



# ANHf Newsletter

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## ANHf GALA DINNER—30 August 2015 The Star Event Centre, Pyrmont



**Above:** ANHF Patrons, Trustees, Board Members and Senior Management in the toasting ceremony.

ANHf marked 35 years of culturally appropriate aged care services by celebrating at The Star Event Centre, Pyrmont on 30 August 2015. The night of celebrations was truly memorable with over 700 guests attending the gala dinner.

The three-course gala dinner featured live entertainment throughout the evening: performances from award winning soprano singer Shu Cheen Yu, the Three Undercover Tenor Waiters, debut musical piece by Bennet Tsai, local artists Edward Lee and Elizabeth Tse, and featured TVB Asian artists Natalie Tong, Kenneth Ma, Yali, Sax and SaSa, and Affinity Live Band.

The raffle first prize, the Larke Hoskins Honda Jazz was drawn on the night along with the other major prizes generously donated by our sponsors. All winners were notified and published onto our website.

ANHf wishes to thank all the sponsors, guests, performers and volunteers who contributed to make the gala dinner a successful evening.

We look forward to your support as we continue our journey.

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### EDITORIAL COMMITTEE

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# Australian Nursing Home Foundation Celebrates

## Celebrating 35 Years of Vibrant Community Life

Australian Nursing Home Foundation proudly celebrates 35 years of vibrant community life. We are proud of ANHF as one of the leading providers of culturally appropriate aged care in Australia since 1980. ANHF is a non-profit ethical provider committed to excellence in serving the needs of the ageing people of Chinese and Vietnamese backgrounds.

ANHF unveiled a fresh new look, with the introduction of a new logo that symbolises our growth and transformation. We celebrate the culture of innovative and dedicated aged care services, from nursing home, respite for carers, tailored home care packages to client based centre care.



### ANHF's new look website and visit us on Facebook

We launched a new and refresh website which reflects how far ANHF has come in its 35 year history. The new website features easy to navigate buttons, easily accessible information and also helpful links and resources to keep you updated on aged care issues and reforms. We are also on Facebook, come and visit us for the latest news and events at ANHF.



Visit us on Facebook  
<https://www.facebook.com/ANHFAU>



Australian Nursing Home Foundation 澳華療養院基金  
added 3 new photos.  
September 30 · Edited ·

Come to Lucy Chieng Aged Care Centre. Join our elderly residents in the Hawaiian dance and be young at heart!  
錢梁秀容療養院----和長者一起跳草裙舞，個個笑到見牙唔見眼!



Like Comment

Our Facebook page shares lots of great updates, news and stories about our clients and friends.

## About Accreditation at ANHF

### About Accreditation - Providing quality to care recipients.

What is accreditation? Accreditation is an internationally recognised evaluation process used to assess the quality of care and services provided in a range of areas such as long term residential aged care. Accredited residential aged care homes receive Australian Government subsidies to provide quality care and services to care recipients in accordance with the Accreditation Standards.

To remain accredited and continue to receive the subsidy, each home must demonstrate that it meets the Standards. There are four Standards covering management systems, health and personal care, care recipient lifestyle, and the physical environment and there are 44 expected outcomes such as human resource management, clinical care, medication management, privacy and dignity, leisure interests, cultural and spiritual life, choice and decision-making and the living environment.

Each home applies for re-accreditation before its accreditation period expires and an assessment team visits the home to conduct an audit. The team assesses the quality of care and services at the home and reports its findings about whether the home meets or does not meet the Standards.

The Quality Agency then decides whether the home has met the Standards and whether to re-accredit or not to re-accredit the home.

Following the accreditation for the three aged care facilities, ANHF is pleased to announce that Bernard Chan Nursing Home, Chow Cho Poon Nursing Home and Lucy Chieng Aged Care Centre achieved full compliance of all 44 outcomes. We would like to congratulate the teams across the three homes for achieving an amazing accreditation result. The team worked diligently for months in preparing for the full accreditation, undergoing a self-assessment in preparation for the visit.

The feedback from the assessors was encouraging, they commended the comprehensive continuous improvement reports and expressed high regard for the innovation and creativity displayed in the home's recreational activities.

The quality outcome reflects the efforts of the team of staff and volunteers for their consistent hard work, showcasing the best of our care to our residents.

