

# ANHF NEWSLETTER

## WE HAVE A DREAM

— AN EXTRACT FROM THE CHAIRMAN'S SPEECH  
 AT THE 'JOY TO THE WORLD' CHARITY DINNER



About two years ago ANHF started on a project to build a Chinese-specific nursing home in Gordon. Just as what Ms Ellen Louie, our Chairman, said in the charity dinner, the driving force of this project is the mission that ANHF has been living out for more than 35 years:

'ANHF is committed to providing high quality services to the elderly in our community, whether it be in their own homes, in our seniors housing or at one of our residential facilities, so that they can age with dignity and grace.'

This all stems out from our mission, a mission 'to become the model provider for high quality and culturally competent aged care'.

'Everyone who has been supporting ANHF in the past years and 'all the guests who attended our charity dinner held on 16/12/2017 made a collective impact and helped us at ANHF to carry out our mission.'

'At ANHF, we have many dreams but we can only work on making one dream come true at a time. Our current dream, which we have been focussing on for some time now, is for an aged care facility/nursing home on the north shore where our elders can live happily with good care and close to their relatives and friends.'

'Unfortunately, that dream has had a hiccup -- our DA to build a nursing home at Gordon was refused last month...on the acoustic ground of uncertain noise impact to the neighbours. We still have hope and rest assured that we will pursue all avenues to overcome this obstacle and hope to achieve our goal in the not too distant future.'

Ms Ellen Louie treasures every effort and every support from the community.

'I would like to thank the many people in our community who signed our petition in support of our Gordon nursing home project. We achieved over 10,000 petition signatures. We are humbled by the support and encouragement to continue with our dream.'

Where there is a will, there is a way. Let's all embrace this dream of building the very first Chinese nursing home at Gordon – a dream to be realized by concerted efforts and with our hearts all as one.

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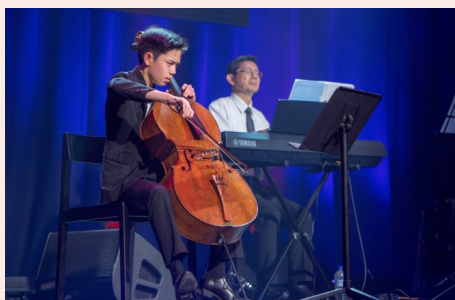
**ADVISORS**  
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## JOY TO THE WORLD FUND RAISING DINNER

The ANHF Joy to the World Charity Dinner held on Saturday 16th December 2017 at The Star Event Centre, Pyrmont was a much anticipated event for us to celebrate the festive season with sponsors, community leaders, board members, staff, volunteers and friends of ANHF who have been supporting our services in the past years. The major sponsor and organiser of this event was Colour 18.

In this star-studded dinner we were honoured to have Ms Rosanne Lui, a very popular singer from Hong Kong, to sing us golden hits. There were also cello solo by the talented Mr Benett Tsai, Traditional Chinese dance by students from Southern Star Performing Arts, the Jrisi Belly Dancers had excited everyone's dance cells, followed by another fantastic performance by the young and energetic artists from Affinity Band and the Devilicious Hip Hop Dancers. That was indeed an evening of superb performances full of climaxes and surprises.

Ms Ellen Louie, ANHF Chairman, especially thanked Ms Anni Lam and her team from Colour 18 for organising this function. She also thanked our gold sponsors (Ettason and Galaxy Funerals), silver sponsors (Grant Thornton and MDF Group) by presenting certificates to acknowledge the other sponsorships from individual sponsors.



## LIFE IS A BALANCING ACT – POST WORKSHOP SHARING

Rebecca Yee | Seniors Wellness Centre Programme Manager

Mr Eric Waldburger, Manager Partner of SPICE Coaching International, conducted a unique workshop on 'Life Is a Balancing Act' here at Sydney for ANHF staff.

Mr Waldburger is a successful and prominent leader in the hospitality industry and ex-President of the Marco Polo Hotel Group. In the workshop, with an easy-to-understand approach, he unreservedly shared his own personal life journey in striking a balance between work and a meaningful life that finally culminates in fulfilment and happiness. He urged staff to 'stay truthful to yourself, be loyal to your job and contribute to the future of many generations to come'. The powerpoint presentation of Mr. Waldburger's talk were aptly related to real life and work, spanning from the quest of seeking a balanced life to achieving a balanced global environment.

