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Growing Up with Volunteer Services

Ms. Bridget Tam

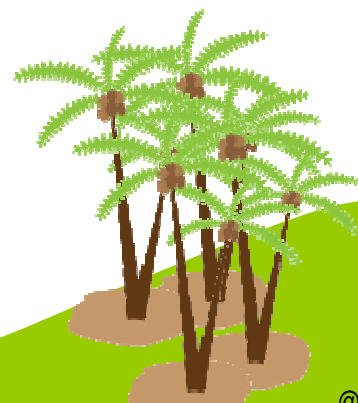
Community Services Manager



I started to do volunteer work when I was studying third year high school (Form Three) in Hong Kong, equivalent to Year 9 in NSW. Since then, I have a strong linkage with volunteer services.

I joined a group called the 'Legion of Mary' of St. Margaret's Church (a Catholic Church) in Hong Kong. As a traditional practice, members of the 'Legion of Mary' have to serve the community. I was assigned to visit the elderly patients in Tung Wah East Hospital on every Friday after school. Due to lack of training and experience, I have no idea on how to initiate a conversation with the elderly. Often it was the elderly patients initiated the question on why I did not go home to do my homework after school, and it was not safe to wander on the street. They always told me to go home. As a result, when I had to report on the progress of hospital visits at the weekly meeting of 'Legion of Mary', I could only report that the visits were unsuccessful. This was my first encounter with volunteer service, which was not a good experience at all. I felt so distressed that I would like to resign from the group. Luckily, the group leader found out the reason and arranged a girl studying Form Five to pair up with me, to visit the children in Ruttonjee Hospital. The children who admitted to this hospital had lung problem. The one-hour visiting time passed quickly. We played with a group of six to eight children. We did handicraft and enjoyed an interactive story telling time. The

sessions ended in laughter and the children looked forward to our visit in the following week. Being able to bring joy and hope to this group of children made me feel being valued. I continued this meaningful work for two years. I had the opportunity to extend my volunteer experience after finishing high school. I visited the youth in detention centre, children with intellectual disability and physically disabled people. I learned sign language in order to communicate with the deaf and dumb children. With my hard work, I developed deep friendship with them which lasted for years. Through all these volunteer services, I learned different communicate skills. I made friends with many people of my age, but with different living background and disadvantaged environment.



From their perseverance to overcome their disabilities, I was grateful for the abilities I have. When I had the opportunities to help the disadvantaged, I gained valuable experiences in return. I was able to experience my life through volunteer services because I have an open-minded mother so that I have total freedom to do what I like. I have no stress to find a job and earn a living at that time. I knew that she worried about my safety when I shared with her my volunteer services with people from different walks of life. However, she always showed her support for my work. She was one of my volunteers and helped in outings when I worked in the Elderly Centre in Shek Kip Mei later on.

My first job was working in a Children and Youth Centre as a welfare worker, responsible for organizing activities and establishing a youth volunteer group. My previous volunteer service experiences helped me a lot. The process of planning, promotion, recruitment and training was very smooth. The 18 well-trained volunteers were assigned different duties according to their interests and expertise, to help in different projects of Centre services. I was their mentor and their good friend. We have gatherings outside office hours to share our feelings and our vision. I worked with them for three years.