Location	Accreditation Dates	Result
Bernard Chan Nursing Home	28- 29 October 2014	√ All 44 outcomes achieved
Chow Cho Poon Nursing Home	1 – 2 June 2015	√ All 44 outcomes achieved
Lucy Chieng Aged Care Centre	16 -17 June 2015	√ All 44 outcomes achieved



## August Moon Seniors Luncheon Festival

### How the ANHF Moon Festival Seniors Luncheon Began...

ANHF held the annual Moon Festival Seniors Luncheon on Wednesday, 23 September 2015 at Marigold Restaurant. This year, we had over 53 tables of guests come together to celebrate. We invited our special guests, characters from our joint production with TVBA, "Grandpa, Aunty Ba and Granddaughter". Three very popular core characters from our information series on aged care services appropriately titled, 'Living Longer, Living Better'. They also helped as guest MCs in interviewing two of our service users.

Another exciting moment during the luncheon was to present the Longevity Award to our five most elderly clients. We also wished them all good health and well-being.

So how and when did the Moon Festival Seniors Luncheon come about? Why spend so much time and manpower each year on preparing such a huge luncheon? Here's what Ada Cheng – our CEO – shared with us: 'To the Chinese, the Moon Festival is a day for families to get together. Sadly, for the elderly Chinese who migrated here decades ago in striving for a better living or for whatever purpose, the Moon Festival only aggravated their loneliness as some had lost contact with family members or simply had no one to connect with living in Australia. Upon seeing this situation, our Trustees, together with the staff at our nursing homes started to prepare the festive dinners with a humble intention to assure these elderly migrants that somewhere here, in a land away far



**Left:** Our Chairman, Ellen Louie (far left), Directors, Mei Mei Tse (top right) and Andre Gock (bottom right) presented the Longevity Award to our elderly clients.

## August Moon Seniors Luncheon Festival

from their hometown, someone still cared and was concerned for their wellbeing.



No matter how busy our Trustees and staff were, we carried on such a wonderful practice in the nursing homes for several years. It was not until several donors generously offered to conduct the seniors luncheon in a Chinese restaurant, that the luncheon truly grew. At the very beginning, luncheon tickets were distributed in the community to elders aged 70 or over. As the luncheon gained popularity, these donors became our dedicated sponsors by supporting this meaningful event every year. As our services expanded, this event has become the biggest of its kind that upholds the traditional Chinese culture of caring for our elderly.'

Ada also took the opportunity during the luncheon to especially thank all the donors and sponsors of our 2015 Seniors Luncheon: our Honorary Life Governors Mr Stanley Hunt OAM, Mr Bernard Hor, Mr Anthony Chan, Mr Brad Chan, Tixana P/L and Sunrice. Our thanks also goes to the guest performers Ms Elizabeth Tse, Miss Regina Ma and Mr Ken Ng. This cheerful and memorable event would not have been such a tremendous success without your support!

Although we have the luncheon each year, the bright smiles of our elderly clients and the contentment of the carers strike a clear note: that is worth all our efforts.



**Above:** Our seniors enjoyed the august moon festival luncheon with their family members.

## ANHF News

ANHF welcomed **Patrick Chan** to Chow Cho Poon Nursing Home in March 2015. Patrick has taken up the position of Director of Nursing at Chow Cho Poon Nursing Home. Patrick is a qualified registered nurse who graduated with a Bachelor of Nursing. Aged care is Patrick's passion as he also holds a Master of Community Nursing from Sydney University. Having worked over 7 years in the hospital sector, he has strong skills as a clinical leader. Patrick and Hilda Fan worked together as a team to achieve an excellent outcome for the recent accreditation visit in June 2015. His promotion to the position of Director of Nursing is well deserved. We believe Patrick will continue to lead the team grow in Chow Cho Poon Nursing Home .

We thank **Attie Cheng**, after 17 years of service to ANHF in her role as Chow Cho Poon's Director of Nursing. Attie is excited to take on new adventures and spend more quality time with family.

We are pleased to announce the promotion of **Hilda Fan** as Director of Nursing in Lucy Chieng Aged Care Centre in July 2015. Hilda has worked as Deputy Director

of Nursing in Chow Cho Poon Nursing Home for more than 5 years and her performance and years of hard work has resulted in such a respectable position in Lucy Chieng Aged Care Centre. We were sad to see the retirement of **Rosie Cheung**, Director of Nursing at Lucy Chieng Aged Care Centre after 18 years of service at ANHF. Rosie has witnessed and formed part of ANHF's growth, from the early beginnings at Bernard Chan Nursing Home to become the Director of Nursing of Lucy Chieng Aged Care Centre.

We thank both Rosie and Attie for their years of service at ANHF and for making a huge difference to the lives of many residents.