Over 100 ANHF staff who attended this bilingual workshop benefited from the inspiring message. They look forward to live up these life values and practical examples as inspired by Mr Eric Waldburger's talk.



## A HEART-WARMING THANK YOU LETTER FROM A CLIENT. MS BANGXI XI

After my husband (Han Ping LIN) began to have dementia, my friend suggested him to attend So Wai Seniors Wellness Centre. Though a bit reluctant at first, he gradually loved 'going to school' very much. I was more than happy to learn about this and developed greater confidence with the services provided by this centre.

One day when I suddenly discovered that my husband had disappeared, I had no idea when he 'escaped' through the door. Having dementia, it was impossible for him to find his way home. While our hearts were burning with anxiety, there came a call from Roger, the driver from So Wai Seniors Wellness Centre: he saw my husband while driving on a freeway and was taking him home then. Words could never express our deepest gratitude to Roger, who had walked the extra mile in his non-working day to bring us such great relief in our heart-wrenching distress!

All the staff at the centre are patient, responsible and full of passion. When they speak, their tones are always warm and welcoming. Their tender loving care is clearly seen in how they assist the elderly in moving around, in transport services and in getting up and down escalators. Clients are not their family members, but staff at So Wai Seniors Wellness Centre treat them even better. I feel so privileged to have my husband in your caring hands – my salutation to you all!

## OUR SINCERE APPRECIATION – YOUR ENCOURAGEMENT. OUR IMPROVEMENT.

In September last year ANHF received a considerable donation from Mrs Wendy Sinn. In our thank you tea gathering for Mr and Mrs Leo Sinn, they said it was just a simple act of kindness to treat the donation with modesty.

Here is how it went: soon after her mother had passed away, Mrs Sinn intended to donate her mother's legacy to give back to the society in fond remembrance of her loving mother. With this in mind, Mrs Sinn started to visit different nursing homes and finally decided to give all her financial endowment to ANHF --why?

'Nursing homes with a religious background seem to have ample donations. The major reason was: we appreciate the quality of care ANHF displayed through person-centred care. Your staff have passion for caring for older people – not just working for work's sake. I have a friend who is living at Lucy Chieng Aged Care Centre. The building looks gorgeous externally, a visit inside tells you the environment within the premise is also impressive, providing spacious, homely and leisurely living for the elderly. Though Chow Cho Poon Nursing Home isn't the newest one, it really has a family atmosphere and a caring team, which is very crucial to the residents. To me, the residents in your nursing homes are so very fortunate!'

Here in Lucy Chieng Aged Care Centre, you will find a plaque engraved with a Chinese name “賴謝長娣女士” in commemoration of Wendy's mother in one of the leisure lounges.

Wendy and Leo, together with their family, will visit Lucy Chieng Aged Care Centre again on its open day scheduled in February 2018.

Quiet, humble good deeds leave their never-fading trails. An unimaginable goodwill surpasses all words!



# THANK YOU.

## 職員聖誕聯歡會 STAFF CHRISTMAS PARTY 2017

澳華療養院職員聖誕聯歡會於12月9日在富麗宮酒樓舉行。想知道那晚同事玩得有幾開心有幾high，看看相片便知道了！

Our ANHF staff Party was held at Marigold Restaurant on 9th December 2017. The photos seeing is believing.





聖誕節怎少得聖誕老人派禮物!  
How could a Christmas party be without Santa?!

(好思維活動中心 HSWC)



種瓜得瓜，高興得合不攞嘴!

You reap what you sow – said our proud veggie growers.

(蘇懷活動中心 SWSWC)



和長者出外吃自助餐，喜歡吃甚麼選甚麼!

One of the little but essential joys in life is to choose what I love to eat.

(好思維活動中心 HSWC)



慶祝生日最緊要有壽包!

Birthday buns – a must in birthday parties

(蘇懷活動中心 SWSWC)



三代同堂，同賀聖誕

Three generations gathered together to celebrate Christmas.

(沛德活動中心 SHSWC)



長者親手做聖誕掛飾

See what Christmas decorations we had made.

