



ANHF
AUSTRALIAN NURSING HOME FOUNDATION
澳華療養院基金
Culturally Appropriate Aged Care Since 1980

NEWSLETTER



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Get up and Go – Happy Seniors

Maggie Pan, Support at Home Team Leader

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Many older people experience ongoing emotional issues since the outbreak of the COVID-19 pandemic. As a service provider that centres on senior wellbeing, ANHF Home Care Services have been tailoring activities for our consumers since last year to uplift their spirits and support them in living a happy life. In the following interview, Maggie shares her plans and aspirations as she oversees this initiative.

1. The general impression of home care services is usually about providing in-home assistance such as domestic assistance or personal care, or accompanying the elderly for shopping or medical appointments. What motivates you to design so many different activities for the seniors?

Before I started my business development role, I was a home care advisor and often heard from our consumers that they didn't get out as much. They just stayed at home. Some even expressed the feeling of loneliness. Among the agenda in our regular home care team meetings, one of them is to discuss consumers' needs. Their mental wellbeing is important and we see the need to provide emotional support. Management has been very supportive as we rolled out our plans.

Outings have been organised since mid last year with each and every one of them in high demand. From late 2023, social support group activities have become increasingly popular among our home care consumers, this further strengthens our motivation to provide more of this kind of social support.

2. I understand that these activities come in various forms, including both indoor and outdoor programs. Could you briefly tell us what they cover?

There are both indoor and outdoor activities to meet different consumer needs. We arrange monthly visits to our newly built Huang Ying Jung Nursing Home in Gordon, where they tour the nursing home as well as participate in some fun games based on our newly adopted gerontechnology. We also run a Fun & Joy Group in Eastwood, a program which is similar to that of our Seniors Wellness Centres which are always at full capacity. That obviously points to a keen demand for centre-based activities. Consumers can come to our group for fun, joy and social life— just as what this group focuses on and exactly what the group is named for. We invite guest speakers to talk about health topics; we play games designed with new technologies; we invite guest performers; we have craft sessions and group exercise sessions. To add to the list, we also conduct monthly group outings. Places we have visited included Japanese Garden, a nursery, a temple and botanic gardens.

3. These activities have been launched for almost half a year now. What are the feedbacks from the seniors? Which activities do they enjoy the most? Why?

Feedback have been very positive. Most of the activities were in high demand, we often have a waiting list for every activity due to the limited places an activity can accommodate. For example, we have to take into consideration the bus size, staff and venue capacity. Sometimes it isn't possible to cater for everyone who has registered for the event. For our Lunar New Year buffet, it was so popular that we had to arrange additional events as there was huge interest in festive programs for Lunar New Year.

Tours to Huang Ying Jung Nursing Home have been popular. Consumers know that we have a new nursing home and are eager to experience the award-winning facility and view the artworks on display. During the tours, they took photos of the place and told me that they loved sharing those memories with their family and friends. The nursing home's Tea House is especially popular where visitors and residents alike can enjoy a cup of tea, have a chat and enjoy the natural surroundings. Our outings are popular as they offer our consumers the opportunity to enjoy a wide range of social activities and build connections.

4. Can you give us a preview of any new ideas or activities that will be gradually introduced in the future?

This year, a visit to Nan Tien Temple was scheduled in March. City & beach tour, jacaranda tours, visit to art gallery etc are all in our wish list. We are always open to suggestions from consumers on where they'd love to go. We will try our best to plan different kinds of activities to meet different needs. Our aim is to help our elderly consumers to live an active, happier social life, from which they can gather fond memories that light up every day of their life.





SO WAI SENIORS WELLNESS CENTRE (SWSWC) – SOURCE OF HAPPINESS AND SUPPORT FOR THE ELDERLY



Kimmy, a cheerful and vivacious Centre Coordinator, loves to communicate with the elderly to cheer them up. During the Seniors Week in March, SWSWC partnered with our Northern Seniors Wellness Centres to organize a performance by a dance group to celebrate the event together. When asked about what made SWSWC stand apart from others, Kimmy responded, 'SWSWC is a centre specifically for elderly people with dementia and their carers. Here they have enjoyment and a sense of achievement that helps slow down the progress of dementia and maintain a healthy lifestyle.'

Carers of people with dementia can be both physically and emotionally drained in caring for their loved ones. Kimmy says the Centre provides support for carers by taking care of consumers with dementia. Carers can have a break from care duties to handle personal affairs or catch up with friends. One of our carers has to take care of her dementia husband 24/7. The caring duty was immense. Having her husband joining the Centre, she finds that he enjoys the activities, plays chess with others and even makes significant progress in health and self-care. 'Before joining the centre, the husband relied on the wife in all aspects of life including meals. Since coming to our Centre, he gradually regained the ability to have meals using chopsticks. That was a pleasant surprise for his wife!' Kimmy says this elderly consumer now comes three days a week, his wife can have time to enjoy doing the things she likes. Each finding his /her own happiness.