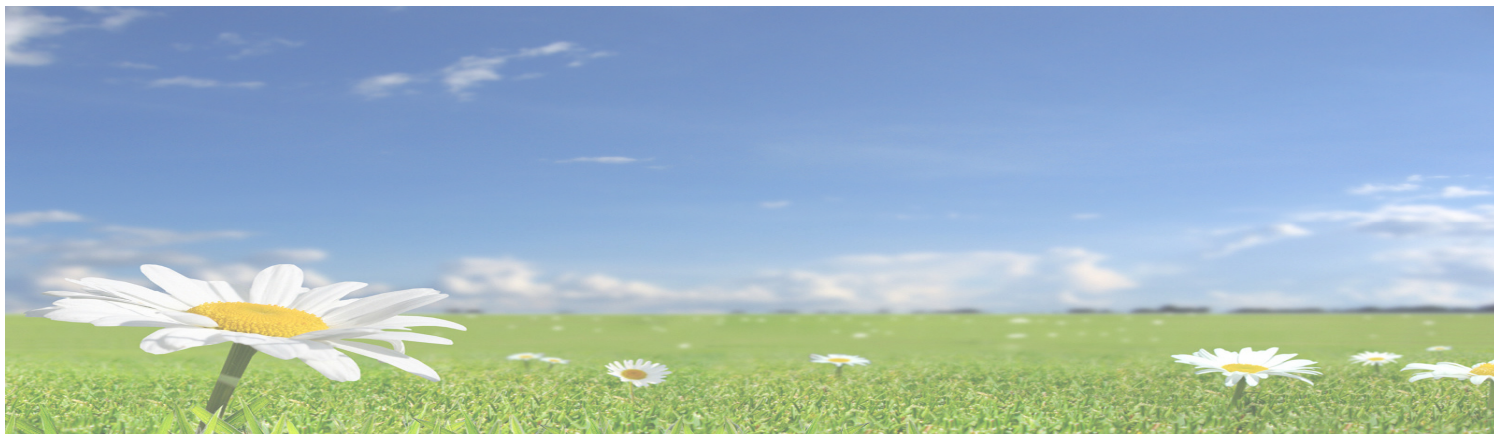
When I finished my Diploma in Social Work at Hong Kong Polytechnic (now is Hong Kong Polytechnic University), I worked in the Wanchai Youth Office of the Social Welfare Department. I was in charge of two youth volunteer groups with altogether 140 members. Majority of them were students, some were working youth. They met once a month. But if they have to organize special events, they met once a week. Such as during Summer term breaks, they organized 'Leadership Training' course to develop new blood for their groups. After three years, I was placed in a different position in the Department. However, I kept in touch with the committee members until now. Every time when I went back to Hong Kong, they organized group gatherings for me. Most of them got married and some of them brought their children as well.

Later on I changed my job to work in Shatin Children Centre of the Hong Kong Lutheran Social Service. I was in charge of the youth volunteer group also. When I was advance in age, I changed my job again. I worked in the Elderly Outreach Centre of the Neighbourhood Service in Shek Kip Mei. I established a youth volunteer group and an elderly volunteer group as well. The elderly volunteers helped each other and visited those with mobility difficulties. During the major Chinese festivals such as Chinese New Year, Dragon Boat Festival and Moon Festival, I sent out the youth volunteers in pairs to visit

the elderly who lived alone by themselves. We brought them gifts, our love and concern. Many of them were physically disabled and bed-ridden. They held tight our hands, without saying a word but with tears in their eyes. Though we were exhausted after climbing many stairs in the old buildings without lifts, we were so touched and moved that all the tiredness was gone. We felt that it was so important to let these elderly know that they were not being forgotten or abandoned.

I came to Sydney in 1996 to further my study. When I finished the Bachelor of Social Work degree in University of New South Wales, I had no urge to look for job. So I looked for volunteer service opportunities in order to know more about the Australian society. I was just in time to join the volunteer training course organized by Mission Australia for English tutor for new migrants. Apart from learning the English teaching skills, I also experienced the well-established and supportive volunteer system of the organization. After finishing the 6-session training course, I was assigned to teach English to a Macedonia lady who just came to Sydney with her husband. She was a great challenge for me because she has no English at all. I used a lot of pictures and body language to communicate with her. She had her Macedonia-English dictionary with her all the time. After three months she got pregnant. Then I taught her simple sentences and vocabularies relating to hospital and some medical terms as well, so that she could communicate with the staff when she was in hospital to deliver her baby. I was the first one being notified when she gave birth to her girl as she requested her husband to inform me at once. I was also the first one to visit her in hospital. I ceased my English tutorial sessions with her due to my busy work later on. Mission Australian arranged a new tutor for her. However, she invited me to her daughter's birthday party every year. Now she can speak fluent English. I also worked as a volunteer tutor for Basic Computer Class for the elderly at Parramatta City Library for a year. Starting from 2006, I was a volunteer with the Chinese Helpline at Alzheimer's Australia NSW until now.

Since November last year, I took up the duty to coordinate the volunteer group of ANHF. I have the opportunity to get to know these warm-hearted people who contributed their time and have the passion to serve the elderly. I hope that I can work more closely with the volunteers, to improve the quality of life of the elderly.





