

INDOCHINESE AGED CARE SERVICES

印支高齡服務中心



2024 Issue 3

FROM THE EDITORS

簡介

Hi readers,

Welcome to our quarterly newsletter!

Wish you all the best! In this issue, let's review the interesting things that happened in the past three months.

各位讀者們，

歡迎閱讀我們的季度時事通訊！

敬祝大家一切順利！

本期季刊，我們來回顧過去三個月發生的趣事。



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WELCOME BACK!

Milestone reached for new aged care law

The Australian Government has introduced the Aged Care Bill 2024 to Parliament. The Bill is for a new Aged Care Act – the main law that sets out how the aged care system operates. It will deliver major aged care reforms.

Date published: 10 September 2024

Audience: General public



Source: [Milestone reached for new aged care law | Australian Government Department of Health and Aged Care](#)

Focus Topic 焦點議題

The Australian Government has introduced the Aged Care Bill 2024 to Parliament. The Bill is for a new Aged Care Act – the main law that sets out how the aged care system operates. It will deliver major aged care reforms.

The new Aged Care Act is expected to commence from 1 July 2025.

澳洲政府已向國會提交《2024年老年護理法案》。該法案旨在制定新的《老年護理法》—規定老年護理系統如何運作的主要法律。它將實施重大的老年護理改革。

新的《老年護理法》預計從2025年7月1日起生效。

Upcoming 節目預告

October 十月份

Labour day 勞動節

Chong Yang 重陽節

Halloween 萬聖節

November 十一月份

Melbourne Cup

赛马日

Thanksgiving Day
感恩節

December 十二月份

Christmas Day

圣诞节

Boxing Day 節禮日

Winter Solstice Festival
冬至節

Facility Announcements 院舍公告

- Starting from **1st September 2024**, mask is no longer mandatory at our facility. Staff and visitors can choose to wear masks based on their personal comfort and discretion.
- 從2024年9月1日開始，我們的院舍不再強制要求佩戴口罩。工作人員和訪客可以根據個人舒適度和判斷力選擇佩戴口罩。

- Starting from **16th September 2024**, rapid antigen testing will no longer be a requirement for visitors. we recommend that you conduct a rapid test if you are feeling unwell or exhibiting flu or COVID-like symptoms.
- 從 2024年9月16日開始，訪客將不再需要進行快速抗原檢測。如果您感覺不適或出現流感或新冠肺炎類似症狀，我們建議您進行快速檢測。

- Our Indochinese Aged Care Service official website in the process of update, will have a new presentation later.
- 我們印支老年護理服務中心的官方網站正在更新中，遲些會見到新的展示頁面。

- Resident's Christmas Party on **13th December 2024**, will send invitation card to family members.
- 2024年12月13日院友聖誕派對，將會向家人發送邀請函。



Announcements

Change of board of directors 董事會換屆



Indochinese Aged Care Services

印支高齡服務中心

2024-2025

Board of Directors 董事會

1	Paul Cheong 張松波 Chairman 主席
2	Vincent Kong 江念慈 Vice-Chairman 副主席
3	Vieng Ngeun Vongmany 黃夫人 Company Secretary 秘書
4	Henry V. B. Tang 曾澤平 Treasurer 財政主管
5	Phuoc Thang Tran 陳盛福 Director 董事
6	Chhay Hua Ung 黃彩華 Director 董事
7	Kenny Tran 陳章明 Director 董事
8	Tuyet Linh Lai 莊玲 Director 董事
9	Brian Wong Independent Director 獨立董事
10	Khampraseuth Vongmany Independent Director 獨立董事

The Indochinese Board of Directors has completed its 2024 transition, and the above are the latest board members.

印支董事會剛剛完成了換屆，以上是最新的董事會成員。

Birthday Party 生日會



Wish all the residents always stay in good spirits and big smile on the face!
祝所有院友龍馬精神，笑口常開！



Father's Day Celebration 慶祝父親節



Hungry Ghost Festival 盂蘭節



Moon Festival Celebration 慶祝中秋節



Happy Moon Festival !

花好月圓佳節日，各位院友中秋節快樂！



Food Preparation 烹飪班



Residents are versatile. Not only are they good at making wontons, but they are also good at calligraphy and handicrafts.

院友們多才多藝，不僅雲吞包得好，還寫得一手好毛筆字和做手工。



Craft
做手工



Exercise 運動時間



Garden Leisure 曬太陽





LET'S TALK ABOUT HEALTH

The residents were paying attention to the health talk hosted by two managers and the team of physiotherapy.

由兩位經理和物理治療師團隊主持的健康講座，院友們在留心聽講。

Our volunteers donate and distribute fruits to residents, they were so happy.

