



Holy Family
Services

A Ministry of the Sisters of the
Holy Family of Nazareth

Holy Family Services NEWSLETTER

Vol 161, March 2024



The love of art is shared
with the younger generation.
Check out the story on page 7.

They call us “The Elderly” - what a great life we had.

We were born in the 40-50-60's. We grew up in the 50-60-70's. We studied in the 60-70-80's. We were dating in the 70-80-90's. We got married and discovered the world in the 70-80-90's. We venture into the 80-90's. We stabilize in the 2000's. We got wiser in the 2010's. And we are going firmly through and beyond 2020. Turns out we've lived through EIGHT different decades... TWO different centuries... TWO different millennia... We have gone from the telephone with an operator for long-distance calls to video calls to anywhere in the world. We have gone from slides to YouTube, from vinyl records to online music, from handwritten letters to email and Whats App. From live matches on the radio, to black and white TV, colour TV and then to 3D HD TV. We went to the Video store and now we watch Netflix. We got to know the first computers, floppy disks and now we have gigabytes and megabytes on our smartphones.

We wore shorts throughout our childhood and then long trousers, shell suits & blue jeans. We dodged meningitis, polio, tuberculosis, swine flu and now COVID-19. We rode skates, tricycles, bicycles, petrol or diesel cars and now we drive hybrids or electric. Yes, we've been through a lot but what a great life we've had! They could describe us as "xennials," people who were born in that world of the fifties, who had an analog childhood and a digital adulthood. We've kind of "Seen-It-All"! Our generation has literally lived through and witnessed more than any other in every dimension of life. It is our generation that has literally adapted to "CHANGE."

Cheers to all!

Author unknown

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DID YOU KNOW?



Xennials are almost exclusively the children of baby boomers and came of age during a rapidly changing period that was the 1990s.



Last Hurrah Before Lent: Making the Most of Pre-Lenten Festivities!

Ostatnie świętowanie przed Wielkim Postem: na słodko i na wesolo!





Thank you for supporting HFS Garage Sale – January 2024

On behalf of all residents at Holy Family Services, we would like to thank all those very generous people, who graciously donated so many items we had for sale. Thank you to all who very generously purchased various items. This year sale was run by the residents for the residents.

Also, we must give a great round of applause to the Residents and friends who gave their time to “man” the stalls. The money raised from this event - \$2,465, will be used on a project that will give pleasure and enjoyment to residents and visitors for many years to come. It is proposed that we enhance the courtyard of each wing by restoring or purchasing additional animals or like statues.

Thank you for making this event a great success!

Sister Ewa Pliszka



Thursday
7
March

International Women's Day
Międzynarodowy Dzień Kobiet
13.30 Hall

Tuesday
19
March

Residents and Relatives Meeting
Zebranie Mieszkańców
13.30 Hall

Wednesday
13
March

Premier's Gala Concert Bus Trip
Koncert dla Seniorów - wycieczka
09.00 Darilng Harbour

Friday
22
March

Easter Palms Preparation
Palmy Wielkanocne
13.30 Wings

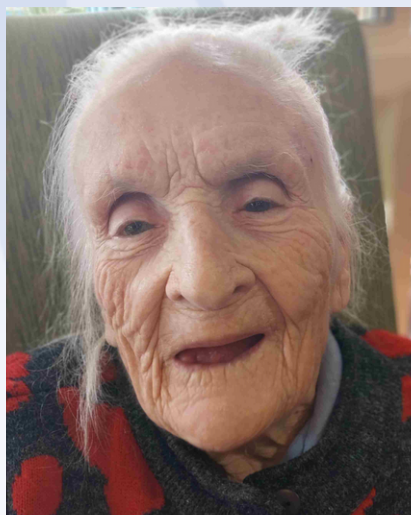
Friday
15
March

St Patrick's Day
Dzień Świętego Patryka
13.30 Hall

Tuesday
26
March

102st Bronia's Birthday
102 Urodziny Broni
13.30 Joseph Wing

Mrs Bronia Krawiec - 102 nd Birthday!



Once upon a time, back in 1922, on March 25th, in Poland, a little baby was born - that's me! Now, fast forward to today, and guess what? I'm 102 years old!

My journey started in Poland, but life took me on an adventure. During World War II, things got tough. I ended up working on a farm in Germany, not because I wanted to, but because I had to. It was a challenging time, but I kept going. In 1949, I hopped on a ship and sailed all the way to Australia. Imagine that! A whole new country to explore.