Lost but Found

Mr. Herman Yeung
Volunteer

In September last year, my job was made redundant and I faced unemployment once again. While looking for a new opportunity, I felt disappointed and helpless. As I had been in IT industry in 6 years but was still struggling, I wonder if this was time for a change. I recalled my dream once upon a time that one day I would serve the community and, especially those who are in great need. If I needed to make such a change, it might be a good opportunity for me to find out more about community services.

Few weeks later, a friend working in Australian Nursing Home Foundation invited me to join the volunteer work at So Wai Lifestyle Activity Centre. When I thought about past experience interacting with elderly people, I recalled that I had been visiting my grandfather regularly in the past. He was living in nursing home, and I had opportunities to reach other elderly people. At that time, I thought working in aged care was not difficult, as I had no difficulties with communicating and building a rapport with elders. However, soon after I joined So Wai, I found out that there were challenges that I needed to face. For example, I had to understand every elder's needs and background. Even for a "simple" task like using a wheelchair, I had a lot of things to beware of.

My first impression of the elderly people at the centre was that they were very quiet. No matter how I started the topic, they would reply, but were reluctant to continue. Sometimes they kept on repeating what they

had said, in which I once thought they were fooling me. Of course, this was not the case. As long as we took the initiative to know more about them, and to work on the things they were interested (or good at), they would feel respected and they would love to be our friends. As I later became closer with the elders, I found out that they were quite lovely indeed. For example, a lady told me that she did not know how to do things, but she maintained a good attitude to "learn" (in fact she was capable to do things, but she did not realise). Also, I was touched every time when witnessing the love between an elderly couple. They remained close to each other all the time, like those who just started dating.

Apart from the elderly people, I was thankful that I met a lot of fellow workers and volunteers in the centre. They were kind, and always willing to teach me. During that time, I had my personal issues due to unemployment. They were available to give me encouragement whenever I shared my frustration. Also, they told me the pros and cons if I would consider a career move to aged care.

I have been in So Wai Lifestyle Activity Centre as a volunteer for 6 months. Although I had difficulties during this time, I ended up as a better person. As a volunteer, I was able to know more about life and myself from my interactions with the elderly people. Apart from that, the love and care from the fellow co-workers had encouraged me to tackle my difficulties once again. Although now I returned to the IT industry, I will always remember my volunteering experience.



Sleep Right, Sleep Tight

Mrs. Iris Ng
Housing Officer

I heard some of the seniors that they are having trouble sleeping. I came across those sleeping patterns changed when I had to breast-feeding for my newborn for their very first years of lives. Therefore, I do know what you feel.

Recently, I attended an inter-agency meeting. There was a guest speaker, Dr. Vijay Ramanathan from Central Sydney GP Network promoting natural sleep before medicines. He pointed out some tips to get a good night's sleep. I do hope it works for you.

(Source: National Prescribing Service Ltd)

- Try to go to sleep and wake up at the same time each day.
- Be as active as possible during the day and spend some time outdoors.
- Reduce the amount of caffeine you have each day and avoid caffeinated drinks after lunchtime.
- Avoid naps during the day. If you do nap, keep it before 3 pm.
- Avoid heavy meals, exercise or working on the computer late in the evening.
- Relax for 30 minutes before going to bed, such as, having a warm bath.
- Avoid smoking and drinking alcohol in the evening.
- Do not eat, work, watch television, read or discuss problems in bed.
- Ensure you are comfortable and your bedroom is quiet and dark.
- Don't stay in bed if you are awake for long, (says, more than 20 minutes) - go to another room and do something relaxing.

Good sleep habits may take some time to develop. Do encourage you to keep practising these tips to get the most from you sleep.

Good luck!



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Exhibition of Chinese Paintings by Mr. Stuart Leung

Organised by Australian Nursing Home Foundation

Mr. Stuart Leung, renowned painter in Australia, held his first solo exhibition in 1963 at City Hall in Hong Kong. Subsequent exhibitions were held all over the world in China, Taiwan, Hamburg, Florence, Toronto, Vancouver, New York, Sydney etc. Having won much acclaim and wide popularity, his paintings are treasured as collector's items. Embracing a similar vision as that of Australian Nursing Home Foundation to provide quality, client-centred aged care services that enable elderly members of the Chinese community to have an enriched life in their golden years, Mr Stuart Leung decided to conduct a joint-exhibition of Chinese paintings with ANHF, with all proceeds donated to services for the Chinese elderly. It is our sincere hope that apart from appreciating the glamorous beauties of these master paintings, the public can also lend a helping hand in this meaningful fund-raising event.