From Carer of Her Mother living with dementia to ANHF Care Service Employee

Lily Tam

So Wai Seniors Wellness Centre CSE



It was from caring for her mother who had dementia that Lily's career path merged with ANHF, a path that led her to become a care service employee at So Wai Seniors Wellness Centre.

'Ever since mum was diagnosed with dementia, my brothers and sisters and I cut down our work in our own professional fields to take turns in taking care of her, with the hope of slowing down the progression of the illness.' Advised by a friend, Lily took her mother to ANHF So Wai Seniors Wellness Centre (SWSWC). 'On the first day at the Centre with my mum, I was so impressed by the tender loving care of staff and volunteers for elderly participants. They all had smiles on their faces.' Lily said her mum had become more positive and cheerful after attending SWSWC, where she got to meet up with friends. That significantly slowed down the progression of dementia. The more Lily accompanied her mother to the Centre, the more deeply she understood the meaningfulness in caring for the elderly who were in need. Five years ago, Lily started to work in SWSWC. With her professional knowledge and experience drawn from caring for her mother, she also cares for the elderly who have dementia. To her, the SWSWC team is very professional. It is a very caring team that overcomes

problems and difficulties together. 'I can see that our elderly consumers have improved in their ability, confidence and wellbeing through participating in activities designed by the team, that gives me the most job satisfaction!



Kyan (first from left) says during lunar new year, the Vietnamese loves to wear the national costume to visit friends and relatives.

A Centre Permeated with Vietnamese Glamour

ANHF also has a Seniors Wellness Centre for elderly Vietnamese people. Kyan, the Vietnamese-speaking centre staff, loves her current job, and enjoys communicating with the elderly. She talks enthusiastically about the characteristics of Vietnamese culture, points out that Vietnamese Chinese also celebrate the Lunar New Year, Dragon Boat Festival, Moon Festival and other traditional festive days. During the Lunar New Year, all family members will happily wear the Vietnamese national costume to visit friends and relatives. The Vietnamese also pay attention to lifestyle details, like ensuring there is a table cloth for meals. They are also attentive to their appearances. Despite being in their 80s or 90s, the elderly will dress well, put on make up and use perfume — such are their social etiquettes.

To cater for the needs of elderly Vietnamese, the Centre

employs a chef who is good at cooking Vietnamese food. Hence the elderly can enjoy genuine Vietnamese food like beef with rice noodles in soup, preserved pork with rice vermicelli, Vietnamese spring rolls etc. Singing is a much loved Vietnamese activity. When high spirits are stirred up in singing, they will dance together. Happy moods multiply. Whenever the elderly come to the Centre, they laugh heartily and have a strong sense of belonging. The Centre also arrange regular excursions like beach tours, visits to national parks or barbecue luncheons. Kyan still recalls that during a beach picnic, an elderly male consumer said in emotional feelings, 'It's such a beautiful place. I haven't seen the sea for a long time!' Never had Kyan imagined that such a simple excursion could mean so much to this elderly consumer. She was moved, more convinced that her work is really worth doing and is quite meaningful.

Stanley Hunt Seniors Wellness Centre — A Most Heartwarming Hub for the Elderly



Located at Ultimo, Stanley Hunt Seniors Wellness Centre (SHSWC) has been for more than twenty years a happy gathering hub for the Chinese elderly. Meaningful activities designed by staff bring them laughter and heartwarming experiences.

On the day of their 20th Anniversary SHSWC was decorated with lanterns and streamers. Numerous shining tinsels and colourful balloons at the front door heralded a celebrative atmosphere. Jenny, the Centre Coordinator, had especially invited one of the Centre former founders Ms Celia Chik (former Principal Director of Nursing), Board member Ms Mei Mei Tse, CEO Ms Ada Cheng and former Coordinator Ms Annie Kung to join this celebrative luncheon party where friends, old and new, gathered together for a milestone event that conjured up fond memories. Laughter filled every corner as programs meticulously planned by staff were rolled out. What impressed us most was a cloisonné plaque made by Mr Li, who is over 90 years old. Mr Li learned the skill on the internet, worked over long hours to have it completed. On the plaque were inscribed in Chinese: 'Closest to our hearts are the elderly at SHSWC / Our greatest regards to SHSWC on its 20th anniversary'. That definitely doubled the special meaning of the anniversary.



