



**ANHF**  
澳華養老

# NEWSLETTER



60 Weldon St, Burwood NSW 2134



1800 882 288



info@anhf.org.au



www.anhf.org.au



ANHFAU



## ANHF 45th Anniversary — Looking Back and Looking Ahead

**Dr HUANG Chen-Ya,**

*Co-founder of Australian Nursing Home Foundation*

### IN THIS ISSUE

ANHF 45TH ANNIVERSARY — LOOKING BACK AND LOOKING AHEAD	1-2
WITNESSING THE GROWTH AND STRENGTHENING OF ANHF	3
CELEBRATING 45 YEARS OF EXCELLENCE AT ANHF	4
SIXTEEN YEARS AT ANHF	4
WITNESSING 45 YEARS OF ANHF — MY JOURNEY ALONGSIDE SENIORS	5
ANHF 45TH ANNIVERSARY CHARITY SCREENING OF 'AN ABANDONED TEAM'	6
ANHF REBRANDING IN PACE WITH 45TH ANNIVERSARY	7
HEART-WARMING AND FUN-FILLED ANHF ANNUAL STAFF DINNER	8
GREAT RESPONSIBILITIES, CHALLENGING ROAD	9
DONATIONS	10
ACTIVITIES ACROSS ANHF	11-12



The Chinese love is to wish people longevity, but a healthy and happy life is far more important. When ANHF was first founded 45 years ago, elderly Chinese were very much against nursing home entry as they paralleled this with having one foot already in the valley of death. Though the white Australian policy just ended at that time, racial discrimination still hovered.

English was the only language in nursing homes where only Western meals were provided. Nursing home care barely meant a shelter, meals and nothing more to expect.

Without the care they needed or when caring for them at home was too difficult a task, the elderly had to enter an aged care facility despite this reluctance.

At that time we had no experience in operating an aged care facility. Armed with a firm belief in providing quality cultural-specific care for the elderly to have a pleasant and healthy life, instead of being placed in a cold, monotonous, and heartless environment awaiting for the inevitable, we fumbled our way together forty-five years ago. Fortunately, every hardship and hindrance was overcome. Our work

### Editorial Committee:

Ada Cheng      Daisy Liang  
Carmen Li      Rebekah Kwan  
Adelaide Fung      Cindy Wong

### Advisors:

ANHF Board





was widely praised by the community. ANHF has grown from running a small nursing home to what we now proudly provide: 5 nursing homes, 13 seniors wellness centres, elderly community housing in 3 locations and various levels of home support services.

Accomplishing these is no easy task — a fair and just Board, immense support from the community, dedicated staff with the morale to serve and a smile on their faces — no component should be left out. The torch has to be handed down from generation to generation to ensure ANHF not only maintains its present standards but also has a great leap forward in the future.

Viewed from a certain aspect the nursing home is the last segment of elderly care. Staying in one's home gives more privacy and freedom. Ideally we should provide sufficient service for the elderly to stay as long as possible in their homes before entering a residential facility with more care plus considerable freedom to enjoy their life, finally with nursing home

entry as their last home away from home.

Talking about a healthy and happy life, we cannot treat the elderly as patients or someone who relies on others. A healthy body requires nutrition and exercise; a healthy brain requires continuous working, learning and thinking; a healthy mentality requires social life, contacts and the calming effects from audio visual means. In short: comprehensive nurturing. It would be too late to make an effort by the time when sarcopenia, dementia or depression comes up. Care should begin at the stage when we are considerably healthy and happy.

The Chinese community also experiences changes in recent years. Other than Cantonese-speaking elderly, there are also those who only speak Mandarin. Life styles and cultures also differ between northern and southern regions. On top of these, there are also those who grew up in Australia or southeast Asia. When we first founded ANHF, we had considered what our response should be if people from other ethnic groups needed our service. Our standpoint was very clear then: we founded our organization among the ashes of discrimination, we should not discriminate other ethnic groups.