我們的志願者們來派水果啦，各位院友十分開心。



Outing 戶外活動



七月戶外活動豐富，珍寶海鮮酒家吃飯，去購物和明月居士林拜神。

Variety activities in July, dining at Jumbo Seafood Restaurant, shopping and worshipping at Mingyue Lay Buddhist Temple.



August dining
at Choi Fook
Restaurant

八月在彩福餐廳
用餐



A large number of
people dining out
this time, and every-
one was very enthu-
siastic. Four tables
were occupied.

這次的外出就餐人數衆
多，大家都十分踴躍，
足足坐了4張台。





In September, residents went to visit the Kwan Yin Temple and have a vegetarian lunch, and then went shopping together!

九月外出去觀音廟參拜並吃素食午餐，然後又齊齊去開心購物啦！



Community Group Visit 義工團到訪



Chinese Opera singing group

Joy's singing group



Mikki Lim singing group



鄭美玲singing group



Jun & Lin singing group



Lee & Lisa singing group



Sydney Love Dancing



ACDMA, Lao's and Cambodian community groups visiting



Fujian Community Group Visit



Before the Moon Festival, Fujian community group came to deliver mooncakes to the residents.

中秋佳節前，福建社區團體來送月餅給各位院友。

Spiritual Support 心靈關懷

Buddhist chanting group



Bible group



Beverly Hill Church group



Parramatta church group



Nan Tien temple community group visit



Religion groups



Group Activity 小組活動



Group activities allow residents to connect with each other.

小組活動讓院友們更好地相互聯繫





Leisure Time 休閒時光



Reading
Newspaper
讀報紙



Colouring
上顏色



Beading 串珠

Knitting 針織



Watching YouTube
看視頻



Pick bean sprouts
摘豆芽

Doll Therapy
娃娃



Puzzle
拼圖



Playing Piano
彈鋼琴



Beading 串珠



Beans sorting
豆類分選

Sing Along 唱歌



Sorting Colour
顏色分類



Ball Exercise
球類運動

Folding 整理

Hairdressing
剪頭髮



Colour Caps sorting
顏色蓋分選



Poetry
Appreciation
詩詞鑒賞

父子和而家不退
兄弟和而家不分
人生似鳥同林宿
大限臨頭各自飛

百世修來同船渡
千世修來共枕眠
父母恩深終有別
夫妻義重也分離

Please enjoy
the calligraphy
works from the
resident A12
Guoxin CHEN

請欣賞來自
院友陳國新先生
的墨寶

一寸光陰一寸金
寸金難買一寸陰
心不定則詩無語
志不堅而事無成

待到秋來九月八
我花開後百花殺
沖天香陣香長安
滿城盡帶黃金甲

貓兒身短再為良
眼用金銀尾要長
面似虎威聲振响
老鼠聞知便逃亡

露爪能翻瓦
面長鷄種絕
腰長會過家
尾大懶如蛇

法兩點
貓公兩
相點三



Brainstorming!

Let's try your best to guess the riddles and see how many questions you can get right!

腦筋急轉彎！

一起猜謎語，看看能答對多少題！



猜動物：

1. 白天一起玩，夜間一塊眠，到老不分散，人間好姻緣。
2. 吃進的是草，擠出的是寶。捨己為人類，功勞可不小。
3. 身體輕如燕，飛在天地間，不怕相隔遠，也能把話傳。

猜食物：

1. 奇怪奇怪真奇怪，頭頂長出鬍子來；解開衣服看一看，顆顆珍珠露出來。
2. 四四方方白如雪，沒有骨頭沒有血，能做菜也能做湯，常常吃它好健康。
3. 平日不思，中秋想你。有方有圓，又甜又蜜

未分類：

1. 不怕布，只怕石頭。
2. 兩姊妹，一樣長，酸甜苦辣她先嚐。
3. 什麼東西會增加但不會減少。

Next

Answers are on the next page 謎底在下一頁

謎底 動物： 1. 鴛鴦 2. 奶牛 3. 信鴿
食物： 1. 玉米 2. 豆腐 3. 月餅
未分類： 1. 剪刀 2. 筷子 3. 年齡



Indochinese Aged Care Services Philosophy

We believe that all community members should have access to care which respects the independence and dignity and enables them to live as happy and independent individuals with pride, dignity and contentment.

印支高齡服務中心理念

我們相信，所有社區成員都應該獲得尊重個人獨立性和有尊嚴的護理，使他們能夠作為快樂、獨立的個體，自豪有尊嚴和滿足地生活。

keep 
in touch

Thank you readers for your
patience until the end. See you in the next issue.

感謝各位讀者耐心看到最後，我們下期再見。