



Holy Family
Services

A Ministry of the Sisters of the
Holy Family of Nazareth

Holy Family Services NEWSLETTER

Vol 162, April 2024



**Uncovering the Meaning Behind Easter:
Traditions and customs.**

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Dear Residents, Staff, and Families,

As we celebrate the resurrection of Jesus Christ and the hope that it brings to our lives, I would like to assure you of our prayers and good wishes.

May the true meaning of Easter be reflected in your life as you celebrate this special day with family and friends

May the joy of the risen Christ light up your faces and inspire you to share the love and joy of Christ with others.

Wishing you and your family a very blessed Easter.

Sr Małgorzata Kozub, Provincial Leader on behalf of the Sisters of the Holy Family of Nazareth

Drodzy Mieszkańcy, Pracownicy i Rodziny,


Świętując zmartwychwstanie Jezusa Chrystusa i nadzieję, która wnosi radość do naszego życia, zapewniam o naszej modlitwie. Niech Zmartwychwstały Chrystus pomoże nam być żywymi świadkami Jego pełnej miłości obecności w tym świecie.

Radosnych Świąt Wielkanocnych!

Siostra Małgorzata Kozub, Przełożona Prowincjalna w imieniu Sióstr Najświętszej Rodziny z Nazaretu



DID YOU KNOW?



Easter – the main celebration of the Christian church, celebrating the Resurrection of Jesus Christ on the third day after his Crucifixion. The Polish tradition includes the sharing of boiled eggs – a symbol of a new life.



Last month, our residents joined the throngs of music lovers who packed the ICC Sydney Theatre for a concert. The atmosphere was electric as fans eagerly awaited the performance. Wycieczka i koncert w Sydney był wspaniałą okazją do radości i uśmiechów.



Retirement party for our colleagues. We wish you all the best in your well-deserved retirement!
 W ubiegłym miesiącu pożegnaliśmy naszych czterech pracowników, którzy przeszli na emeryturę.



Part of the preparation for Easter included colourful palm making for Palm Sunday. They symbolise crowds waving their palms to welcome Jesus entering Jerusalem.
 Częścią tradycji wielkanocnych jest przygotowywanie kolorowych palm.

Thursday

**11
April**

Birthday Party-with live music
Urodziny
Recreation Hall 13:30

Wednesday

**24
April**

ANZAC DAY CELEBRATION
ANZAC DAY
Recreation Hall 13:30

Thursday

**18
April**

Bus Trip
Wycieczka Autokarowa
TO BE CONFIRMED

Tuesday

**30
April**

Residents Meeting
Zebranie Rezydentow
Recreation Hall 13:30

Tuesday

**23
April**

ANZAC Biscuits - Baking
Pieczemy Ciastka na "ANZAC DAY"
Recreation Hall 10:00

Polish Easter traditions are a delightful blend of old and new practices, steeped in rich cultural heritage. Here's a concise glimpse into these cherished customs:

Pisanki (Easter Eggs): Intricately decorated eggs symbolize new life and rebirth. Pysanky, the art of wax-resist egg painting, is a beloved tradition.

Babka: This sweet, yeast-based cake, often flavored with vanilla or citrus zest, graces Polish tables during Easter.

Wet Monday (Lany Poniedziałek): On Easter Monday, people splash water on each other, a joyful tradition believed to bring good fortune and cleanse away negativity.

Święconka (Easter Basket): On Holy Saturday, families bring beautifully adorned baskets filled with symbolic foods to church for blessing.

Traditionally, the baskets are filled with: decorated hardboiled **eggs** (representing Christ's Resurrection); **lamb-shaped butter or sugar** (representing Christ as the "Lamb of God"); **bread** (reminding us that Jesus is the "Bread of Life"); **meats**, such as ham (symbolic of great joy and abundance), **sausage** (symbolic of God's favour and generosity), **smoked bacon** (symbolic of the overabundance of God's mercy), or **lamb** (representing Christ as the "Lamb of God"); **salt** (symbolic of prosperity and justice, and reminding us that we are "the salt of the earth"); **cheese** (symbolizing the moderation Christians should have at all times); **horseradish, pepper, oil, and vinegar** (symbolic of the Passion of Christ and the bitter herbs of the Passover); and **wine** (symbolic of the Blood of the Lord). The linen cover is one of Poland's most common traditions of preparing an Easter basket.



