

# Newsletter

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## Face up New Challenges

Ms. Ellen Louie, ANHF Chairman

I am delighted to commence my term as Chairman of ANHF and am deeply humbled to be entrusted with this important role.

As many of you are aware I was elected as Chairman of the new Board at the AGM held on 5 February 2012. The other Trustees in the new Board are Mei Mei Tse as Vice Chairman, Monica Chu as Secretary, Andrew Gock as Treasurer and Bernard Tse as Trustee/Director. The new Board with its new ideas wish to build on the strength of the organisation as a result of the good work and legacy of all the past Trustees.

Our past Chairman Hatton Kwok and another trustee/director Charles Ng have both retired from the Board. Hatton was the Foundation's long serving Chairman and had worked hard and tirelessly for the Foundation. During his time the Foundation was able to expand to include the new LCACC at Hurstville and LCG at Campsie.

We the new Board had wished to organise a farewell party for all staff to attend in honour of his valuable contribution to ANHF and to express our gratitude. Regrettably, he declined our many offers of a farewell. Hence, on behalf of ANHF a beautiful Rolex Watch was presented to Hatton at the AGM dinner on 5 February 2012 as a small token of thanks for his valuable contribution and service to the Foundation.

The new Board recognises that it is a challenging environment for the aged care sector and ANHF. Many new changes and requirements are being imposed by the government in a time of financial uncertainty. Notwithstanding, we wish to work hard to try to make a differ-



ence. This may involve changes which we have to make but rest assured, changes will only be made where it is necessary.

Lastly the Board wish to express our gratitude and appreciation to all of you, the dedicated hardworking staff of the Foundation. It is YOU that help to make the organisation such a good strong and successful organisation and together we wish to continue and expand the good reputation that ANHF has amongst the community.

It is our wish to be able to visit the various facilities in the immediate future to get to know you all. We will advise you of our visiting timetable as soon as practical after our first Board meeting.

Unfortunately my work commitments do not allow me to spend as much time at the facilities as I would like. However, if any of you wish or need to contact me at any time, please feel free to email me at [e.louie@anhf.org.au](mailto:e.louie@anhf.org.au) or call my office during business hours at (02) 9235 2222.

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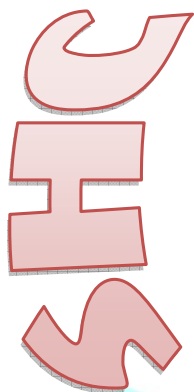
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## Editorial Committee

Mrs. Monica Chu  
Ms. Rebekah Kwan  
Mr. Vincent Au





**Ms. Annie Kung**  
Co-ordinator

In the past five years my work has let me to come into contact with different elderly people and their carers. Initially, the carers felt helpless and did not know how to look after their elderly loved ones at home. However, I find comfort that our regular gatherings are able to offer the carers advice, knowledge and support to alleviate the pressure and anxieties they face.

Every morning I will call the elderly clients to let them know our driver's pick up time. One Tuesday morning five months ago, one elderly lady did not pick up my usual phone call, I got one volunteer and our driver to visit her at home and discovered she had a fall. Immediately I contacted her son. Since then he called me regularly to update his mum's condition. In turn I offered him advice, support and occasionally counseled him.

In a short month, she was in and out of hospital and even stayed in a mainstream nursing home. She was later admitted to one of our aged care facilities and eventually passed away peacefully. Although his mother had passed away, her son was very grateful for our support and assistance whilst she was under our care. I was also very pleased that we were able to offer her a comfortable and linguistically appropriate environment through her final journey of life.

It is our job to provide a model for culturally and linguistically appropriate elderly service.



**Mrs. Karen Poon**  
Assistant Co-ordinator

It is difficult to comprehend that Stanley Hunt Centre had very few participants five years ago and now it is full house everyday. During this time I came across the elderly participants changed from very quiet to happy with continuous laughter at the Centre. I felt that this is the result of the hard-work and co-operation of all staff and volunteers at the Centre. The Centre is like a big happy family.

**Mr. Michael Yu**  
Day Care Worker

As a front-line staff, I feel very honored to be able to carry out the organisation's philosophy and values for the provision of high quality professional services for the elderly. I am very happy to see the laughter and happy faces of our elderly clients. I can feel their recognition and praise for our work from their behavior and expressions.