Along the way, I got married, but my husband and I didn't have any little ones running around. That's okay, though. I found joy in other ways. Two wonderful friends, Luisa and Ludwinia, my old neighbors, bring so much happiness to my days.

I found a job in a factory. It wasn't always easy, but I worked hard and made a life for myself. I was independent and proud of it.

In 2018, life took another turn. I joined Brother Albert's Home in November because I needed more care. It was a change, but I adapted. Before that, I was used to doing things on my own, you know, being independent.

Now, at 102, life is still exciting! I love playing games like Bocce, bingo, and quizzes. It keeps me on my toes. I also enjoy going to parties and celebrations, meeting people, and having a good time. So, here I am, with a lifetime of stories to tell, filled with adventures, friends, and a love for games and celebrations. And the best part? The story isn't over yet! Who knows what's next in this grand adventure called life?



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
Mar**

The First Friday

10.00 Mass in the Church

Thursday

**28
Mar**

Holy Hour

10.30 HFS Chapel

Monday

**18
Mar**

St. Patrick feast

Prayer in HFS Chapel through intersession of St. Patrick

Friday

**29
Mar**

Station of the Cross

9.30 HFSCapel

Tuesday

**19
Mar**

Feast of St. Joseph

10.45 Mass in HFS Chapel

Saturday

**30
Mar**

Blessing of the food

10.00 HFS Chapel

Saturday

**23
Mar**

Liturgy from Palm Sunday

10.45 HFS Chapel

Sunday

**31
Mar**

Easer Sunday - Mass

10.00 HFC Chapel



MISSION HANDBOOK



A Ministry of the Sisters of the Holy Family of Nazareth

Check out some commonly used terms related to pastoral care in our facility. These and more are listed in our Mission Handbook.

<https://www.holyfamilyservices.com.au/mission-handbook>

Chapel – a building in which people gather to pray and worship which is not part of any parish (small geographical region) usually connected with one particular group of people or being part of a religious convent/organisation.

Liturgy – from Greek 'the work of people', it is used in the Christian Churches for their prayer services, especially by groups of people for their prayers and worship.

Church – commonly identified as a building in which believers meet and pray. Originally describes the community of believers with a specific nature and purpose: to spread the Good News of Jesus Christ.

Eucharist/Mass - Eucharist is the name that Catholics give to the sacrament by which, according to their belief, the body and blood of Christ are present in the bread and wine that are consecrated during the Catholic eucharistic liturgy (prayer service), generally known as the Mass.

Nun – a woman who vows to dedicate her life to God, typically living under vows of poverty, chastity and obedience in the enclosure of a monastery (or convent).

Priest – from the word 'presbyter' meaning 'elder'. A man who is ordained to minister within the Church. Other words known by are 'father' and, 'reverend'. His main duties include preaching, celebrating Mass and administering other sacraments.

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.

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



Mr Andrzej Orłowski and Zuzia - an adventure with art.

My name is Zuzia Romanowska, I am 15 years old and I really enjoy making art.

My mum works at the Holy Family Services in Marayong as a recreational worker. One morning she asked me if I would like to come with her and to help in putting up Christmas decorations in Recreational Hall. I agreed thinking "why not? It would be fun", and I ran off to get ready. Because of this trip to work with my mum, I met a really special person who use to be an art teacher artist, Pan Andrzej.

During our visits, Pan Andrzej and I paint together. We've painted a Christmas scene, a random bird statue we found at the back of the library, we've drawn characters', painted rainbow fruit, as well as many other things. So far, we've used watercolor, oil pastels, all kinds of pencils, markers, and today we're using acrylics. During our visits, we have also managed to go through a whole book about the polish mountains, Tatry - which we found on the back shelf in the library, and we have also looked through two ginormous and heavy, photo albums.

Just during these couple visits since Christmas, I have had so much fun painting with Pan Andrzej and meeting other residents. I have definitely learnt a lot about art already, and I know I am about to learn a lot more.

I cannot wait to visit again, and who know, maybe we can even start our own art collection?

Mr Andrzej Orłowski used to be for many years an art teacher in collages in Cracow. He came to Australia in 1999. From 2022 Mr Andrzej is resident in Holy Family Services.



Nazywam się Zuzia Romanowska, mam 15 lat i bardzo lubię tworzyć sztukę.

