Issue 3 –2018

Indochinese Aged Care Services

Newsletter

Welcome to the 3rd issue of our 2018 newsletter.

Spring is here! Moon festival had just passed and Halloween is on the approach. We hope you will have a great time in this festive season.
We are almost 2 months left until Summer and 3 months left until the end of 2018. This time we will continue to report on the past activities our residents had participated in during the last months. *

Notice

- Visitors please be mindful in this season and look out for any hay fever symptoms, such as: sniffling, sneezing, watery eyed or gluggy. We would advise you to consider take care of your health and come back when you are in great shape. If you happened to present at the facility to visit your family members, please bring a face mask or obtain one at our front reception desk. Please understand that our residents are very much vulnerable and exposed to infection, we need your help in ensuring your family members have a happy and healthy time while staying here.

- Please return your survey to the front desk as soon as you complete it. All forms have been distributed to resident's individual pigeon hole.

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Upcoming events

5/11 Resident Meeting 8/11 Health Talk 19/11 Hair Cut 7/11 Cooking Demonstration
6/11 Melbourne Cup 12/11 Birthday celebration 20/11 Art Craft
30/11 Outing

Mid-Autumn Fes-

September was such a special month at our center. The residents got to celebrate the Moon Festival with 3 outing trips. Aside from shopping activities, they also went to Mounties club, Cabramatta Golden Palace and Chan's restaurant for lunch.

To celebrate the festival, we provided a little ceremony in front of Banksia dining hall for everyone to participate. It was a ritual of incense offering to ask for blessing, good health and good fortune.

Mid-Autumn Festival

Residents Outing

Check out the photos by RAO Lisa of the residents' most recent trip to Chan's restaurant at Casula. The luncheon was apparently "on the house". Mr. Chan has treated our residents with a sumptuous meal.

Chan's restaurant

Everyone was having such a good time. We really appreciate Mr. James Chan for his generosity and his support to our organisation and what he has done for our residents.

Marigold restaurant

Cooking Demonstration

* *Curry puff making*

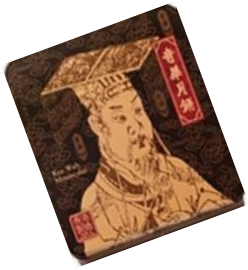
Every month, we will have a volunteer who came to demonstrate a cooking session for residents. For the past 3 months, we had dishes demonstrate by volunteer Sister Ha, ranging from curry puff, spring roll to sausage roll. Residents had so much fun participated in the making process. Check out the happy images captured by our staff on the day.

Spring roll making

Sausage roll making

Mid-Autumn Festival

The residents were delighted to receive mooncake as present from many sponsors this festival season.



We are very thankful for the generosity from the likes of :

1. **Mr and Mrs Chan from Chan's restaurant,**
2. **Winho Trading Company**
3. **Ettason Pty Ltd & Rockman company,**
4. **Sally Food**
5. **Rockman Australia**

Also many family members also brought in mooncakes to gift the residents and our staff.

From everyone at the Indochinese Aged Care Services, we thank you all for your kind gestures and for making the past month such a warm memory to our residents.

Ghost Festival

The Indochinese Aged Care Services values the culture's tradition and the needs of our residents.

On August 20, we organised an incense offering ceremony for the residents to celebrate the Ghost Festival.

Residents were so thrill to participate in this traditional ceremony. Everyone was lining up waiting for their turn to come.

World Cup 2018

This year World Cup ran from June 14 to July 15.

In response to the world most popular sport, we organised many watch-together sessions throughout the game season for our residents.

We hope everyone will have the chance to participate in the excitement of this once in every 4 years event.

Champions	France (2nd title)
Runners-up	Croatia
Third place	Belgium
Fourth place	England

Churches visit

Last month, we had 2 visits from Beverly Hills Church and Hebron Chinese Alliance Church groups respectively.

They brought their groupmates who were so lovely communicate with our residents. Together, they performed, they sing and everyone had a blast on that

Beverly Hills church group demonstrated an exercise for residents.

Group choir

Churches visit

Hebron Chinese Alliance church group came together to give out musical performances.

