



ANHf

AUSTRALIAN NURSING HOME FOUNDATION

澳華療養院基金

Culturally Appropriate Aged Care Since 1980

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Newsletter

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Pleasant Surprises for the Elderly as Seniors Wellness Centres Re-Open

Our social lives have been affected by the global COVID-19 pandemic. The elderly, in avoiding infection and being a high-risk group, may suffer emotional issues due to long-term confinement at home. Seeing that emotional health was of utmost importance to the elderly, our ANHF teams have been keeping contacts with them via video and phone calls. As the pandemic recently eased, our Seniors Wellness Centres gradually re-opened.

Cute Japanese sandal keyrings made with yarn

Anyone stepping into Stanley Hunt Seniors Wellness Centre (SHSWC) at Ultimo will definitely be enwrapped by the bustling and lively atmosphere. Stoves inside the centre kitchen have always been



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cooking to ensure the elderly who lived alone had the warm meals they very much needed. Annie, the Centre Lead Coordinator, told us that the elderly were excited with joy when they knew the centre would soon re-open. Presents swarmed in. 'During the pandemic, Ms Noriko YANAMOTO, an 82-year-old Japanese client made a Christmas from with magazine paper, coasters made from gorgeous Japanese fabric and cute Japanese sandal keyrings made from yarns. Everyone was thrilled as she brought these presents to the centre!' This lovely Japanese elderly lady first came to SHSWC because she could not find one for people from the Japanese background. It soon revealed that she was so happy and involved. 'She became deaf at the age of 15, lip reading was her means of communication. She understands some Chinese characters, loves to communicate with other elderly clients with body language! Noriko has very high observational powers. She will immediately inform staff if she finds any elderly clients forgetting to take their walking stick!'

Editorial Committee:

Ada Cheng
Rebekah Kwan Adelaide Fung
Suet Yee Cheung Cindy Wong

Advisors:

ANHf Board





92-year-old Mr LI learnt to 'paint' with paper art

The 92-year-old Mr Shi Jie LI, our Home Care client, loves attending SHCWS. He started learning from the internet how to 'paint' with paper art. His 'paintings' are masterpieces of colours, dexterity and subtlety. During the pandemic he made 8 superb paintings titled 'Four Seasons' for SHSWC, so gorgeous that they deserved a unique exhibition! He had also made colourful, exquisite macarami bracelets for all staff and clients. Everyone felt so happy in receiving such lovely presents!

'We're so very touched,' said Annie, 'not just because of these presents but knowing that our centre means so much to the elderly! Indeed the avalanche of negative news during the pandemic drove us to frustration, but it's very encouraging to see that our elderly clients still made the best use of their time to do the things they like! They are the best examples in facing hardships with an undaunted spirit and a positive attitude!



Outings, Scenic Tours, Tai Chi in National Parks

Everyone was so thrilled in being back to nature, no wonder these outings brought them laughter and photos.



Excitement on the faces of the elderly

As the pandemic prevailed, even family members choose not to take their elderly out. Staying idly inside the house was like being in gaol. What was so memorable to staff at Hurstville Seniors Wellness Centre was the excitement on the faces of the elderly as staff took them out for the first resumed outing of Hurstville Seniors Wellness Centre. 'Going out FINALLY!' 'Even just a bus ride is far better than feeling bored, upset and housebound all day!'

The fair weather in late spring and early summer meant the best time for outings — Wisteria Garden, tai chi, feeding the koi fish at Auburn Japanese Garden, sightseeing at Sublime Point Lookout, picnics at Kamay Botany Bay National Park and Prince Edward Park, or even a visit to NSW Art Gallery. Everyone was so thrilled in being back to nature, no wonder these outings brought them laughter and photos.

Stringent infection control measures

Bridget, the Centre Coordinator, put it firmly, 'Stringent infection control measures are a must for every outing. We have to ensure both the elderly and their family members are healthy. Before getting on the bus, screening procedures are taken: health declaration, temperature taking, hand sanitizing and wearing a face mask.' Seats inside our buses are assigned to maintain 1.5 metre social distancing. The elderly have to take turns in outings due to limited seating. Though face masks have to be worn all through out the outing, no complaint has been received as they understand every measure is to protect everyone's safety.'

'Their family members have confidence in us and feel our infection control measures are even safer and more stringent than those inside their own homes. That's why they trust that their loved ones are well taken care of.'



Home Is Where the Heart Is



So Wai Seniors Wellness Centre also re-opened. Phoebe, the Centre Lead Coordinator, was a bit worried about the adaptation of the elderly (especially those who have dementia) when they resumed centre activities. 'Many family members told us that their loved ones looked a bit sluggish in having been homebound for a long time, but returning to the centre had amazingly cheered them up. Though they cannot not remember the names of staff, they greet these familiar faces loudly and clearly. They still remember where the toilets are and where to wash their hands — it's like being at home again!'