For more information about the activities and events contact :
Sr Ewa Pliszka, Acting Lifestyle & Leisure Coordinator
on 02 9678 8200 or email: ewa.pliszka@holymfamilyservices.com.au

Saturday
6
April

Holy Mass from Divine Mercy
10.45 HFS Chapel

Thursday
25
April

Anzac Day
10.30 HFS Chapel

Tuesday
9
April

**The Annunciation Of
The Blessed Virgin Mary**
10.45 Mass HFS Chapel

Sunday
27
April

Memorial Mass
10.45 Mass HFS Chapel

Holy Week is a significant and sacred period in the Catholic Church that commemorates the final week of Jesus Christ's life on Earth. It begins on Palm Sunday, which marks Jesus' triumphant entry into Jerusalem, and concludes on Easter Sunday, celebrating his resurrection.

Throughout Holy Week, Catholics participate in various ceremonies and rituals that symbolize different aspects of Jesus' journey.

On **Holy Thursday**, the Church recalls the Last Supper, during which Jesus instituted the Eucharist and washed the feet of his disciples as a gesture of humility and service. This day also marks the beginning of the Easter Triduum, a three-day period of intense reflection and prayer.

Good Friday is a solemn day that commemorates Jesus' crucifixion and death. Catholics attend liturgical services, including the Stations of the Cross, to meditate on the suffering and sacrifice of Jesus for humanity's salvation. The veneration of the Cross is a central aspect of this day, where believers show reverence to the crucifix, which symbolizes Jesus' ultimate act of love.

Holy Saturday is a day of anticipation and preparation for Easter. Catholics participate in the Easter Vigil, a solemn and joyful liturgy that takes place after sundown. The vigil includes the lighting of the Paschal candle, the proclamation of the Easter Exsultet, and the celebration of Baptism and Confirmation for new members of the Church.

Finally, **Easter Sunday** marks the resurrection of Jesus Christ and the triumph over death. Catholics joyfully celebrate the resurrection through Mass and other festive gatherings. It is a day of hope, renewal, and the culmination of the Holy Week journey.

For more information and support from the Pastoral Team contact
Sr Alicja Drabik, Pastoral Care Coordinator
on 0410 638 804 or email: alicja.drabik@hollyfamilyservices.com.au



Robert Moore - I am officially in the Guinness Book of World Records

I was born in Fairfield, Sydney. From a young age, I flew kites and always aimed to fly them as high as possible. One day, while at a library, I stumbled upon The Guinness Book of Records. I quickly realized there was no mention of kite flying in it. That day, the idea of setting a record for kite altitude was born. I knew I would pursue this dream later in my adult life.

It wasn't until 2003 that I began working on this project. Approaching retirement after a 40-year career as a nurse, I found myself ready to take on a new challenge. I promptly assembled a team of four kite-flying enthusiasts who became my friends. I took on the role of principal organizer and designer. We regularly practiced our skills on Coogee Beach until we found the perfect spot for our world record-breaking event: Cable Downs, a sheep station, on an airstrip outside Cobar in Western NSW.

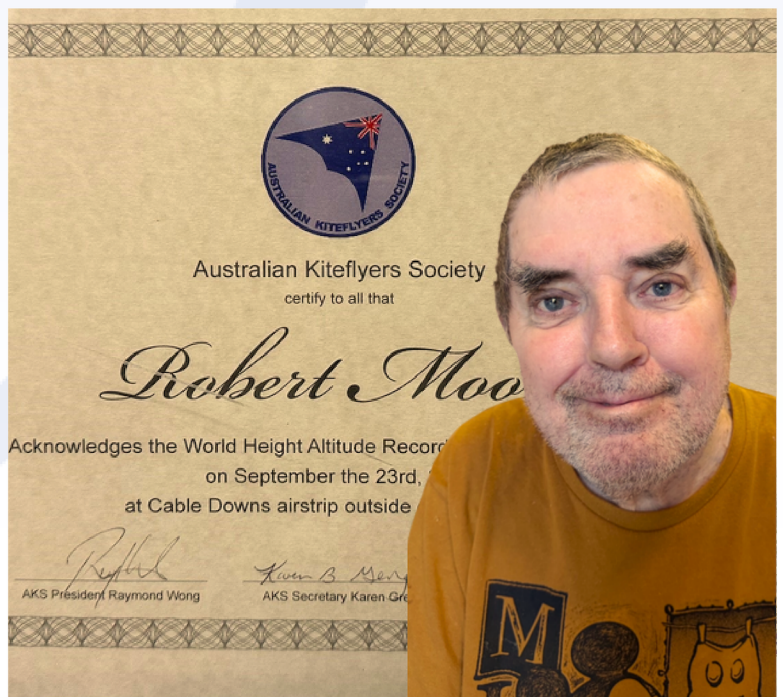
It took a lot of effort and several attempts before we achieved the actual record. Our perseverance paid off on September 23, 2014, when our kite soared to 16,000 feet (4,879 meters) above ground level. On that day, my lifelong dream came true—I officially set the World Kite Altitude Record, which was later documented in the Guinness Book of Records. I believe the greatest adventure one can undertake is to live the life of their dreams. As a dreamer, I still secretly harbour thoughts of breaking another world record. Can you guess what it is? Flying a kite as high as possible!

