



## Winter Health Alert: Flu & COVID-19

Flu cases are rising quickly across NSW, and COVID-19 is also expected to increase this winter. NSW Health has warned that both viruses could circulate at the same time, placing extra pressure on the health system and increasing risks for older people.

So far, only 55% of people aged 65 and over in NSW have received their flu vaccine this year. Even if you feel well, eat healthily, and stay active, vaccination offers an added layer of protection – especially as we get older. If you haven't had your flu or COVID-19 vaccination yet, it's not too late. Both vaccines can be safely given at the same appointment.

If you feel unwell and aren't sure what to do, you can call Healthdirect on 1800 022 222 any time to speak with a registered nurse. If English isn't your first language, you can call TIS National on 131 450 and ask to be connected to Healthdirect. In a life-threatening emergency, call 000 immediately.



## Mindful Club

### 1st Anniversary Celebration!

Time flies! Mindful Club recently celebrated its 1st Anniversary with the Campsie Group on 17 June and the Eastwood Group on 11 July. These bi-weekly gatherings have brought so much joy to our clients who have cognitive impairments.

With the support of our passionate Music Therapist and Art Therapist, each session has been filled with fun, creativity, and laughter. Over the year, we've seen great improvements in participants' cognition, coordination, and concentration.

A big thank you to our dedicated volunteers and staff, whose warmth and care helped make every session meaningful – from arts and crafts to gentle exercises and brain games.

We look forward to many more happy and fulfilling years ahead with the Mindful Club!



澳洲養老一點通



ANHF Youtube  
Channel

Scan the QR code to  
follow us and stay  
updated!



ANHF wechat

878 24小時廣播電台



Radio FM878 ANHF  
program



**冬天來了！保護自己  
快注射流感及新冠疫苗****接種流感和  
新冠疫苗**

新南威爾士州的流感病例正在迅速上升，預計今年冬天新冠病毒（COVID-19）也會增加。新州衛生部已經警告，兩種病毒可能會同時傳播，這將對醫療系統造成額外壓力，並增加年長人士的健康風險。

截至目前，新州只有55%的65歲及以上的人士接種了流感疫苗。即使您平時感覺良好、飲食健康、保持活躍，疫苗接種仍能提供額外一層保護——尤其是當我們年紀大了。如果您尚未接種流感或新冠疫苗，現在仍然不遲。兩種疫苗可以在同一次看診中安全接種。如果您感到不適又不確定該怎麼辦，可以隨時致電健康熱線 Healthdirect 1800 022 222，與註冊護士通話。

另外，如果英文不是您的語言，您可以致電 全國翻譯服務 131 450，並要求轉接至健康熱線 Healthdirect。如遇危及生命的緊急情況，請立即撥打 000。

**樂思社一歲  
生日快樂!!**

樂思社最近分別舉辦了兩場歡樂的週年慶祝活動——6月17日金匙小組和7月11日伊士活小組。這些每兩週一次的聚會，為有腦退化的長者帶來了無限歡樂與陪伴。

在我們充滿熱情的音樂治療師與藝術治療師的帶領下，每一次活動都充滿了創意、笑聲與樂趣。過去一年中，我們很高興地見證了參加者在認知能力、協調能力與專注力方面的明顯進步。

衷心感謝我們敬業樂業的義工與工作人員，他們溫暖的愛心讓每一次活動都變得格外有意義，無論是手工藝、輕柔運動還是動腦遊戲，都讓大家收穫滿滿。

我們期待未來能與大家一起繼續在樂思社創造更多快樂而充實的時光！如有興趣加入，請聯絡您的護理顧問，或致電辦公室 (02)9784 0840。



澳洲養老一點通

澳華養老  
YouTube 頻道想知道更多  
與養老有關信息  
掃一掃關注我們!

澳華養老微信

878 24小時廣播電台

FM電台878  
澳華養老節目



# 漫步園林，品味點心

## 中式花園之旅與飲茶

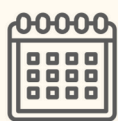
A Stroll Through Serenity: Chinese Garden Tour & Yum Cha Delight

優先考慮首次報名參與社交郊游活動的客人

Priority will be given to participants joining our social outings for the first time



助行器及輪椅使用者  
需有護理人員陪同  
Seniors on  
4WW/Wheelchair  
will require escort  
service by care  
worker



