



Holy Family  
Services

A Ministry of the Sisters of the  
Holy Family of Nazareth

# Holy Family Services NEWSLETTER

Vol 158, December 2023

## Sending good wishes from our home to yours

“For a child will be born to us, a son will be given to us;(…) And His name will be called Wonderful Counsellor, Mighty God, Eternal Father, Prince of Peace” (Isaiah 9:6).

The Mystery of the Incarnation continues to transform the world and human hearts. God wanted to reveal himself in the weakness of humanity by becoming a child. He found a home in the human heart, and with his birth he brought peace, love and joy.

May this Christmas be a time of building peace in our families and neighbourhoods.

Let us share the bread of love with everyone because every life matters and is precious. Have a blessed Christmas. Merry Christmas.

**Sr Margaret (Magorzata Kozub),  
Provincial Leader  
on behalf of the Sisters of the Holy  
Family of Nazareth**

During the holiday season, as we reflect on the good things we have, we think of the work we do in our resident's home.

We appreciate what a pleasure it is to work with them and are reminded that Christmas is a necessity.

There has to be at least one day of the year to remind us that we're here for something else besides ourselves.

As we all grow older our hearts grow tender with childhood memories and love of family, both near and far, and we are better throughout the year for having, in spirit, become a child again at Christmastime.

**Alasdair Croydon, CEO  
on behalf of the Executive and staff of  
Holy Family Services**

**Why do we celebrate Christmas?**  
Celebrating the birth of Jesus Christ is more than a Christian holiday or Christian festival. It is more than an occasion to decorate our houses. It is an opportunity to pause and give thanks for the love, hope and joy found in Jesus – our Saviour and friend.

DID YOU KNOW?



# Życzenia Świąteczne

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## W TYM NUMERZE

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„Albowiem dziecię narodzi się nam, syn zostanie nam dany;(…) I nazwą imię Jego Cudowny Doradca, Bóg Mocny, Ojciec Przedwieczny, Książę Pokoju” (Izajasz 9:6).

Tajemnica Wcielenia wciąż przemienia świat i ludzkie serca. Bóg chciał objawić się w słabości człowieczeństwa, stając się dzieckiem. Znalazł dom w ludzkim sercu, a swoimi narodzinami przyniósł pokój, miłość i radość.

Niech te Święta Bożego Narodzenia będą czasem budowania pokoju w naszych rodzinach i sąsiedztwie. Dzielmy się chlebem miłości ze wszystkimi, bo każde życie jest ważne i cenne.

Błogostawionych Świąt Bożego Narodzenia. Wesółnych Świąt.

W okresie świątecznym, gdy zastanawiamy się nad tym, co mamy dobrego, myślimy o pracy, którą wykonujemy w domu naszego pensjonariusza.

Doceniamy, jaką przyjemność sprawia nam praca z nimi i przypominamy sobie, że Boże Narodzenie jest koniecznością. Musimy mieć przynajmniej jeden dzień w roku, który przypomina nam, że jesteśmy tutaj dla czegoś więcej niż tylko dla siebie.

Wraz z upływem lat nasze serca stają się delikatniejsze, pełne wspomnień z dzieciństwa i miłości do rodziny, zarówno tej bliskiej, jak i tej dalekiej, i przez cały rok stajemy się lepsi, ponieważ, duchowo, stajemy się znowu dziećmi w okresie świątecznym.

**Sr Margaret (Malgorzata Kozub),  
Provincial Leader  
on behalf of the Sisters of the Holy  
Family of Nazareth**

**Alasdair Croydon, CEO  
on behalf of the Executive and  
staff of Holy Family Services**



DID YOU KNOW?

**Dlaczego świętujemy Boże Narodzenie?**  
Świętowanie narodzin Jezusa Chrystusa to coś więcej niż chrześcijańskie święto lub święto chrześcijańskie. To coś więcej niż tylko okazja do udekorowania naszych domów. Jest to okazja, aby zatrzymać się i podziękować za miłość, nadzieję i radość odnalezione w Jezusie – naszym Zbawicielu i Przyjacielu.