**Ms. Ann Tan**  
Kitchen Staff

In these five years we come to Stanley Hunt Centre to work. Each day we are touched by the happiness of the elderly as well as the teamwork and harmony of the staff.

**Mrs. Connie Au**  
Cook

Since I joined ANHF I have always followed or adhered with the Foundation's guidelines to put less oil, less salt and less sugar in my daily cooking for the elderly. This is especially the case for those who need to have a strict diet for health reasons. I am also very fortunate to be able to work with a good co-worker. We complement each other and we are able to do our job to the best of our ability. This is also why I like this job. Although my cooking is not spectacular, I will strive to improve my cooking skills.

**Ms. Angel Wu**  
Community Care Employee

I feel very happy and fortunate to work with my colleagues at Stanley Hunt Centre. In the last five years it is the teamwork of all staff and volunteers that enable the Centre to provide quality service to the elderly - as part of the extended family our elderly clients are able to have a good time whilst they come to the Centre during the day and return home safely in the afternoon. I am very proud and cherish the love and care from my colleagues. I am very thankful for their kindness and will work to the best of my ability.



**Mr. Roger Law**  
Driver/Maintenance/Cleaner

I have been driving the minibus to shuttle the elderly clients to and from the Stanley Hunt Centre for more than five years. This car has gone through the wind, rain and sun but it is still clean, comfortable and secure. It is my wish to be able to shuttle these elderly clients safely to and from the Centre and wish them all fit and healthy.

**Ms. Queenie Truong**  
Clerical Assistant

It is a privilege to be member of Stanley Hunt Centre.

**Ms. Sue Ye**  
Community Care Employee

I feel that Stanley Hunt Centre is like a big happy family. I am very happy to be able to serve these elderly people.

**Ms. Peron Kwong**  
Community Care Employee

I have been working at Stanley Hunt Centre for two years, I find the elderly clients received me with friendliness and warmth. It is very much like living in a big family of elderly people, volunteers and staff and this give me joy and peace.

## *Rainbow at So Wai Lifestyle Activity Centre*

**Ms. Eliza Chan, Co-ordinator (Chinese)**  
So Wai Lifestyle Activity Centre

So Wai Lifestyle Activity Centre will soon turn four, each and every day shines forth its rainbow radiance to me. Please allow me to depict my feelings through the three primary colours that blend out the seven colours of the rainbow.

### **RED - joy, challenge and unreserved endeavour**

- \* Joy comes naturally when you see the smiling faces and the hearty laughter of the elderly clients.
- \* Coming from different family backgrounds, each elderly client is unique. They and their carers have individual needs. Understanding their needs and providing the appropriate care and support are my daily challenges. The greatest joy is to know the needed support does reach them.
- \* On top of the daily administrative routines, there arise at times emergency issues that call for unreserved endeavour.



### **GREEN - comfort, tranquillity and support**

- \* The whole-hearted participation of the elderly in activities - in groups large or small, or in individual ones - paints such a beautiful and harmonious picture. Here the elderly clients are playing a game of mahjong, there are several having a chat, over the corner some are absorbed in the story line of a novel. There are as well those who grasp a little siesta, search the news on the web, stroll

leisurely in the centre, or enjoying a great time of their own. Yes, there is the ceaseless, simultaneous flow of clinging and clanging, yet to me all these blend into a sense of comfort and harmony.

- \* Seeing how staff and volunteers working together to bring joy and laughter to the elderly, to provide them with quality day care activities, I also see their support to this service. This spurs me onto a stronger urge to serve. The appreciation from our clients and their family members to staff and volunteers for their love and professional spirit encourages me immensely.

### **BLUE - fatigue, sentiments and helplessness**

- \* More service is provided to elderly clients and their family members equates more workload. To be honest: at one time or another I do feel weary, but whenever I think of **RED** and **GREEN**, my energy is regenerated.
- \* In some situations not much can be done but to comfort the family members with compassion, care and support. That is the time when helplessness creeps in.

These are the three colours that form the warp and weft of my multi-colour rainbow at So Wai Lifestyle Activity Centre.



