NEWSLETTER

ISSUE 2–2017

INDOCHINESE AGED CARE SERVICES

WELCOME TO THE 2ND ISSUE OF ICAC NEWSLETTER

The Indochinese Aged Care Services would like to extend our gratitude to all staffs who has contributed to this newsletter as well as readers who has given us a positive response to our 1st issue. Last edition has been a fun ride and we thank you all for your supports.

In this issue, we will guide you through some of the activities our residents has participated in the past months, the fundraising dinner, latest news on the Board of Directors and an update on recent events inside our facility.

-Indochinese Aged Care Services

INSIDE THIS ISSUE:

S.K.L.K CHARITY CONCERT 2

MOTHERS DAY 5

DRAGON BOAT FESTIVAL 6

BATHING OF BUDDHA CEREMONY 7

TAIWAN PUPPET PERFORM- 8

MAKING DUMPLINGS 10

HEALTH TALK 11

* Editorial Board :

* Veronica Hon
* Elena Lau
* Sylvie Huynh
* Wei Luo
* Lisa Chan
* Joanne Chau
* Shu Wen

ANNOUNCEMENT

* Winter

The weather has turned colder these past few days. Please keep yourself warm in this chilly winter. Wear more clothes if you must and don't forget to carry a scarf and gloves with you when going outdoor.

* Flu season

Please look after your health in this flu season. Remember to have your flu vaccine. If any visitor think that you might have caught a flu or have developed any flu symptoms, we kindly advise you not to visit the facility to prevent flu from spreading.

* School zone

Visitors, please keep yourself safe while driving in public. Don't forget to pay attention to the speed limit upon entering school zone when you visiting aged care centre.

S.H.L.K CHARITY CONCERT

A charity concert was held on July 1st to raise fund for the Indochinese Aged Care Services by S.H.L.K group at Bankstown Sports Club.

Several wonderful performances were carried throughout the night. Everyone reacted very fondly to them. Lucky draw, auction and poker card activities were also getting lots of positive responses and supports from the crowd.

The night ended successfully and brought us a net fund of $33,000.

On 11th of July, a cheque presentation from the S.H.L.K group to Indochinese Aged Care Services was carried out at the facility. Guests from S.H.L.K were invited to stay for lunch with the Board members.

To thank our staffs and volunteers who had dedicated their time to help out, we organized a celebration dinner at Golden Palace in Cabramatta on 13th of July. Most of them were not able to sit during fundraising night and continued to help out as there were not enough seats provided.

We appreciate and thank them for the hard work that lead to this very successful event.

Performers of the night gathered on stage for a group photo

善
為善最樂

ANZ
印支高齡服 務中心
三萬三千 元整
$33,000.00
華藝粵軒

Indochinese
ANZ
印支高齡服 務中心
三萬三千 元整
$33,000.00
華藝粵軒

Celebrating Mother's Day

One of our dearest resident, Mrs. Huang gifted each residents a little corsage on Mother's Day. All of those corsages were handmade by Mrs. Huang herself.

The residents were happy to receive such meaningful gift. They wore it as a token of their appreciation for her. Our staffs were lucky to receive one of those as well.

We organised a small party for everyone to celebrate.

From all the staffs at the Indochinese Aged Care Services, we sincerely wish all the mothers and everyone all the best and good health.

Dragon Boat Festival

Dragon Boat Festival is one of China's traditional holidays. On this year's festival, we had four volunteers who donate their valuable time to help us wrap 160 dumplings so that the residents and friends can enjoy and celebrate a meaningful Dragon Boat Festival.

We would like to thank them for their love and dedication that made this festival a very happy day to the residents.

Buddha Bathing Ceremony

Each year, the Indochinese Aged Care Services organise a special event for the residents: the Bathing of Buddha statue ceremony.

This is the ritual that conducted every year on Buddha's birthday. The ritual is believed to bring blessing, happiness and harmony to the person conducting the practice as well as their friends and family.

We want to provide our residents the opportunity to participate in such event right here in the facility. Through this occasion, we also want to wish them good health and happiness.

Special thanks to the Nan Tian Temple for helping us make this event possible for our residents.

Taiwan Puppets Performing Group

It was a very special and exciting day at the facility which falls on June. The Taiwan Puppets Performing Group came to perform for our residents. The show was interesting and captivating. There were many wonderful performances that receive lots of applause from the audience.

Check out the memorable moments that we able to capture during the show.

Indochinese
Aged Care Services
印支高齡服務中
濠洲雪梨客家聯誼會

山宛然

Cooking class: Making Xiao long bao

With the help of Sister Ha—a long time volunteer at our centre, we organised a cooking class for the residents. Sister decided to teach the ladies how to make Xiao Long Bao—a special kind of dumpling which contains soup inside the bun.

They were all having fun and very dedicated to make each and everyone looks and tastes yummy. Check out the photos we took on the day.

Health talk: Fall prevention

Over the past three months, Indochinese Aged Care Services have held several talks in hope to further educate the residents during their stay at the centre. Some of the different topics they have engaged in are: environmental safety, herpes zoster and prevention of falling.