Urodziłem się w Fairfield, Sydney. Od młodego wieku puszczałem latawce i zawsze starałem się, aby wzbity się one jak najwyżej. Pewnego dnia, będąc w bibliotece, natknąłem się na Księgę Rekordów Guinnessa. Szybko zdałem sobie sprawę, że nie ma w niej wzmianki o puszczeniu latawców. Tego dnia narodził się pomysł ustanowienia rekordu wysokości lotu latawca. Wiedziałem, że będę dążył do tego marzenia później w dorosłym życiu.

Nie wydarzyło się to aż do 2003 roku, kiedy zacząłem pracować nad tym projektem. Zbliżając się do emerytury po 40-letniej karierze jako pielęgniarz, poczułem gotowość do podjęcia nowego wyzwania. Natychmiast zgromadziłem zespół czterech entuzjastów puszczenia latawców, którzy stali się moimi przyjaciółmi. Podjąłem rolę głównego organizatora i projektanta. Regularnie ćwiczyliśmy nasze umiejętności na plaży Coogee, aż znaleźliśmy idealne miejsce na nasze wydarzenie bijące rekordy świata: Cable Downs, stację owiec, na pasie startowym poza Cobar w Zachodniej Nowej Południowej Walii.

Zanim osiągnęliśmy rzeczywisty rekord, wymagało to dużo wysiłku i kilku prób. Nasza wytrwałość opłaciła się 23 września 2014 roku, kiedy nasz latawiec wzbity się na wysokość 16 000 stóp (4879 metrów) nad poziomem gruntu. Tego dnia spełniło się moje życiowe marzenie – oficjalnie ustanowiłem Rekord Wysokości Lotu Latawca Świata, który później został udokumentowany w Księdze Rekordów Guinnessa.

Wierzę, że największą przygodą, jaką można podjąć, jest życie marzeniami. Jako marzyciel nadal myślę o pobiciu kolejnego rekordu świata. Czy możesz zgadnąć, jaki to jest? Puszczenie latawca jak najwyżej!



About the appetite and weight loss

Ageing is influenced by reduced food intake, which means older people are less likely to want to eat and more likely to feel full, and do not automatically improve with increased intake following periods of acute illness.

Weight loss in the elderly is associated with loss of muscle mass.

This can contribute to a risk of adverse outcomes such as physical disability, reduced mobility, loss of independence, poor quality of life and even death.

In aged care we are actively involved in the assessment of residents' nutritional status, calculation of their respective BMI and supporting and encouraging choice and cultural preferences.

It is important to make your preferences known as this could influence your enjoyment of food and the dining experience.

We also have ongoing assessment, referral and reviews by Medical Practitioners, Dietitian and Speech Pathology as needed, as well as the implementation of nutritional supplements to support a high calorie/ protein intake requirement in our elderly residents.

Key factors are to be addressed by a multidisciplinary approach to assist in managing these residents.

The first objective is to assess for any potentially life-threatening or serious medical conditions that may have led to unintentional weight loss, such as cancer, cardiac, hepatic or renal failure, depression, poor dentition, side effects of medication, chronic illness.

If geriatric syndromes (e.g. falls, dementia, polypharmacy) or functional decline (e.g. reduced mobility or ability to perform activities of daily living) are identified, consider referral to a geriatrician.

General practice is an ideal setting to identify and manage patients at risk of undernutrition.

What do I need to remember?

- Early identification of the elderly who are at risk of undernutrition is important.
- Monitor weight and incorporate nutritional screening of elderly patients into routine clinical practice/ reviews.

Some residents with more complex needs would benefit from referral to a dietician or geriatrician.



Lynn Nichols, Clinical Nurse Educator

Call: 02 9678 8200 or email: lynn.nichols@hollyfamilyservices.com.au

*Happy
Birthday*

Stanislawa Jankowski

Helena Derewlany

Maria Gjerki

Zofia Czarnota

Stefan Lewandowski

Jarosław Suchorski

Wszystkiego Najlepszego.