From Recreational Officer

RAO—Wendy Duong

康樂員楊姑娘活動簡報

大家好！在此簡單報告過去三個月裡的精彩活動如下：

16/7 星期一慶祝冬季聖誕節，本院準備了三個大理石軟綿蛋糕，分三院區同慶。該日亦是世界杯足球賽公佈賽果時刻，我們為住客舉辦『世界杯』得獎落誰家 ，猜中冠軍有獎等遊戲。住客和職員們都高興的踴躍參加。

20/8 盂蘭節本院分別在喜濤苑和逸濤苑二院區舉辦祭拜儀式。中元節和盂蘭節是東亞文化上在七月十四日的傳統節日，本來中元節是初秋慶賀豐收、酬謝大地的節日，後來道教視中元節為地官赦罪日，佛教傳入後又以此日為盂蘭節，加上東亞巫覡宗教及民間信仰習合，不少地區在同一日都有各式活動，民間俗稱鬼節、七月半。

3/9 慶祝父親節，本院準備精緻好味蛋糕，孝敬公公婆婆，祝福各位院友“健康長壽” 。 **4/9** 國際慈善基金會 德貢嘉謝(仁波切) 和雪梨俊傑獅子會聯合舉辦敬老及慶中秋午宴在富麗宮酒樓，會中有唱歌表演還有豐富的禮物，場面熱鬧溫馨，在一片歡笑聲中圓滿結束。

5/9 這次烹飪示範由義工露姐，在喜濤苑教住客如何製作“腸仔包及綠豆角”院友們都很開心也非常認真學習，每個成品看起來都不錯，品嚐也很美味

17/9 歡迎海天酒樓陳運明 **OAM** 伉儷到訪，一如往年並派精緻月餅給本院住客，他們的愛心給長者帶來歡樂和溫暖, 在此由衷感謝!

24/9 慶祝中秋節本院邀請資深歌唱義工鄭幗晶女士 來歌唱助興，並與院友們聚餐同歡，共渡愉快的中秋節。

Australian Government | myagedcare

有關入住療養院/家居服務等、
您可在以下網絡上找到更多資料

https://www.myagedcare.gov.au/

1800 200 422 **Monday - Friday 8am - 8pm Saturday 10am - 2pm**

If you want to register to be assessed then you'll need your Medicare card. If you've already registered with us, you'll need to know your My Aged Care number. Please make sure you have these handy when you talk to us, to save time.

We're here to help. Call us on 1800 200 422

myagedcare can help you to find out about:

• The types of aged care services available • Your eligibility for services • Service providers in your area • Costs you may need to pay • Advocacy services • How to make a complaint	• Aboriginal and Torres Strait Islander people • Carers • LGBTI people • People who speak other languages • People in rural and remote areas • Veterans • People with other diverse needs

家屬尋求長者入住療養院/家居服務等如有疑問:

不確定？ 從進入我們(My Aged Care)服務開始/尋求評估/查找和設置服務/管理您的服務

首先:

與您的全科醫生聯繫，討論您的健康狀況。 如果這是緊急情況，需要緊急幫助，請撥打三重零（000）。

如果你想註冊尋求評估長者健康，那麼你需要你的醫療卡。 如果您已經在我們處登記註冊過，您需要知道登記註冊護理號碼。 為了節省時間，請確保與我們聯絡時、您要有這些資料。

或上網在連線中,填寫您的個人資料找尋您須知的服務

https://www.myagedcare.gov.au/contact-form

教會到訪

9 月 25 日 雪梨華人宣道會希伯崙堂日教會到訪，帶來歌舞與院友一起歡唱。

教會到訪

在過去的兩個月裡，我們分別有2次來自比佛利山莊教會和希伯倫華人聯盟教會團體來探訪。
與他們同來訪的小組成員與我們的住客談心、表演及歌唱，當天每個人都很寫意及快樂。

8月18日，比佛利教會到訪

為住客示範做運動

唱詩班

2018 年國際足協世界盃為第 **21** 屆國際足協世界盃的賽事，於 **2018** 年 **6** 月 **14** 日至 **7** 月 **15** 日在俄羅斯舉行，共進行 **64** 場賽事。

為響應世界上最受歡迎的運動，在整个賽季期間、住客們皆有追蹤觀賞如此精彩賽事。

我們更為住客們舉辦『世界杯』落誰家 ，有獎徵答。住客和職員們都高興的踴躍參加。

我們希望每位長者都有机會參加每4年一次的激動人心的活動

Champions 冠軍	France 法國
Runners-up亞軍	Croatia克羅地亞
Third place 第三名	Belgium 比利時
Fourth place 第四名	England 英國