In other news, ANHF welcomed our new Finance Manager **Mi Tsu Nheu** to our Corporate Services Team. Mi Tsu has extensive experience in the not-for-profit sector and brings with her enthusiasm and expertise to lead our finance team.

**Brenda Tam** has been has taken up a new role of Business Development Manager as ANHF corporate services expand, she continues to provide her depth of skills and experiences to our team.

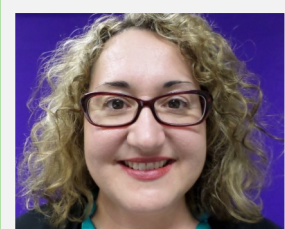
### Did you know?

Residential Respite Care is now available at Bernard Chan Nursing Home and Chow Cho Poon Nursing Home. Contact: 8741 0218 for more information and bookings.



**Mr Jacky Chan, Housing Officer** joined our Community Services Team in October 2015.

Jacky is highly experienced with property assessment and his understanding of building maintenance is equally thorough. We welcome his in-depth experience and being an asset to our team.



**Ms Denise Touchard - Senior Manager, Program Development** joined in October 2015.

Denise has had extensive experience in aged & disability care and community housing. She is specialised in organisational and service level review and improvement, research and policy development as well as service development in the human services sector. Her considerable skills and experience will enrich ANHF's services.



**Mr Jasper Fung – Volunteer Coordinator** joined in October 2015.

When Jasper is not at ANHF, he likes to keep fit and active with engaging activities such as bushwalking, swimming and outdoor exercises. Did you know that Jasper is also a skilled speaker as he is a member of Toastmasters (public speaking). Welcome Jasper.

### ANHF Staff Christmas Party held on 5 December 2015

This year's Staff Christmas party was held on 5 December 2015. The Christmas Party, themed "ANHF has got talent" showcased the best of our talents on the night, and it was filled with singing, dancing, magic show, drama and much laughter.



Great prizes were awarded by our guest judges for the best performances. Thank you to our all our ANHF friends and family for your support over the years. We wish everyone a safe and happy holiday season and we look forward to an exciting 2016. Merry Christmas.





## Photo Album—Residential Services 活動花絮 — 療養院



**Left:** Belly dancing is so much fun at Lucy Chieng Aged Care Centre.



**Above:** Bernard Chan Nursing Home's resident savvy shopper.



**Above:** Good health and fortune brought to Lucy Chieng Aged Care Centre.



**Above:** Chow Cho Poon Nursing Home's resident is busily shelling beans for dinner.



**Left:** Residents at Bernard Chan Nursing Home were treated to a musical performance by young performers from Burwood Public



## Photo Album—Community Care 活動花絮 — 日間中心



**Left:** Stanley Hunt Centre were informed by a talk on Crime Prevention with great attendance.



**Above:** A Day Care Centre client visit the fresh fish at the Fish Markets.



**Above:** Hurstville Day Respite Care Centre celebrated their 2nd birthday—Happy Birthday!



**Above:** Clients at Greenfield Park play a game of dominoes.

**Left:** A birthday celebration at So Wai Lifestyle Activity Centre—sharing the cake.



### Your Support 你的支持，是我們的動力

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乎文化的高齡護理服務。

Title (Mr/Mrs/Miss/Ms/Dr) \_\_\_\_\_

First Name \_\_\_\_\_ Last Name \_\_\_\_\_

Address \_\_\_\_\_

State \_\_\_\_\_ Postcode \_\_\_\_\_

Phone (\_\_\_\_) \_\_\_\_\_

Email \_\_\_\_\_

☐ I would like to make a donation of \$\_\_\_\_\_ 我想捐款 \$\_\_\_\_\_  
My cheque / money order is enclosed, payable to **Australian Nursing Home Foundation**

☐ EFT—Australian Nursing Home Foundation (BSB 082-201, A/C 580-328-001)  
自動轉賬—澳華療養院基金(銀行分行號碼 082-201, 賬戶號碼 580-328-001)

☐ Please send me details on making a gift to the Foundation in my Will.