I was employed as day care coordinator in Chester Hill around 18 months ago. I found the job to be quite challenging at the beginning since we had to start the day care from scratch and coordinate the Chinese and Vietnamese group as well. Although I did not speak Vietnamese, I sometimes could communicate with the clients through body language or with very simple English. However I was then supported by a colleague who could speak fluent Vietnamese.

The first client who attended Chinese Chester Hill Day Care was a Mandarin-speaking lady. It was a great opportunity for me to brush up my mandarin as well. Later, we employed a Vietnamese-speaking coordinator to take care of the Vietnamese Group in both Chester Hill and Greenfield Park. I then was left with the Chinese Group in both centres. Most of our clients who attended the day centres were from Vietnam.

We have four Mandarin-speaking ladies attending our Chester Hill day care centre, while the rest are Cantonese-speaking. Coming to day care mean our client can learn a lot of new 'skills' such as paper crafts, colouring, painting, card-making, punch crafts and cooking. They have a chance to taste and make different types of foods such as sweet or savoury pies, pancakes with ice cream, dumplings, Chinese pancake with

shallot and Vietnamese sour soup.

The elderly folks also learn how to play Bingo, UNO and Dominos. They often enjoyed news reading and gentle exercise while at the centres. They particularly like the exercise taught by our occupational therapist. Outings are conducted once a month and they love going out.

Socialising is never enough - our clients treasure every minute together and how they wish they could come to the centre more than once a week!

We certainly cannot operate without the assistance given by volunteers. They willingly cook for the group. Clients from both groups always praise and thank our volunteer cook a delicious and healthy lunch every week.

I always enjoy my day at work because I see the elderly folks enjoy each other's companionship, laugh heartily and sometimes achieve something that they may never dream of doing. I also learn a lot from clients through listening to their life stories - sad or happy. I feel much blessed each day working with them and have been receiving much more than I can imagine.

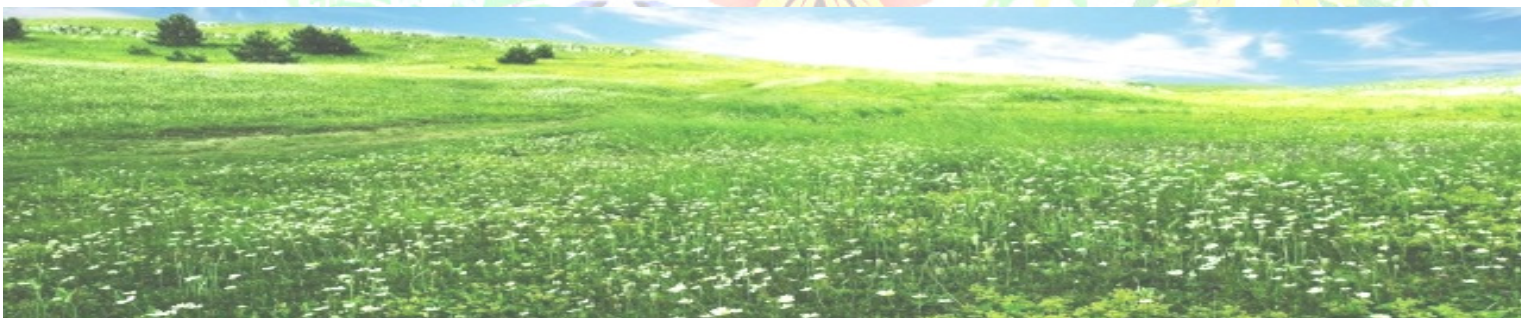


### Glimpses of My Work

Ms. Debby Yiu, Day Care Worker

More than a year had elapsed in a wink since my joining ANHF. Recently I was transferred to work at day care centres, where I can happily tap new experiences in this new role. In fact some new elderly clients also attend day care activities with unsettled feelings. As soon as their family members step outside the centre, the fear of having been left behind arises. Our devoted staff will comfort them with friendly smiles and a genuine concern. Gradually some elderly clients request 'early arrival with

a longer stay' in the hope of spending more time in the centre. Whenever they say they feel so happy in seeing us and how they enjoy participating in the activities together with the staff, I really feel excited and very much satisfied. Seeing their smiles draws an inner stream of happiness from the very bottom of my heart, the sweet inherent bliss that surpasses all words.