Watching videos of tourist spots in different countries in a comfortable air-conditioned room feels like you're right there!

TV Tours around the World

Australians, especially retirees or the elderly, know how to enjoy life. They used to have annual holiday with family or friends but planned tours this year were wiped out by the pandemic. ANHF Happy Hubs understands their needs. We take our elderly clients to visit places all over the world by first collecting a huge range of information on tourist hot spots, then turn the gathered materials into interesting videos that are shown on a mega tv screen for their enjoyment. 'Our elderly clients feel so excited.' said June, Seniors Wellness Hub Coordinator, 'Watching videos of tourist spots in different countries in a comfortable air-conditioned room feels like you're right there! Recently we "visited" Egypt and Potala Palace in Tibet. Everyone's so happy and tells us with a smile that it's more convenient and practical to travel in a cosy arm chair now rather than climbing up hundreds of stairs as it is impossible for them.' Other than these adventures, June will arrange group games that involve brain work. Examples are the pairing games and Bingo, or games that require coordination between the eyes and the hands e.g. quoits, table bowling etc. The elderly are still good at coordination skills despite having been away from the centre for quite some time!

Being mindful about their health, the elderly clients at Campsie Happy Hub and Eastwood Happy Hub enjoy the activities there too, especially the fall prevention exercise that strengthens their leg muscles and helps them to maintain physical and emotional wellbeing despite the pandemic.



New Nursing Home at Gordon — Earth Breaking Ceremony and a New Milestone for ANHF

After years of preparation and assessments, a simple but solemn Earth Breaking Ceremony of our new nursing home at Gordon finally took place on Wednesday, 4th November. Expected completion date of this new facility with 84 ensuites (78 single rooms, 6 double rooms) is in mid 2022.

Strategic planning that started 10 years ago

Ms Ellen Louie, ANHF chairman, thanked the Board and senior executives for their countless efforts and time over the past years in planning for a Chinese-specific, tranquil, comfortable and high-quality nursing home in Northern Sydney.

Ms Ada Cheng, our CEO, is excited to see another significant step in this project. In her speech, Ada pointed out that constructing a nursing home in Northern Sydney was the most crucial item in the Board's ANHF Strategic Plan established over 10 years ago. Challenges came one after the other: site hunting, property purchase, design, development applications, inviting tenders etc. Though the global pandemic this year added unstable factors to this project, Ada is confident that with concerted efforts and a united spirit among the Board and each and every staff, the new nursing home should be completed by mid 2022.

Adopt a Plant Day

Grindley, the project contractor, is a construction company that has constructed many famous, award-winning nursing homes. Prior to the Earth Breaking Ceremony, Grindley planned an Adopt a Plant Day for ANHF. Flyers were distributed to invite neighbours to receive a free plant removed from the construction site for re-planting in their own home. Nearly 20 neighbours supported this meaningful act.



Ada also thanked Boffa & Robertson for their innovative ideas that seamlessly blended traditional Chinese cultures with modern, Western design, in line with environmental friendly concepts. The new nursing home will surely be an unprecedented eye catching and a much anticipated achievement amongst the Chinese community.

Although ANHF welcomes the 40th anniversary this year, our gala dinner originally planned in the middle of this year was re-scheduled to October next year due to the pandemic. This will serve as a spectacular fund-raising event as well.

With concerted efforts and a united spirit among the Board and each and every staff, the new nursing home should have been completed by mid 2022.

Thank You ANHF

Dear Ruby,

During the festive season in remembering the birth of Christ, I would like to say thanks to staff at LCACC. Covid-19 has put us all in unfamiliar territory and, there have been rather difficult time for residents, families and staff.

I would like to mention the help and support from Emily Chong. She has tirelessly provided answers to our many queries on Covid-19 rules.

Nancy, Sue Hua, Lauren, Jessica, Alice and Shirley have given diligent ongoing care to my mother, Ah Lik Tan in room 69. There are other staff whose names are not mentioned, thank you all.

May the good work continue to keep the residents safe and well physically, mentally and emotionally. It has also been hard on families during the isolation periods.

Wishing you a Merry Christmas!

Isabel Larby

Dear staff at Bernard Chan Nursing Home,

How are you? Let me first thank you for your dedicated loving care for my husband, Ling Wah NG, who enjoys every day in the facility.

You have done a very successful job in fighting against the pandemic. To protect the health of the elderly, each and every staff holds fast to their duties to ensure residents' are safe during the pandemic.

I really appreciate your spirit in fighting against the pandemic.

May I extend my thanks again to every one of you for your loving kindness.

Wishing you all a happy Moon Festival!

