



HOPE HOLISTIC CARE

展望全人護理

HHC NEWS

APR 2023 | VOL. 6



READ MORE:

WHEN YOU GET OLD

I DON'T KNOW HOW
YOU MAKE A WAY.
BUT I KNOW YOU
WILL

TRAINING COURSE

PRAYER POINTS

POSITION VACANT

HEALTHY BODY HEALTHY MIND GROUP

Occupational therapists - Maggie Chiang

In 2022, seeing the need for Chinese people living with Dementia to participate in the community, the idea of the Healthy Body Healthy Mind group was born. The aim of this group was to provide meaningful and culturally appropriate activities, as well as social engagement that promote the participants' confidence, cognition and opportunities to interact with others.

For each 2.5 hour sessions, we do seated exercises, brain exercises, have reminiscence discussions, fellowship over morning tea and hands-on activities, including origami and Chinese calligraphy. Our participants have been very keen; they participate fully in discussions and share valuable knowledge and rich life experiences with one another. I have learned so much from them! The regular comers are now very proficient at doing Ba Duan Jin, a seated set of exercises. I am sure they can lead the exercise themselves!

HEALTHY BODY HEALTHY MIND GROUP...

Clients who have been coming to the group provided good feedback and expressed how much they enjoyed the conversations and the reminiscence of the good old days in Hong Kong. Old photos and melodies triggered pleasant memories from the past and participants could talk quite extensively on certain topics of interests like the Qipao, a food from their hometown, and some childhood memories.

Studies have shown that regular social activities stimulate the brain and might slow down the progression of cognitive decline. It is very important to keep older adults physically, mentally and socially active in their community to maintain the best quality of life.

May the participants and volunteers in this group be blessed and may God continue to guide the future direction of the group.

WHEN YOU CAN NO LONGER USE YOUR BODY, WHAT WILL BE LEFT FOR YOU TO DO?

Care Worker/Volunteer - Joshua Ku

Have you ever thought that, one day:

you will no longer be able to move freely?

you will not be able to shower or eat by yourself?

you will no longer be able to sit up and be bedridden all day long?

you will completely forget you spoke a second language?

you will not recognise your family and friends?

And then you ask yourself, "Where am I? Who am I?"

I never considered these questions seriously until I became an intern at a nursing home.



My first job as an intern was to help a female resident take a shower. This was extremely embarrassing for me! My colleague and I used a hoist to lift her out of bed, seated her into a wheelchair, then pushed her into the bathroom.

I think when she was showered by someone for the first time, she must have felt embarrassed, been hesitant, and was unsure of how to respond. However, after many of these embarrassing experiences, she probably gave up and got used to it. After we washed, dressed, and groomed her, she said thank you to us with a smile. Her wedding photo hung on the wall in her room. She was an extremely beautiful bride. She looked very happy in other photos taken with her children and grandchildren. She moved into the nursing home when her husband died two years ago. She appeared happy and optimistic.

Another female resident was a doctor. As I walked into her room, I saw an emaciated lady lying on the bed, motionless, staring ahead. On the table next to her bed was a tray with several plates of food on it. It was the first time I had fed a stranger.

“Stand up in the presence of the aged, show respect for the elderly and revere your God. I am the Lord”

— Leviticus 19:32

“

God loves each of us

”



As I put the spoon onto her lips, she opened her mouth slightly. I fed the mushy cereal into her mouth. She swallowed slowly; after two or three mouthfuls, she stopped and closed her lips. I thought the food might be stuck in her throat, so I quickly gave her apple juice to help with her swallowing. I felt she needed more nutrition, so I tried to give her more. Her eyes looked up; her gaze wandering, not saying anything or looking at me. I said to her, "You need to eat more, it's good for your body, and you will recover faster." Although she didn't respond, she seemed to understand. She then ate a bit more before stopping.

To break the silence, I said to her, "I'm glad to be able to help you. When I feed you, it's like serving my mother and the Lord Jesus." I could see vaguely in her eyes, the Lord Jesus living in her, experiencing her sickness and helplessness. Our Lord Jesus confined Himself into time and space like we are as subjects of this world.

On the wall of her room were several beautiful drawings. There was a copy of her autobiography on the shelf. On the table was a record player, and next to it, some of her favourite classical music CDs. She used to be a pathologist; but now she suffers with diabetes and dementia. Later, when I had a chance to talk to her about her autobiography and family, she could only answer me in one or two words. From our conversation, I worked out she particularly missed her two younger brothers.

After two weeks together, her eating and spirits improved. In the third week of my internship, She promised me, if health permitted, I could accompany her, in a wheelchair, for a walk in the garden of the nursing home to enjoy the warm sun and beautiful flowers. That we accomplished with great gratitude!

Another female resident I met is a retired nurse who had moved to Australia from Spain. She had advanced dementia. My colleagues said she doesn't speak English anymore, but only some Spanish. I felt sorry for her and could only silently pray for her.