Exhibition of Chinese Paintings by Mr. Stuart Leung

Organised by Australian Nursing Home Foundation

Opening Ceremony: 18th September (Sat) 11 am

Exhibition Dates : 18th September 2010 (Sat) ~ 28th September 2010 (Tue)

Venue : Chinese Cultural Centre (NSW)

Address : Citadel Towers, 799 Pacific Highway, Chatswood 2067

Tel : (02) 9411 3799

Mr. Leung has donated close to 200 paintings for sale.

All proceeds will be donated to Australian Nursing Home Foundation.



Lucy Chieng Aged Care Centre in Hurstville

With the construction work carried out as scheduled Lucy Chieng Aged Care Centre at Hurstville is in its final stage of construction and internal detailing. The facility will officially take in residents around January or February next year. For all applications please contact Mr. Peter Fung on (02) 8741 0230 during office hours.

好市圍錢梁秀容療養院

位於好市圍的錢梁秀容療養院興建進度理想，現已八成竣工，正進行內部裝修，預計明年一、二月便可正式入住。凡有興趣申請入住者，請於辦公時間內電(02) 8741 0230 與馮國明院長聯絡。



Activity Photos 活動花絮 – Nursing Homes 療養院



Lunch of Bull Dog Club
瀑布前留影，氣勢磅礴
〔CCPNH周藻泮療養院〕



Happy Home Party 恭賀馮國明榮任錢梁秀容療養院新院長，一家歡聚
〔CCPNH周藻泮療養院〕



Making sticky rice dumpling for dragon boat festival
住客包糰賀端陽〔BCNH陳秉達療養院〕



Advance exercise group ball game
齊來做運動，一腳衝天〔BCNH陳秉達療養院〕

Activity Photos 活動花絮 - Day Care Centres 日間活動中心



Enjoyed the sunshine
戶外活動，享受暖暖陽光
〔SHC 沛德日間中心〕



Hot pot meal 寒天冷邊爐，暖在心窩
〔SHC 沛德日間中心〕



Vii game 視象遊戲，看著電視打保齡〔SHC 沛德日間中心〕



Making Won Ton 齊來包雲吞，垂涎欲滴
〔So Wai 蘇懷日間中心〕



Music fun 拿著樂器，齊來大合唱〔So Wai 蘇懷日間中心〕



Life at Lucy Chieng Gardens Opens up a Brave New World of Experiences

The newly renovated Lucy Chieng Gardens (managed by Australian Nursing Home Foundation Ltd) offers a pleasant environment with comprehensive facilities and an added touch of Chinese water-garden design. Ever since its units were out for open tenancy application, LCG has become a much sought-after paradise by many who also rank it as five-star accommodation for the elderly.

To add colours to the life at LCG, ANHF has special resident programs like lunch and shopping trips to and from established shopping centres, health talks, computer class, gardening club, promoting gentle exercise among residents by practising 'longevity exercise', 'eighteen-styles tai chi' etc - all for the well being of LCG residents.

Nesting in the heart of Campsie - Beamish Street - Lucy Chieng Gardens is a two-storey building with a lift that reaches all levels. Each unit has individual toilet and shower, lounge area, built-in wardrobe and storage cupboards. Chinese satellite television and wireless internet access are also available for all residents.

There are still a few remaining units for renting out to the elderly. Application is open to anyone over the age of 65. Please call (02) 8741 0218 or (02) 9784 0888 during office hours for details.

安居頤康苑，生活展新姿

澳華療養院基金轄下位於金匙區錢梁秀容頤康苑，經過全面翻新裝修後，設施配套完備；中國式花園池塘設計，環境優美。自公開招收租客以來，深受各界歡迎，更被形容為長者的五星級居所。

為了讓頤康苑住客生活得更多姿多彩，澳華療養院基金特別為住客安排各式節目，包括專車接送住客到附近大型商場購物午餐，並舉辦健康講座、電腦班、園藝社，同時鼓勵住客多做運動，齊齊練習益壽功、練功十八式等，務求讓安居在頤康苑的住客，身心安泰。