鄭冰華 (wife of Ling Hua NG)

I wish to commend the team consisting of Tran, Vanessa, Grace and Vicky for inducting my mother and I to the program and the support provided along the way. Tran, Vanessa and Grace have been most attentive and helpful in designing a program that suits our needs and in my view, they have gone above and beyond to obtain approval for a suitable helper (Vicky) to attend to mum on Saturday mornings to provide me with some respite as the primary carer to mum. I am most grateful to finally get a break to focus on my life even for just a few hours each week without needing to worry over mum's safety and wellbeing. Vicky visited for the first time on 27/11 and instantly struck a chord with mum as she is very personable and patient putting mum at ease. Thank you team ANHF!

Wai Fatt

so appreciative of all you do



Ho Ho Ho X'mas ! 好好.....過聖誕 !



周藻洋療養院CCPNH



沛德活動中心 SHSWC



伊士活及金匙長者康頤天地 ESWH&CSWH



好思維活動中心 HSWC

Ho Ho Ho X'mas ! 好好.....過聖誕 !

錢梁秀容療養院 LCACC



陳秉達療養院 BCNH



周藻洋療養院 CPPNH



Yan (Tony) ZHU Information Technology Officer

Tony is a graduate in Computer Science. He comes to ANHF with excellent credentials, having worked for several years in the IT industry including in international IT organisations such as Unisys Australia. He is also trained as a MYOB ERP consultant. Tony will be able to support the IT needs and make valuable contributions to our various IT projects/initiatives both now and in the future.

祝岩 資訊科技主任

祝岩先生來自中國，修畢電腦科學，加入基金大家庭前祝先生已是資訊科技資深從業員，曾任職跨國資訊機構如Unisys Australia數年。祝先生更完成「會計軟件企業資源規劃顧問」(MYOB ERP)培訓課程。

祝岩先生除為員工提供資訊科技支援外，亦必能有助基金目前及將來之資訊科技規劃。或創意計劃。



Debra Charlton Quality Risk, Compliance Manager

Debra has started her position as Quality, Risk and Compliance Manager with ANHF in December 2020. Debra's previous experiences in aged care include clinical leadership, operations, quality and compliance and aged care consultancy roles and also being our Clinical Advisor from April 2019.

With her advance knowledge and skills including accreditation standards and legislative requirements Debra will continue to work with our residential and community services teams in the improvement of our quality, risk and compliance systems and processes and the achievement of ANHF's objectives and goals that focus on consumer needs and expectations.

Debra Charlton 服務質素監控經理

Debra 女士於 2020 年 12 月入職基金服務質素監控經理前，自 2019 年 4 月已受聘為基金臨床服務顧問。Debra 女士富高齡護理經驗，範疇遍及臨床指導、營運、服務質素監控及高齡護理顧問工作。

Debra 女士以其與時並進之專業知識（包括服務評審標準及法例要求），將與基金院舍及社區護理團隊協力提升服務質素監控系統及程序，達致基金以客為尊之服務目的。

Staff movement! 員工變動



Tran Thi Bao NGUYEN Western Sydney Respite Services Coordinator

Tran started working at ANHF in June 2013. She has been in the roles of HCE, CSE, CHSP Administrative Assistant, CHSP Administration Officer, and Acting Coordinator for Wellness Centres. She is very dedicated and competent in all her roles. Tran has accepted this new challenge and continues to apply her skills and knowledge in the new service region.

Tran will be working as the Coordinator for Western Sydney Respite Service on Mondays, Tuesdays and Thursdays (started on Monday 26 October).

Tran Thi Bao NGUYEN 西悉尼靈活暫息服務主任

Tran於2013年6月入職澳華療養院基金，富工作熱忱及專長，曾先後任職家居護理員工、社區服務護理員工、「聯邦家居支援服務」行政助理及長者活動中心署理主任。在本年10月26日履新後，Tran已在新工作上發揮所長。



Yim Chi YU Seniors Wellness Hubs (Campsie & Eastwood) Coordinator

June started working at ANHF in 2007. She has been in the roles of RAO for BCNH, HCE for Home Care and CSE for So Wai. In late 2019, June started helping to establish the "A Room to the World" program in Campsie and the Eastwood Seniors Wellness Hub. June is very dedicated and competent in all her roles. June has accepted this new challenge and will continue to coordinate the programs in Eastwood and Campsie.

余艷慈 活動中心主任 (北區及金匙)

余艷慈姑娘於2007年入職澳華療養院基金，曾先後任職陳秉達療養院康樂活動主任、家居護理員工及蘇懷活動中心護理員工，並於2019年協助成立「世界之窗」（位於金匙）及「依士活長者康怡天地」。余姑娘熱衷工作，於不同崗位上表現出色；於11月9日履新後立刻統籌依士活及金匙長者康怡天地之活動。



你的支持，讓我們的服務更進一步

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女十

Miss小姐

Family Name 姓氏

First Name名

Second Name

Home Address 住址

State/ Territory 州

Postcode 郵政區號

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Donation of \$2 and over is tax deductible.

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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://anhf.org.au/contact-us/donations>

Thank you for your support. Below are the donations received from **October to December 2020**

謝謝各位的支持。下為2020年10月至12月期間之捐助人士芳名。

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