



Holy Family
Services

A Ministry of the Sisters of the
Holy Family of Nazareth

Holy Family Services NEWSLETTER

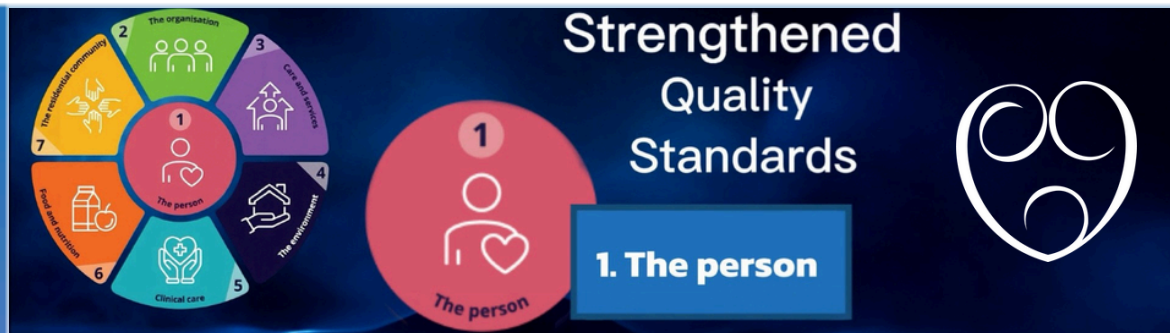
Vol. 178 August 2025



A new lease on life
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Strengthened aged care quality standards explained by our CEO

Following the interest and success of the series "From the CEO's desk" we asked our CEO to explain to us the new Standards which will create a seven month series.

Standard One is dedicated to the Individual. The Standard has two components. **For the resident it is "I am valued and have choice over the life I lead." For staff it is "I understand the people I care for and support them in choices that impact their lives."**

In essence this Standard is the same as it was under the older Quality Standards. This standard focuses on how we and our staff treat older people, emphasizing dignity and respect, individuality and diversity, independence, choice and control, and culturally safe care. It also includes the concept of "dignity of risk," acknowledging the right of older people to make choices, even if those choices involve some level of risk. This Standard also reflects the new Statement of Rights, which replaces the Charter of Residents Rights.

The Statement of Rights, outlines the rights that older people will have when accessing aged care services. The rights will help to ensure that older people and their needs are at the centre of the new aged care system. What that means in practice that irrespective of the cognitive and functional capacity of a resident they have the right to make decisions about their own life even if they have an existing Power of Attorney or Guardian.

The Statement of Rights and Standard One require that the resident must always be consulted and given the opportunity to voice or make a choice for themselves. So even though New South Wales legislation, like the Guardianship Act 1987 No 257 may have provided for the appointment of a Guardian, the Commonwealth legislation overrides the rights of the Guardian and legally obliges them to consult with the resident before they make a decision on their behalf. In practice this may turn out to be problematic and confusing, but the new Quality Standards put the resident at the centre of the decision-making process even if, and when, we think they do not have the capacity to do so.



At Holy Family Services, we're always looking for ways to mix things up. We made natural yoghurt from scratch, and it was a hit with everyone! Fun Fact: Yoghurt has been enjoyed for over 4,000 years—and it all started with a happy accident when milk was stored in warm climates. Now it's a timeless treat we're bringing into our own kitchen!





A few weeks ago we welcomed to Brother Albert's home Sr Jean Wojcik, who became a permanent resident. Sr Jean is known to Holy Family Services for many years and contributed to various aspects of our life here. Welcome home, Sr Jean. We look forward to getting to know you more.



We had a lovely visit from a mobile shoe shop recently! Our residents enjoyed browsing, trying on shoes, and many found the perfect pair to take home. Big thanks to the team for making it such an enjoyable experience!

HFS DATES FOR YOUR CALENDAR - AUGUST



Friday - Recreational Hall -
1:30pm

**Anniversary of the
Outbreak of Warsaw
Uprising**

Aug

01
2025



Friday - Recreational Hall -
10:30 am

**Feast of Our Lady of
Herbs**

Aug

15
2025



Thursday- Recreational Hall -
1:30pm

Birthday Party

Aug

07
2025

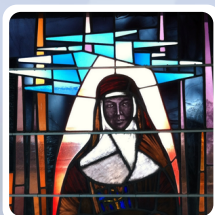


Thursday - Recreational Hall -
10:30am - 2:30pm

**Pizza and Italian
Music**

Aug

21
2025



Friday - Mass at 10am in the Church

**Saint Mary of the
Cross MacKillop**

Aug

08
2025



Tuesday- Recreational Hall -
1:30pm

**Residents and
Relatives Meeting**

Aug

26
2025

**Let's celebrate Aged Care Employee Day
on Thursday the 7th of August 2025**



Aged Care Employee Day

Thanks for caring
THURSDAY 7 AUGUST 2025







Every Wednesday at 10am - Mass at Polish War Memorial Chapel.

Mondays, Thursdays and Fridays Holy Mass in the HFS Chapel at 09:30 am by Fr. Ed Kenny.