These talks are designed and taught by our registered nurses. This time, we held a talk on fall prevention. The responses were enthusiastic. When it comes to demonstrating time, everybody was able to give their extra attention to the demonstration.

We hope the residents find this talk interesting and informative.

We want to keep on improving and hope to introduce more talks so that all our residents can learn something new about health knowledge and apply those to their daily life.

健康講座

在過去的３個月裡，我們為院友舉行不同的講座，環境安全、帶狀皰疹和預防跌倒，這些講座都是由我們的注冊護士講解，院友們都非常踴躍地參加，當護士做示範時，院友亦跟隨，他們既能學習一些健康知識，又將學習的新知識應用于他們的日常生活中，所以健康講座收到良好的效果。

露姐教住客包小龍包

我們中心的長期義工，劉老師(露姐)特安排了製作小籠包示範。
在劉老師的幫助下，各住客快樂地學習如何製作小籠包。

一種特殊的餃子，裡面含有湯的內餡，院友們都很開心也非常熱心，每個看起來都不錯，品嚐也很美味。

看看我們當天親自包小籠包的照片

Indochinese
Aged Care Services
印支高齡服務中
濠洲雪梨客家聯誼會

山宛然

台灣布袋戲樂團

台灣布袋戲樂團來到我院探訪，他們為老人家表演了魔術、雜技、和布袋戲等，這些表演精彩而有趣，逗得老人家開懷大笑，並贏得院友們的熱烈掌聲。

「浴佛法會」

每年佛教沐浴儀式在本院舉辦活動—沐浴菩薩雕像儀式。這是每年佛誕日進行的儀式，儀式被認為帶來祝福，幸福與和諧虔誠祈禱的人以及他們的朋友和家人帶來祝福，我們希望為我們院友提供機會參加此活動。通過這個儀式，希望他們身體健康、幸福。特別感謝南天寺幫助！

端午節

端午節是中國的傳統節日，今年的端午節前夕，有四位義工抽出她們寶貴時間，為老人家裹了 160 隻粽子，讓我們的院友在端午節能吃到傳統的應節食品-咸肉粽。我們衷心感謝這四位義工的愛心付出！

母親節

我們的院友黃趙寶珍女士早在母親節前 1 個多月就動手為院友們造小襟花，這些手工布小襟花，各色各樣非常漂亮，在母親節當天，院友們都戴著黃太精心巧製的小襟花，(連我們的職員亦能得到)同時，我們亦為院友舉行特別的派對，他們都能吃到各式不同點心，讓院友們開心地渡過母親節，我們忠心祝福各位院友『健康長壽』！

ANZ
印支高齡服 務中心
三萬三千 元整
$33,000.00
華藝粵軒

Indochinese
ANZ
印支高齡服 務中心
三萬三千 元整
$33,000.00
華藝粵軒

善
為善最樂

S.H.L.K CHARITY CONCERT

籌款晚會

華藝粵軒三週年誌慶暨印支高齡服務中心籌款晚會已於七月一日在 Bankstown Sports Club 舉行。

當晚出席者盛裝打扮，西裝革履、衣香鬢影，場面熱鬧。演出者的美妙歌聲，讓台下每個人都陶醉在音樂中，接著抽獎、拍賣和撲克牌活動，也得到貴賓們響應和支持。並為我們籌得三萬三仟元善款。

七月十一日華藝粵軒集團到達本院將善款支票交與董事會。為了感謝我們的工作人員和義工們的幫助，因為大多數人在籌款之夜，由於沒有足夠的座位就坐，所以特訂七月十三晚在卡市天天漁村酒樓舉行慶功宴，感謝大家的幫助，使晚會順利圓滿成功。

該晚參演者聚集在舞台上進行慶祝生日及集體照留念

第二期特刊—2017

印支高齡服務中心

新聞信息

歡迎閱讀本中心第二期信息！

印支高齡服務中心希望對所有為本通訊作出貢獻的工作人員以及對我們第一期提出積極回應的讀者表示感謝 。上一期刊是一個有趣的經歷，我們感謝大家的支持，我們將帶領您了解過去幾個月來，院友參與的一些活動，籌款活動，董事會最新消息，以及我們設施內最新的活動的新情況。

-印支高齡服務中心

信息內容

華藝粵軒為院舍籌款 21

母親節活動 18

端午節活動 17

浴佛法會 16

台灣布袋戲樂團 15

動手做小籠包 13

健康講座 12

特刊編委會成員:

* 韓芳萍
* 劉愛群
* 羅偉
* 區詩慧
* 陳麗珊
* 朱潔怡
* 朱淑芳

預告與提示

冬天

過去幾天的天氣變得更冷。請在寒冷的冬天保持溫暖，穿上多些衣服，如果你必須外出不要忘記攜帶圍巾和手套。

流感季節

請在這個流感季節照顧你的健康，記得要注射流感疫苗。如果任何訪客認為您可能感染了流行感冒或發生流感症狀，我們建議您暫時不要來訪以防止流感蔓延。

學校區

訪客，當您在開車的時候，請注意安全。探訪老年護理中心時，不要忘記注意限速進入學區。