

# 聯絡我們

我們將很樂意協助您



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## 福利會活動人數匯報

聯邦家居支援服務使用人數：

208人

家居配套服務接受人數：157人

志願者探訪計劃受惠長者人數：

30人

社區探訪義工人數：35人

Data as of 09/07/2024

## Chinese Welfare Services of SA Inc.

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## 南澳華人福利會第十七屆 2023 - 2024 理事會

President 會長	Vivien Shae
Vice President 副會長	K See
Vice President 副會長	Susan Collins
Secretary 書記	Anna Cheung
Treasurer 財務	Phyllis Lim
Public Officer 幹事	Lancy Ip
Member 會員	Nora Chow
Member 會員	Sin Ling Chung
Member 會員	Patrizia Kadis
Member 會員	Anne Hughes
Member 會員	Faye Chen
Executive officer 行政主任	Kam Chiu JP
Legal Advisor 法律顧問	Yapp Haou Pehn

Chinese Welfare Services of SA Inc.

南澳華人福利會

# 會員通訊

ISSUE 15

July 2024



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## 2024 Mother's Day Luncheon 母亲节聚餐

福利會於5月23日下午舉辦了一場母親節聚餐和抽獎活動。當天亦為在三月、四月及五月出生的朋友慶祝了生日。



## Autumn Outing 秋季大旅遊

秋季是一個非常好的旅行季節，因為天氣比較涼爽，適合參加戶外活動，也有很多美麗的秋景可以欣賞。福利會2024年秋季旅行是一個令人期待的活動。對於許多人來說，這是一個放鬆身心、認識新朋友和享受美好時光的機會。福利會2024年秋季旅行於6月18日及20日參觀了 National Motor Museum 國家汽車博物館。參加者早上於福利會集合後，一起乘坐了大約45分鐘的車程就到了汽車博物館。下午於Mannum餐廳用膳，休息一會後再到 Murray River 景點參觀，回程路上在Hahndorf 喝了咖啡，大約下午4點就回到福利會，當天旅遊正式圓滿結束。



来自会长余芬豐的话



向母亲致敬

今天，让我谈论对我们每个人来说真正珍贵和无价的事情：母亲。母亲是家庭的中心和灵魂，是我们社会的力量支柱。他们的爱、牺牲和奉献深刻地塑造了我们的生活，使他们变得不可替代、不可或缺。

想一想。从一开始，甚至在我们出生之前，我们的母亲就用无限无条件的爱来承载我们、滋养我们、保护我们。他们忍受着不眠之夜，无数的忧虑，无私地将我们的需求放在自己的需求之上，而不求任何回报。他们的爱是一盏指路明灯，引导我们度过人生最黑暗的时刻，庆祝我们最光明的胜利。

在我们的家庭结构中，母亲编织着爱、同情心和坚韧的线。它们是将我们凝聚在一起的粘合剂，在悲伤时提供安慰，在怀疑时提供鼓励，在欢乐时提供欢笑。他们的存在为我们创造了一个安全的港湾，让我们成长、学习和成长，因为我们知道我们的每一步都受到珍惜和支持。

但母亲的影响远远超出了我们的家庭。在社会中，他们在塑造下一代方面发挥着至关重要的作用，向孩子们灌输善良、同理心和正直的价值观。他们通过他们的言行教导我们同情、尊重和正义的重要性，为一个更加和谐和公平的世界奠定了基础。

母亲们也是无数社区的无名英雄，她们孜孜不倦地努力帮助那些需要帮助的人，并改变他人的生活。无论是在当地慈善机构做志愿者、倡导社会正义，还是只是倾听那些处于困境的人的心声，他们都体现了真正的服务和利他精神，激励我们所有人尽己所能伸出援助之手。

确实，母亲的价值和重要性怎么强调都不为过。他们是为我们的幸福而奋斗的沉默的战士，是指引我们度过人生风暴的稳健的双手，是让我们的世界变得更加美好的充满爱心的灵魂。今天，让我们向世界各地的母亲致敬和庆祝，对她们所做的一切表示感谢，并承诺珍惜和支持她们作为回报