Moja mama pracuje w Holy Family Services w Marayong jako pracownica rekreacyjna. Któregoś ranka zapytała mnie, czy zechciałabym z nią pojechać i pomóc w przygotowaniu dekoracji świątecznej w Sali Rekreacyjnej. Zgodziłam się, myśląc „dlaczego nie? Byłoby fajnie” i pobiegłam się przygotować. Dzięki temu wyjazdowi do pracy z mamą poznałam naprawdę wyjątkową osobę, która był nauczycielem plastyki, Pana Andrzeja. Podczas naszych wizyt Pan Andrzej i ja malujemy razem. Namalowaliśmy scenę bożonarodzeniową, statuę ptaka znaną na tyłach biblioteki, narysowaliśmy postacie, pomalowaliśmy tęcze i wiele innych rzeczy. Do tej pory używaliśmy akwareli, pastelów olejnych, wszelkiego rodzaju ołówków, pisaków, a dziś akrylu. Podczas naszych wizyt udało nam się także przejrzeć całą książkę o polskich górach Tatry - którą znaleźliśmy na tylnej półce w bibliotece, a także przejrzeć dwa gigantyczne i ciężkie albumy ze zdjęciami. Właśnie podczas tych wizyt od Bożego Narodzenia świetnie się bawiłam malując z Panem Andrzejem i spotykając się z innymi mieszkańcami. Zdecydowanie nauczyłam się już wiele o sztuce i wiem, że nauczę się jeszcze dużo więcej. Nie mogę się doczekać ponownej wizyty. Kto wie, może uda nam się nawet stworzyć własną kolekcję dzieł sztuki? Pan Andrzej Orłowski przez wiele lat był nauczycielem plastyki w krakowskich szkołach. Do Australii przybył w 1999 roku. Od 2022 roku Pan Andrzej jest rezydentem w Holy Family Services.

Zuzia Romanowska

Life with and without pain.

Pain can be expressed as:

- a physical pain due to cancer, a wound, injury, constipation etc.
- diabetes or muscle pain
- or emotional pain that might include loss of a family member.

Pain can impact your body, mind and spirit.

Affecting your enjoyment of life, level of activities and social engagements. Resulting in isolation, reduced mobility, loss of independence and depression to name a few.

Many elderly people simply don't expect pain relief because:

- They consider pain as an expected part of ageing
- They fear that pain may suggest worsening disease
- They are concerned about being seen as complainers
- They fear distracting physicians from the treatment of the underlying disease

The elderly often believe:

- Chronic pain does not change
- Other opinion, reflection or comparison and influenced by external visible signs, rather than their own pain reports
- They will become addicted to medication
- Reporting pain will reduce their independence

Keep your body, mind and spirit well

- Go for a walk
- Do activities that give you joy, such as reading, start an herb garden
- Play some relaxing music
- Keep in contact with family and friends
- Consider prayer and meditation
- Medicines can help with physical pain. Consult with your doctor about your medication options.

Consider non-pharmacological options such as heat pack or a warm shower, massage therapy, Thai chi or Yoga. Do not compare and share medications as pain is very individualised and personal. Your safety and wellbeing are important to live a happy and content life.



Lynn Nichols, Clinical Nurse Educator

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

*Happy
Birthday*

Maria Martyniuk

Joanna Glowko

Mary Ballard

Fida Betyounan

Robert Kowalski

Franciszka Lapyr

Józefa Turek

Zofia Brozda

Anna Nowak

Jozefa Wolak

Maria Taczl

Halina Maliszewska

Maria Kisiel

Bronisława Krawiec

Irena Raszewska

Chrissi Berchtold

Wszystkiego Najlepszego.

Jadwiga Barral- my home has been here for 33 years.

Chcemy Wam dziś opowiedzieć o Pani Jadzi, mieszkance Willi 9. Pani Jadzia traktuje swoją willę jak rodzinny dom, ponieważ od 33 lat jest z nią związana. W 1993 roku, po oddaniu do użytku 12 nowych domków w wiosce emerytów, jej mama została pierwszym właścicielem willi nr 9. Po 22 latach matka Pani Jadzi, ze względu na stan zdrowia, musiała przenieść się do Domu Opieki, i zaproponowała Pani Jadzi zakupienie tej willi. Pani Jadzia kochała ten dom i z wielką radością stała się jego nową właścicielką.

Wśród pięknych domków naszej wioski, dom Pani Jadzi wyróżnia się szczególnie, ponieważ ogród wokół niego jest niczym zaczarowana kraina, pełna kwiatów w każdym kolorze i rodzaju. Każdej wiosny mieszkańcy wraz z rodzinami zatrzymują się tutaj, podziwiając jej mały ogród i robią zdjęcia.