Every generation faces its new challenges. The latter half of the 21st century will face higher temperatures, more unexpected environment issues and more sudden upsurge of widespread diseases and social unrests. How the elderly adapt will be challenging. They will live longer but this comes with continuous challenges in maintaining a healthy and pleasant life for them. Both ANHF's Board, the staff and our community should always be on the alert to prepare for these changes.



# Witnessing the Growth and Strengthening of ANHF

**Rima Chow, Assistant Lifestyle Coordinator, Residential Care**



‘To serve but not to be served’ was the school motto when I received primary and secondary education in Hong Kong.

Ever since I started to work, ‘To Serve’ has become my own motto.

Having migrated to Australia, the targets I serve changed track from serving young people to elderly people.

Inspired by Mother Teresa’s book ‘Words to Live By’ I am willing to accompany the elderly for a journey in their life. More importantly their life experiences embody rare but invaluable living history that enriches my own life.

I took up aged care work when the Australian government had just passed The Aged Care Act 1997. Right after starting my career in Chow Cho Poon Nursing Home, I had the opportunity in participating in the facility’s accreditation program. Accreditation criteria changed when the Government launched The New Aged Care Act in 2005. I have the privilege of experiencing changes in the aged care sector in Australia. Changes brought numerous learning opportunities, going through which I truly believe in the final fruition of a World of Great Harmony where the elderly would be well taken care of till the end of their life.

I am even more privileged to have worked in ANHF for twenty-five years to witness its vigorous growth. With selfless and unflinching spirit in facing the initial hardships, ANHF’s founders established the first Chinese nursing home in Sydney, from which we have grown to an award-winning organization that provides an extensive range of services that benefits the Chinese community.

I have had over 20 years experience in aged care, with footprints in administrative roles, community services and seniors wellness centres, my sentimental ties finally tie me down to residential care.

Work in residential aged care is never easy. Residents have great needs in different aspects, yet because of this, residential care is especially important to them. What a facility offers to elderly residents may not cover all that they need but at least nearly a hundred per cent of what they are after.

My work is to plan lifestyle and recreation programs that alleviate the restrictions related with ageing and ailments through spiritual and emotional support. Our sincere hope is to make life in the facility more interesting, improve residents’ quality of life so as to enjoy their days.

Times will change, lifestyles will also change. Still living a happy life is what everyone yearns for – accomplishing this is also the goal of our team.



# Celebrating 45 Years of Excellence at ANHF

**Linda Kang, Learning and Development Officer,  
Quality Risk & Compliance**

Hello, my name is Linda Kang. I have been working as a Registered Nurse at ANHF for over ten years. It fills me with immense pride and joy to celebrate ANHF's 45th anniversary. This significant milestone reflects the organization's steadfast dedication to providing exceptional residential and community care services. Our consistent commitment to excellence has made a profound impact on the lives of many individuals and families. I am truly grateful to be part of such a remarkable team and look forward to continuing our mission of service and care.



My heartfelt congratulations go to ANHF on this remarkable achievement. I am deeply grateful for the career opportunities here. The supportive environment, the emphasis on person-centred care and the opportunities for professional growth have made my time here incredibly rewarding.

The reason I have dedicated more than ten years to ANHF is simple: it feels like home. The camaraderie and the shared mission of delivering compassionate care tune ANHF into a truly special workplace. I am inspired by the resilience and dedication of team members.

I am proud to be a part of the ANHF family and look forward to many more years of success and meaningful contributions to the health of our organization. This significant milestone heralds many more years of growth, collaboration and success. Thank you, ANHF, for being an exceptional organization and for allowing me to be a part of this incredible journey.

## SIXTEEN YEARS AT ANHF

**Wendy Lin, Home Care Intake Coordinator**

My heart welled up with gratitude and pride as I look back over the past 16 years at ANHF. Not only did these years witness my personal growth but also reflects miniature the development of our organization. Every step struck an indelible resonance to this meaningful work I've taken up.

What first attracted me to join the ANHF family was their mission in providing high quality aged care. Starting as a care service employee, then Home Care Advisor, then Home Care Intake Coordinator, I have witnessed how profoundly our services impact the lives of elderly consumers with unique stories and needs. Whether it be assistance in daily activities, companionship or professional care, we are their support. Such genuine interactions deeply touch me with the ingrained strength of empathy and connection that motivate me to continue with this career.