Ms Tam

Ms Tam, who resides in Jones Street Community Housing, attends weekly centre activities. 'For quite a while I was very upset due to my restricted mobility as I had to use a wheelchair after a fall. I became much more cheerful after joining the Centre activities. With the encouragement of staff and friends, I practised walking. Now I can walk with a walking stick. My sincere thanks go to the care and concern of Centre staff. Though they're not my family members, they're far closer to my heart!'

Auntie Lam

Auntie Lam, who is over eighty years old, often avoided going out due to safety concerns. Life became boring. Ever since she has attended SHSWC, her life opened up. 'I love the newspaper reading session in the morning. You can chat with staff over what's in the news, know more about important events around the world without having to travel. I also love the organised outdoor activities to art galleries or national parks. These are safe but eye-opening experiences!'



LCACC 13th Anniversary Achievements by a Grade A Team



Situated in Hurstville, Lucy Chieng Aged Care Centre had an impressive face lift after a thorough renovation. Colourful streamers and decorative lanterns filled every corner with blissful joy on the day of its 13th anniversary.

Board members Ms Mei Mei Tse, Dr Bernard Tse and Mr Andrew Gock, together with CEO Ms Ada Cheng, Chief Financial Officer Mr Johnny Teong and General Manager Care Services Ms Jenny Chua honoured the event with their presence and well wishes.



Ms Lam, who has been in LCACC for four years, found the food and the stay there very satisfying. She especially praised the staff for their caring and quality services. To her it is a blessing that she can stay in LCACC to enjoy her golden years! Ms Ada Cheng, our CEO, encouraged all staff to keep up their commitment in continuously providing for our elderly residents the best possible services, which shaped LCACC into a beautiful legend in Hurstville!

Thank you letter (extract) from a LCACC resident's daughter

23rd March 2024

Dear respectable LCACC staff team,
May I extend my sincerest gratitude to you all through this letter!

I left Australia early this month for a tour, my first overseas tour since my mother was admitted to LCACC four years ago. Having no appetite due to illness, my mother prefers to drink soup instead of water every day. As I had to be away, I could only seek help from your residential facility. It was a pleasant surprise to me that both Emily, the Facility Manager and Amy, the Acting Care Manager, agreed to reheating the packaged soup over direct heat in

the kitchen. Hearing this, my heart was filled with gratitude. Thank you all for your tender loving care to every resident! A BIG thank to all the kitchen staff for their patience and arrangement. It was because of the combined efforts of the whole team that I could embark on an enjoyable journey with peace of mind, knowing for sure that my mother would be in good hands. Thanks again!

When I visited my mother the very first day after the tour, she told me that Judy, the care staff, carefully soaked the almond biscuits to a softer texture and assisted her in eating them. I felt ashamed in hearing this. Being a daughter, never had the

thought of using this method to help my mother eat biscuits crossed my mind. A care staff was far more caring than I was. Judy always tidies up my mother's wardrobe. Clothes are orderly kept to ease her showering needs. Judy is surely an invaluable asset to LCACC!

It was all because of the hard work of the dedicated care staff that mother was in wellbeing after I had been away for 16 days. May I take this opportunity to give you all my heartfelt thanks and well wishes again!

Regards,

Aiping (daughter of resident in D23)



Huang Ying Jung Nursing Home has reached its first anniversary since the admission of the first intake of residents in March last year. It has been a fruitful year with outstanding achievements in winning several design awards. Also providing a haven where over 80 residents stay and enjoy their ageing years under the most appropriate care. Honourable guests on the day included Chairperson Ms Ellen Louie, Board member Mr Andrew Gock, CEO Ms Ada Cheng, Chief Financial Officer Mr Johnny Teong and our patron Dr Huang Chen-ya, who was specially invited to officiate the Cake Cutting Ceremony. Lots of programs were arranged to celebrate this anniversary event with residents and their family members. Apart from singing and dance performances, Mr Edward Lee, popularly known as Sydney Prince of Love Songs, brought hearty laughter among elderly residents. We all wish for our residents the best of care, wellbeing, longevity and a pleasing and satisfying stay in their ageing journey.



About the National Health and Medical Research Council (NHMRC) and Face Dementia projects

Phoebe Leung (CHSP Manager)

We are excited to announce our involvement in two groundbreaking projects designed to revolutionise dementia care for Culturally and Linguistically Diverse (CALD) communities.