位於金匙市中心地帶媲美街（**Beamish Street**）的錢梁秀容頤康苑，樓高兩層，電梯直達。每個房間皆設有獨立洗手間及客廳，並設置入牆櫃及儲物櫃。苑內特別為住客裝置中文衛星電視，以及無線上網服務。

頤康苑現在尚餘少量房間，以供長者租住，凡年滿六十五歲的長者，皆可以申請。有興趣人士或欲查詢有關詳情，可於辦公時間內致電 (02) 8741 0218 或 (02) 9784 0888。

澳華療養院基金 - 會訊

第三期 —— 二零一零年八月

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義務工作，伴我成長

自中學三年班開始，我便與義務工作結下了不解緣。

那時參加了天主教聖母軍，每星期五下課後便到東華東院探訪老人，由於欠缺訓練，又沒有經驗，不知道如何與長者溝通，反而經常被長者查問為何下課後不回家做功課溫習，一個女孩在街上不安全。結果常常碰釘，每週在小組聚會中報告也是探訪失敗。這便是我初嘗義務工作的經驗，很有錯敗感，心中十分難受，當時很想退出，幸好組長瞭解情況後，安排一位比我年長兩歲的學姐與我一起到律敦治醫院兒童病房探訪小孩，在一小時的探訪時間內，我們與六至八個病童玩遊戲、做手工、講故事，很快時間便過，每次都是一遍歡笑聲中與他們依依不捨地話別，並期待著下星期的來臨。能為病童帶來喜樂，讓我覺得工作有意義，如是者探訪一直維持了兩年。中學會考後的悠長假期，我更把握機會，擴闊領域，接觸在教導所生活的青少年，智障兒童和弱能人士，還參加手語班，與聾啞兒童結伴，建立了深厚的友誼。透過這些義務工作，我學會了很多溝通技巧，認識了很多與自己年齡相若，但生活在不同的環境的人，從她們努力學習，克服困難的



身上，我更學會珍惜生命，常懷感恩。我有能力及機會去幫助他人的同時，自己更覺充實、幸福和喜樂。我之所以能夠參與義務工作，全因我有一個思想開明和疼愛我的媽媽，讓我在沒有壓力下「不用去找工作」去做自己喜歡的事，她雖然擔心我的安全，但一直都支援我做這些有意義的工作，後來我在老人中心工作時，她還身體力行地擔當義工，協助推行活動呢！

我的第一份工作是在青少年中心負責策劃及推行小組活動，其中最主要是成立青年義工組，以往的義工經驗正好幫助我大派用場，從招募、面見、訓練、策劃等整個過程



都很順利，而這十多個青年義工也能發揮所長，協助發展中心服務，與他們一起工作，亦師亦友，也常在工作以外的時間與他們聚會，分享感受，暢談人生，如是者又過了三年。

在香港理工學院〔現時為理工大學〕完成社工文憑課程後，便到了社會福利署灣仔青年事務處工作，接手兩個大型義工組，合共有一百四十位成員，這班青年義工大部份是學生，少數是職青，每月聚會一次，如有特別活動就每星期都聚會。記得每年暑假都忙得不可開交，舉辦領袖訓練課程，培育新一代接班人。恍眼又過了三年，我被派到另一個服務單位工作，但與這班青年義工還一直保持聯絡，每次我回港也與他們聚會，他們大部份都結婚了，還帶著小孩參加聚會呢。

後來我轉到路德會新翠少年中心工作，也是負責少年義工組，隨著年事漸長，便到了鄰社輔導會石硤尾老人外展中心工作，那時除了成立青年義工探訪組外，還成立了耆英義工組，讓獨居長者發揮互助互愛的精神。記得那時每逢農曆新年、端午和中秋，與義工們帶著禮物探訪獨居長者，送上溫暖及關懷，讓他們感覺自己沒被遺忘，人間有情。有些行動不便或臥病在床的長者，看到她們緊握著我們的手，不發一語，但眼泛淚光，讓我深受感動。探訪工作縱然辛苦疲累，