**20/08/2025 (Wed 星期三)**  
**10:15 - 15:15**



**錢梁秀容頤康苑 集合**  
**Meet at Lucy Chieng Gardens**  
413 Beamish Street Campsie 2194



**活動收費: 3 小時**  
Activity Charge: 3 hours

報名請電 Call to register  
**(02) 9784 0840**

截止日期 Register By  
**12/08/2025**

**\*\*家居護理用戶有足夠預算 並有良好行動能力，可獨立行走**  
**\*\*For Home Care Consumers with enough budget and good mobility.**

交通接送另計、提供簡單膳食 Transportation excluded; light lunch is provided  
社交支援活動 僅限家居護理客戶 Social Support Group Activity for Home Care Consumers only  
取消需要提前一週通知 Cancellation requires one week's advance notice  
額滿即止 報名從速 Limited spots available; register early





## 腦退化症在澳洲情況 Dementia in Australia

- 在澳洲每十二位65歲以上長者中就有一人患有腦退化。適當的早期介入能有效改善生活素質和減緩認知能力衰退。
- In Australia, 1 in 12 people aged 65 and over lives with dementia. Early intervention helps improve quality of life and slows decline.

*By registering, you agree to attend all 6 sessions of the program and understand that cancellations must be made at least 1 week before the commence date of the program. Otherwise, cancellation fee may be applied.*

報名即表示您同意參加完整的六週課程，如需取消，須於課程開始前至少一週通知。否則可能需繳付費用。



**ANHF**  
澳華養老



亮思會

# BRIGHT MINDS

SOCIAL ACTIVITY GROUP  
社交支援活動小組

專為記憶力衰退或早期  
腦退化長者而設  
Specifically for early memory  
loss / early-stage dementia  
clients



請與你的家居護理顧問報名  
Call Your Care Advisor to Join

查詢 Enquiry: (02) 9784 0840





## 亮思會 Bright Minds

- 這個為期六週的課程幫助初期腦退化症患者更了解自己的狀況、提升記憶力和日常生活技能，並增加社交能力。每週一次的課程（每次60到90分鐘）將學習應對日常事務的方法、改善與照顧者的溝通。照顧者也會增強自信，感到更有能力在家中提供協助。
- This 6-week group program supports individuals living with dementia to build awareness, apply cognitive and adaptive strategies, and improve daily functioning and social engagement. Through weekly 60–90 minute sessions, participants will enhance memory and attention, participate actively in group interactions, and develop practical skills for managing daily tasks. The program also fosters clearer communication with carers and strengthens caregiver confidence in supporting independence at home.

### 6 周課程概要 6 Weeks Program



每次課程收費：社交支援服務2小時，交通接送另計。提供茶點  
Charges: 2 hour social support service fee per session.  
Transportation Excluded. Refreshments provided.



小組形式進行（最多6-8位客戶）  
Small Group (max 6-8 clients)



週一，上午10點至中午12點  
Monday, 10:00 am – 12:00 pm



錢梁秀容頤康苑  
Level 2, 413 Beamish St. Campsie 2194



課程今年九月中開始，具體日期待定  
The course will commence in mid-September. Exact date to be confirmed.

#### 第一週 Week 1

- 認識與評估 Understanding & Assessment
- 透過初步評估了解腦退化症基本知識並設定個人目標。 Gain basic knowledge of dementia and set personal goals through initial assessment.

#### 第二週 Week 2

- 社交互動 Social Connection
- 透過互動活動認識社交參與對健康的幫助。 Explore the benefits of social engagement through interactive group activities.

#### 第三週 Week 3

- 記憶策略 Memory Strategies
- 學習並練習實用的記憶輔助技巧以應對日常生活。 Learn and practice practical memory tools to support daily tasks.

#### 第四週 Week 4

- 日常技能 Daily Living Skills
- 運用策略與工具提升日常活動的自理能力。 Improve independence with strategies and tools for daily activities.

#### 第五週 Week 5

- 家庭支持 (邀請一位主要家庭照顧者出席) Family Support (one main family carer is invited to this week's program)
- 透過溝通技巧強化與照顧者及家人的支援。 Strengthen support by enhancing communication with carers and family.

#### 第6週 Week 6

- 回顧與規劃 Reflection & Planning
- 回顧學習成果，反思經驗，並規劃未來的自我照護方向。 Review progress, reflect on learning, and plan for continued self-care.

### 為什麼參加亮思會？ | Why Join Bright Minds?

- 提升記憶力與注意力  
Improve memory and attention
- 學會應對日常事務的小技巧  
Develop practical daily skills
- 改善與照顧者的溝通方式  
Enhance communication with carers
- 建立互相支持的社交環境  
Build a supportive community