## My Second Family

**Ms. Marilyn Dang, Co-ordinator  
(Vietnamese) So Wai Lifestyle Activity Centre**



Hi my name is Marilyn Dang, and I am the co-ordinator of the Vietnamese Dementia Centre- Based Day Care. We celebrated our 1<sup>st</sup> birthday last October. We are quite a new service based at the So Wai Centre in Burwood. The Vietnamese group at the centre is quite unique. Our clients originate from various parts of Vietnam. Some are of direct Vietnamese origin and some are Vietnamese-born- Chinese (who were either born or came to live in Vietnam when they were young).

Our clients, all have dementia varying in levels; we cater for all, with necessary assistance for different circumstances. Despite their condition, they are gentle, humble and eager to participate in activities. They share strong friendship with one another which is seen through their bonding and care for each other.

I am proud and grateful of the Staff and Volunteers that dedicate the time and effort in providing the foundation of the service. We provide our clients with delicious traditional Vietnam-

ese food that is prepared and cooked in our little kitchen. My day care assistant and my volunteers are our two resident "Celebrity Chefs" in the program. Tat our transport driver is slowly learning Vietnamese; his progress is commendable whilst considered entertaining and hilarious by our clients. I do believe that without the devoted assistance of my staff and volunteers the programme would not be as successful as it is.

The elderly have positively excelled in the programme, contradicting the idea of "...can't teach an old dog new tricks..." I am truly pleased of how much they have developed over the course of the programme and fully endorse further activities to promote awareness of dementia in the Vietnamese community.

## My Career

**Ms. Tam Do, Co-ordinator  
(Vietnamese)  
Greenfield Park/Chester Hill Centre**



Hello everyone, my name is Tam Do and we are now in autumn but the weather is freezing here at Greenfield Park. Fortunately we have air conditioning in our

newly renovated centre. I am the co-ordinator of the Vietnamese Day Care Centre in Greenfield Park and also in Chester Hill. My job is to support many old people to maintain their daily activities. I find this job very amazing because of the many good staffs and volunteers who assist me. Without their support I wouldn't be able to continue this job enthusiastically.



## Welcome on Board

- \* 19 Jan 2012 Ms. Andie Lo joined the LCACC team as Administrative Assistant.
- \* 09 Feb 2012 Mrs. Magdalene Ho joined the Admin team as Administration Executive.
- \* 15 Feb 2012 Ms. Maggie Wong joined the BCNH team as Deputy Director of Nursing.
- \* 29 Feb 2012 Ms. Bertha Hon joined the Admin team as Human Resource Officer.
- \* 14 Mar 2012 Ms. Wendy Lam joined the Admin team as Administrative Assistant.
- \* 19 Mar 2012 Mr. Raymond Wang joined the Home Care team as Administrative Assistant.
- \* 21 Mar 2012 Mrs. Irene Ng joined the Home Care team as Assistant Co-ordinator.
- \* 26 Mar 2012 Ms. Karen Wong joined the So Wai Lifestyle Activity Centre team as Assistant Co-ordinator.



# 活動花絮 — 療養院



Cutting the birthday roast pig?  
What a clever change!  
生日切燒豬，別開生面！  
(CCPNH 周藻泮療養院)

Every day is a Valentine's Day when  
shared happily together  
開心共聚，天天都是情人節  
(CCPNH 周藻泮療養院)



Elders totally absorbed in the in-house  
performances by Cantonese opera celebrities  
粵劇名伶粉墨登場，長者聽出耳油  
(LCACC 錢梁秀容療養院)



A well-deserved 'Helping Hand' award to a resident  
who lent a helping hand.  
熱心助人長者，值得嘉許  
(CCPNH 周藻泮療養院)



Tranquility in the midst of a storm – mahjong  
bingo decided the final hero  
談笑用兵，麻雀Bingo桌上論英雄  
(LCACC 錢梁秀容療養院)



Gorgeous performances by the Salvation Army for our  
elderly residents 救世軍歌舞娛耆英  
(BCNH 陳秉達療養院)



A Chinese New Year visit to the temple – a  
pledge for health  
新春上廟祈福，人人身壯力健  
(BCNH 陳秉達療養院)



A rose with thoughts for my valentine.  
送你一支玫瑰花，聊表心意  
(BCNH 陳秉達療養院)