This 16-year-commitment stems from my alignment with the ANHF mission and concern for elderly wellbeing. Our supportive work culture encourages me to move continuously forward with a caring and devoted team, sharing the same values and passion. With our organization's emphasis on staff training and development, I can provide better care for consumers.

Looking ahead, I hope ANHF will still take up the leading role in the aged care sector, where we continue to thrive with innovative ideas that further improve our service quality. We can still provide a greater variety of aged services that cater for individual needs. I also hope ANHF will continue to provide support in staff development, create a professional team in an even warmer ANHF family, where every staff can find their own value.

# WITNESSING 45 YEARS OF ANHF – MY JOURNEY ALONGSIDE SENIORS

**Kathy Tai - South West Sydney Seniors Wellness Centre Lead Coordinator**

I have been working in ANHF since 2007, almost two decades in both full-time/part-time capacity. My first two years were with Home Care Services, then as Lifestyle Coordinator (seniors wellness centres) until today after our organization received the grants to open seniors wellness centres for the Chinese/Vietnamese-speaking elderly in Southwest Sydney areas.

My job mainly requires me to organise daily activities for the elderly aged 65 or over in a setting of care and fun. Over the years I learned a lot about their needs, their concerns and their aspirations. There are also quite a few challenges in caring for the aged. I have some elderly people who have attended the centres for more than 10 years. I have consumers who learnt to play mahjong in our centre in their 80s. I've taught an elderly to knit a scarf and she later knitted a few more for her family. I can see their changes since they start participating in our activities, they build up their confidence in doing things they had never experienced before, such as lantern making, colouring, word search and singing in front of others. They also enjoy outings very much. It is sad when consumers have to leave us forever or their health is deteriorating but I am grateful that I can be with them in their last journey. ANHF is in its 45th year in serving the Chinese Community, my sincere wish is to keep up the good work and provide better care in the coming years. I thank ANHF for giving me the opportunity to serve the Chinese/Vietnamese elderly in South West Sydney.



## Become a Volunteer at ANHF

Do you want to share your skills and passions and be rewarded with meaningful engagement and happiness? Volunteering at ANHF creates opportunities for social interaction, gives a sense of purpose and is a great way to give back to your community.

There are plenty of volunteer roles to suit anyone: you can support the elderly in the Senior Wellness Centres or nursing homes, enjoy a chat and a cup of tea together, visit the elderly, assist with group activities such as cooking, art & craft, singing or playing games, or sharing your professional skills such as administration, IT/computer skills and event management.

 **(02) 8741 0240**



[volunteers@anhf.org.au](mailto:volunteers@anhf.org.au)

[www.anhf.org.au/en/volunteer-service/](http://www.anhf.org.au/en/volunteer-service/)





## ANHF 45th Anniversary Charity Screening of 'An Abandoned Team'

On 23rd February 2025 ANHF held a charity screening of 'An Abandoned Team' at The Theatre (The Concourse, Chatswood) to celebrate the organisation's 45th anniversary. This event was honoured by the presence of the lead actor, Mr Lawrence Cheng, who interacted and took photos with guests. With the keen support from Chinese community, media and generous sponsors, the 500-seat theatre was fully packed with participants, non-stop laughter, applause, joy and moving episodes.

Our MCs — Dion and Linday — promoted the day's theme: fundraising for our new nursing home in Thornleigh. Ms Ellen Louie, ANHF Chairman, expressed her heartfelt thanks to all those who have been closely supporting us for 45 years. Established in 1980, ANHF has since then been upholding the vision of 'caring for the elderly as though they were our family members' in service provision. Certificates of Appreciation were presented by the Board members and Management to sponsors of this event: Goods of Culture (Gold Sponsorship), Newsound Fire Services Pty Ltd, Mantech Industries Pty Ltd (both Platinum Sponsorship) and event partners (not in any particular order): Australian Chinese Charity Foundation, Australian Chinese Jockey Club, Australian Foshan Business Association, CanRevive Inc., Galaxy Funerals, Lee Yuen Chinese Opera, Lions Club of Sydney Pacific Inc., Royal Jewellery Co., Si Yuen Memorial Hall, Way In Network, Zilver Group, 2CR China Radio Network, Australian Chinese Radio, Australian Chinese Daily, Australia Chinese Entertainment Pty Ltd and Vision China Times.

