



## INDOCHINESE AGED CARE SERVICES newsletter



### FROM THE EDITORS

*Hi Everyone! Welcome and happy reading our third issue of 2021 quarterly newsletter!*

A good news is our centre has reopened its door again to visitors on Monday 11th October 2021. However, booking upon visit are encouraged to adhere to government's visiting rules. A notice has been sent out via emails for all family members. For further enquires, please don't hesitate to contact us by phone, email, or via our website and Facebook page.

We are proud to announce that all residents in the facility have received both COVID-9 vaccination jabs. However, due to the emergence of the Delta strain of virus, we hope everyone remain vigilant and take precautions to prevent the transmission of the virus.

On a final note, it was nice to finally greet you all again. We wish everyone a happy and safe holiday season ahead. See you next year in the next issue of ICAC newsletter. Stay safe and take care.

- From the editors



*A gentle reminder*

*Remember to continue masking, physical distancing and practice hand hygiene frequently.*

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### EDITORIAL BOARD

Administrative team

Recreational activity team

### CONSULTANTS

Evelyn Chan (Director of Nursing)

Kathleen Do (Administration Supervisor)



## EVELYN CHAN DIRECTOR OF NURSING



### Greetings from our new DoN

Evelyn has 35 years of clinical experience in ICU, End of life and Cancer hospital, Red Cross and 25 years of experience in Aged Care, included auditing and teaching in different facilities.

She is a very creative person as she likes painting, calligraphy, pottery and dancing.

Evelyn has been working in various nursing homes since 1997. Evelyn had been in the positions as RN, WHS Officer, educator, DDON and acting DON. While aiming for quality and continuous improvement, Evelyn has a passion to look after the elderly people. Her life attitude is:

- Look after my own older generation as well as other people's old generation
- 
- Fulfill my full duty in life and fulfill my full duty in Indochinese

She has started her new role as Care Manager in Indochinese Aged Care Services from middle of November 2020 and then be Clinical Director in April 2021.



## ELSIE LEUNG EDUCATOR

### A warm welcome to Elsie on joining our team at ICAC

Hi everyone! I am so glad to meet you here being the Deputy cum Educator since mid-April this year. Really appreciate this occasion to introduce myself to you. My name is Elsie Leung.

I have entered Nursing since I was 18 years old and have been working in Aged Care Industry (both in Hong Kong and Sydney) for more than 30 years. While working full time as well doing part time study, I have completed my Bachelor and Master Degree in Nursing at the University of Sydney in 2000. Climbing up the ladder from being a RN, Assistant Superintendent, Deputy Director of Nursing, Director of Nursing, Clinical Nurse Educator, and Service Manager managing small or large facilities (maximum of 108 residents), I have enjoyed wholeheartedly the opportunity of working alongside with doctors and allied health professionals providing the best care for the most vulnerable and frail residents in their twilight years.

Please let me know how I can help and understand your needs. Do feel free to contact me via Email: [elsie@indochineseagedcare.org.au](mailto:elsie@indochineseagedcare.org.au) and I will be around the Facility on Monday & Thursday from 0800 – 1630 and Tuesday & Wednesday from 1030 – 1900.



## Health talk

Health talks were conducted on the 4th, 5th and 6th of the month by Diana Cheng, Annie Song and Elsie Leung. Residents were delighted to learn about nutrition from different fruits, flu prevention, and techniques to get up from a fall.



THANK  
YOU



“

*You are great nurses, and you deserve a great thank you for your work.*

*We wish you a **Happy Nurse Day!***





“

## ***Farewell Helena!***

*Let us remember always the happy times we spent together as colleagues. Wherever your path takes you, we wish you success in everything you do.*



## ***Social Activities***

*Thank you friends for performing and visiting our facility. Your performance has brought much joy and colours to the life of the elderlies. Thank you very much!*

”



# Resident's profile

A MOTHER'S WORDS OF WISDOM - A26 TRIEU TRAN HUYNH



What exactly is the difference between a young girl and a mother?

Most young girls' life is almost carefree, and she may have a plan and an idea of what is ahead of her in life.

Academically, she can choose what she wishes to study, what career she wishes to have and so on. But as a mother, one needs to be mature and may have to cope with many worries and struggles.

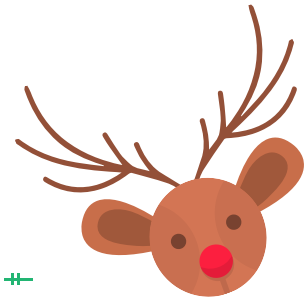
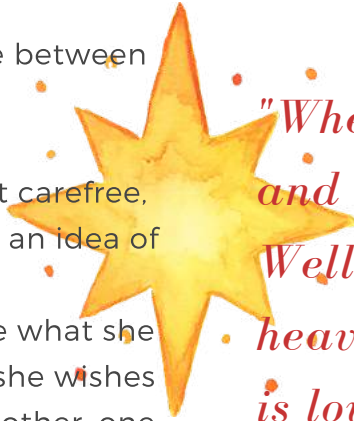
A mother is like a bridge, taking on countless responsibilities (the same as her father), regardless of the ups and downs life throws at her. As a mother, she shoulders continuous pressure and responsibilities in raising her children, nurturing them, and providing them with life necessities.