To the dedicated staff at Holy Family Services, your commitment to sharing the beauty of your culture with our residents is deeply appreciated. Your efforts in creating such a lively and meaningful Diwali celebration have left a lasting warmth in our hearts. Thank you for making this occasion unforgettable.

Wszystkim zaangażowanym pracownikom serdecznie dziękujemy za podzieleniem się pięknem waszej kultury z naszymi mieszkańcami. Wasze wysiłki w stworzeniu tak radosnego świętowania Diwali pozostawiły w nas niezapomniane chwile.



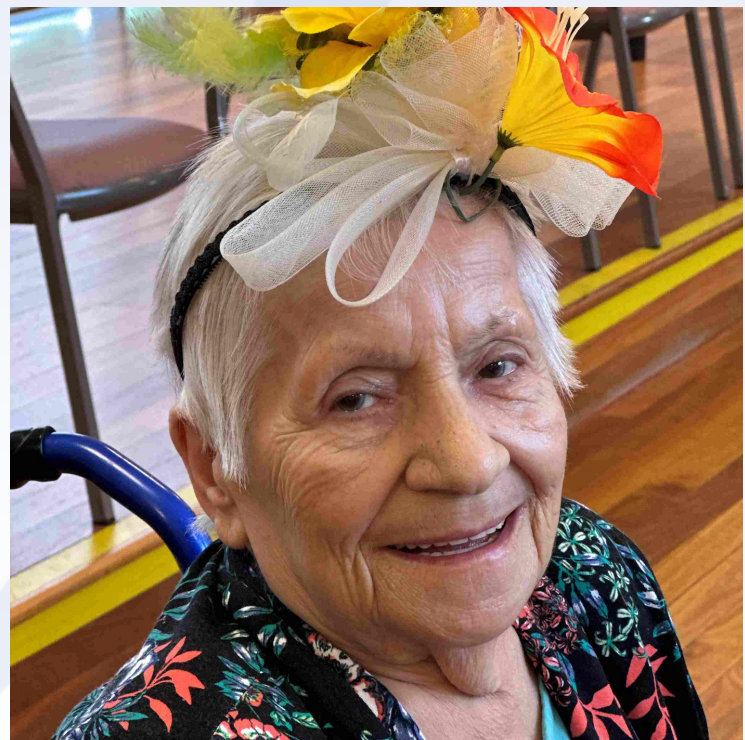
What a privilege it was to have Welfare Choral Group sing for the residents of Holy Family Services.





Celebrating a 101st birthday is a truly remarkable occasion, and it's one that should be celebrated with great joy and gratitude. Happy Birthday Katarzyna!

101 urodziny to naprawdę niezwykła okazja, która powinna być świętowana z wielką radością i wdzięcznością. Wszystkiego najlepszego z okazji urodzin, Katarzyno!



The Melbourne Cup is a great time to get dressed up and have a flutter on the horses. And our residents at Holy Family Services did just that! We were so impressed with all the amazing outfits our residents wore. They looked absolutely fabulous!

Melbourne Cup to doskonały czas, by wystroić się i spróbować szczęścia w loterii. I nasi mieszkańcy w Holy Family Services właśnie to zrobili! Wyglądali fantastycznie!

Saturday  
**2**  
**Dec**

**Filipino Family Group  
Christmas Concert**  
13.30 Hall

Thursday  
**7**  
**Dec**

**Residents Christmas Party  
Juli Wisniewski (accordion)**  
13.30 Hall

Saturday  
**9**  
**Dec**

**St Alphonsa Syro  
Malabar Group Concert**  
13.30 Hall

Friday  
**15**  
**Dec**

**Clarian's Group  
Christmas Concert**  
15.00 Hall

Saturday  
**16**  
**Dec**

**Nativity Play  
by Polish Saturday School**  
11.15 HFS Chapel

Wednesday  
**20**  
**Dec**

**Family Christmas Concert  
Chopin by Gabriel Soto**  
13.30 Hall

Thursday  
**21**  
**Dec**

**Maltese and English Carols  
Joe Apap**  
13.30 Hall

Saturday  
**23**  
**Dec**

**Mass in the Chapel  
Sharing the Wafer**  
10.45 HFS Chapel

Saturday  
**30**  
**Dec**

**Polish Youth Group  
Christmas Carols**  
13.30 Hall



Dear Residents and Families,

The spirit of Christmas has arrived at Holy Family Services and we couldn't be more excited! This festive season promises to be bustling with joy and warmth as we gear up for a series of heartwarming concerts and performances that beautifully highlight the significance of Jesus' birth.