Lidia Krupa- let's enjoy the life

Historia Pani Lidii zaczyna się w 1977 roku, kiedy opuszcza Polskę w poszukiwaniu lepszego życia, z bagażem marzeń i nadziei wsiada na statek i płynie do Australii. Początki Pani Lidii były trudne, wiązały się z nauką języka i adaptacją do nowego otoczenia. Od samego początku Australia stała się dla niej drugim domem, pokochała tutejszą przyrodę, kulturę i zwyczaje.

Jak mówi Pani Lidia, czuje się bardzo szczęśliwa w Australii. Od 11 lat mieszka w wiosce emerytów i kocha to miejsce za spokój i komfort, które jej daje. Nadal jest aktywna i chętnie uczestniczy w życiu społeczności. Wolny czas spędza na spacerach z przyjaciółmi, spotkaniach przy kawie czy wspólnym pójściu do kościoła.

Pani Lidia uwielbia spędzać czas z rodziną, każda okazja jest dobra, aby się spotkać, jak mówi, urodziny, imieniny, święta. Raz w miesiącu syn zabiera ją do opery czy teatru i mają swój czas dla siebie. Pani Lidia kocha teatr i operę i nic nie sprawia jej większej radości jak wyjście do opery. Opera i teatr to jej największa pasja, którą pielęgnuje od lat. Pani Lidia ma bardzo pozytywny stosunek do życia. Jak mówi, musimy cieszyć się życiem i każdym kolejnym dniem, który daje nam los.

The story of Mrs. Lidia begins in 1977 when she leaves Poland in search of a better life, with a baggage of dreams and hopes she boards a ship and sails to Australia. The beginnings for Mrs. Lidia were difficult, they were associated with learning the language and adapting to a new environment. From the very beginning, Australia became her second home, she fell in love with the local nature, culture, and customs.

As Mrs. Lidia says, she feels very happy in Australia. For 11 years, she has been living in a retirement village and loves this place for the peace and comfort it provides. She is still active and willingly participates in community life. She spends her free time on walks with friends, meetings over coffee, or going to church together.

Mrs. Lidia loves spending time with her family, every occasion is good to meet, as she says, birthdays, name days, holidays. Once a month, her son takes her to the opera or theatre, and they have their time together. Mrs. Lidia loves the theatre and opera, and nothing gives her greater joy than going to the opera. Opera and theatre are her greatest passion, which she has been nurturing for years. Mrs. Lidia has a very positive attitude towards life. As she says, we must enjoy life and every subsequent day that fate gives us.





Easter is a family celebration. On 25 March, we invited parents to our traditional Egg hunting and Easter Hat Parade. Parents and children had an opportunity to decorate Easter cookies with special icing. Children had a lot of fun through face painting and playing games on a beautiful sunny afternoon. Thank you to everyone who made it possible. Happy Easter, everyone!



Celebrating Harmony Day. Educators and children wore orange clothing that represent harmony in our environment. Learning experiences incorporated the concept of demonstrating respect regardless of an individual's race, colour, religion or ethnicity through music, dress ups and creative arts.



Amani Ghali, Director & Nominated Supervisor

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Stay in touch Get involved

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hfsmarayong

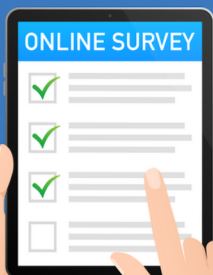
Do you have questions, concerns or complaints about your food, nutrition and dining in aged care?



The Food, Nutrition and Dining Hotline is now available to help you. Call 1800 844 044 between 9am and 5pm AEST Monday to Friday.

Morrison
LIVING

Scan and complete



We would appreciate hearing your thoughts on the food services and the dining experience provided to you. Simply scan the code and complete the survey. Your feedback will assist us in providing the food service you want.



This month we share the Mary Wing QR code.

HAIRDRESSER



Available every Thursday from 9 am
Bookings via Reception

COFFEE SHOP

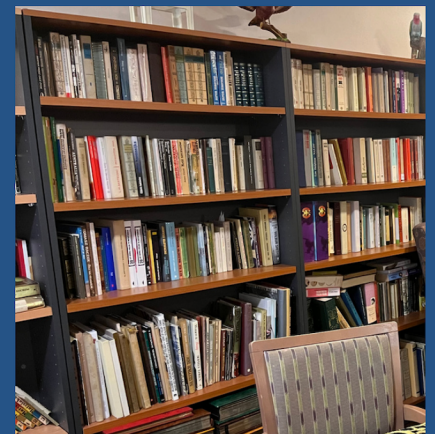
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