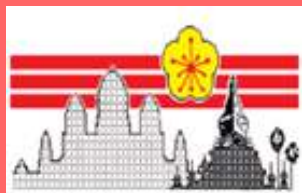


INDOCHINESE INSIGHTS



活動簡訊

Christmas 聖誕 Thank you 2022

New Year 元旦 Hello 2023

Lunar New Year Eve

迎新歲 癸卯年

“大地回春 萬物更新”

Spring 2022 to
Summer 2023 edition

IN THIS ISSUE

Editor's Notes 簡介

Leisure Programs 活動回顧

Upcoming 節目預告

Photo Gallery 照片花絮

Editor notes 簡介

“Dear friends, I hope this finds you well in the start of new year full of joy and wellness. In this issue, we are pleased to highlight leisure programs achieved over the past 6 months.”

“各位读者您好, 别来无恙, 希望新的一年带给大家歡欣和健康. 今季季刊, 我们一起回顾过去六个月已完成的康乐活动.”

Leisure Program Summary 康樂節目回顧

“Since Covid-19 restrictions lifted, most of our leisure programs were getting back to normal schedule. Besides the daily routines gentle exercise and social activities, we were grateful to welcome back our volunteers and community groups visit.

“自从冠状病毒限制放宽, 大部分康乐活动都恢复了正常时间表. 除了每日健康操和社交活动外, 我们很感激欢迎各位义工和团体朋友回来为老人家服务.”

In October 2022 to March 2023, we had 6 community singing groups visited, involved 15 to 30 of volunteers, provided total 186 hours of entertainment program.

在过去6个月, 我们一共有6组歌唱团体来访, 有15至30位义工朋友参与, 提供了186个小时娱乐节目.

We celebrated 5 festival occasions, and arranged birthday celebration for 37 residents.

庆祝节目, 我们举办了5次假期和佳节活动, 为37位住客做生日会.

We organized 5 bus outings, invited 80 attendances of resident and family in total.

户外活动, 我们组办了5次, 邀请了住客和家人有80个参与.

Residents' spiritual support, Buddha scripture chanting 232 attendances, Bible study 48 attendances.

住客心灵关怀, 念佛经有 80个参与, 读圣经有 48个参与.

Resident meeting 6 times, total 196 attendances

住客开会有6次, 一共196个参与.

Activity volunteer 7 members, provided 1452 service hours.

活动义工有7为朋友, 一共服务了1, 452个小时.

Upcoming 節目預告

In spring 2022 and summer 2023, our residents enjoyed indoor and outdoor activities thanks to the good weather. We expect more holidays, religious and cultural occasions to celebrate in the next season.

“在春季和夏季的明朗晴天, 住客参加了各样室内和户外活动. 在下一季秋天, 我们继续有更多信仰和传统文化庆祝活动.”

April 四月份	May 五月份	June 六月份
Qing Ming 清明节	Mother's Day 母亲节	King's Birthday 国王生日
Easter Holidays 复活	Buddha's Day 佛诞	Dragon Boat Festival 端午节
Anzac Day 军人节		

Focus Topic 焦點議題

“Food is a source of culture identify and wellbeing. Recently, Food and Nutrition is one of emerging issue in the review of prospective Aged Care Quality Standards.

The home committed to provide resident with culture appropriate, safe and nutritious food. Recently, we have invested in refreshing dining room environment, dining ware and kitchen equipment, also menu choices and variety. Management team and staffs are dedicated to offer an enjoyable dining experience to our resident. We welcome your feedback and suggestion contribute to our progression.

“食物是文化認同和快乐之源. 近年来, 食物和營養是老年護理質量標準審查中出現的新关注点.

我院一向致力於為住客提供适合文化, 安全和營養的食物. 最近我们也投資布置了餐廳環境, 換餐具和廚房設備, 菜單選擇以及種類. 管理团队和員工会继续努力為住客提供愉快的用餐體驗. 我們歡迎您的反饋和建議有助於我們的進步.”

A guide for aged care staff

Getting the dining experience right

The benefits of providing an enjoyable dining experience

- ▲ Improve residents' quality of life
- ▲ Improve residents' consumption of food and drink
- ▲ Improve residents' social and emotional wellbeing
- ▼ Reduce residents' risk of unplanned weight loss and malnutrition
- ▼ Reduce food wastage

Get to know each resident

- Ask each resident about their food and dining preferences
- Confirm their preferences regularly, as they may change
- Know their routines e.g. a warm milk before bed etc.