A thunderous applause exploded right after the film. Invited by the two MCs, Mr Lawrence Cheng shared his experiences during the filming and mentioned a memorable visit to ANHF's Huang Ying Jung Nursing Home, where a 94-year-old resident, Ms Sin Ying CHAN, gave him an embroidered painting made by her. Deeply touched by this invaluable gift, he urged everyone to care for the elderly around us, such as calling an elderly person you know after watching the film since a simple call of care can turn the whole world differently into a more harmonious one.



Mr Lawrence Cheng very warmly welcomed in his visit to Huang Ying Jung Nursing Home



# ANHF Rebranding in Pace with 45th Anniversary

— appealing to community members to support ‘Silver Chrysanthemum Legacy’ Thornleigh Naming Rights Appeal

To celebrate ANHF’s 45th Anniversary, we officially launch our new logo to symbolize our tenacious growth from a small seed to a sturdy, eye-catching sunflower that heralds our thriving and robust future. The sunflower represents hope, strength and vigour — same as our core mission of caring for the elderly, service innovation and sustainable development as we strive to provide even better aged care services.

Apart from rebranding, ANHF also launched a ‘Silver Chrysanthemum Legacy’ Naming Rights Appeal to raise funds for our new nursing home in Thornleigh. Knowing that the new Thornleigh nursing home has begun its new operation, artist Mr Sze-Chiu Leung, fondly known as ‘King of Peony in Australia’, generously donated eighty-eight famous chrysanthemum paintings to ANHF in support of the ‘Silver Chrysanthemum Fragrance of Honour’ Naming Rights Appeal. Not only does this generous donation support ANHF services but also ensure names of donors or their loved ones are permanently engraved on display plaques, leaving a fine reputation to be honoured by all generations.

Mr Sze-Chiu Leung says these eighty-eight paintings are the fruits of many years’ painstaking efforts, each has a matching ancient poem on the elegance of chrysanthemums. To him, donating these masterpieces to ANHF is far more meaningful than running an exhibition as the former option allows more people to enjoy them. ‘Peonies have a great variety of exquisite species. They come in multifarious colours. Blending these beauties into natural wonders like the grass, the trees, different kinds of birds and insects through the artist’s elaborate



impression gives delicate warp and weft in these paintings.’ If you are interested in becoming a part in this Naming Rights Appeal please visit our website [www.anhf.org.au](http://www.anhf.org.au) to choose your favourite painting, then follow the prompts to download and complete a donation form. Staff will be in touch to you after receiving your form.

Please become our sponsor by supporting this meaningful ‘Silver Chrysanthemum Legacy’ Naming Rights Appeal to observe how we serve. Let us work together to provide quality aged services that meet the needs of elderly Chinese, who deserve to age in grace and dignity in Australia.





# Heart-warming and Fun-filled ANHF Annual Staff Dinner



ANHF holds an annual staff dinner to thank our staff for their hard work and dedication. This year it was held on 19th January (Sunday) at Zilver Restaurant (Chatswood). Our 30-plus tables welcomed the presence of over 400 participants — guests, Board members, Management and staff — everyone had a great time that evening. In their speeches, ANHF chairman Ms Ellen Louie and CEO Ms Ada Cheng thanked all staff for their commitment and encouraged them to continue their concerted efforts in providing quality care for the elderly.

In this star-studded dinner, apart from Ms Regina Ma (also known as 'Australian Paula TSUI Siu Fung'), who stirred up a cheerful atmosphere with classic oldies, there were also fantastic performances by Ms Elizabeth Tse (also known as 'Queen of Popular Tunes'), Peter Tse and Ken, the 'Prince of Love Songs'. What followed were group performances by staff. Facility Managers, Care Managers, nurses and staff all put aside their usual seriousness and professional cautiousness to dress up and try a whole bag of tricks as they sang and danced to conjure up hilarious laughter and thunderous applause from everyone at the annual dinner. Even the waiters and waitresses had a pleasant surprise, seeing our display of laughter and have fun together.