We extend a heartfelt invitation to everyone - friends, family, and our beloved residents - to join us for these joyous gatherings. However, please note that our program might undergo some changes based on the evolving needs of our residents and the current situation within our Home.

For the latest updates and any adjustments to the schedule, we encourage you to stay tuned to the Holy Family Services Facebook page. It's the best way to ensure you don't miss any of the festive fun.

As we prepare to celebrate this beautiful season together, we send our warmest wishes for a Merry Christmas to the entire community of our home. May this season be filled with love, laughter, and cherished moments of togetherness.

Lifestyle and Leisure Team



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



**Friday**  
**1**  
**Dec**

**First Friday**  
10.00 Mass in the Church

**Monday**  
**25**  
**Dec**

**Christmas Day**  
10.00 - Mass in Aged Care Chapel

**Tuesday**  
**5**  
**Dec**

**Retirement Village Christmas Party**  
10.45 Holy Mass in the intention of the residents from Retirement Village

**Friday**  
**29**  
**Dec**

**Thanksgiving for the year**  
Special prayer services with residents

**Friday**  
**8**  
**Dec**

**Immaculate Conception of Mary**  
Special prayer services with residents

**Saturday**  
**30**  
**Dec**

**Feast of the Holy Family**  
Patron of the HFS and all families around the world

**Saturday**  
**23**  
**Dec**

**Wafer - Breaking (Oplatek)**  
10.45 - Mass in the Aged Care Chapel

Nativity refers to the birth or origin of a person or thing. It is often associated with the birth of Jesus Christ in Christian tradition, celebrated on December 25th as Christmas. The Nativity story revolves around Mary and Joseph's journey to Bethlehem, where Jesus was born in a humble stable and laid in a manger. The event is believed to mark the incarnation of God into human form. The Nativity scene, a popular Christmas decoration, depicts this significant moment with figurines of Mary, Joseph, the baby Jesus, shepherds, angels, and the three wise men. It symbolizes hope, love, and the miracle of life.



- First TUE** Mass in the Nursing Home chapel at 10.45am
- Every TUE** Mass in the Aged Care Chapel at 10.45am
- First FRI** Mass in the Church at 10am
- Every SAT** Mass in the Aged Care Chapel at 10.45am
- Every WED** Mass in the Church with novena to the Mother of Perpetual Help at 10am



For more information and support from the Pastoral Team contact **Sr Alicja Drabik, Pastoral Care Coordinator** on 0410 638 804 or email: [alicja.drabik@holyfamilyservices.com.au](mailto:alicja.drabik@holyfamilyservices.com.au)

## Special visitors from Rome

We have the pleasure of having Sr Angela Marie Mazzeo, the Superior General of the Sisters of the Holy Family of Nazareth and Sr. Speranza Grzebielec, General Councillor - visiting Holy Family Services. They were so touched by the warm welcome they received from the our residents and staff.

The Sisters spent some time talking to the residents, hearing their stories, and offering them words of comfort and encouragement. They visited our Early Learning Centre as well as participated in the Feast of Blessed Frances Siedliska together with the residents of our Retirement Village. Both Sisters attended the Board Meeting and came to our chapel on occasion of the meeting of the Association of the Sisters of the Holy Family. The time of general visitation from Rome is for everyone an opportunity to explore the work of the Sisters in their ministries around Australia and around the world. Currently, there are over 1000 sisters in the 5 continents and 14 countries around the world.