Create respectful dining experiences

- Make mealtimes about socialising, eating and drinking
- Don't provide medication and care, or perform clinical tasks during mealtimes, if possible
- Serve all meals looking, smelling and tasting great and at the right temperature
- Offer flexible dining options to meet a variety of residents' preferences
- Consider ambience, accessibility, seating options, temperature, noise levels, table settings, contrasting colour tones and lighting
- Use enabling language
- When residents arrive at the table, ensure they have everything they need e.g. glasses, dentures, hearing aids, adaptive cutlery etc.
- Have menus displayed and consider visual menus

Involve residents in the planning of meals and dining

- Start and maintain a collaborative resident food committee
- Involve residents in setting up the dining room
- Seek input from all residents including those with communication difficulties
- Encourage ongoing conversations between chefs, cooks and residents about the residents' meals

Phone 1800 251 822 Web agedcarequality.gov.au Write Aged Care Quality and Safety Commission, GPO Box 970, in your Capital City



Source: August 2022, <https://www.agedcarequality.gov.au/resources/your-dining-experience-consumer-poster>

Merry Christmas & Happy New Year

感恩聖誕迎新年



In the blink of an eye, it is already end of the year. A year full of challenge and learning to be remembered. We celebrated the joyful moment with residents and staffs on the annual Christmas party.

一晃神又到年底了。感慨充满挑战和学习一年。我們准备了年度圣诞节大餐，與住客和員工一起慶祝這個歡樂的時刻。



What are you thankful for this year? We are grateful to have our devoted staff members and volunteers assisted us getting through the pandemic and tough time of transformation.

今年您要感谢什么呢？我们很感激资深员工们默默耕耘和义工朋友们的陪伴我们度过疫情和转型的艰难时期。



Happy Lunar New Year 迎新歲癸卯年



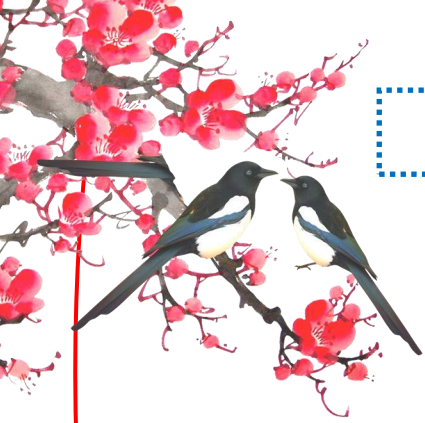
How much do you know this Lunar New Year? There are two Spring begins in Feb, total 384 days, from Jan 22, 2023 to Feb 9, 2024. So, we call it "Double Spring Year". We wish you all good times good lucks, and good things come in pairs.

今年立春有啥不同？癸卯兔年有两个立春与公历2月，全年共有384天，从2023年1月22日开始到2024年2月9日结束，民间就称为“雙春年”。正好雙春兼閏月，我們願祝大家好時好運，好事成雙。

賀新年

◆NEW YEAR CONGRATULATE





Valentine's Day 情人节



Celebration programs and good food bring people together. On busy days, our residents and staffs had a good time, simply sharing the joy of beautiful days.

慶祝活動和美食將我們聚集在一起。在忙碌工作中，我們職員和住客樂融融，簡單地分享美好一天的快樂。



Picnic Day 戶外野餐



Melbourne Cup 墨尔本赛马日



Senior Week Karaoke Singalong 长者节卡拉OK





Happy Women Day 妇女节



Food Preparation 烹饪班

Wrap Spring Roll 包春卷



Wrap Wonton 包云吞



Barbecue 串烧



Mochi Dessert 麻糬



Pizza Day 烤披萨



Make Banana Pastry 香蕉角



Community Group Visit 义工团到访

Love Dancing Group 献爱心送温暖歌舞团



Elaine Singing Group 宝艺会



Joy's Singing Group 开心二人组



June & Lin Singing Group



Sky Melody Chinese Opera Group



Lisa & Lee Singing Group



Regardless of outbreak restrictions disrupted activity timetable, our community group friends keep supporting us, accompanied with our residents, provided music therapy and caring services with love and passion.

儘管疫情限制打亂了活動計劃表，但我們的義工朋友們不拘麻煩，依支持我們陪伴住客，提供了音樂治療和關愛服務。

Bonny's Group - Haircut volunteer work



Spiritual Support 心灵关怀



Pastor visit and bible study
同牧师读圣经



Christmas Carol 圣诞颂歌



Chong Yang Jie
Ancestor Worship
重阳节祭祖仪式



Facilitating religious activities and spiritual need of residents helped create the sense of peace, grief relieve, especially amid uncertainty in the pandemic.

支持住客的中教和信仰活動能帶來安寧感, 緩解哀思, 尤其是在當下的疫情易變中。

Scripture chanting meditation
念佛經冥想



Ming Yue Lay Temple
Fruit Donation 明月居士林捐贈水果



Toss game 投擲遊戲



Sunbathe 晒太阳



Bowling 保齡球



How do you like to spend your leisure time? In group, with fellow friends or in individual? Our team members were passionate about design new activity and inspiration improve residents leisure program.

