



Holy Family
Services

A Ministry of the Sisters of the
Holy Family of Nazareth

Holy Family Services NEWSLETTER

Vol 160, February 2024

Our Board of Directors - dedicated volunteers

Our Board of Directors is a dynamic group of individuals dedicated to making a positive impact in our community connected with Holy Family Services.

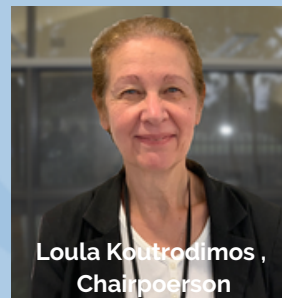
Comprised of passionate individuals from diverse backgrounds, our board brings together a wealth of knowledge and expertise to support our current works and ensure the presence of Mission into the future.

Despite being volunteers, they share their passion, commitment and strategic thinking to ensure the viability of the business and the succession plan.

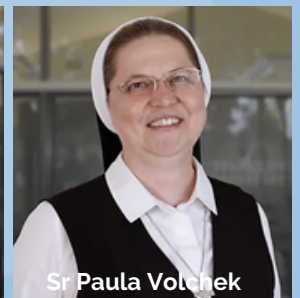
As we start another year of meetings of the Board, we extend the words of gratitude for their dedication and contribution to this Mission of the Sisters of the Holy Family of Nazareth, their collective actions and the spirit of giving back to families in our local community and beyond.



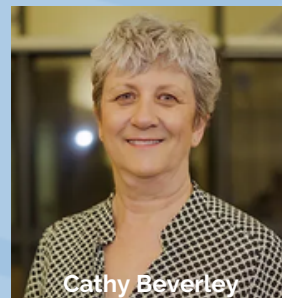
Sr Margaret Kozub,
Provincial Leader



Loula Koutrodimos,
Chairpoerson



Sr Paula Volchek



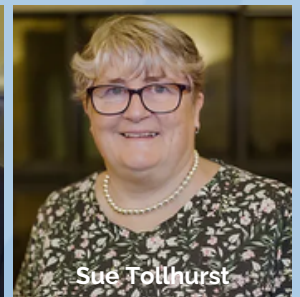
Cathy Beverley



Dominic Dawson



John Farfus



Sue Tollhurst



Sr Grace Roclawska



Atat Li- Kim Mui

DID YOU KNOW?



The company, Holy Family Services, was established by the Sisters in 2002 to ensure the future of the Sisters' mission to families in Marayong and beyond.

IN THIS ISSUE

- January in pictures
- Pastoral Care Activities in February
- Lifestyle and Leisure activities
- From our Educator
- Resident's stories

W TYM NUMERZE

- Styczeń w zdjęciach
- Wydarzenia Duszpasterskie w lutym
- Ważne daty styczniowe
- Od naszej edukatorki
- Historie naszych rezydentów

Nasz Zarząd: oddani wolontariusze

Nasz Zarząd to dynamiczna grupa osób, których celem jest wywieranie pozytywnego wpływu na naszą społeczność.

Nasz zarząd, składający się z pasjonatów z różnych środowisk, łączy bogactwo wiedzy i doświadczenia, aby wspierać nasze obecne prace i zapewnić obecność Misji w przyszłości.

Pomimo tego, że są wolontariuszami, dzielą się swoją pasją, zaangażowaniem i myśleniem strategicznym, aby zapewnić rentowność biznesu i planu sukcesji.

Rozpoczynając kolejny rok spotkań Zarządu kierujemy słowa wdzięczności za ich poświęcenie i wkład w tę Misję Sióstr Najświętszej Rodziny z Nazaretu, ich wspólne działania i ducha odwdzięczania się rodzinom w naszej lokalnej wspólnocie i poza nią.



Annual General Meeting 2023

DID YOU KNOW?



Firma Holy Family Services została założona przez Siostry w 2002 roku, aby zapewnić przyszłość misji Sióstr wśród rodzin w Marayong i poza granicami tego miejsca.



Flower Power wasn't just a feast for the eyes; it was a refuge for the soul. The gentle breeze whispered secrets through the leaves, the sun warmed our skin, and the vibrant colours soothed our inner landscapes. It was a reminder of the simple beauty that surrounds us, a testament to the power of nature to heal and inspire.

Flower Power to nie tylko ucztą dla oczu; było to schronienie dla duszy. Delikatna bryza szeptała tajemnice przez liście, słońce ogrzewało naszą skórę, a żywe kolory uspokajały nasze wewnętrzne krajobrazy. Było to przypomnienie prostego piękna, które nas otacza, świadectwo mocy natury, która leczy i inspiruje.



There was an amazing sharing of joy on the celebration of Sr Margaret's Kozub, Provincial Leader Birthday over the morning tea with our residents and staff.

