

Newsletter

2019_Issue 2

Editor's note

Welcome to the 2nd issue of our 2019 newsletter and Happy Chinese New Year everyone, from our Board and staff at Indo-Chinese Aged Care Services. In this year of the Pig, we wish our readers and your family a year full of happiness, good health and prosperity.

In this issue, we will continue to update you on the resident activities and latest information of our facility during the last quarter.

We look forward to staying connected with you. Please keep a look out for our next issue and feel free to submit us your enquiry or any suggestion by phone, email or in person.

ANNOUCEMENT

- ◇ Daylight Saving ended on Sunday 7 April 2019 at 3:00AM and clock has been set backward 1 hour.
- ◇ Visitor please pay attention to your health as the flu season is approaching. Please have your flu vaccination as soon as possible. If you happened to feel under the weather, we kindly advise you not to visit the facility to prevent the flu from spreading.



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Residents picking mangoes from the garden

Editorial Board

- Administration team
- Recreational activity team
- Advisor:
 - ◇ Veronica Hon (General Manager)
 - ◇ Elena Lau (Care Manager)

CHINESE NEW YEAR Decoration



Lantern workshop at Banksia

Volunteer Lulu specially prepared this lantern workshop in letting everyone participate to increase mutual interaction and have fun on the Chinese New Year.

Participants enjoyed cutting and pasting craft paper.

Everyone was happy with the end result. Many lanterns were beautifully created and there was lots of satisfied smiling faces!

Did you see the beautiful lanterns on your visit?



Choosing decorations



CHINESE NEW YEAR Lion Dance

We invited a Lion Dance team over to as part of the special celebration for Chinese New Year day.

Mr. Henry Tang—our Chairman and Directors also attended the ceremony. Along with the lion dance team, they went around to visit all the residents and handed out red packets as part of the tradition.



Group photo with the lion dance team





Resident Outing

During the last 3 months, our residents have participated in a few luncheons.

Lions Club of Sydney Pacific Inc. sponsored 12 people to luncheon at Marigold Restaurant in Chinatown.

Our residents also had a group outing to Cabramatta Bowling Club for a charity luncheon and in late February for shopping out and lunch in Cabra-Vale Diggers Club.

Indochinese Aged Care Services has been provided our clients with the best services.

We wish to receive more feedback from everyone.

Through the monthly residents meeting, as per suggestion, we now have more regular group outings.





Yeah ! Lets have fun making peanut cookies for Charity Fundraising



Making Easter eggs

Residents were seen participated in last month art and craft workshop where they learn how to create Easter egg decorations.

Workshop was held by our volunteer Ms. Lulu.



Mango picking

It was the time of the year when mango is becoming ready for harvest!

Residents were having a good time picking their favorite home-grown from the garden.



All-Star Fundraising

On March 17, a charity concert was successfully held by a group of local singers to raise fund for Indochinese Aged Care Services.

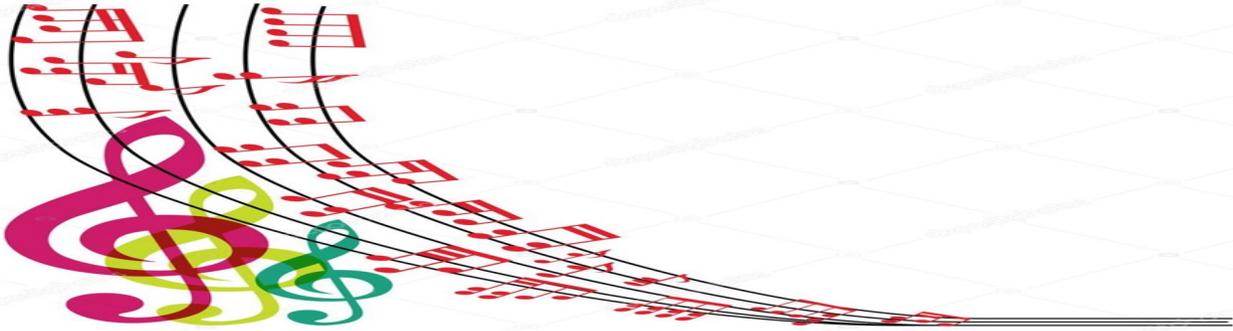
We were able to raise a total of more than 20 thousand dollars. The amount will be used to improve the quality of care for our residents.