我計劃在遺囑上對基金會作出饋贈請將有關詳情寄給我

Donations of \$2 and over are tax deductible. 凡捐款 2 元或以上可扣稅。

Return this form to: Australian Nursing Home Foundation, 60 Weldon St, Burwood NSW 2134



## 基金快訊

歡迎陳國信先生於二零一五年三月加入周藻泮療養院。陳國信先生除修畢護理學士學位，本身是一位註冊護士外，因著對高齡服務的熱忱，更於雪梨大學完成社區護理碩士學位。過去七年的醫院工作，大大提升了陳國信先生臨床護理的領導經驗。陳國信先生在擔任周藻泮療養院副院長期間，與院長范健英女士並肩合作，並於本年六月進行的院舍護理評估中取得卓越成績。陳國信先生最近正式晉升為院長，可謂實至名歸，我們深信他必能繼續領導周藻泮療養院全體員工穩步向前，再創佳績。

另一喜訊是范健英女士於二零一五年七月正式晉升為錢梁秀容療養院院長。范健英女士曾於周藻泮療養院擔任副院長超過五年，後更被聘任為署理院長。范健英女士多年來辛勤服務累積豐富的工作經驗，相信擔當錢梁秀容療養院院長一職，必定遊刃有餘。

此外，二零一五年二月基金企業團隊增添了一位生力軍，就是新上任的財務經理饒美珠女士。另外，譚波儀女士則因基金服務擴充而轉任為「營運發展經理」這新職位。

遺憾的是我們要和服務了多年的張安妮女士說聲再見。張安妮女士在過去十八年來，自擔任陳秉達療養院院長到離任時任職錢梁秀容療養院院長期間，親自見證了基金蛻變和成長歷程。

同樣地，我們也懷著依依不捨的心情，與在周藻泮療養院服務了十七年的鄭玉雲女士說再見。鄭玉雲女士將開展人生另一新頁，與家人樂聚天倫。我們衷心感謝張安妮女士和鄭玉雲女士多年來為基金會的付出和投入工作，因著他們努力不懈的服務精神，讓我們的療養院成為長者的安居之所。

### 你知道嗎？

除了錢梁秀容療養院外，現在陳秉達療養院和周藻泮療養院也新增院舍暫住服務，如欲查詢更多有關詳情或預訂房間，請致電 8741 0218。



## 中秋敬老聯歡午宴的源起

行政總裁鄭賜霞女士更欲借此機會，特別鳴謝今年午宴的贊助商及午宴贊助人，包括基金會的永久名譽總理陳沛德先生、何灼榮先生、陳德光先生及陳紀廉先生。同時感謝各表演嘉賓包括謝鄭幗晶女士、馬美玲女士、吳紹添先生、以及彭慧妍女士。沒有你們的支持和參與，我們的長者又怎會有個這麼開心和值得紀念的下午！

儘管中秋敬老聯歡午宴年年有，但當你在午宴裡，看到每一位長者燦爛的笑容，每一位照顧者無言的滿足，你就會深深地體會到，這一切都是值得的！



每年的中秋敬老聯歡午宴，是最好的機會讓長者和他們的家人一家歡聚

## 中秋敬老聯歡午宴的源起

一年一度的中秋敬老聯歡午宴已於九月二十三日（星期三）在悉尼華埠富麗宮酒樓舉行，午宴筵開五十三席，共有六百多名長者及社團友好參加。今年澳華療養院基金與澳洲電視廣播有限公司合作拍攝資訊節目「活得更精彩」，深受社會各界人士歡迎。是次中秋敬老聯歡午宴特別邀請到節目中開心家族成員：爺爺、八姨婆和孫女參加，並作為客席司儀，訪問兩位正接受基金會服務的長者。同時，聯歡午宴更頒發紀念品予五位最高齡長者，祝賀他們健康長壽。

其實中秋敬老聯歡午宴年年有，究竟源起於何時？為甚麼每年都要花費龐大人力物力去舉辦這樣的午宴？行政總裁鄭賜霞女士開始娓娓道來：「對中國人來說，中秋節一向都是一家團圓的大日子。但幾十年前，許多長者離鄉別井，孤身來到澳洲打工，種種

原因，或與家人失散，或有家歸不得，到了這個大節日，就會感覺特別孤伶和淒涼。我們的信託人有見及此，所以在很久以前，每逢中秋佳節，都會在療養院內，和職員一起動手煮團圓飯，與長者一起熱熱鬧鬧地過節。那時我們機構規模還小，就像大家庭一樣，讓這些身處異地的長者，每逢佳節，仍然可以感受到人間的關愛和溫暖！這些年來，我們未敢遺忘，秉承這優良傳統，無論怎樣忙，都堅持和長者一起過節，共渡中秋！及後有幾位有心人士看到這個活動的意義，即慷慨解囊，於是這個中秋敬老聯歡午宴才開始移師到酒樓舉辦，並在社區派發免費入場券，讓七十歲以上長者參加。這幾位有心人士後來成為我們的贊助人，每年都鼎力支持我們這項活動，隨著我們的服務不斷擴展，現在我們的中秋敬老聯歡午宴可謂有史以來最大最具規模的

