

Staying in touch with family and friends is easy. Just pick up the phone, you can WhatsApp, WeChat from a distance.



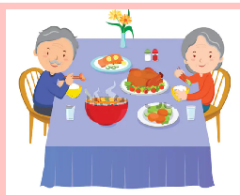
### Stay Active

Exercise is really good for both our physical and mental health. You can exercise from home, or follow exercises from Youtube.



### Music Enjoyment

Music can make us feel so much better. You can play some music or make your list of music to enjoy!



### Eat Healthy meals

Eating a healthy meal is important for your health and body. And getting a good sleep is key to being healthy.



### Learn Something New and Look After Yourself

It is really important you look after yourself. If you are getting worried, take some time to slow down and do something you enjoy.

## STAY AT HOME AND STAY HEALTHY

Beginning from March we have been keeping all our weekly purchased grocery items in a separately place. They will be used after at least **three days (72 hours)**. Even if there are viruses, their numbers should be minimum!

### Tips for effective cleaning against covid- 19:

- \* **Wear Gloves**
- \* **Use a clean cloth or disposable paper towel**
- \* **Cleaning:** pay attention to the bathroom and toilet, as well as frequently touched surfaces such as tables, counter tops, light switches, door handles, personal items e.g. mobile phone
- \* **Disinfecting:** be sure to follow the instructions on products; do not mix different cleaning products as this can create dangerous solutions

The negative news and our unknown fear of the virus during the COVID-19 pandemic bring stress, worries and isolation that further affects our emotional wellbeing. **Let's start gardening then!** Some plants e.g. lavender, roses, lemon etc naturally have nerve calming effects. There are others that can be made into essential oil or tea leaves to help us relax. You will surely feel good with flowers and plants.

# ANHF COVID - 19 Challenge



When the COVID-19 pandemic was at its peak in March, every staff was extremely busy in guarding the organisation to maintain zero infection rate. The Communications and Marketing Unit conducted a quiz to enhance staff knowledge in COVID-19 in a relaxing and fun-filled way. The biweekly quiz began at the end of March, with a total of four rounds. Altogether there were **377 participants, 54 prizes** that were given out included \$20 gift coupons and much-sought-after items: toilet rolls (pack of 8), face masks (pack of 10) and many winners were very excited, especially when toilet rolls were scarce in supermarkets. Some spent the gift coupons on snacks to share with colleagues but ended up in 'losing' rather than 'winning'! Having a happy time together was of course far more important than anything else during the pressing times of the pandemic!

## Thank you for your donation!

Thank you for your donation!

**Our heartfelt thanks go to individuals and community organisations for their generous donation of face masks and sanitizers during the COVID-19 pandemic.**

Sydney Inner West Medical Centre c/- Dr Stephen Zhang	Nan Tien Buddhist Temple Chatswood	Chinese Masonic Society	Chun Shan Society of Australia	Australian Guangdong Chamber of Commerce
Ms Janet Wong	Ms Fong Fong	Ms Lai Kwan (Annie) Yiu	Mr Chan Lai	Ms Anna Lo
Sun Yat-Sen University Australia Alumni Association Incorporated	Joint donation by Guangzhou No.2 High School Australia Alumni Association Incorporated	Joint donation by Greenland Australia and Megaward Property Group	Sydney Jiangmen Wuyi Business Association c/- Warren & Daisy Lam	Joint donation by Excel Education Consultancy and 廣東雄塑科技集團股份有限公司
Mrs Sui Chan O'Young-Lam Family	Mr Jacky Chen - Linchen Health Pty Ltd	Ms Qiu Hua Wu	Federation of Australian Shenzhen Community	Ms Li Ping
Ms Michelle Lo	Mr Ho Sang So & Ms Wai Ching Lok	The Global Chinese Christian Unity Federation Incorporated	Perfectway Medical Supplies Pty Ltd Ms Diana Chung	





### 李穎祺 培訓及發展主任

李穎祺女士於設計數碼平台培訓課程、推行員工表現管理系統及優才發展經驗廣泛，更擅長計劃推廣及引進新意念。李女士在悉尼、香港及新加坡曾任職於企業及非牟利機構。

李女士積極面對改變、勇於自我求新；其工作經驗遍佈多個行業，自財務至市場推廣、人力資源、培訓及最近之全國殘障保險計劃，乃至現任之高齡護理範疇。

李女士熱衷支援他人成長，視他人之成功為一己之喜、一己之傲。

於李女士而言，任職基金除帶來發展機會外，更可迎向新挑戰。



**Vivian Wing Kei Li**

*Learning & Development Officer*

Vivian has extensive experience in designing learning and development programme on digital platform; implementing performance management system and talent development; and also extensive experience in rolling out projects and new initiatives. She has worked in both corporate and not-for-profit sectors in Sydney, Hong Kong and Singapore.

Vivian believes in change and dares to re-invent herself. Her career footprint spans from finance and marketing, HR and L&D, recently to NDIS and now Aged Care.

She is passionate in supporting others to grow and consider others success as her pride and joy.

Vivian sees working in ANHF as a development opportunity and she looks forward to start her new challenge today.

## Staff Movement 員工變動

### 丘諾恩 服務質素監控主任

丘諾恩女士具超過七年醫院及高齡護理之護理經驗。丘女士於2018年入職周藻泮療養院，職責漸次增加，包括療養院內培訓導師、推動「以人為本軟件」。在引進此軟件之過程中，丘女士表現卓越，對周藻泮療養院持續改善服務及團隊表現等方面，助益良多。丘女士亦修畢幼兒服務文憑及高級翻譯文憑。

自2019年9月起，丘女士承擔另一統籌工作，出任院舍善終護理主任。



**Nok Yan YAU**

*Quality, Risk & Compliance Officer*

Nok Yan has over 7 years of nursing experience in both hospital and aged care setting. She joined CCPNH in 2018 and has since took on additional roles and responsibilities such as local trainer, PCS (Person Centred Software) Champion; in which she excelled and contributed positively to the continuous improvement of CCPNH and its workforce. Nok Yan also has a Diploma in Children's Services as well as an Advanced Diploma in Translation.

From September 2019 she took on another project coordination role as the ELDAC Palliative Care Project Coordinator for Residential Care.

#### 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合符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

#### Section 2: Donation Details

Donation of \$2 and over is tax deductible.

凡捐款2元或以上可扣稅

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)**

☐ Master Card

☐ Visa

☐ 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 March till June 2020  
謝謝各位的支持。下為2020年3月至2020年6月期間之捐助人芳名。

100以下 Below <100	\$100—\$499	\$500 - \$999	\$1000-\$4999	\$5000以上 \$5000 and above
Selina Lau (BCNH - The Estate of Late Woon)	Zhou Quan Lei (The Lucky Restaurant)	John Wong	Yu Wing Leung	Robert & Therese Tong
Thomas Fong		Quan Tran	Dr Anselm Kuok	Paul Tam
		Foo & Ms Lau	Fung Yuen Yee Catherine	
		Sau Wai Lau	Emily Chang	
		Hin Wing Chung		
		Danny TSE, Annette YU, Ella Fung, Will TSANG, Doris CHU, Alan & E CHAN, Alan TAM & Selina LEUNG		