

公告欄 NOTICE BOARD

夏季注意事項

澳洲夏季高溫可能對健康造成嚴重影響，特別是對長者及有健康狀況的人士。建議院友穿著寬鬆、輕便的衣物，多喝水，減少咖啡因和酒精攝取，並避免在最炎熱的時段進行劇烈活動。室內應保持涼爽，可使用風扇或空調，若感到不適應立即停止活動並尋求幫助。工作人員將持續監察並支援院友，如有需要請及時通知工作人員。

同時提醒院友留意夏季叢林火災風險。緊急情況下，疏散將依照已簽署的《緊急疏散授權書》進行。如代表有任何疑問或關注，請聯絡工作人員以獲取最新資訊。為提升應變準備，本院於2025年12月4日進行了CFA消防演習培訓，以提高工作人員及消費者的安全意識，確保大家熟悉相關安全程序。



高品質日常生活服務 (HELS) 更新

為配合 2025 年 11 月 1 日起實施的《強化安老護理標準》，本院將於 2026 年 1 月 1 日起推行高品質日常生活服務 (HELS) 服務協議。此協議涵蓋院友可選擇使用的額外服務（例如基本理髮服務及升級巴士外出行程）。相關詳情將向每位院友或其指定決策人作個別說明，並須在簽署協議後方可使用相關服務。

此外，我們亦已提升全日小吃菜單，院友可於全日任何時間向護理人員提出需求。菜單提供多款飲品（牛奶、無乳糖牛奶、豆漿、茶、咖啡及果汁）、輕食小吃（迷你鬆餅、麵包配牛油及果醬、雪糕），以及果蓉／乳製品選項（水果果蓉、低糖乳製點心及無乳糖乳酪）。護理人員將根據院友的飲食及食物質地需要提供合適建議。

WiFi 服務將於 2026 年 1 月 1 日起提供給已註冊的院友使用。如遇技術問題，我們的維修團隊可於辦公時間提供協助。



NOTICE BOARD

Summer Precautions

High summer temperatures in Australia can pose serious health risks, especially for older people and those with medical conditions. Consumers are advised to wear loose, light clothing, drink plenty of water, limit caffeine and alcohol, and avoid strenuous activity during peak heat. Keep indoors cool with fans or air conditioning, and stop activities and seek help if feeling unwell. Staff will monitor and support consumers, so inform them promptly if needed.

Consumers are also reminded to remain aware of summer bushfire risks. In the event of an emergency, evacuation will follow the instructions outlined in the signed Emergency Evacuation Authorization Form. Representatives with any concerns or questions are encouraged to contact staff for updates. To enhance preparedness, CFA fire drill training was conducted on 7 December 2025 to raise awareness among staff and consumers and ensure everyone is familiar with safety procedures.

Higher Everyday Living Service (HELS) Update

To meet the Strengthened Aged Care Standards effective 1 November 2025, the facility will introduce a Higher Everyday Living Service (HELS) agreement from 1 January 2026. This agreement covers optional extra services (such as basic haircuts and premium bus trips). Details will be explained individually to residents or their appointed decision-makers, and the agreement must be signed to access these services.

We have also enhanced our All-Day Snack Menu, available upon request from care staff throughout the day. Options include a range of drinks (milk, lactose-free and soy milk, tea, coffee, juice), light snacks (mini muffins, bread with butter and jam, ice cream), and purée/dairy options (fruit purées, reduced-sugar dairy snacks, and lactose-free yoghurts). Staff can assist residents with suitable choices based on dietary and texture needs.

Wi-Fi service will be available from 1 January 2026 for registered consumers. Should any technical issues arise, our maintenance team will be available to provide assistance during business hours.

歡迎以下眾位新院友 WELCOME OUR NEW CONSUMERS

K18 Shen, Feng Juan 沈奶奶, H33A Ly, Nu 珍婆婆, H41 Mr. Choi 蔡公公, H51 Tan, Tung 陳生,
H52 Tan, Buu Anh 宝英, C66 Au, James (James), C70 Wu, Yong Qing 永清, C71 Lu Suzhen 素珍

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Chinese Community Social Services Centre Limited

ACN 679 804 927 ABN 95 428 365 701

On Luck Chinese Nursing Home

安樂華人護理院

DECEMBER 2025 十二月份

NEWSLETTER 簡訊

聖誕快樂 Merry Christmas



我院於十二月份舉行聖誕慶祝活動

十一月活動回顧 NOVEMBER ACTIVITIES REVIEW

Sensory Adventure 感官之旅

On 12 November 2025, On Luck held a **Sensory Adventure** engaging sight, smell, hearing, touch, and taste to support the elderly's mood, skills, and mental well-being.

安樂於 2025 年 11 月 12 日舉辦「**感官之旅**」，透過視覺、嗅覺、聽覺、觸覺及味覺的體驗，支援長者的情緒、能力及心理健康。



Daily Activities 日常活動: Group visit and performance 團體探訪和表演

During Christmas, external groups visit On Luck to present festive performances and carol singing, bringing joy, warmth, and meaningful social interaction to the elderly.

聖誕期間，外間團體到訪安樂，帶來節慶表演及聖誕頌歌，為長者帶來歡樂、溫暖及有意義的社交互動。



十二月活動回顧 DECEMBER ACTIVITIES REVIEW

Christmas Event 聖誕慶祝活動: Yum Cha, Boxing Day 飲茶, 拆禮物日

During **Christmas**, On Luck held festive events including a Yum Cha gathering to celebrate Christmas and the Winter Solstice, and Boxing Day activities. Elderly participants enjoyed the joyful atmosphere and received gifts from family, friends, or the facility, bringing warmth and happiness to the season.

聖誕期間，安樂舉辦節慶活動，包括飲茶聚會慶祝聖誕及冬至，以及拆禮物日活動。長者在歡樂氣氛中享受節日樂趣，並收到家人、朋友或機構送出的禮物，為節日增添溫暖與喜悅。