So why does a mother able to give all the love? Where does all that love and energy come from? Well! I believe it came from heaven, it's from God, "God is love". The majority of us who live in nursing homes are parents, grandparents and even great grandparents. We have experienced it all, happiness, sadness, achievements, failures etc. We've lived! So let us spend the rest of the life happily and harmoniously together as friends in this beautiful aged care facility!



*"Where does all that love and energy come from?"*

*Well! I believe it came from heaven, it's from God, "God is love."*





## 康樂員雲姑娘(Debby)活動簡報

親愛的住客和家屬們，大家好！向大家匯報幾個月長者的生活近況和康樂組所辦的活動：

雖然新冠肺炎仍然肆虐，幸好研發了疫苗可以接種，所以公司已安排長者和員工施打，大家打後亦平安和健康，希望有更多人施打令這個疫情早日結束。我們康樂組各成員將會繼續努力令各位住客在這個大家庭生活得開開心心，健健康康。

四月份慶祝耶穌受難日。《清明時節雨紛紛，路上行人欲斷魂，借問酒家何處有，牧童遙指杏花村。》清明節當天天氣相當好，長者們懷著興奮的心情迎接特別節目，就是香港著名歌星「葉麗儀小姐」，到院舍位長者們唱歌扁，長者們非常熱情與開心，也好投入跟葉小姐一起合唱，歡樂時光過得特別快，表演尾聲由長者陳國新先生代表獻花，及陳倩瑩婆婆親手製作綉品贈與葉麗儀小姐作為道謝。在此多謝葉麗儀小姐，在百忙中抽出時間探望長者獻唱。

夏令時間結束(四月七日)，即代表冬季來臨，希望長者們利用時間享受日光浴到花園散步。

澳紐軍人節(四月二十四日)，康樂組同事將有關資料製作海報張貼在壁報版上讓長者了解，同時也講解澳紐軍人節的由來。

烹飪班-果凍製作(四月二十八日)，由雲姑娘和義工一起教長者製作果凍，長者們非常高興且用心協助，最後果凍在下午茶時間大家開心地品嚐。

### 五月份慶祝

五月九日母親節當日院舍為長者們準備了母親節聚餐，一盤盤豐富的食物，令人垂欲滴，長者們都食得好開心，紛紛找職員替他們拍照留念，康樂組同事們很樂意為長者們拍下開心快樂的時光。

健康講座-如何預防流感(五月十二日)，今次講座由註冊護士宋姑娘主講，雲姑娘翻譯，宋姑娘很詳細地講解怎樣預防流感，長者們都非常踴躍參加，紛紛提出問題，宋姑娘也一一為他們解答，同時將有關資料貼在壁報欄上。

戶外活動-浴佛節(五月二十日)康樂組Lisa、雲姑娘、義工和家屬帶領長者們到明月居士林一日遊，並享用一頓充滿愛心和豐富的素食，這次郊遊活動非常感謝明月居士林的江先生和梁姑娘全力安排，還送每位長者一份紀念品，令長者們享受美好的一天。

### 六月分活動

六月十四日(星期一)是中國傳統節日-端午節，剛巧也是英女王壽辰，當日康樂組饒姑娘安排義工，長者們準備了應節食品和粽子，中午餐就品嚐由長者們一起包的粽子，午後教長者做手工-粽，今個端午節認真豐富“真假粽”都有，接著一起玩遊戲，並講解端午節起源及英女壽辰的資訊給長者知道啦！謝謝同事及義工的鼎力幫忙，令長者們玩得開心。

六月十五日健康講座-跌倒後怎樣做。

長者年紀大，因各種原因會有肌肉力量流失，骨質疏鬆，引致手腳不太靈活及不夠力，失平衡而容易跌倒，因此本院副院長梁姑娘為長者們辦了一個「跌倒後怎樣做講座」，萬一不幸跌倒如何處理？如果不能站起來怎樣做？及跌倒後應該做什麼？梁姑娘還親身示範，非常謝謝！



# COVID Safe Residential Aged Care

Please help us to protect our residents.

Before you enter the facility, you will be asked to:

- **Check in** using the Service NSW QR code.  
This will help NSW Health contact tracers to get in touch quickly and easily if necessary.
- **Answer screening questions** to help the facility understand if it is safe for you to visit.  
If you have any symptoms, have been asked to self-isolate or have been to any areas of concern, you will be asked to delay your visit.