# 活動花絮 — 日間中心



The Garden of Blossoms Dance Troupe  
- a dance of lasting beauty  
百花園舞蹈坊 -  
一舞難忘、精彩絕倫  
(SWC 蘇懷活動中心)



Here comes the God of Fortune -  
all grinning from ear to ear!  
財神到，人人眉飛色舞  
(SWC 蘇懷活動中心)



Yummy peanut wraps -  
we made them!  
親手做的花生角特別好味道  
(SWC 蘇懷活動中心)

What a sweet  
birthday!  
甜甜蜜蜜過生日!  
(SHC 沛德日間中心)

Meet the Dragon at Power House Museum in  
Chinese New Year  
農曆年間看幸運龍在動力博物館表演  
(SHC 沛德日間中心)



Visit to Watsons Bay  
in autumn  
秋日遨遊 Watsons Bay  
(SHC 沛德日間中心)



Kung Hei Fat Choy! 恭喜發財，新春大吉！  
(SHC 沛德日間中心)



Having a fun morning  
painting together  
群策群畫  
(SHC 沛德日間中心)





## 會訊

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### 迎向新挑戰

雷文潔女士——澳華療養院基金主席

我很榮幸能夠成為澳華療養院基金的主席，並以謙恭戰兢的心情接受這個重大的使命。

二零一二年二月五日在澳華療養院基金的週年大會上，我被選為新一屆董事會主席，其他董事會成員包括：副主席謝蘇美薇女士、秘書朱潘敏嘉女士、司庫郭立德先生，以及董事及信託人謝慶鑑醫生。新董事會成員希望能秉承前任信託人過往卓越的成就，穩健基金會的架構，將工作做得更盡善盡美。

前任主席郭東成先生及另一位信託人吳承歡先生為基金會服務良久，現已榮休。郭東成先生在基金會長期擔任主席一職，他辛勤領導基金會，為籌建好市圍錢梁秀容療養院以及金匙區錢梁秀容頤康苑，不遺餘力，今日基金會已穩健發展，他亦在最佳時刻功成身退。

新董事會本欲以澳華療養院基金名義為郭東成先生舉辦歡送會，並誠邀全體同事出席，可惜郭先生多番婉拒我們的好意，因此，我們只能在二零一二年二月五日的週年大會上，代表澳華療養院基金向郭先生致送勞力士錶作為禮物，以表揚他長久以來對基金會作出的貢獻，並聊表我們的謝意。

新董事會深知在社會經濟不明朗情況下，政府許多政策及要求不斷在轉變，澳華療養院基金高齡服務將會面對許多挑戰。儘管如此，我們一定會努力不懈，繼續向前，



並承諾在有需要的情況下，才會作出變動。

最後，董事會希望向基金會每一位專業勤奮的員工表達深切的讚賞和感謝，就因為有你，基金會才能夠成為這樣穩健和成功的機構，我們希望能與你們共同攜手，讓澳華療養院基金繼續成為澳洲華人社區聲譽卓著的高齡服務機構。

我希望在不久的將來，能到訪每個服務單位，更多認識你們。期望在第一次董事會會議後，這個計劃能盡快落實。

可惜因為律師工作事務繁忙，可能不容許我時常與你們在一起。如果你有需要或希望與我聯絡，歡迎你於辦公時間致電我的公司 (02) 9235 2222 或電郵給我，電郵地址是 e.louie@anhf.org.au。

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#### 編輯室

朱潘敏嘉女士  
關靜雯女士  
歐煦民先生



# 週年



**龔愛周女士**  
日間中心主任

**鄧月娟女士**  
日間中心副主任

五年前的沛德中心，參加人數寥寥可數，和現在每天都坐無虛席，簡直是天壤之別！看到長者初來時沉默寡言，到後來熟悉後歡笑聲不斷，深深地令我感受到這都是沛德中心所有員工及義工互相合作和努力的成果，在這裡工作，就像置身於一個快樂的大家庭。

**余賢明先生**  
活動助理

作為前線工作的員工，能貫徹機構的理念和價值，運用在實際工作中，為長者提供優質、專業的服務，我感到無比的榮幸。特別是每天聽到長者們那朗朗的笑聲，童真般的笑容，我從內心裡有說不出的高興。因為從他們的舉止和表情中，我深深地感到長者對我們工作的認可和讚許。