当我们反思母亲的不可估量的影响时，让我们也认识到需要创建一个重视和尊重母亲贡献的社会。让我们努力制定政策，支持职业母亲，提供优质医疗保健和教育，并促进生活各个方面的性别平等。通过投资母亲，我们就是投资我们家庭、社区和世界的未来。

余芬豐会长字

南澳華人福利會2024年活動時間表

星期	活動名稱	內容	費用	地點	時間
一	悠閒星期一 廣場舞 Line Dancing	代廣場舞學習及排練	\$3.00 /次 (會員Member) \$5.00 /次 (非會員Non-member)	St. Luke's Church 35 Whitmore Square Adelaide	10:00 am – 11:30 am
二	休閒坊 (廣東話) Centre-Based Day Care (Cantonese)	長者支援小組 參加者年齡: 50或以上	\$4.00 (午膳費用)	St. Luke's Church 35 Whitmore Square Adelaide	10:00 am – 11:30 pm
	齊唱粵曲在雅 城 Cantonese Opera	通過唱流行粵曲的片段， 欣賞粵劇的精髓 - 包括 '工尺'，'叮板'， '腔口'，'口鉗'和一 首粵曲的組成	\$15.00/ 4堂 (4 Courses)	224 Grote Street Ad- elaide 福利會	2:00 pm – 4:00 pm 聯繫人: 易月荷女 士 0402 536 070
四	休閒坊 (普通話) Centre-Based Day Care (Mandarin)	長者支援小組 參加者年齡: 50或以上	\$4.00 (午膳費用)	St. Luke Church 35 Whitmore Square Adelaide	10:00 am – 12:00 pm
五	健康星期五 Fitness Friday	熱身運動，太極拳，木蘭 拳學習，午餐分享	\$3.00 /次 (會員Member) \$5.00 /次 (非會員Non-member)	St. Luke's Church 35 Whitmore Square Adelaide	10:00 am – 12:00 pm
六	中文學校 Chinese School	中文寫作，閱讀，口語， 傳統文化學習	每學期 \$50 (含書簿)	Adelaide High School West Terrace	1.30 pm – 3.30 pm 聯絡人: 余芬豐 Vivien Shae 0430 988 184



## 南澳华人福利会中文学校 (7月27日开学)

南澳华人福利会中文学校学，致力于推广中文教育和传播中国传统文化 15 年。

本校班級从幼儿直至 11 年級。对于低年级学生我们采用拼音结合汉字教学，輔以儿歌、游戏，从而使小朋友对中文产生兴趣，循序渐进地提高。对于高年级同学，我们帮助学生全面提高听、说、读、写。

在每学期末的聚会上，学校邀请不同的文化老师对学生讲授有趣的中国传统文化，在过去的几年中，学生分别学习了中华书法，剪纸，中國音乐及乐器认识，中國舞蹈，武术，舞狮及捏面人等。

欢迎大家 2024 年加入我们南澳华人福利会中文学校学习中文。加入我们的班级，你可以在中文写作、阅读、口语等方面获得全面提高；你还可以学习到中国传统文化并参加学校组织的丰富多彩的文化活动。祝愿同学 2024 年第 3 學期能有一个很好的开端!