了！」想不到我們的中秋敬老聯歡午宴，原來是這麼有意義！



2015年中秋敬老聯歡午宴，有多達六百多位長者和嘉賓出席

## 何謂評估 - 為客戶提供質量保證的服務

甚麼是評估？在澳洲，所有安老院舍必須達到評估標準才可以獲得政府資助。評估過程按國際認可標準進行，用來審核不同類型服務（例如長期居住院舍）的服務質素。

若要保持認可並持續獲取政府資助，每間院舍必須要達到政府所要求的服務指標。

評估其中四個最主要的指標包括管理系統、健康及個人護理、客戶生活方式、以及工作環境，當中涵蓋四十四個服務指標，如人力資源管理、臨床護理、藥物管理、私隱及尊嚴、休閒及興趣、文化及精神上需要、選擇及決策的權利，以及生活環境等。

每間院舍在認可報告過期前必須申請再做評估，「高齡護理質素評估組」會親自去到每間院舍，根據高齡護指標則作出審核，並會如實報告該院舍那些地方達到標準或那些未達標準。最後「高齡護理質素評估組」會決定究竟該院舍是否達到指標，是否重新被認可或不再被認可。

澳華療養院基金屬下三間療養院包括陳秉達療養院、周藻泮療養院以及錢梁秀容療養院依據政府標準進行評估，全數達到四十四項服務指標，獲得滿分。我們恭賀三間院舍取得這麼輝煌的成果。

這份出色的成績單全因團隊月復一月地為全面評估做好充份準備，並嚴格進行自我評估才達到這樣理想的成果。

評估員對我們的評語讓我們獲得很大的鼓舞，他們讚許我們的持續完善報告，並對我們為長者而設計很有創意的康樂活動給予高度評價。

評估結果不單忠實地反映員工和義工一貫的共同努力，也反映我們實在用心為院內的長者提供最佳護理服務。



Aged Care  
Standards and Accreditation Agency Ltd



### 歡慶三十五週年活力社群

澳華療養院基金懷著喜悅的心情歡慶三十五週年的活力社群歲月。自一九八零年，我們一直成為提供合乎文化需要的高齡服務主導機構之一，這也是我們引以為傲的成就。

基金標誌也換了新裝。嶄新的標誌象徵我們的成長和改變，與我們一起慶祝不斷創新和全情投入的院舍服務、照顧者暫息服務、家居護理服務和日間中心等服務。



#### 煥然一新 ----- 基金會網址及臉書

煥然一新的網址及臉書反映基金會三十五年來的豐碩成果。網頁及臉書設計簡單明快，易於使用，方便瀏覽或查詢資料。除提供不同的資訊外，更有其他相關連繫網址，讓大家可以更快更準確掌握澳洲最新的高齡服務資訊。

[www.anhf.org.au](http://www.anhf.org.au)



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<https://www.facebook.com/ANHFAU>



在我們的臉書裡，你可以看到更多有關我們的長者和友好的最新消息和故事



# ANHf 會訊

60 Weldon St, Burwood NSW 2134 Tel: 02 8741 0218 Fax: 02 9747 1637 www.anhf.org.au email: info@anhf.org.au

## 澳華療養院基金聯歡晚宴 — 二零一五年八月三十日 The Star Event Centre, Pyrmont



澳華療養院基金主席雷文潔(右邊)頒贈紀念狀與眾贊助商並來個大合照

澳華療養院基金在二零一五年八月三十日(星期日)於星港城宴會廳(The Star Event Centre, Pyrmont)舉行三十五週年歡慶晚宴，當晚超過七百多位嘉賓出席，共慶三十五年服務活力社群的輝煌成就。

當晚除了豐富晚宴外，更安排多個絕無冷場的現場表演。星光熠熠的表演嘉賓包括來自香港無線電視台的唐詩詠小姐和馬國明先生，也包括悉尼出色的表演嘉賓：李振華先生、謝鄭幗晶女士、天才橫溢的蔡沐恩小朋友，以及趣怪三人組和享譽盛名的女高音俞淑琴女士，Affinity Live Band。

當晚高潮是大抽獎環節，由贊助商抽出名貴禮品包括頭獎本田汽車Honda Jazz，以及多份名貴禮品。得獎者由專人通知，得獎名單已上載於基金會網頁。

澳華療養院基金藉此機會感謝各贊助商、嘉賓、表演嘉賓以及義工，因為你們的參與，我們的晚宴才會如此成功！未來的日子，期望你們繼續支持，讓我們走得更遠更好！

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### 編輯室

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顧問

澳華療養院基金管