Chairman Henry Tang and Directors also took the stage to thank the sponsors with a ceremony of certificate presentation.



Chinese Musical Performance

Residents were delighted to have the chance to enjoy traditional Chinese musical performance by the community volunteer group.



Performance from 小火花表演團

On February 10, the Indochinese Aged Care Services welcome a group of children from the 小火花 performance group who came to perform for our residents.

All of the kids were accompanied by their parents. The group brought with them a few dance performances and a special runway modelling walk to showcase the beautiful costumes.

Thank you to 小火花 group for their time and effort and for making our residents very delighted.





Laba Festival visit from Nan Tien temple

The Laba (臘八) is a traditional Chinese festival celebrated on the eighth day of the La Month (or Layue 臘月), the twelfth month of the Chinese calendar. After six years of strict discipline, Siddhartha finally realized his dream of full enlightenment on the eighth day of the twelfth lunar month. Ever since, monks have prepared rice congee on the eve and held a ceremony the following day, during which they chant sutras and offer congee to Buddha. Thus, the tradition of eating Laba porridge was based on religion, though with the passing of time the food itself became a popular winter dish especially in cold northern China.



Laba congee ingredients:

kidney beans, sorghum rice, barley, longans, oats, rice, millet, peanuts, mung beans and black rice

感謝南天講堂每年為本院送來臘八粥



康樂員姚姑娘活動簡報

各位公公婆婆您們好！我是新來到這公司工作的活動職員—姚美雲(雲姑娘)，現在已踏入2019年豬年，祝每位公公婆婆『新年快樂、身體健康、出入平安、恭喜恭喜』！

今年頭一季印支高齡服務中心安排一連串節目，活動包括中國音樂樂器、唱歌、舞蹈、舞獅、情人節、生日會...等等。

我們印支高齡服務中心非常多謝住客陳國生先生，親自表演寫揮春，送給公公婆婆。

新年期間不斷有不同形式的賀年節目，例如：還神、吃團年飯、團拜等活動，公公婆婆異口同聲說“好似回到年青時，同家人過年呀

在年初七舞獅團隊為我們帶來了精彩的舞獅表演，舞獅在傳統中國文化中有這著悠久的歷史，這一定是新年裏必不可少的表演項目，非常精彩。

當天由主席及理事、董事們派利是給每一位公公婆婆啦！這個年頭真是好運不停來。

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](tel:1800200422) 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:

- | | |
|--|---|
| <ul style="list-style-type: none">• 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 | <ul style="list-style-type: none">• 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 |
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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>



臘八節

臘八節的傳說

佛教的創始者釋迦牟尼見眾生受生老病死等痛苦折磨，捨棄王位，出家修道。經六年苦行後，於臘月八日，在菩提樹下悟道成佛。在這六年苦行中，每日僅食一麻一米。後人不忘他所受的苦難，於每年臘月初八吃粥以做紀念。“臘八”就成了“佛祖成道紀念日”。傳說吃了臘八粥以後可以得到佛祖的保佑，所以窮人把它叫做“佛粥”



Laba congee ingredients

kidney beans, sorghum rice, barley, longans, oats (avena)