(好思維活動中心 HSWC)





每個燦爛的笑容都可證明長者外遊多開心!  
Happy were those who were in an outing. Their  
broad smiles painted a thousand words.  
(蘇懷活動中心 SWSWC)



在一遍花海下合照，爭妍鬥麗!  
What is more eye-catching – our elderly clients or the  
sea of flowers?  
(綠田園活動中心 GPSWC)



長者親手拼製的馬賽克壁畫於歐田磨續紛外城節揭幕  
Unveiling of the mosaic wall painting by our elderly clients  
at Ultimo Uptown Festival.  
(沛德活動中心 SHSWC)



派對的幕後功臣，看他們泡製的聖誕大餐多豐盛!  
Unsung heroes of the Christmas party – couldnt have taken our  
eyes off the array of great food!  
(沛德活動中心 SHSWC)



長者抽到聖誕大獎多開心!  
Grinning from ear to ear – Christmas pressies!!!  
(陳秉達療養院 BCNH)



聖誕老人來到陳秉達療養院大派禮物!  
Santa Claus came to Bernard Chan Nursing Home with  
his many presents.  
(陳秉達療養院 BCNH)





長者隆重裝扮一起參與墨爾本杯  
A good reason to dress up – Melbourne Cup  
(陳秉達療養院 BCNH)



聖誕送暖，關心每位長者，才是聖誕真義！  
Tender loving care for our elderly residents – the real  
essence of Christmas!  
(周藻泮療養院CCPNH)



周藻泮療養院25週年生日快樂！  
HAPPY 25th anniversary to Chow Cho Poon Nursing  
Home!  
(周藻泮療養院CCPNH)



萬聖節扮鬼扮馬，我們的長者都是影帝影后！  
Our best actors and best actresses in Halloween Day.  
(錢梁秀容療養院 LCACC)



在跳舞老師帶領下職員和長者一起跳舞，這個聖誕  
真開心！  
Dance! Dance ! Dance! What a merry Christmas it was  
to dance with the instructor and the staff!  
(錢梁秀容療養院 LCACC)



帶長者欣賞聖誕燈飾，過一個難忘的聖誕！  
A visit to spectacular Christmas lighting lit up our  
Christmas memories.  
(錢梁秀容療養院 LCACC)



聖誕節有家人和聖誕老人相伴，夫復何求！  
What could have been better than being with our family  
members and Santa Claus at Christmas time!  
(周藻泮療養院CCPNH)



### 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

Phone Number 電話號碼

### 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 June till August 2017

\$100以下	\$100-\$499	\$500 - \$ 999	\$1000 - \$ 4999	\$5000以上
Ms Connie Chan	Mr Paul Wong	Ms Nancy Ma	TVB Burwood Fair	Mr. Bernard Hor
Ms Mimi Lim	Dorrigo Investment P/L	Mr Charlie Cheung	Mr Alex Yuen	Mrs May Chan
	Ms Margaret Wong	Mr Eric Yuen	Dr Anselm Kuok	Mr Stan Hunt
	Mr /Ms /Mrs Zhen Hong DING		Ms Debra Chan	Banna Foundation
			Ms Eva Ng	Dr Francis Chung
			Mr /Ms /Mrs Suet Fong TO	
			Mr Warren Ng	

TRACY YU ZHENG  
鄭瑜



**QRC ASSISTANT**  
服務質素及風險監控助理

Tracy finished her Bachelor of Nursing at University of Western Sydney in 2009 and Master of Nursing at University of Wollongong in 2010, specializing in personal dementia centre care. She has a wealth of knowledge in ACFI assessment and now is teaching Aged Care Certificate 3 in ACF Australia Chengfeng Education Centre.

鄭女士於2009年在西悉尼大學修畢護理學士學位，及後於2010年在五龍崗大學修畢碩士學位，專修以人為本之腦退化症護理。鄭女士對「高齡護理撥款評估」審核機制認識甚深，現正於澳洲乘風教育交流中心任教「高齡護理三級證書課程」。

ITA WONG  
王綺嘉



**EXECUTIVE ASSISTANT**  
行政助理

Ita has established her credentials as a competent senior administrator and graduated with a Bachelor of Arts with majors in Social Policy, Government & Public Administration. In addition, she has completed postgraduate studies in Public Policy and Finance. Ita's career portfolio includes providing high level executive support, administration management and accounting in the professional services, media relations and insurance sectors.