上课地点: Adelaide High School West Terrace  
SA 5000

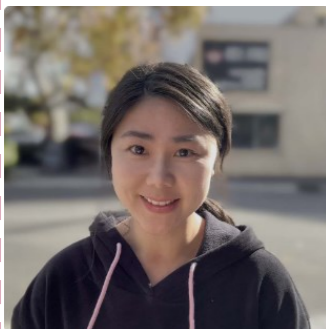
学费: 每一学期\$50 (含书本)

上课时间: 每星期六 1.30 pm – 3.30 pm

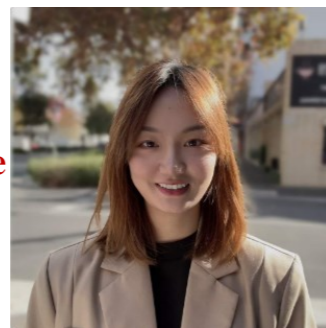
联络电话: 0430988184 余芬豐 Vivien Shae



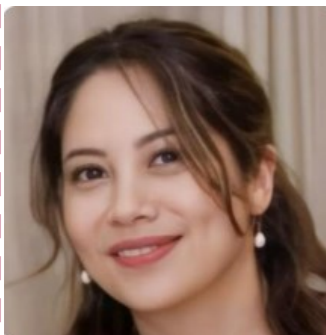
## 福利会的新员工



長者服務協調主任:  
陳志萍  
**Home Care Package  
Coordinator:**  
Yuco Chan



長者服務協調主任:  
刘璐  
**Home Care Package  
Coordinator:**  
Cassie Liu



临床医疗顾问:  
罗艾琳  
**Clinical Quality  
Manager:**  
Irene Rowe



項目統籌主任:  
杜文琪  
**Project Coordinator:**  
Wenqi Du

## Message from President

### Honour Mothers

This month, I would like to share with you all about something truly precious and invaluable to every one of us: mothers. Mothers, no matter which cultural background they are from, are the heart and soul of families, the pillars of strength in our societies. Their love, sacrifice, and dedication shape our lives in profound ways, making them irreplaceable and indispensable.

Think about it for a moment. From the very beginning, even before we were born, our mothers carried us, nourished us, and protected us with an unconditional love that knows no bounds. They endured sleepless nights, countless worries, and selflessly put our needs before their own, all without expecting anything in return. Their love is a guiding light that leads us through life's darkest moments and celebrates our brightest triumphs.

In the fabric of our families, mothers weave the threads of love, compassion, and resilience. They are the glue that holds us together, offering comfort in times of sorrow, encouragement in times of doubt, and laughter in times of joy. Their nurturing presence creates a safe haven where we can grow, learn, and thrive, knowing that we are cherished and supported every step of the way.

But the influence of mothers extends far beyond the walls of our homes. In society, they play a crucial role in shaping the future generation, instilling values of kindness, empathy, and integrity in the hearts of their children. Through their words and actions, they teach us the importance of compassion, respect, and justice, laying the foundation for a more harmonious and equitable world.

Mothers are also the unsung heroes of countless communities, working tirelessly to uplift those in need and make a difference in the lives of others. Whether it's volunteering at local charities, advocating for social justice, or simply offering a listening ear to those in distress, they embody the true spirit of service and altruism, inspiring us all to lend a helping hand wherever we can.

Indeed, the value and importance of mothers cannot be overstated. They are the silent warriors who fight for our happiness, the steady hands that guide us through life's storms, and the loving souls who make our world a better place. Today, let us honour and celebrate mothers everywhere, expressing our gratitude for all that they do and pledging to cherish and support them in return.

As we reflect on the immeasurable impact of mothers, let us also recognize the need to create a society that values and respects their contributions. Let us strive to create policies that support working mothers, provide access to quality healthcare and education, and promote gender equality in all aspects of life. By investing in mothers, we invest in the future of our families, our communities, and our world.

Let us never forget the profound truth that behind every great person, there is a mother whose love and sacrifice made it all possible. Today and every day, let us honour and celebrate the incredible mothers who shape our lives with their boundless love, unwavering strength, and enduring grace.