**譚秋英女士**  
廚房職員

五年來，我們風雨不改來到沛德中心，每天都感受到公公婆婆的開心快樂，以及同事們之間的相互合作，分秒凝聚和諧氣氛。

過去五年，因為工作關係接觸不同的長者及照顧者。許多照顧者起初都不知怎樣照顧家中的長者，感覺非常無助，透過我們定期的聚會，為他們提供資訊、知識及建議，能幫助他們減輕所面對的壓力及憂慮，我也實感安慰。

每天早上，我都會打電話給長者，告訴他們司機甚麼時間來接他們。約五個月前的一個星期二早上，其中一位婆婆沒有如常地接聽我的電話，我已心知不妙，於是請義工及司機上門查看，發覺她原來跌倒地上，我即時通知她的兒子。由那時開始，他的兒子時常來電告知我婆婆的情況，我亦成為他的「盲公竹」，不時給予他適當的支持、鼓勵和建議，有需要時甚至疏導他的情緒。

短短一個月，婆婆經歷進出醫院，曾入住主流療養院，最後轉到澳華療養院基金屬下的療養院，未幾在療養院安詳離世。婆婆雖然已離世，但她的兒子很感激我們一直以來從旁協助，讓他可以為母親劃上一個他認為滿意的句號。而我最後能為婆婆找到一個最好的歸宿——我們機構屬下的療養院，讓她可以舒舒服服地在一個同聲同氣的環境中渡過人生最後的旅途，我也感到十分欣慰。

而「竭力成為提供符合文化，語言及優質高齡服務的典範」，正是我們每天的工作！

**歐侯麗珠女士**  
廚師

入職以來我一直遵從機構的指引：為長者提供少油、少鹽和少糖的膳食，用心烹調每天的菜式。對那些體弱或服藥期間的長者，更要特別小心處理他們的膳食。最難得的是，我有一個既合拍又能互補不足的拍檔，所以每天都能恰當地完成我的工作，這也是我喜歡這份工作的原因。雖然我廚藝一般，但我會不斷的學習求進！

**胡志蓮女士**  
社區照顧工作員

自從加入沛德中心工作，我覺得十分幸運和快樂，五年多以來，有幸和各位同事及義工一起工作，互助互勉，給長者提供優質的服務，讓他們每天高高興興的來，平平安安地回家，作為大家庭的一份子，我覺得非常幸福和驕傲，我十分珍惜同事對我的關愛，我將懷著感恩的心努力工作下去。





**羅盛輝先生**  
司機/維修/清潔

我駕駛用來接送長者到沛德中心參加活動的小巴已有五年多，該車雖然歷盡風吹雨打，日曬雨淋，但仍光潔如新，舒適穩妥。但願乘坐這輛小巴參加活動的長者亦像它一樣，老當益壯，龍精虎猛，讓我繼續接送你們開心心地來中心參加活動，平平安安地送你們回家。

**葉穗蘭女士**  
社區照顧工作員

我感到沛德中心就像一個溫暖的大家庭，能在這裡為長者服務，我感到非常快樂和開心。

**張君燕女士**  
文員

非常榮幸可以成為沛德中心的一份子！

**鄭轉美女士**  
社區照顧工作員

我在沛德中心工作瞬間已二年，深切感受到這裡的長者親切和溫馨，就像在一個大家庭裡生活，與長者、義工和同事在一起，時刻感受到這份喜樂和平安。

## 蘇懷彩虹

**陳麗芳女士——日間中心主任**  
(華語組)蘇懷活動中心

轉眼間蘇懷活動中心就快四歲了，對我來說，每天都像彩虹般充滿色彩，極之充實。容我嘗試以變出彩虹七色的三個原色來形容我的感受：

### 「紅」——開心、充滿挑戰和拼勁十足

- \* 每天當看見長者開懷的笑面，聽見他們的歡笑聲，就不期然地感到開心。
- \* 每位長者都非常獨特，各有不同的家庭背景，他本人及其家人都有不同的需要，因此，要清楚明白他們的需要，在照顧及支援上提供適切的服務，便成為我每天的挑戰。得知他們得到所需的幫助，便是我開心快樂的泉源。
- \* 每天除了負責中心內的日常行政管理事宜，有時還會遇到突發事件，令我充份感覺少一分拼勁也不行。