也是值得。

一九九六年我來到悉尼，在新南威爾斯大學完成社工學士學位課程後，也不忙於找工作，便四處找義務工作，以便多些瞭解澳洲社會。剛巧看到 **Mission Australia** 招募義工教新移民學英語，便參加了義工訓練課程，也認識了他們完善的義工制度。完成課程後，我接到通知安排了一個學生給我，是從 **Macedonia** 來的新移民，她的丈夫是澳洲公民，但她一丁點兒英語也不懂，我用很多圖畫加身體語言與她溝通，她就拿著字典努力學習。不久她懷孕了，我便教她醫學及醫院常用的詞語和句子，她誕下女兒後，我是第一個被通知的人，因她要求丈夫第一時間通知我，我也是第一個到醫院探望她的人呢。後來我工作很忙，便停止了這個義務工作，**Mission Australia** 安排了另一位導師給她，但她每年都邀請我參加她女兒的生日派對，也能與我用英語溝通。及後我參與的義務工作，包括在巴拉馬打圖書館舉辦的長者電腦班擔任導師，和現時仍然堅持每月一次在新州亞耳滋海默氏病協會華語電話熱線，接聽查詢電話。

從去年十一月起，我便負責統籌澳華療養院基金義工服務，讓我有機會接觸願意為我們機構貢獻時間和愛心的熱心人士，希望在未來日子，能有更多機會與義工溝通，一起合作，為華人長者提供優質服務。

義工招募

澳華療養院基金一向本著以人為本的專業精神，以熱誠和愛心服務年老體弱的長者，為他們提供最優質的護理服務。

我們深信在澳洲有許多與我們擁有同一信念與使命的熱心人士，故特招募他們加入我們的義工行列，成為我們最親親密的伙伴，為推動澳洲華人社區高齡服務工作，共同付出努力與熱忱。

如有興趣加入我們義工行列，或欲查詢有關資料，請致電(02) 8741 0218 或電郵至 info@anhf.org.au





去年九月，我經歷人生低潮，再次面對失業。除了帶着徬徨無

助的心情尋找工作外，也要好好思考將來的路，畢竟我已接近三十歲了，但在資訊科技這行裡，仍然找不到出路，我是否真的需要考慮轉行？其實，我心裡一直希望將來的工作，可以服務社區，幫助一些有需要的人。若然真的需要轉行，或許這也是一個很好的時機。

不久，經朋友介紹下，我開始在蘇懷活動中心裡當義工。以前因外公的緣故，閒時會到他所住的療養院去探訪，所以一直有機會接觸長者。那時我還以為照顧長者，只是花點時間和他們談話，逗他們開心便行。當義工後，才發現這並不是我想像中那麼簡單。不但要了解每一個長者的需要〔例如起居飲食、背景等等〕，就連怎樣攙扶、怎樣推輪椅也是一門學問。

記得第一天當義工的時候，一班長者給我的印象是很嚴肅，不愛談話。無論我怎樣努力打開話匣子，他們總是一句起兩句止；或在很短時間內，不斷重



「失」而復「得」

複所說的話。起初我還以為他們是故意令我難堪，其實並非如此。只要我主動了解他們的背景及喜好，再投其所好，他們便會樂意和我溝通，成為我的老友記。不久，我漸漸與一班老友記熟諳，發現他們和小朋友一樣可愛。例如有一位婆婆時常告訴我，她甚麼都不懂，但只要我給她鼓勵，她便會願意學習〔其實她甚麼都懂，只是現在忘記了〕。也有一對夫婦，每次見到他們時必定是形影不離，就像熱戀中的情侶，只要太太稍微走遠一點，丈夫會嚷着要跟她一起。當然，還有很多趣事未能盡錄。

除了一班老友記，我在蘇懷也認識了一班好同工。他們不但友善、親切，還主動教導我一些照顧長者的技巧。那時因受失業的影響，心中有一股強烈的挫敗感，幸好得到一班同工的鼓勵。而當我考慮應否轉到高齡服務這行業時，這班同工不但替我客觀地分析利弊，更樂意分享他們寶貴的經驗。

從小就聽過「施比受更為有福」這句話。在蘇懷那短短的半年裡，我經歷了人生的低潮，但同時覺得我很有福氣，我不單有機會幫助一班長者，還認識了很多的朋友。透過與長者的接觸，讓我更明白人生，認識自己。