# 長者投稿

母親的感言 - A26 黃趙寶珍

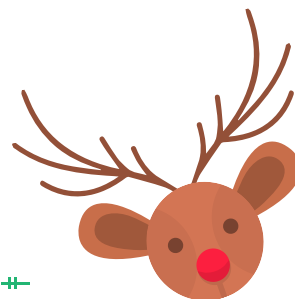


一個少女及一個母親，究竟有多大的分別呢？

作為少女的她，可以沒什麼的牽掛，心中有什麼理念，前面的路都可以有一個計劃，在學業方面，可以選擇讀什麼科目等等。

但是作為一個母親的話，她的心思必會是成熟了些，亦有諸多的顧慮了，她好像一條橋那樣，承擔著多方面的責任(父親以一樣)，不論是風風雨雨、多重的壓力，每時每刻都是肩頭有壓力的，有些父母甚至得吃，也要想方法給兒女得到溫飽！若是有病，更是廢寢忙餐，衣不解帶這種種的關愛究竟是從何而來的呢？因為“神是愛”，我相信是從天上而來的，我們住在老人院的各位母親(父親)，我們大多數是做了母親、嬤嬤、外婆的人了，正所謂經歷了滄桑的人，大家和和氣氣渡我們的餘年好嗎？

“因為“神是愛”，我相信是從天上而來的”







“

歡送同事  
*Helena*(楊佩英)

懷念一起相處的點滴  
時光，祝福妳新的生  
活心想事成，平安喜  
樂！



## 社團活動

隨著雪梨疫情逐漸紓緩，  
原本因為新冠疫情抑鬱的  
心情也得到解放，大家都  
興奮不已，謝謝各界朋友  
到本院表演和探望，你們  
的愛心帶給本院長者們許  
多歡樂和溫暖，我們在此  
由衷感謝！

”



## 健康講座

4/5/6月由院舍資深護士Daina高、Annie宋、Elsie梁，分別講解『1.水果的營養 2.預防流感 3.摔倒：如何站起來的技巧』等一系列講座，能夠藉此讓住客了解在日常生活當中如何注意與防範，住客們也很踴躍參加且獲益良多。



THANK  
YOU



“

謹向辛苦的護理師們，致上最高敬意。

祝 國際護理節快樂！平安！





**陳楚卿**  
院長

## 我們的院長

Evelyn 擁有 35 年 ICU、臨終和癌症醫院、紅十字會的臨床經驗和 25 年的老年護理經驗，包括在不同設施的審計和教學。

她是一個非常有創造力的人，因為她喜歡繪畫、書法、陶藝和舞蹈。

Evelyn 自 1997 年以來一直在不同的療養院工作。Evelyn 曾擔任 RN、WHS 評估主全、培訓師、副院長和代理院長。在追求質量和持續改進的同時，Evelyn 熱衷於照顧老年人。她的態度是：

- 老吾老以及人之老（孟子）
- 盡吾責以及印支責

從 2020 年 11 月中擔任印護理經理繼而 2021 年 4 月進升為印支院長的新角色。

## 梁愛詩 教師 愛詩之聲

大家好！我很高興在今年 4 月中旬開始以副院長暨教師的身份在這裡與您們見面。非常感謝大家給我機會向您介紹自己，我的名字是梁愛詩。

從 18 歲開始，我便進入護理專業，並在老年護理行業（在香港和悉尼）工作了 40 多年。在全職工作和兼職學習的同時，我於 2000 年在悉尼大學完成了護理學學士和碩士學位。由註冊護士做起，在香港和悉尼先後擔任助理舍監、副院長、院長、臨床護士教師和服務經理管理小型或大型院舍（最多有 108 名居民），我非常享受與醫生和專職醫療人員一起工作的機遇，為晚年最脆弱和虛弱的院友提供最好的照顧。

請讓我知道我可以如何幫助和了解您的需求。請隨時通過電子郵件與我聯繫：[elsie@indochineseagedcare.org.au](mailto:elsie@indochineseagedcare.org.au)，我工作的時間：周一和周四 0800 至 1630；周二和周三 1030 至 1900。







印支高齡服務中心

本院新聞



## 編者的話

親愛的住客、家人和朋友，歡迎閱讀**2021**年第三期《新聞訊息》

本院長者們已於月前完成二劑新冠疫苗接種，但是疫情持續不減反增，如今印度變異株Delta病毒已進入澳洲，這波疫情來勢洶洶，請大家一定要格外小心，保護自己和家人的健康。

※您的意見非常寶貴，您每一個建議都將有助於改善我們的服務品質

如果您有任何想要分享的建議或想法，請隨時不吝賜教與我們分享

- 來自編輯小組



溫馨小提醒：  
抗疫期間請別忘了  
外出記得戴口罩、出入勤洗手喔！

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## 編輯小組

行政組  
康樂組

## 顧問

陳楚卿（院長）  
杜淑華（行政主管）