王女士曾任資深高級行政人員，修畢學士學位，主修「社會政策及政府及公共事務行政管理」；此外更完成「公共政策及財務」研究生課程。王女士之工作經驗包括高級行政助理、專業行政管理及會計、傳媒及保險範疇。

HUIMIN CATHY XU  
徐慧敏



**PAYROLL OFFICER**  
工資主任

Cathy possesses a Bachelor Degree in Finance and a Master Degree in Accounting at University of Sydney. She has several years of experience in payroll, account payable and receivable roles in Aged Care and education industry.

徐女士於悉尼大學修畢金融學學士及會計學碩士學位，於高齡護理及教育界從事與工資、支付帳項及應收帳項有關之工作數年。

SUSANA NGAN NUI SIU  
蕭馬銀女



**VOLUNTEER COORDINATOR**  
義工主任

Susana has been one of our very active volunteers for a number of years. She has also involved in community activities and volunteer programs with other organisations.

Susana possesses excellent communication skills in Cantonese and English. She has a Bachelor's degree in Applied Science from UNSW. She has worked in the Department of Immigration and Citizenship and the Health Insurance Commission.

蕭女士多年來積極參與本機構義務工作，亦活躍於各社區活動及其他機構（例如黑鎮婦女會、浸信會社區服務等）之義務工作。

蕭女士說流利廣東話及英語，於新南威爾斯州大學修畢應用科學學士，曾先後於澳洲移民局及澳洲健康保險專署工作。

上年九月澳華療養院基金接受了一份為數不少的捐贈，捐贈者是冼太Wendy Sinn。十月她和丈夫Leo Sinn出席我們舉辦的感謝茶聚，二人謙稱這是一件小事，只想低調處理。原來冼太母親離世不久，她很想將母親的遺產捐贈出去回饋社會，以此紀念母親。Wendy和Leo曾因這事走訪過不同老人院，最後為甚麼決定將這份遺產贈與澳華療養院基金？「那些有教會背景的老人院，好像已經有很多捐贈。而且我們觀察到你們的服務做得很好，員工很有愛心，不是只為工作而工作。我有朋友住在錢梁秀容療養院對面，以前望過來時，覺得像豪宅很漂亮，現在入內參觀，覺得環境真的很幽美，很適合長者居住。而周藻泮療養院雖然不是最新的，但像個大家庭，長者最重要有個「家」。我們覺得住在你們療養院的長者，他們真的很幸福！」現在於錢梁秀容療養院一小客廳上，刻有Wendy母親「賴謝長娣女士」的名字，以作紀念。

Wendy和Leo聞說錢梁秀容療養院將於二月舉辦院慶暨開放日，他們說屆時定會帶同子女一起到訪。所謂「桃李不言，下自成蹊」。萬千心意，不言而喻！



# 謝謝您.

## 「生活是一種平衡藝術」工作坊後記

馮曉明 高齡活動中心經理



國際精英課程經營合夥人華貝嘉先生於11月27日蒞臨悉尼為澳華療養院基金員工主持了一個獨一無二的工作坊，主題為「生活是一種平衡藝術」。

華貝嘉先生是客戶服務界享譽盛名的資深導師和前馬可李羅酒店集團總裁。他在工作坊上毫無保留地與員工們分享了他的人生經歷和感受，深入淺出地引導參加者如何在自己生命旅程中尋求工作意義和獲取生活平衡，最終達到滿足和喜樂。他鼓勵員工們「誠以對己，盡忠職守，貢獻己力，助益將來」。他的演講內容與生活和工作貼切，圖文並茂，從如何獲得個人生活平衡，引申到如何幫助世界達致環境平衡。

一百多名員工積極參與這個以中英雙語主講的工作坊。他們皆表示深受啟發，獲益良多，並期待在不久的將來將從與華貝嘉先生所學到的價值和生活態度融入生活中。



## 衷心感謝 -- 來自客戶蕭邦璽的感謝信

自從我丈夫林漢平患上腦退化症後，在朋友推薦下參加了蘇懷活動中心，起初也是持觀望態度，常借故缺勤。後來我發現丈夫很喜歡去蘇懷「上學」，我很開心，對蘇懷也開始產生信任感。