## How to keep Christmas spirit?

Christmas can be a happy occasion for most and equally emotional for others. For those living in aged care and/ or with dementia they may feel overwhelmed over the festive period. Try and keep the day's activities low-key and create a relaxing atmosphere. If going to church around this time is usual, but are unable to, consider an alternative televised service, or Mass that is not so busy.

### Keep it simple

People with dementia can become disorientated and unsettled in unfamiliar environments so keep it simple. Plan the day ahead, stick to routines as much as possible, and be aware of their emotional triggers that may cause confusion or agitation.

### Keep it calm

Having lots of people in their home and too many activities can become overwhelming to someone living with dementia. Excited guests, loud music and multiple conversations can be confusing and may cause anxiety.

### Share the caring

Create opportunities for family members and friends to share the caring role or visit. This may include home visits, hosting a picnic or going out as a group for carols by candlelight.

### Seek support

The festive season is a time when both the person with dementia and family members may feel a sense of loss. This may impact more strongly upon those people without family members or those who may be away from their family.

### To reduce unsettled behaviours, you can try:

- Reducing the number of people attending or make sure rooms aren't too crowded
- Keep Christmas tunes and noise to background music, as loud sounds can be very unsettling to a person with dementia
- Keep light intensity consistent, not too bright or too dark
- Watch how much they eat and drink, as Christmas food can be quite rich and you don't want the person with dementia to overindulge. Putting together a plate of food for them can help with this.
- Try to keep regular routines and sleep patterns intact. This could mean having everyone leave by a certain time or encouraging the person with dementia to undertake some of their normal routines.



**Lynn Nichols, Clinical Nurse Educator**

Call: 02 9678 8200 or email: [lynn.nichols@holyfamilyservices.com.au](mailto:lynn.nichols@holyfamilyservices.com.au)



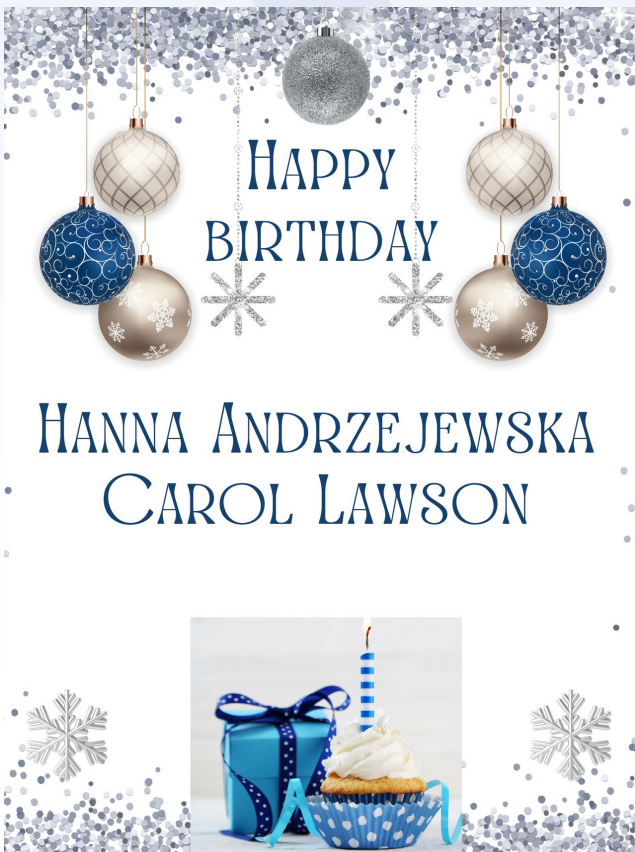
## Luke Wing



## Nursing Home



## Joseph Wing



## Albert Wing



## Cecylia Roczniak - knitting is my passion

I was born in Poland in Slask and grew up during wartime. Soon after the war ended, I was sent to work as a teacher in an orphanage. It was a very challenging occupation for a young and inexperienced girl, but it was also very rewarding, especially considering the emotional aspects of the job.