一覺到天亮

吳伍錦霞女士 高齡宿舍主任

徹夜難眠，輾轉反側，相信困擾著許多老友記；猶記得我家三個孩子還年幼時，餵奶、換尿布，熬過不知多少個無眠的長夜，眠乾睡濕的滋味，實在難受。

早陣子出席一個會議，會中有一位專家提供一些小貼士，我把它摘要出來。

- 作息時間一致；切忌時早時晚
- 日間多參與各式各樣活動；聊聊天、飲飲茶、打打麻雀；天朗氣清的日子，出外走走，賞心樂事
- 減少喝含咖啡因的飲品，午飯後更可免則免
- 避免午睡成習慣；必要時僅僅廿分鐘小休片刻
- 避免吃得太飽；以免難於入睡
- 睡前輕輕鬆鬆，泡個溫水浴
- 晚飯後，避免吸煙和飲酒
- 上床後，不要一邊吃零食又一邊閱讀或看電視
- 睡房應保持安寧舒適
- 夜半醒來又輾轉反側，切忌硬要躺在床上；起床，做一點輕省的事，鬆弛一下，更易入睡

〔資料來源：National Prescribing Service Ltd〕

甚願上述小貼士有助各位飽受失眠折磨的老友記，能持之恒的話，可望有效改善睡眠質量，個個朝氣勃勃，神彩飛揚！



周藻洋療養院

新州愛爾活區好美雅街一百一十三至一百一十五號

電話: 02 9559 4088

傳真: 02 9559 4233

電郵: ccpnh@anhf.org.au

陳秉達療養院

新州實活區偉頓街五十八號

電話: 02 9744 1287

傳真: 02 9744 6587

電郵: bcnh@anhf.org.au

錢梁秀容頤康苑

新州金匙區維美街四百一十三至四百二十五號

電話: 02 9784 0888

傳真: 02 9784 0800

電郵: lcg@anhf.org.au

社區房屋

新州歐田磨區鍾士街五百二十八至五百三十八號

新州沙利山區白楊街二號

電話: 02 9211 9838

傳真: 02 9280 0239

電郵: housing@anhf.org.au

沛德日間中心

新州歐田磨區鍾士街五百二十八至五百三十八號

電話: 02 9211 9838

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蘇懷活動中心

新州實活區偉頓街六十號

電話: 02 8741 0228

傳真: 02 9747 1637

電郵: sowai@anhf.org.au

綠田園日間中心

新州綠田公園區綠田園路十七號

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傳真: 02 9753 3500

電郵: haccs@anhf.org.au

翠庭山日間中心

新州翠庭山區翠庭山路二十五號

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電郵: haccs@anhf.org.au

社區夥伴計劃

新州金匙區維美街四百一十三至四百二十五號

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電郵: cpp@anhf.org.au

高齡家居照顧服務

東南區: 新州歐田磨區鍾士街五百二十八至五百三十八號

電話: 02 9211 9838

傳真: 02 9280 0239

電郵: cacps@anhf.org.au

西南區: 新州綠田公園區綠田園路十七號

電話: 02 9753 3400

傳真: 02 9753 3500

電郵: cacps@anhf.org.au

高齡家居護理服務

西南區: 新州金匙區維美街四百一十三至四百二十五號

電話: 02 9784 0868 / 02 9784 0869

傳真: 02 9784 0800

電郵: eachws@anhf.org.au

澳華療養院基金主辦梁仕釗牡丹國畫展

澳洲著名畫家梁仕釗先生，早於一九六三年已於香港大會堂舉辦展覽，其後陸續於世界各地舉辦過無數次畫展，包括中國、台灣、漢堡、佛羅倫斯、多倫多、溫哥華、紐約、雪梨等地，作品好評如潮，深受各界歡迎，極具收藏價值。梁氏有見澳華療養院基金竭誠為華人社區服務，讓長者老有所依，得以安享晚年，遂決定與澳華療養院基金合辦國畫展覽，並將是次售出國畫所得全數捐贈，期望社會各界賢達欣賞名畫之餘，亦能大解善囊，共襄善舉，攜手參與這項極具意義的慈善活動。



澳華療養院基金主辦梁仕釗牡丹國畫展

開幕禮：九月十八日〔星期六〕上午十一時

展期：二零一零年九月十八日〔星期六〕至廿八日〔星期二〕

時間：上午十時至下午四時〔星期一至六〕

地點：中華文化中心

地址：Citadel Towers, 799 Pacific Highway, Chatswood 2067

電話：(02) 9411 3799

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