# 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。

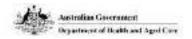




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#### Milestone reached for new aged care law

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: O Tex worker 200A



Source: <u>Milestone reached for new aged care law</u> | <u>Australian Government Department of Health and</u> <u>Aged Care</u>

#### 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 在製定新的《老年護理法》一 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

<b>October</b> 十月份	November 十一月份	December 十二月份
Labour day 勞動節	Melbourne Cup	Christmas Day
Chong Yang 重陽節	赛马日	圣诞节
Halloween 萬聖節	Thanksgiving Day	Boxing Day 節禮日
	感恩節	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。



Change of board of directors 董事會換届



# 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 荘玲 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 !

花好月圆佳節日,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。



























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.

 我們的志愿者們來派水果啦,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 worshiping 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 everyone was very enthusiastic. 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!

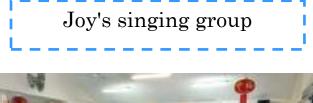




#### Community Group Visit 義工團到訪



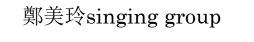
Chinese Opera singing group





Mikki Lim singing group









Jun & Lin 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





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Bible group





#### Beverly Hill Church group





### Parramatta church group





Nan Tien temple community group visit





#### Religion groups





# Group Activity 小組活動





ties

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 休閑時光



21



「みわう +7 一日気 Poetry Appreciation 詩詞鑒賞 1+7 枕 眼液 D 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 11 点公两点对

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:

- 奇怪奇怪真奇怪,頭頂長出鬍子來;解開衣服看一看,顆 珍珠露出來。
- 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

<b>謎底</b> 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。



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。