一天，我在家發現我丈夫不見了，不知甚麼時間「逃」出家門。他患有腦退化，是不會自己回家的人。正當我們全家都心急如焚，不知怎算好時，突然接到蘇懷活動中心司機謝先生來電，他說在高速公路上發現了我丈夫，正送他回家。這天不是謝先生上班的日子，他竟願意伸出援手，還親自送我丈夫回家。這刻，我們全家都很激動，感激之情，實無法言表！

細心觀察蘇懷活動中心上下員工都很有愛心、耐心、認真和負責。他們說話語調親切，攙扶長者行走、上下車及電梯時，體貼入微。照顧腦退化症患者，不是親人，勝是親人。我很慶幸將丈夫送到你們這支訓練有素的專業團隊照顧。謝謝你們，向你們致敬！

## 澳華療養院基金「普世歡騰聖誕夜」慈善晚宴

澳華療養院基金於二零一七年十二月十六日(星期六)假座悉尼星港城宴會廳 (The Star Event Centre, Pyrmont) 舉行「普世歡騰聖誕夜」慈善晚宴。澳華療養院基金非常榮幸得到主要贊助商及主辦單位Colour 18籌辦是次盛宴，讓基金會有機會與各贊助商、社團領袖、信託人及董事、職員及義工，並一直以來支持基金會的良朋好友共聚一堂，歡度佳節。

晚宴星光熠熠，衣香鬢影，大會特別邀請到香港影視紅人呂珊小姐遠道而來，獻唱多首膾炙人口的金曲。此外，並有天才橫溢的蔡沐恩同學表演大提琴獨奏、蓓蕾舞蹈學校學生的精彩表演、極盡視聽之娛的肚皮舞表演，以及年輕華人音樂愛好者組成的吸睛樂隊(Affinity Band)精彩演出。節目豐富，高潮迭起，充滿驚喜，讓每位嘉賓盡慶而歸。

基金會主席雷文潔女士致謝辭時，特別鳴謝Colour 18 Anni Lam以及她專業團隊籌劃是次盛宴，並黃金贊助商林和成貿易公司及Galaxy Funeral，與及白銀贊助商MDF集團和Grant Thornton的鼎力支持，並頒發紀念狀給各贊助商。





ANHF  
澳華療養院基金  
Culturally Appropriate Aged Care Since 1980

ISSUE 26 - JANUARY 2018

# ANHF NEWSLETTER

## 我們有一個夢想

- 澳華療養院基金主席雷文潔女士  
在普世歡騰籌款晚宴中演辭撮要



大約兩年前基金會著手籌備在哥頓興建一間華人療養院。正如雷文潔主席在籌款晚宴中所說，推動整個計劃的力量源自澳華療養院基金三十多年來的一貫信念：

「澳華療養院基金致力為我們社區內的長者提供優質高齡服務，幫助他們不論生活在自己的家裏、在我們的高齡宿舍或療養院裏，都能夠有尊嚴地、得體地安享晚年。」

不為甚麼，只因為「我們的信念就是成為符合文化需要的優質高齡服務典範。」

多年來一直支持基金會服務的各界人士，以及當晚「所有出席2017年12月16日籌款晚宴的嘉賓都一起凝聚力量，幫助基金會實踐信念。」

雷主席也語重心長地說：「澳華療養院基金有許多夢想，但尋夢必須按部就班。目前的夢想就是我們一直努力已實踐一段時間的夢想 --- 在哥頓興建一所療養院，讓長者可安居在一個鄰近親友的地方，同時獲得愜意、穩妥的服務。」

可惜夢想遇到攔阻 - 我們的『發展計劃』因對鄰近環境產生的噪音問題被拒絕。不過我們仍然充滿希望，尋索每一個可行渠道跨越攔阻，希望在不遠的將來實現理想。」

主席更珍惜來自社區人士的每一分力量、每一份參與：

「謝謝社區各界人士簽名支持興建哥頓療養院的萬人簽名運動。面對超過一萬個簽名這成績，我們不由得謙卑下來，衷心感謝各位鼎力支持基金會，成為我們實踐夢想背後源源不斷的鼓勵。」

有志者，事竟成。期待於哥頓興建首間華人療養院這夢想，早日在眾志成城、萬眾一心的力量下，開花結果。

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## 編輯室

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關靜雯  
黃慧恩  
馮嘉碧

## 顧問

澳華療養院基金董事會