**Vivien Shae**  
President

## 脱落电线周围的安全



倾倒、低垂或破损的电线是危险的，所以在任何情况下都不要靠近或触碰。永远要作电线仍带电之想，并让您本人及他人与其保持至少十米的距离。

### 安全须知：

- 保持至少一辆巴士的距离（10 米）。切勿靠近或触碰倾倒或低垂的电线及设备，因为它们可能仍然带电，能造成严重身体伤害、甚至死亡。
- 鼓励他人远离。
- 考虑周围环境、天气条件及附近物体，有可能威胁您及他人的安全。
- 切勿冒险。

如发现，请立即拨打电话**13 13 66** 报修。  
我们全天候24/7 待命。



For more information:  
<https://www.sapowernetworks.com.au/safety/wires-down-safety/>

Translated by MCCSA.

## Keeping Safe Around Wires Down



Fallen, low-hanging or damaged powerlines are dangerous and should not be touched or approached under any circumstances. Always assume powerlines are live and keep yourself and others at least 10 metres away.

### Key Points:

- Stay at least a bus length (10 metres) away and do not touch or go near fallen or low hanging power lines or equipment, they may still have power which can cause serious injury or death.
- Encourage others to stay away also.
- Consider the surrounding area, weather conditions and objects nearby that may also be a safety risk to yourself and others.
- Do not take risks.

Report the fault to SA Power Networks immediately on **13 13 66**. They are available 24/7.



For more information:  
<https://www.sapowernetworks.com.au/safety/wires-down-safety/>

Translated by MCCSA.

## 家居配套服务

您是否已年满 65 岁？

您是否有复杂的老年护理需求？

您在日常生活和活动中是否需要得到支持？



您需要帮助让您可以在自己家中仍旧安全、独立地生活吗？

## 申请家居配套服务的 4 个步骤



### 第 1 步：评估

您需要由老年护理评估小组评估是否有资格接受家居配套服务。请致电 1800 200 422 联系我的长者照护服务组织评估。



### 第 2 步：家居配套服务分配

一旦您的服务获得批准，您将会进行排队，等待分配您的服务。当您被分配成功时，您会收到一封信。



### 第 3 步：选择家居配套服务提供机构

一旦被分配到家居配套服务，您将选择一个服务提供机构来管理您的持续评估护理需求和目标。您将与所选的护理服务提供机构签订一份协议书，并共同制定一份护理计划。



### 第 4 步：收入评估

您可能需要通过支付每日基本费用和/或收入调查护理费来分担护理费用。澳大利亚服务局将对您进行收入评估，以确定您是否需要支付收入调查护理费。



请致电福利会 0882122988  
我们将为您提供全程指导

## Home Care Packages

Are you over 65?

Do you have complex ageing related care needs?

Do you need assistance to live safely and independently in your own home?



Do you need supports with daily activities that you used to do for yourself but may need assistance with now?

### 4 Steps to your Home Care Package



#### Step 1: Assessment

You need to be assessed as eligible to receive a Home Care Package by an Aged Care Assessment Team. Call My Aged Care on **1800 200 422** to organise an assessment.



#### Step 2: Package assignment

Once you are approved for a package, you are placed in the National Priority System (NPS) queue, to await assignment of your package. You will be sent a letter when you are assigned a Home Care Package.



#### Step 3: Choosing your provider

Once assigned a package, you will choose a provider who will manage your ongoing assessed care needs and goals. You will enter into a Home Care Agreement with your chosen provider, and together you will create an agreed care plan.



#### Step 4: Income assessment

You may need to contribute to the cost of your care by paying a basic daily fee and/or an income tested care fee. Services Australia will do an income assessment to check if you need to pay the income tested care fee.



To guide you through the process, call us on **0882122988**

### 弗林德斯大学 - 澳大利亚失智症照顾者培训和支持项目 - ISUPPORT

iSupport 是一项针对失智症患者照顾人员的自学失智症技能培训计划。该计划使照顾者能够获得失智症患者及其照护者的信息和照护服务。

有关 iSupport 计划的全球研究表明，该计划可以提高照顾者的自我效能感，增强他们的心理健康，减轻他们的压力。这些对照顾者的影响将使他们能够在家中保持高质量的失智症照护，减少医院和急诊室的使用，并推迟失智症患者入住老年护理机构的时间。

iSupport 计划包括六个模块：痴呆症简介；作为照顾者；照顾我自己；提供日常护理和应对行为变化；我参与消费者指导的护理。

根据照顾者的需求，我们制作了以下 iSupport 多媒体资源，供失智症照顾者和为照顾者提供支持的专业人员（如护工）使用。

### FLINDERS UNIVERSITY - ISUPPORT FOR DEMENTIA PROGRAM

The iSupport program is a self-learning dementia skill training program for carers of people with dementia. The program enables carers to access information and care services for people with dementia and their carers.