Uroczna herbatka z życzeniami urodzinowymi dla naszej Sr Matgorzaty, Przełożonej Prowincjalnej.



Australia Day Celebration

The breath-taking landscapes, from the sun-drenched beaches to the ancient outback, that make Australia truly one of the most beautiful and diverse countries on Earth.
 Świątowanie Dnia Australii - bogactwa ukrytego w przyrodzie i ludziach.



“Let’s Get Together” Retirement Village wine, pancakes with and movie gathering.
 Razem zawsze weselej: przy winie, ciastku oraz okazji obejrzenia wspólnie filmu.

Thursday

**8
Feb**

Birthday Party/ Fat Thursday
Urodziny/ Tłusty Czwartek
13.30 Hall

Tuesday

**13
Feb**

Shrove Tuesday - Pancakes Day
Dzień Naleśników
13.30 Hall

Friday

**17
Feb**

Food Focus Committee
Nasz Jadłospis
13.30 Hall

Tuesday

**27
Feb**

Residents and Relatives Meeting
Zebranie Mieszkańców
13.30 Hall

Thursday

**29
Feb**

Bocce Competition
Zawody w Bocce
13.30 Hall



Engaging in leisure and lifestyle activities in aged care can provide several benefits for residents:

1. **Improved Health and Wellbeing:** Leisure activities, such as gentle exercise, can help maintain good physical health, especially for seniors. These activities also contribute to mental and emotional well-being.
2. **Enhanced Social Interaction:** Participating in group activities and outings can foster social connections and reduce feelings of isolation or loneliness.
3. **Sense of Purpose:** Leisure activities can give residents a sense of purpose and fulfilment, as they engage in meaningful and enjoyable activities.
4. **Emotional Support:** Activities like singing, storytelling, and other group or individual activities can provide emotional support and help residents feel connected to others.
5. **Individualized Programs:** Leisure and lifestyle activities in aged care should be diverse and tailored to meet the preferences, skills, and physical capabilities of each resident.



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

**2
Feb**

**The Presentation of the Lord
(Candlemas)**
10.00 - Mass in the Chapel

Tuesday

**13
Feb**

**Sacrament of the Anointing
of the Sick**
Joseph Wing

Tuesday

**6
Feb**

Holy Mass
Nursing Home Chapel -sacrament
of the sick.

Wednesday

**14
Feb**

Ash Wednesday
Accompany residents to Mass
at 10.00 to the Church

Saturday

**10
Feb**

**International day of the sick
(Our Lady of Lourdes)**
Sacrament of the sick - Albert Wing

Saturday

**17
Feb**

**Sacrament of the Anointing
of the Sick**
Mary Wing



The Feast of the Presentation of the Lord commemorates the events described in the Gospel of Luke (2:22-40), where Mary and Joseph brought the infant Jesus to the Temple in Jerusalem to present him to the Lord and fulfil the requirements of Jewish law. It also marks the purification of Mary after giving birth. The feast is often referred to as Candlemas because it involves the blessing and procession of candles. This tradition symbolizes Jesus as the light of the world and represents the presentation of Christ in the Temple.

The Sacrament of the Sick, also known as the Anointing of the Sick, is a sacrament in the Catholic Church that is administered to those who are seriously ill or suffering from physical, mental, or spiritual ailments.

The International Day of the Sick is an observance in the Catholic Church that was instituted by Pope John Paul II on May 13, 1992. It is celebrated annually on February 11th, which coincides with the commemoration of Our Lady of Lourdes. The day is intended for prayer, sharing, and offering one's suffering for the good of the Church. It serves as a reminder to see the face of Christ in those who are sick.

Ash Wednesday is a significant day in the Christian calendar, particularly in Western Christianity. It marks the beginning of the Lenten season, which is a period of reflection, repentance, and preparation for Easter.

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



Teresa Zabrocka - my days are active again

Urodziłam się koło Chojnic w województwie Pomorskim w 1928 roku. W wieku 14 lat zostałam odebrana rodzicom i zatrudniona w niemieckiej rodzinie do pilnowania ich dzieci. Po wojnie wróciłam do rodziny i podjęłam naukę w zawodzie krawcowej. To była moja pasja. Z dużym powodzeniem prowadziłam później zakład krawiecki, gdzie nie tylko szyłam ale również projektowałam i wykorzystywałam własne projekty dla klientów.

W 1950 roku wyszłam za mąż, a po 2 latach urodził się pierwszy syn, łącznie mam 2 synów i córkę.

Syn, kiedy był w wieku poborowym i miał iść do wojska, wyjechał do Australii. W tamtych czasach było to niedopuszczalne. Przez jego wyjazd i fakt, że byłam zaangażowana w jego plany, przez długi czas nie mogłam dostać paszportu i pozwolenia na opuszczenie Polski. Był to bardzo trudny polityczno – ekonomiczny czas w Europie.