I always had a passion for learning new professions, so I completed my tailoring school and later studied economics. This helped me run a textile shop and work in an office as an accountant.

In the 1980s, I came to Australia to join my daughter. My husband had already passed away, and my son lived in Germany, so I had no reason to stay alone in Poland. I liked the new life in Australia. I made new friends and often helped them with my sewing talent. As I grew older, I realized I couldn't live on my own. After discussing it with my daughter, I decided to move to HFS. I quickly found new friends here, even reuniting with some old acquaintances! My life here is wonderful. I enjoy daily prayers with the sisters and all the activities offered. My favorite day is Friday when I attend the Knitting Club and later play Bingo with my friends. Concerts or live music? Count me in!

My advice for young people is to stay true to yourself. I accept my age with all its consequences, but I remain positive.

Please visit our Knitting Club every Friday at 10 am in the library. With Christmas approaching, if you need presents for your loved ones, you might find something with us.

Urodziłam się w Polsce na Śląsku i dorastałam w czasie wojny. Zaraz po zakończeniu wojny wysłano mnie do pracy jako nauczycielkę w sierocińcu. Było to bardzo trudne zajęcie dla młodej i niedoświadczonej dziewczyny, ale także bardzo satysfakcjonujące, jeśli spojrzeć na emocjonalną stronę tej pracy. Zawsze pasjonowała mnie nauka nowych zawodów, dlatego ukończyłam szkołę krawiecką, a później studiowałam ekonomię. To pozwoliło mi prowadzić sklep tekstylny i pracować w biurze jako księgowa.

Przyjechałam do Australii w latach 80., aby dołączyć do mojej córki. Mój mąż zmarł, a syn mieszkał w Niemczech, więc nie miałem powodu zostawać w Polsce sam. Nowe życie w Australii bardzo mi się spodobało. Poznałam nowych przyjaciół i często pomagałam im moim krawieckim talentem. Kiedy się zestarzałam, zdałam sobie sprawę, że nie mogę zostać sama, dlatego po rozmowie z córką zdecydowałam się przenieść do HFS. Szybko znalazłem tu nowych przyjaciół i nawet spotkałam starych! Moje życie tutaj jest wspaniałe. Codzienne modlitwy z siostrami i wszystkie oferowane zajęcia sprawiają mi wiele radości. Moim ulubionym dniem jest piątek, kiedy uczestniczę w Klubie Robótek Ręcznych, a później gram w Bingo ze znajomymi. Koncerty czy muzyka na żywo? Chętnie się wybiorę! Moja rada dla młodych ludzi brzmi: pozostańcie wierni sobie. Ja akceptuję swój wiek ze wszystkimi konsekwencjami, ale pozostaję optymistycznie nastawiona do wszystkiego. Zapraszamy na nasze spotkania Klubu Robótek Ręcznych każdego piątku o godzinie 10:00 w bibliotece. Święta Bożego Narodzenia zbliżają się wielkimi krokami, jeśli potrzebujesz prezentów dla swoich bliskich, być może znajdziesz je u nas.



## Celebrating cultural diversity

Holy Family Early Learning Centre is an inclusive service, we celebrate cultural celebrations with our families, children and staff.

In the month of November our families, children and staff celebrated Diwali.

Diwali is one of the most popular festivals in India. It is celebrated by millions of people not just in India but in many other countries across the world.

When is Diwali? The date of Diwali changes every year, because the Hindu calendar depends on the position of the moon. In the Western calendar, it's usually sometime in October or November. Diwali lasts for five days, but the main celebration is on the third day. This is the darkest night of the month in the Indian calendar.

The meaning of Diwali is the Festival of Lights. In the very old Indian language, Sanskrit, Diwali (or Deepavali) means 'row of lamps'. People light lamps at Diwali to show that light is more powerful than darkness, and good is more powerful than evil. Diwali also celebrates new beginnings.

Children were eager to colour Rangoli with coloured powder to represent festive season theme. Families were happy to send their consents for children to participate in henna printing.



**Amani Ghali, Director & Nominated Supervisor**

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# Stay in touch Get involved

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