CALD Project - 'Face Dementia'

In partnership with the University of Sydney, ANHF embarks on the Face Dementia project in CALD communities. This initiative aims to promote the timely diagnosis of dementia within CALD communities, focusing on co-adapting, delivering, and critically evaluating a public help-seeking and stigma reduction campaign. Targeting the Chinese, Vietnamese, and Arabic-speaking populations in South-West Sydney, the project collaborates with community representatives and cross-cultural professionals to strive to increase awareness, reduce barriers, and create a supportive environment for the diagnosis and treatment of dementia.

ANHF has been invited to join the Advisory Group in this project. Our role is a testament to our unwavering dedication to cultural sensitivity and excellence in care. We are not just a participant in these projects, we are driving them towards meaningful outcomes that align with the unique needs and values of the communities we serve.

NHMRC Tailored Culturally-appropriate iSupport Model

ANHF is proud to collaborate with Flinders University to adapt the 'culturally tailored iSupport model' for carers of people living with dementia. This comprehensive model aims to provide a skill training program in multiple languages, including English, simplified and traditional Chinese, Vietnamese, and Bahasa Indonesian. It covers crucial aspects of dementia care, from understanding the disease to managing carers' stress and promoting consumer-directed care. By tailoring the model to different cultures, we ensure that carers have the advanced skills and knowledge to provide the best care possible.

Our contribution to co-designing strategies and co-creating resources for this model highlights ANHF's commitment to enhancing the wellbeing and quality of life for those affected by dementia and their carers. Through evaluating the iSupport model's effectiveness and implementation strategies, we are paving the way for a new era of empowered and informed dementia care within the Chinese and Vietnamese communities.

Forward Together

These initiatives represent a significant step forward in our mission to build a more inclusive, understanding, and supportive society for people living with dementia and their families. As one of the leading aged care providers for the Chinese and Vietnamese communities, ANHF is not just participating in this transformative journey; we are also at the vanguard, redefining the future of dementia care for CALD communities.



Lunar New Year Visit to BCNH by Ms Sally Sitou MP, Member for Reid, Mr Jason Yat-Sen Li MP, Member for Strathfield and Cr John Faker, Mayor of Burwood

What counts most in the Lunar New Year is gathering with our beloved family and friends. On February 2024, residents from Bernard Chan Nursing Home had a New Year visit by ANHF long term friends Ms Sally Sitou MP; Mr Jason Yat-Sen Li MP and Cr John Faker, Mayor of Burwood. ANHF Chairman Ms Ellen Louie, Board members Dr Bernard Tse and Mr Andrew Gock, CEO Ms Ada Cheng, Chief Financial Officer Mr Johnny Teong and General Manager, Care Services Ms Jenny Chua were there to welcome the honourable guests and thanked them for their visit of heartfelt blessings to our elderly residents.



A joyous New Year mood infiltrated every corner amidst the throbbing drum beats of the lion dance, the New Year well wishes from the God of Fortune and traditional fan dance that kicked off another jubilant year. Then there were speeches from our honourable guests. Ms Sally Sitou MP mentioned her previous visits to BCNH and her close relationship with ANHF. She greatly enjoyed this happy occasion of visiting our residents again to wish them a joyful Lunar New Year and good health! Mr Jason Li MP, in fluent Cantonese, wished everyone an auspicious and lucky Year of the Dragon, with robust health and all wishes fulfilled! Cr John Faker, Mayor of Burwood, clad in traditional Chinese attire, expressed in Mandarin his Lunar New Year well wishes of happiness and wealth to residents! He also thanked the contributions of the Chinese community to the general community, praised the ANHF team for their excellent efforts in providing the best-quality services and residential care for elderly Chinese. In a continuous choral of festive Lunar New Year songs our three honourable guests distributed lucky packets to residents who happily took photos with them. A centenarian even got close to Ms Sally Sitou MP to eagerly share with her the restful and blissful days she has been enjoying in BCNH!



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PERSONAL DETAILS (個人資料)

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。

Mr 先生

☐

Mrs 太太

☐

Family Name

First Name

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☐

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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 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.

☐ 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 fill in the form and post it to: Australian Nursing Home Foundation (60 Weldon St, 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 **January to March 2024**
謝謝各位的支持。以下為**2024年1月至3月**期間之捐助人士芳名。

\$100以下/ < \$100	\$100-\$499	\$500-\$999	\$1000-\$4999	\$5000以上/ \$5000 and above
Siew Khim Leow	Yuen Kwun Law	Ping Yum Lau	2CR China Radio Network	Invocare Australia
David	Armando Wong	Kai Kong Tong	Y W & J L Leung	DR Richard Ho & Queeny Pun
Yin Wa Ng	Yi Ling Zeng		Judy Cheung	In Loving Memory of 李若琴女士
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Songs & Laughs to Welcome Early Autumn

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LCACC 錢梁秀容療養院



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