W latach 80-tych przyjechałam w końcu do Australii. Pracowałam jako kelnerka w restauracji. Zamieszkałam w Lilyfield, gdzie miałam swój mały domek z ogródkiem.

Teraz nadszedł czas na kolejne zmiany w moim życiu. W wieku 95 lat przeprowadziłam się do Domu Opieki do Marayong. Jestem tu od kilkunastu dni, ale już wiem, że to moje miejsce. Bardzo dobrze się tu czuję. Mój dzień jest aktywny, spotykam się z ludźmi w podobnym wieku i uczestniczę w zajęciach rekreacyjnych, co sprawia mi wiele radości i poprawia moje samopoczucie.

I was born near Chojnice in the Pomeranian Voivodeship in 1928. At the age of 14, I was taken away from my parents and employed in a German family to take care of their children.

After the war, I returned to my family and pursued a career as a seamstress. It was my passion. I successfully ran my own tailoring business, where I not only sewed but also designed and implemented my own projects for clients.

In 1950, I got married, and two years later, my first son was born. In total, I have 2 sons and a daughter. When my son reached conscription age and was supposed to join the military, he went to Australia. At that time, it was unacceptable. Due to his departure and my involvement in his plans, I couldn't obtain a passport and permission to leave Poland for a long time. It was a very difficult political and economic time in Europe.

In the 1980s, I finally came to Australia. I worked as a waitress in a restaurant and lived in Lilyfield, where I had my own little house with a garden.

Now, it's time for another change in my life. At the age of 95, I moved to the Marayong Nursing Home. I have been here for a few weeks, but I already know that this is my place. I feel very well here. My days are active, I meet people of similar age, and I participate in recreational activities, which bring me a lot of joy and improve my well-being.



Why Care Plans are important

As we proceed into 2024, we would like to welcome our new residents, families and staff. Our topic for discussion is "Care Plan".

Please be advised that on admission to our facility you will be involved in an assessment process, both formal by interview and informal by observation.

This process in turn will identify your care needs and outline ways to support your care and in turn, develop your Care Plan.

It is accessible to you and is currently being reviewed on a quarterly basis and our staff will consult with and engage you in this process. The discussion and sharing of your Care Plan with you and family isn't just nice, it's a government requirement.

From Standard 2 of the Aged Care Quality Standards:

'The outcomes of assessment and planning are effectively communicated to the consumer and documented in a care and services plan that is readily available to the consumer, and where care and services are provided'

The development of the Care Plan involves a multidisciplinary approach, as we gain input from other staff member, e.g. Care Staff, Registered Nurses, Pastoral Care, Physiotherapist, etc.

Care Plans are personalized, detailed and contain information on what a resident needs as well as how to provide care for them.

This includes:

- Medications
- Mobility
- Dietary preferences.
- Personal care, etc.

Care Plans will change, mostly as care needs change, for example:

- Health condition changes (physical or cognitively)
- Mobility
- Swallowing etc.

Please feel free to contribute to and discuss the Care Plan in line with the care being delivered. It is also important that you provide as much information as you can, in order for us to provide the best possible care.

I hope this has been of benefit and enlightens you on Care Plans in Aged Care.



Lynn Nichols, Clinical Nurse Educator

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

February / Luty

Happy Birthday!

**Jozefa Wozniczka
Tessie Cauchi
Renata Jaszczak
Josephine Farina
Anna Swieboda
Zdzislaw Miskurka
Ryszard Nowak
Janko Puskas
Eugeniusz Szuszycki**

WSZYSTKIEGO NAJLEPSZEGO!

Twoje urodziny w lutym mogą być wyjątkowe. Dzień przestępny (29 lutego) przypada tylko raz na cztery lata, więc zazwyczaj szansa na urodzenie się w danym dniu wynosi $1/365$, ale istnieje szansa na urodzenie się w dniu przestępnym $1/1461$!

2024 jest właśnie rokiem przestępnym.

Your birthday in February can be special. Leap Day (February 29) only comes once every four years, so typically the chance of being born on a given day is $1/365$, but the chance of being born on a leap day is $1/1461$!

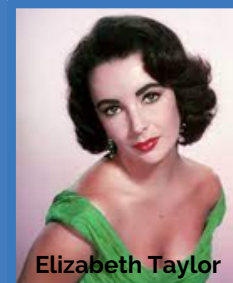
2024 is a leap year.

If you're a February baby, you are certainly in good company. Other well-known figures with February birthdays include George Washington, Abraham Lincoln, Ronald Reagan, Steve Jobs, Rosa Parks, Jennifer Aniston, and Elizabeth Taylor.

Jeśli jesteś dzieckiem z lutego, z pewnością urodziłeś się w dobrym towarzystwie. Inne znane postacie obchodzące urodziny w lutym to George Washington, Abraham Lincoln, Ronald Reagan, Steve Jobs, Rosa Parks, Jennifer Aniston i Elizabeth Taylor.