您会喜欢参加什么休闲节目？跟集体，同朋友或个人活动？我們的團隊成員熱心於設計新活動和寻找创意改进給住客的康乐节目。



Fall Prevention
Health Talk
预防摔跤健康讲座

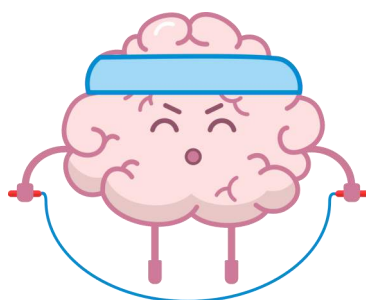


Physio one-to-one
exercise &
Walking exercise
物理治疗运动





Ball game 赛球



Cards 打牌

Whether active or table game activities are good for the body and mind wellbeing. We hope that our residents will continue participating, and trying various programs.

无论是活跃还是安坐的游戏活动都有益身心. 希望我们住客继续支持参加和尝试多样节目.



DIY Crafts 做手工



Blackjack 二十一点



Hoo Hey How 鱼虾蟹



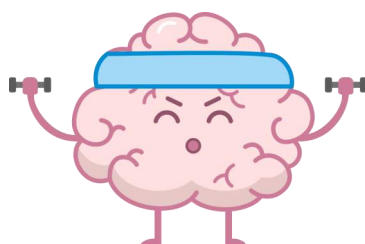
Balloon 气球



Mahjong 麻将



Bingo 宾果





Outings 户外活动



- ✓ PPEs 带口罩
- ✓ Hand wash 勤洗手
- ✓ Social Distance 保持社交距离
- ✓ Testing 做测试

Our team members, residents and family members have closely followed Safe outing and Infection control precautions. Together we can stay COVID safe.

我们团队成员, 住客们和家人都密切尊随外出安全以及控制传染预防措施. 守望相助我们可以一起保护老人家.



Yumcha lunch at Mounties Clubs



Special Invitation from Chan's Canton Village Restaurant



Visit Ming Yue Lay Temple





**Yumcha Lunch
at Iron Chef Bonnyrigg
Chinese Seafood Restaurant**

**Shopping experience
At Costco Wholesale
Casula**



Lunch at Cabramatta Rugby League Club Chinese Restaurant



Lunch at Choi Fook Events Centre Bonnyrigg



Individual Leisure Activities 个人悠闲活动



Fidget Toy 解压游戏



Folding 整理东西



Bean sprout 摘芽菜



Flower work 插花



Sorting Color 颜色分类



Fishing 钓鱼



Doll Therapy 小娃娃



Nail Polishing 油指甲



Beading 串珠



Youtube videos 娱乐视频



Newspaper 读报纸





Coloring
画画



Photo Reminiscing
怀旧照片

折纸 Origami



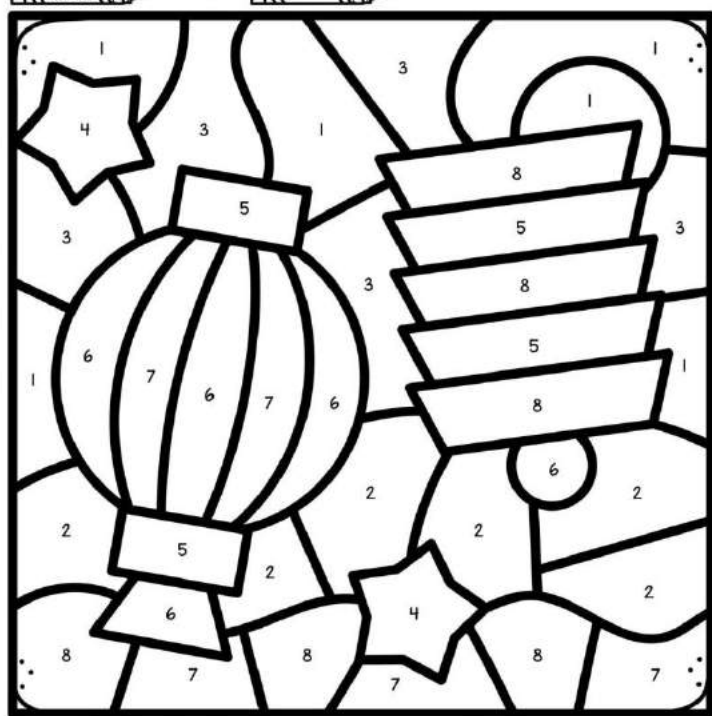
谜语猜一猜

1. 什么水，喝不完 。 。 。
2. 什么牛，不耕田 。 。 。
3. 什么马，穿花衣 。 。 。
4. 什么鸡，没翅膀 。 。 。
5. 什么鱼，最聪明 。 。 。
6. 什么虎，会爬墙 。 。 。
7. 什么书，没有字 。 。 。

1. 口水 2. 蜗牛 3. 斑马 4. 田鸡 5. 鲸鱼 6. 壁虎 7. 秘书

COLOR BY NUMBER

BLUE	= 1	PURPLE	= 4	PINK	= 7
GREEN	= 2	YELLOW	= 5	ORANGE	= 8
LIGHT BLUE	= 3	RED	= 6		





Copyright

2023, Indochinese Aged Care Services

Photo & Edit

RAO Team

Consent

Written permissions granted to share photos in the publication

Acknowledgement

Thanks to Indochinese staffs for their consultation and insight