The most touching moments came during the presentation of Long Service Awards to staff who had worked in ANHF ranging from 5 - 35 years. To the awardees, the award also instilled incentive in continuing their tender loving care and support to ensure that the elderly Chinese in our community will have the best quality care.





# Great Responsibilities, Challenging Road

**Yao Chen** *Facility Manager, Thornleigh Nursing Home*



As the Facility Manager at ANHF Thornleigh Nursing Home, I embrace my role with both love and responsibility every day. My key responsibilities include managing staff, organizing meaningful daily activities for our residents and ensuring their diverse needs are thoughtfully addressed. I find joy in understanding the nuances of the residents' lives, appreciating their unique perspectives and engaging with them in a respectful and caring way. By leading through example, I aim to inspire our staff to treat each resident with the compassion and dignity they deserve.

Within the nursing home, I am constantly moved by the stories of residents supporting one another and the remarkable dedication of our staff. Together, we have created a community that feels like a family, where everyone plays a vital role in fostering a warm and nurturing home environment.

To me, being a Facility Manager is more than just fulfilling job responsibilities—it is a meaningful mission. I remain deeply committed to enhancing the quality of life for our elderly residents.

Before joining ANHF, I worked as an assistant manager in other aged care facilities. I am also a registered nurse, and when I'm not at work, I enjoy spending time reading with my children. My passion for ancient Chinese history reflects my belief that the wisdom of the past can guide us toward a brighter, more thoughtful future.



## ONE-ON-ONE AGED CARE CONSULTING SERVICE

- Assist you in understanding My Aged Care and applying for aged care services
- Explain the procedures and waiting time for applying for aged care services
- Help you understand the correspondences sent by My Aged Care
- Provide one-on-one solutions to your aged care enquiries

### BURWOOD LIBRARY & COMMUNITY HUB

Every second Tuesday of the month  
From 10 AM to 1 PM.

### THE CONNECTION, RHODES

Every fourth Wednesday of the month  
From 10 AM to 1 PM.



**(02) 9784 0839**



Your Support Takes Us Further

你的支持，讓我們的服务更進一步

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

Ms 女士

Miss 小姐

姓氏

名字

Chinese Name

Address

中文名字

地址

Suburb

Post Code

Phone

地區

郵區號碼

電話號碼

DONATION DETAILS (捐款資料)

Donation of \$2 or over is tax deductible. 凡捐款\$2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 No: 580-328-001)

☐ Mastercard

☐ 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 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 tickling 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 **October 2024 to February 2025**  
謝謝各位的支持。以下為**2024年10月至2025年2月**期間之捐助人士芳名。

<\$100	\$500-\$999	>\$5000
Mrs L Chung Xian Hui Chen Anonymous	Beatrice Wong Ben Chau	Chan Yuen Ping Lina Wong Invocare Australia Siyuan Memorial Hall Yu Wing Leung Stephen & Evelyn KL Tjeuw
\$100-\$499	\$1000-\$4999	EWB Food Services Changdong Zhang Lily Yan Norma Leong Issac Leung Way In Network Ada Cheng Johnny Teong Ettason Pty Ltd Eugenia Lieu
Fay Ma Yan Chen Armando Wong Saarika Kashi Nang Phan Sau Kuen Lee Siew Khim Leow Anonymous	2CR China Radio Network Ai Lin Han Annett Yu Judy Cheung Lee Chu Family Federation Of Australian Shenzhen Community Anthony T Chan Amen Lee Ken So Diana Yee	



# Activities across ANHF

## Thornleigh Nursing Home



## Chow Cho Poon Nursing Home



## Lucy Ching Aged Care Centre





## Huang Ying Jung Nursing Home



## So Wai Seniors Wellness Centre



## Campsie Seniors Wellness Centre



## Stanley Hunt Seniors Wellness Centre