Rosa Parks



Elizabeth Taylor



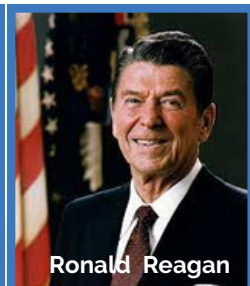
George Washington



Steve Jobs



Jennifer Aniston



Ronald Reagan

Teresa Szulc - I am happy here

W wielku 70 lat mieszkałam w Newcastle, mój syn zmarł a moje dwie córki mieszkały w Wiktorii. Czuję się bardzo samotna. Pewnego dnia moja najbliższa przyjaciółka Irenka, powiedziała mi, że przenosi się do Marayong do Retirement Village. W 2008 roku powstało tu nowe osiedle z 16 domkami. Irenka powiedziała mi, że jak się pośpieszę to obok niej jest jeszcze jeden wolny domek i będziemy sąsiadkami. Ucieszyłam się bardzo z tego. W Boże Narodzenie przyjechały moje córki i poprosiłam je aby mnie zabrały do Marayong. Tu czekała na nas SrJoanna, która oprowadziła nas po domkach i kiedy weszłam do domku 21, stanęłam w kuchni i się rozplakałam, bo wiedziałam, że to jest dom moich marzeń. Zamknęłam oczy i zaczęłam umeblowywać mój nowy dom.

Po powrocie do Newcastle chciałam jak najszybciej sprzedać mój dom i przenieść się do Marayong.

Po kilku tygodniach wszystko było gotowe, wróciłam do Marayong z całym swoim dobrokiem. Z meblami, zdjęciami i dobrymi wspomnieniami z Newcastle aby rozpocząć nowy etap mojego życia wśród przyjaciół, wśród Polaków.

Marayong to taka nasza mała Polska. W Retirement Village mieszkam prawie 16 lat i każdego dnia dziękuję Bogu za to miejsce, i ludzi którzy to miejsce stworzyli. Za polski kościół, polskich księży i Siostry Nazaretanki. To dzięki nim czujemy się tu jak w Polsce, jak w domu. Co więcej może chcieć człowiek w moim wielku? Mieć blisko kościół, sklep i lekarza, a przede wszystkim rodzinę i przyjaciół i cieszyć się tym co się ma.

In the grand 70 years, I lived in Newcastle. My son passed away, and my two daughters lived in Victoria. I felt very lonely. One day, my closest friend Irenka told me that she was moving to Marayong to a Retirement Village. In 2008, a new settlement with 16 houses was built here. Irenka told me that if I hurry, there is another vacant house next to hers, and we would be neighbours. I was very happy about that. On Christmas, my daughters came, and I asked them to take me to Marayong. Sister Joanna was waiting for us here, she showed us around the houses, and when I entered home number 21, I stood in the kitchen and cried because I knew it was the home of my dreams. I closed my eyes and started furnishing my new home.

After returning to Newcastle, I wanted to sell my house as quickly as possible and move to Marayong. After a few weeks, everything was ready, and I returned to Marayong with all my belongings – furniture, photos, and good memories from Newcastle – to start a new stage of my life among friends, among Poles.

Marayong is like our little Poland. I have been living in the retirement village for almost 16 years, and every day I thank God for this place and the people who created it. For the Polish church, Polish priests, and Sister of Nazareth. Thanks to them, we feel here like in Poland, like at home. What more can one want in my old age? To have a church, a store, and a doctor nearby, and above all, family and friends to enjoy what one has.



Settling in in the home out of home

Children in both rooms are settling well and starting to build friendly relationships within their settings allowing them to become confident learners. We have also purchased new resources, a complex obstacle course is one of them helping children to explore aspects of risky play in a safe and supervised environment.

Sister Jean continues to visits us once a week to conduct an engaging and age appropriate story time helping children to further broaden their connections within the community through her visit and build interest in literacy.

New resources for sandpit were also purchased from MTA (Modern Teaching Aid) - a trusted source of Early Childhood resources. Children are enjoying to explore them according to their own choice.

This month both rooms will be celebrating Australia Day through age appropriate, stimulating and interest based learning experiences.

Arshia Malik, Second in Charge



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

🌐 holyfamilyservices.com.au

📘 holyfamilyservices

📷 hfsmarayong

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. We are hopeful of forming the body in the new year.

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



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 Joseph Wing QR code.

HAIRDRESSER



Available every Thursday from 9 am
Bookings via Reception

COFFEE SHOP

OPEN

HOURS

MONDAY
WEDNESDAY
FRIDAY

10-2 PM

MOBILE LIBRARY



Books delivered to your room upon request
Ask Lifestyle & Leisure