### 「綠」——舒服、平和及支持

- \* 每當看見長者投入活動環節，不論是大組、小組及個人的活動，都構成一幅美麗和諧的圖畫。這邊有長者在攻打四方城，那邊有幾位坐著閒話家常，另

一角落有些正陶醉在小說的情節中，有些難得獨個兒靜下來讀報紙，更有一些把握時間來個小午睡，或是上網看新聞，或在中心內悠閒地踱步，各適其式。雖然同時間會聽到很多聲音，但總給我一份極舒服與和諧的感覺。

- \* 每當看見同事及義工們上下同心，彼此配搭，努力將歡笑帶給長者，提供優質的日間中心活動，我便感到他們對這項服務的支持，也更鞭策我繼續努力付上一己的心力。遇有長者或家人表示欣賞工作人員和義工的愛心及專業精神時，我更感到無限鼓舞。

### 「藍」——疲憊、感觸及無奈

- \* 中心的人數愈來愈多，工作量必隨之加增，坦白說，必有感到疲憊之時刻，但當想起「紅」和「綠」色，便能再次得力。
- \* 有些情況下，明白所能幫上的忙很有限，只有安慰家人，表示同情、關懷和支持，實在感到很無奈。

每一天，就是這三種顏色交織幻化，成就我在蘇懷活動中心七彩繽紛的生活。



我在翠庭山日間中心工作已有一年多，最初開始時需要負責華語組及越語組，實在極具挑戰。雖然我不會說越語，只能以身體語言或簡單的英語和長者溝通，幸好，當時我有一位會說流利越語同事協助，讓我工作更得心應手。

記得第一位加入日間中心(華語組)的長者是說普通話的，讓我有機會好好練習自己的普通話。未幾，機構聘請了說越語的日間中心主任，照顧翠庭山及綠田園的越語組長者，而我則專注照顧華語組的長者。這兩個日間中心有一特色，就是很多長者都是來自越南。

在翠庭山日間中心，有四位長者是說普通話，其餘都是說廣東話。參與我們日間中心的長者，他們有機會學習不同新事物，例如摺紙、塗顏色、畫畫、設計賀卡、各式手工藝及烹飪等，他們可以學習做不同款式的食物，例如做各式甜及鹹批、雪糕班戟、餃子、中國薄餅及越

南酸湯等等。

長者喜歡聚在一起玩智力遊戲如泵波拿(Bingo)、叫糊(Uno)及骨牌(Dominos)等，他們也喜歡閱讀新聞和做運動，特別是我們職業治療師教他們做的運動。由於長者都很喜歡活動，所以每月會安排他們出外。長者珍惜分秒共聚，好像在一起的時間永遠都不夠，甚至希望每星期能多來中心幾次！