盂蘭節勝會

住客們亦很重視傳統的節日、在當日舉辦了香火儀式;每人都參加了祭拜。

盂蘭節 知多啲:

盂蘭節又名「中元節」或「鬼節」，正日為每年農曆七月十五日子時開始，即七月十四晚上11時至十五凌晨1時，因此不少人誤將七月十四視為正日。

盂蘭節的起源眾說紛紜，其中一個說法是相傳佛祖釋迦牟尼在世時，收了10個徒弟，其中一個名叫目連的修行者，在得道前父母已死，目連很掛念去世的母親，用天眼通看到母親在地府生活悽慘，他很心痛，於是用法力將飯菜送給母親，可惜飯菜一送到母親口邊便化為火焰。佛祖說，這是因為其母在世時種下了罪孽，這孽障非他一人之力能化解，必須集合眾人的力量，於是目連聯同一眾高僧，舉行大型祭拜儀式，超渡一眾亡魂。

這個傳說流傳至後世，逐漸形成民間習俗，每年到了農曆七月中，人們會宰雞殺鴨、焚香燒衣，拜祭由地府出來的餓鬼，化解其怨氣，久而久之形成鬼節風俗。

富有感情色彩的中秋節

中秋佳節是我國最富有感情色彩的的節日，每當這時，人們總會在夜空中遙望那一輪皎潔無瑕的明月，默默傾訴著對遠方親人的思念，讓月宮嫦娥見證人間最真最深的情感。

歲月如梭，轉眼又到中秋月圓時。街頭琳瑯滿目的各色月餅向人們昭示著中秋佳節的到來。

院舍亦趁這機會高興的為住客舉辦慶中秋活動、其間收到各月餅代理商店、住客家屬等送來美味月餅。

我們非常感謝以下各月餅代理商店、住客家屬的慷慨送贈佳品、讓住客及職員有個難忘的節日。銘謝以下：(排名不分先後)

1. 海天餐廳的陳運明伉儷
2. 運亨貿易公司
3. 林和成貿易公司
4. Rockman公司
5. 莎莉食品

烹飪班

* 《點心製作》

每月烹飪示範由義工露姐，在喜濤苑教住客如何製作，泡芙、春捲、腸仔包及綠豆角”院友們，參與製作過程的院友們都非常有趣認真學習。 請看我們在製作時間拍攝的一些精彩照片 。

《春卷製作》

《腸仔酥製作》

中秋節: 戶外活動

活動組團隊帶領院友到位於 **Casula** 的海天酒樓午餐，院友們享受豐盛午餐及美好時光，我們非常感謝東主陳運明先生對本院院友的愛心慷慨和支持。

Chan's restaurant
海天酒樓

Marigold restaurant
富麗宮酒樓

中秋節

《九月》特別的月份，為慶祝中秋院友分別到 **Mounties club** 、 **Cabramatta** 天天魚村餐廳和海天酒樓午餐。

中秋節當天，在喜濤苑舉行祭拜儀式，讓大家都能參加，祈求院友“健康、平安” 。

2018年 第三期

印支高齡服務中心

新聞信息

編者的話

親愛的住客、家人和朋友，歡迎閱讀 2018 年第三期《新聞信息》
中秋剛過夏季到來，轉眼又快到 2018 年底。未來將會為您提供更多關於我們住客過去活動的報導以及我們院內發生的最新情況，請大家繼續閱讀我們最新“新聞信息”。

溫馨提示

氣候變化時請注意任何花粉熱症狀，如：鼻塞、打噴嚏、眼睛不適等，我們建議您照顧自己的健康，暫時不要訪客，並在身體狀況良好時再回來，如果您要探望您的家人，請帶上口罩或到櫃台前取。請理解我們的住客，非常容易受到感染，我們必須把老人家的健康放在首位。

本期內容:

1. 編者的話
2. 中秋節
3. 戶外活動
4. 烹飪班
5. 陳運明伉儷到訪
6. 于蘭節
7. 世界杯
8. 教會到訪
9. 活動組簡報

活動預告

5/11 Resident Meeting　8/11 Health Talk　19/11 Hair Cut
27/11 Cooking Demonstration　6/11 Melbourne Cup　12/11 Birthday celebration
20/11 Art Craft　30/11 Outing