感謝南天講堂每年為本院送來臘八粥

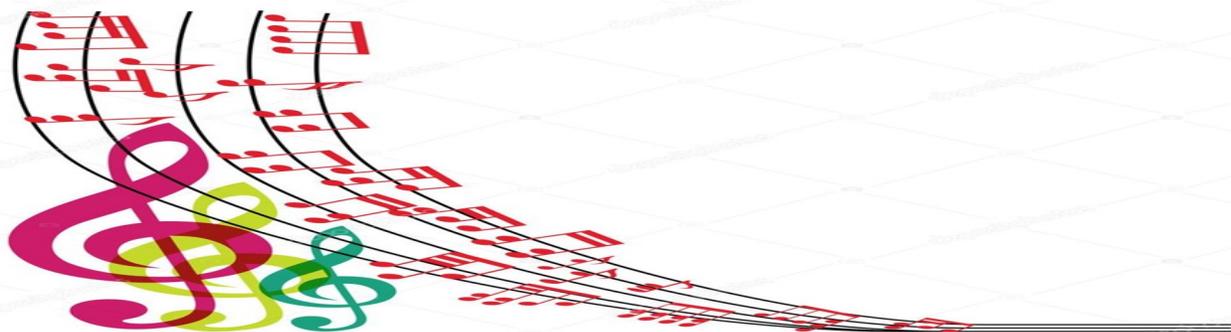
小火花表演團探訪

二月十日(大年初六) 歌星喻靜和悉尼小火花表演團在媽媽的陪同下一行探訪本院，小朋友們懷著欣喜的心情，穿著漂亮的表演服裝為老人家表演。小火花帶來三支舞蹈（青花瓷、學貓叫及服裝表演）及歌星演唱多首懷舊動聽的歌曲，讓院友們非常開心，他們的愛心給長者帶來歡樂和溫暖，在此由衷感謝！



中國風，樂坊

院友們很高興有機會欣賞社區義工團體帶來的中國傳統(古箏、二胡、琵琶等)樂器表演。



雪梨群星慈善匯演

一群本地歌星在3月17日為印支高齡服務中心舉辦的"愛傳承慈善演唱會 2019" 演出非常成功!扣除所有開支共籌得二萬多元給受惠機構用作提供更優質服務。

在演唱會開始之前，多位印支高齡服務中心的董事包括曾澤平主席上台頒發獎牌給各位贊助商。

《花絮》



製作復活蛋

手工藝班—義工露姐教院友們如何製作復活蛋



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芒果的收成

今年我們的芒果樹可說是大豐收, 在 3 月 7 日風和日麗的早上, 康樂組的同事帶著幾位院友踏進內院, 看他們全都是有備而來的; 他們帶備了剪刀, 笊籬和強壯的臂力來給芒果下手, 從樹上剪下來啊!





耶！大家一起來做
手工曲奇餅為愛心籌款。





戶外活動

活動組團隊新年期間帶領住客們參加的敬老宴，包括：1. 太平洋獅子會舉辦，在唐人街新富麗宮酒樓午宴。

2. 濱多酒樓主辦位於西區Cabramatta Bowling Club午宴。

3. 西區Cabra-Vale Diggers Club午餐，院友們非常開心享受不同的豐盛午餐及美好時光。



農曆新年

獅匯演賀新春

本院(年初七)邀請由明月居士林贊助的青年組舞獅團—青峰舞獅團隊助興。曾主席、董事們和義工與我們的院友一起慶祝新春，讓長者們享受新年的祝福並分享春節喜悅。



Group photo with the lion dance team



農曆新年

手工藝班



Lantern workshop at Banksia

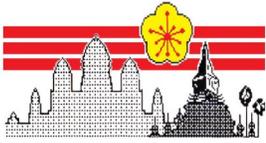
新的一年義工露姐準備新年裝飾材料，在喜濤苑教住客如何製作『燈籠』，參與製作過程的院友們都非常有趣認真學習，成果非凡。

《燈籠製作》



Choosing decorations





院舍新聞

2019年第二期

編者的話

祝大家新的一年，『諸事行大運！諸事大吉！闔家平安！』。

《一元復始，萬象更新》。迎接新的一年，我們住客有更多精彩的活動以及院內發生的最新情況，請大家繼續關注我們最新“院舍新聞”。

※如果您有任何想要分享的建議或想法，請隨時與我們聯繫

溫馨提示

- 冬令時間已於四月七日星期日開始。
- 隨著流感季節的臨近，訪客請關注您的健康狀況，請盡快接種流感疫苗，如果碰巧在這情況下身體感覺不適，我們建議您不要前往探訪，以免流感蔓延。



活動內容

- * 春節慶祝活動
- * 戶外活動
- * 籌款活動
- * 訪客活動



住客在院舍內摘芒果的情景

編輯小組

康樂組

行政組

顧問

韓總經理

劉經理