Please note: Dates and times are subject to change if necessary.
Ask for updates on each wing.

Meet Krystian – our new gardener



We're delighted to introduce Krystian, the newest member of the Holy Family Services team! Krystian joined us four weeks ago as our new gardener, and in this short time, he's already made a wonderful impression with his enthusiasm, friendly smile, and passion for outdoor work.

Fresh from completing his Certificate in Landscape Construction, Krystian brings both skills and youthful energy to our gardens. He's excited to put his knowledge into practice—and even more excited to be doing it here, surrounded by such a supportive team and welcoming community.

Krystian has always loved being outdoors and says there's nothing more satisfying than seeing a garden bloom under his care. Whether it's pruning, planting, or planning new improvements, he enjoys every aspect of his work and is eager to contribute to making our grounds even more beautiful and peaceful for everyone to enjoy.

Next time you see him out and about in the garden, don't hesitate to say hello! He's always happy to stop for a quick chat and share what's growing.

Welcome to the family, Krystian—we're so glad to have you here!

A new lease on life - resident's perspective

I have been part of the Polish community in Marayong for over 40 years.

After a car accident, I lost much of my independence. I was living four hours away from my family, and it became clear that I needed support. That's when I made the decision to move here.

Some people feel like entering aged care means losing their freedom — but I saw it differently. For me, this was a second chance.

I didn't want to feel trapped. I wanted to keep living. And here, I can. I still go out, catch up with friends, do my shopping. I make my own decisions.

The biggest difference is: I'm not alone. I have support when I need it — and that, to me, is what dignity and respect truly mean.

Janina,
Albert Wing



Why socialising matters in aged care

The power of a simple chat.

At Holy Family Services, we believe that growing older shouldn't mean growing isolated. That's why we gently encourage all our residents to take part in the small, meaningful moments that make a big difference — like joining the knitting group, sharing a coffee, or simply having a good laugh over a casual "litter chat."



But why is socialising so important?

Because it's not just about keeping busy — it's about keeping connected. Socialising helps reduce feelings of loneliness and can even improve memory and mental wellbeing. For many residents, those few minutes of conversation over a cuppa, or the calm focus of knitting with others, offer comfort, purpose, and a real sense of belonging.

Social connection is one of the best medicines we can offer.

It boosts mood, stimulates the mind, and even contributes to better physical health. Just as we need good nutrition and rest, we also need companionship and conversation.

So whether it's a friendly chat on the veranda, a shared joke in the hallway, or joining in one of our many group activities — every connection counts. And for some, those moments become the highlight of the day.

Together, we're not just providing care. We're creating a home full of life, laughter, and love.



*Happy
Birthday*

★ Teresa Malczycki
Alicja Panicki
Ian Goldsmith

Dolores Melrose
Stanislaw Korbis
Alexandra Namuren

Joyce Desira
Pamela Smith
George Zelazowski

Ingrid and Bella



Around five months ago I heard a crying sound outside. When I looked no one was there. On the third day I found a cat standing at the back door. When I opened it she walked straight in. I fed her of course, and she settled in and did not want to leave. Apparently she had been hanging around the village for quite some time and someone had been feeding her.

Sometime later I decided to take her to a vet to have her desexed and microchipped. Imagine my surprise when the vet informed me that she, Bella, was in fact a he, had already been desexed, microchipped and was eight years old. This meant that Bella already had an owner and by law had to be informed that the cat had been found. If the person had not responded by the end of four weeks, then Bella would be mine.

I am very happy to say that the month has passed so Bella, yes, I kept the name, thankfully is now mine. Although I still have to go to the Council with a certificate from the vet, a statutory declaration from a JP before Bella will be legally mine.

Needless to say she is extremely spoilt and the boss of the house. And to top it off we share the same birthday August 3rd. I guess her finding me was meant to be.



Our children have shown a wonderful interest in gardening—eating fresh produce, learning about plant life cycles, and asking for more greenery in our garden! To nurture this passion, we've created space for new plants and picked up 20 from Blacktown Council Nursery. Thanks to the amazing support from our families, 29 have joined our sustainable project and donated soil bags to help fill our new garden beds. Educators are excited to get planting!



Stay in touch Get involved

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📘 holyfamilyservices

hfsmarayong

Books on Wheels are Rolling In

City Libraries Mobile Library at Holy Family Services



On board the van, we have available the latest books, magazines, DVDs and audio books for patrons to browse and borrow. We can also supply Polish reading material in the form of books and magazines or on request, reading material in a variety of other languages.

Every Wednesday
10:45am – 11:30am

Bus will park under the awning at the main entrance.
This will provide easy access to all residents and weather protection from both sun and rain.

Consumer Care Advisory Body

All aged care providers are obliged to offer to have a Consumer Care Advisory Body. A consumer advisory body collects feedback from residents and relatives and shares it with providers.

Joining lets you share your concerns and ideas with us. Membership is voluntary. It provides an opportunity for us to improve. We will discuss a range of topics at the meetings such as safety, food and care, activities and recreation.

If you are interested, please contact us either on 9678 8200 or at hfsadmin@holyfamilyservices.com.au