Global research on iSupport program indicates that the program can improve caregivers' self-efficacy, enhance their mental health, and reduce their stress. These outcomes on carers will enable them to maintain high-quality dementia care at home, reduce hospital and emergency department use, and delaying the admission of individuals with dementia into aged care facilities.

The iSupport program includes six modules: Introduction to Dementia; Being a Caregiver; Caring for Myself; Providing Daily Care and Coping with Behavioural Changes; and My engagement in consumer-directed care.

Based on carers' needs, we have created the following iSupport multimedia resources for dementia carers and professionals who support carers (such as support workers) to use.

### "学习方式"

您可以根据自身需求，选择下列方式进行课程学习，您选择的学习方式不仅限于一种：

#### 1、网站学习

登录下方网址或扫描下方二维码登录网站，注册完成后，即可学习。

[HTTP://43.135.6.171:8080/SUPPORT\\_CNS/](http://43.135.6.171:8080/SUPPORT_CNS/)

#### 2、有声书学习

您可在上方网站中自行下载有声书资源进行学习，让您学习生活两不误！（扫描第二个二维码倾听示例）

#### 3、电子书学习

网站中同时配有电子书资源供您下载使用，方便您随时随地浏览学习。

#### 4、精简版电子海报

#### 5、精简版动画视频



# HEALTH

## SECTION

### TIPS FOR PREVENTING COLDS AND FLU

- The flu and Covid19 vaccines are your first line of defense
- Dress in layers to stay warm and dry and avoid prolonged exposure to the cold.
- Stay hydrated by drinking plenty of water, and consider supplements like vitamin C and zinc, which are known to support immune function.
- Try to avoid close contact with anyone who is sick.
- Staying active is important for your overall health and immune system



### Stay Healthy This Winter

Winter can be a challenging time for our health, especially for older adults. The cold weather brings an increased risk of colds and flu and other respiratory problems but with a few simple precautions, you can protect yourself and enjoy the season in good health!

### Stay Connected!

Social interaction can positively affect your health and well-being. Keep in touch with family and friends through phone calls, video chats, or safe, small gatherings to maintain your mental and emotional health.

**Stay connected with your HCP and CHSP provider...we are here to assist you in your queries and needs!**

"Stay warm, stay active, and stay vaccinated – simple steps to a healthier winter."

# 健康

### 预防感冒和流感的小贴士

- 流感疫苗和新冠疫苗是您的第一道防线
- 多穿衣服，保持温暖和干燥，避免长时间暴露在寒冷环境中
- 多喝水，保持水分充足，并考虑补充维生素 C 和锌等有助于增强免疫功能的营养品
- 尽量避免与病人密切接触
- 保持活跃对您的整体健康和免疫系统非常重要

“注意保暖、保持活跃、接种疫苗——简单几步，让您度过一个更健康的冬天”



### 在这个冬季保持健康

冬季对我们的健康来说是一个充满挑战的季节，对老年人来说尤其如此。寒冷的天气增加了患感冒、流感和其他呼吸道疾病的风险，但只要采取一些简单的预防措施，您就能保护好自己，健康地度过这个季节！

### 保持联系！

社交活动可以对您的健康和幸福产生积极影响。通过电话、视频聊天或安全的小型聚会与家人和朋友保持联系，以维护您的心理和情绪健康。

**与您的服务协调主任保持联系...我们将全力帮助您解决疑问和满足您的需求！**