Mieszkańcy wioski emerytów nazywają Panią Jadzię „Królową Kwiatów”, ponieważ kwiaty ją uwielbiają, a ona kocha kwiaty. Codziennie, gdy tylko słońce wstaje, Pani Jadzia wychodzi do ogrodu, aby przywitać się ze swoimi kwiatami, sprawdzić, czy nie potrzebują wody lub troskliwej ręki. Podlewa je, pielęgnuje, przycina, a one w odpowiedzi odwdzięczają się jej bujnym wzrostem i pięknymi kwiatami.

Pani Jadzia zawsze jest uśmiechnięta, gotowa do pomocy i rozmowy. Swoją serdecznością i ciepłem przyciąga sąsiadów, którzy chętnie zaglądają do jej ogrodu, by porozmawiać.

Sąsiedzi mówią, że uśmiech i życzliwość Pani Jadzi są jak promienie słońca, które rozświetlają ich wioskę.

Jak mówi nam Pani Jadzia, wioska emerytów jest dla niej od 33 lat domem rodzinnym, oazą spokoju i domowego ciepła.

We want to tell you today about Jadzia, a resident of Villa 9. Jadzia treats this villa as her family home because she has been associated with it for 33 years. In 1993, after the completion of 12 new cottages in the retirement village, her mother became the first owner of Villa No. 9.

After 22 years, due to health reasons, Jadzia's

mother had to move to a nursing home and suggested that Jadzia purchase the villa. Jadzia loved this home, and with great joy, she became its new owner.

Among the beautiful cottages in our village, Jadzia's house stands out, especially because the garden around it is like an enchanted land, full of flowers in every colour and type. Every spring, residents and their families stop here, admiring her small garden and taking photos.

Residents of the retirement village call Jadzia the "Queen of Flowers" because the flowers adore her, and she loves the flowers. Every day, as soon as the sun rises, Jadzia goes into the garden to greet her flowers, check if they need water or tender care. She waters them, nurtures, trims, and in response, they repay her with lush growth and beautiful blooms.

Jadzia is always smiling, ready to help and chat. With her warmth and kindness, she attracts neighbours who gladly visit her garden to have a chat.

Neighbours say that Jadzia's smile and kindness are like rays of sunshine that brighten up their village. As Jadzia tells us, the retirement village has been her family home for 33 years, an oasis of peace and home warmth.



Making Australia beautiful.



Involving young children and engaging them in how to make a difference within the environment and their community. This morning children saw the educator trimming the branches and cleaning up the outdoor environment, they asked her why you are trimming the tree branches? The educator explained to children that cleaning up our environment makes Australia beautiful, Darcy, Luna and Zoe offered to help and started to pick up the branches and gave them to Miss Amrit who put them away in the bin. Taking care of the environment is an important part of how children develop a positive sense of self and responsibility towards their surroundings, as well as real life skills. Clean up Australia is important; it can teach children to be more mindful about the planet and how we dispose waste. At Holy Family Early Learning we believe that "Clean up Australia" is not an event that we celebrate once a year in Clean up Australia Day, it is a daily practice to help all Australians live more sustainably every day of the year.



Amani Ghali, Director & Nominated Supervisor

Call: 02 9626 1344 or email: amani.ghali@hollyfamilyservices.com.au



☎ 02 9678 8200

Stay in touch Get involved

✉ hfsadmin@holyfamilyservices.com.au

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All our handbooks are available online

CHECK IT OUT



Morrison
LIVING

ONLINE SURVEY

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.

Scan and complete



This month we share the Albert Wing QR code.

HAIRDRESSER



Available every Thursday from 9 am
Bookings via Reception

COFFEE SHOP

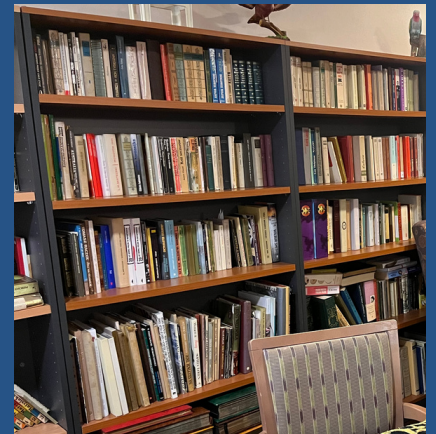
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