幸運地我們日間中心有很優秀的義工，每星期為長者預備非常美味和健康的午餐，長者吃得津津有味之餘，亦時常表示他們的讚美和感謝。

我很享受我的工作，每次看見長者摯誠的情誼、真心的笑容，以及當實踐到他們夢想的事情時的喜悅。從他們哀樂的人生中，我學習到很多東西。和他們一起，每天都是祝福！

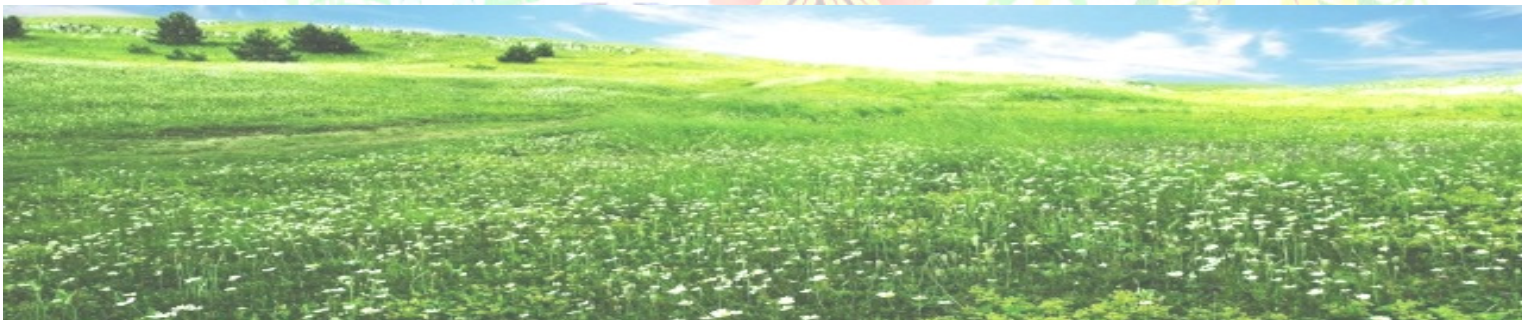


## 工作點滴在心頭

姚美雲女士——活動助理

踏入澳華療養院基金轉瞬已一年多，最近獲機構安排轉往日間中心工作，我非常高興可以在新工作中汲取新的經驗。有些新來的長者帶著戰戰兢兢的心情來參加中心的活動，害怕家人放下他們便不顧而去，家人甫一離開後愁容滿臉，忐忑不安。幸好我們每位工作人員都盡心盡意地照顧他們，以親切的笑容、關心的態度來

關顧長者，漸漸地看見有些長者開始要求「早到晚歸」，盼望在中心多逗留一點時間。當他們說每次看見我們便很高興，很享受與我們一起參與中心的活動時，我真的感到很興奮及很有滿足感。看到他們的笑容，就好像有一股喜悅從內心湧出來，是盡在不言中的甜在心頭！





# 另一個溫馨的家

Marilyn Dang 女士——日間中心主任  
(越語組) 蘇懷活動中心



你好！我的名字是 Marilyn Dang，是蘇懷活動中心（越語組）的日間中心主任。在寶活區蘇懷活動中心，我們的服務開始不是太久，上月十月才剛滿一週年。越語組是較獨特的組合，因為長者都是來自越南不同地區，有些是土生土長的越南人，有些是在越南出生的華人（他們都是在越南出生或年幼時已移居越南）。

由於參與中心活動的長者都有不同程度的腦退化，需要我們各方面特別的照顧和協助，儘管如此，他們大都非常友善，謙恭有禮，也很投入參與各式活動。他們彼此關心，互相照顧，因而建立牢固真誠的友誼。

我很感激也很驕傲能有一班非常投入及認真工作的同事及義工，我的助理和義工可說是我們御用的「名廚」，

他們每星期在我們袖珍的廚房裡，為長者預備各式美味及地道的越南午膳。至於我們的司機劉達明先生，他正慢慢地學習越南語，他認真的學習態度值得欽敬，同時也為我們的長者帶來很多歡樂。假若沒有這班勤懇熱誠的同事和義工的協助，我相信活動中心一定不會像現在這樣成功！

誰說人老了就不能學習新的事物，我們的長者都很認真地學習。我真的很期望透過我們為長者設計的各式活動，讓他們有所得益，並讓越南社區更加關注癡呆症患者。



## 我的工作

Tam Do 女士——日間中心主任  
(越語組) 綠田園 / 翠庭山中心

你好！我的名字是 Tam Do。

現在只是秋天，但天氣已十分寒冷，幸運的是最近綠田園中心進行新裝修，安裝了新的空調系統。我是綠田園及翠庭山越語組日間中心的主任，我的工作主要協助和鼓勵長者保持日常活動的能力。能夠擁有一班很好的同事和義工，讓我滿心感謝，沒有他們的協助，我怎可能那麼熱愛我的工作！



## 歡迎新同事

- \* 二零一二年一月十九日
- \* 二零一二年二月九日
- \* 二零一二年二月十五日
- \* 二零一二年二月廿九日
- \* 二零一二年三月十四日
- \* 二零一二年三月十九日
- \* 二零一二年三月廿一日
- \* 二零一二年三月廿六日

羅靜雯小姐加入錢梁秀容療養院任職行政助理  
何莊秀卿女士加入行政部任職行政主任  
黃玉連女士加入陳秉達療養院任職副院長  
韓孜敏女士加入行政部任職人力資源主任  
林嫻君小姐加入行政部任職行政助理  
王宇鋒先生加入家居服務部任職行政助理  
吳少琮女士加入家居服務部任職副主任  
黃嘉怡小姐加入蘇懷活動中心任職日間中心副主任