There was yet another female resident living with dementia, and other diseases, whom I knew was a Christian. When I fed her, I whispered the song "The Lord's Prayer" in the hope that she would hear it and be encouraged to eat more. When I sang "Give us today our daily bread," I came to a deep realisation that being able to eat was not a given, but is a gift from God. Every morning, her husband would visit her, hold her hands and talk to her softly. Her face did not have much reaction, but her husband said she could hear it. He sang "The Lord's Prayer" to her with me. He was a retired pastor.

I also had the opportunity to help a lady get changed. She was nearing her centenary. She lay in bed all day, her eyes kept closed when I changed her. Her daughter visited her that day, and I talked to her for a while. She told me that her mother did not recognise her anymore and treated her as a stranger. She felt really helpless. Her daughter was a devout Christian. She worried not knowing if her mother believes in Jesus. Her mother used to attend church, but after getting married, she was too busy helping her husband with his business that she rarely went. As she showed her concern, I comforted her, saying that God loves each of us and that, if her mother had believed in Jesus before, God would remember.

I could see what my future will bring from these residents. The end of life comes and goes like a breath of air.

However, the book of Ecclesiastes gives us a great reminder and encouragement: **"These things have been heard, and the general meaning is to fear God and keep His commandments, which is man's duty." Ecclesiastes 12:13**

I DON'T KNOW HOW YOU MAKE A WAY...BUT I KNOW YOU WILL

Mr. L called Hope Holistic Care (HHC) for help because his wife had been hospitalized for three weeks after a stroke. He had been visiting her every day. He suffers from diabetes and felt physically exhausted. Unable to do housework or cook for himself, he desperately needed assistance. Upon contacting us, we immediately arranged for our carer, Anita, to provide services and support.

The following is HHC Care Worker Anita's sharing of her experience:

Q: Can you describe the situation when you first visited Mr. L's home after his wife had a stroke and he was by himself at home? How was his emotional state at that time?

A: When I first met Mr. L on 7.11.2022, he was very polite and immediately expressed his gratitude by saying "Sorry to trouble you". After I entered his house, he told me that his wife was hospitalized on 18.10.2022 because she had a stroke and remained unconscious. Doctors from various departments of the hospital stated that she no longer showed any signs of life and informed Mr. L to be mentally prepared and to make arrangements for his wife's end-of-life affairs.



Q: What are the experiences and feelings of being a Care Worker?

This job is of great significance to me; I am convinced that God has placed me in the role of a Care Worker for Mr. and Mrs. L for a reason. It allowed me to witness the wonderful things that God was doing in their lives.

The care and concern shown by HHC, the visits from volunteers and nurses, the attentiveness of the team to the couple's well-being and needs have made me realize how warm and loving God's family is.

Anita shared that during Mrs. L's time in the hospital he was very worried that she would not be able to come home. Mr. L often held his wife's hand and talked to her, and she responded, but the doctor told him that his wife would most likely not survive, and he needed to prepare for the worst. Therefore, Mr. L asked you to help organize his wife's clothes and prepare for her passing.





Q: When Mr. L was feeling so disheartened and negative, how did you comfort him? Can you recall the your conversations with him at that time?

A: When Mr. L said that he was mentally prepared, I comforted him and wished him well during this period. I asked whether he had been attending church, and he replied that it was a long time ago. Mr. L also shared that his siblings are all Christians. I reassured him that they would pray for him. I also told Mr. L that although he has not returned to church for a long time, God had not forgotten him and would never abandon him. I encouraged him to have hope in his reunion with God.

As I was leaving, I invited him to pray together, but he declined stating that he was not in the mood for it. I told him that it was alright, and I would pray for them when I returned home.

After a few days, something incredible happened...We received a sudden call from Mr. L who said his wife had woken and was wreaking havoc at the hospital! The hospital was willing to discharge her and Mr Lau did not spare a moment to do so. He requested that HHC send me over to help him bring his wife home.

Q: How did you assist L's wife with her daily need when she returned home? What was her physical, mental, and spiritual state like?



A: Mrs. L is a very kind person. We often laugh and read the daily verse together during our conversations. Every time I see her, I always told her that Jesus really loves her. Sometimes I would ask her who saved her life, and she always answered that it was Jesus Christ. I returned home.

Q: You mentioned you had an emotional reaction while practicing with the choir one time. How come?

During a choir practice, we sang the song " **You Sit On The Throne** " As I sang the lyrics "it felt like my prayer. My thoughts turned to Mr. L and his wife, and tears started flowing uncontrollably from my eyes.

Q: What was the greatest feeling you got from this particular experience?

I was in great awe of the miracle of Mrs. L being able to be discharged from the hospital and return home, which was considered impossible by the doctors. Indeed, what appears impossible to humans is not impossible in the eyes of God.

CARING AND VISITATION SKILL FOR ELDERLY

Training Course



Hope Holistic Care will have a 2 full days training course “Caring and Visitation Skill for Elderly” on 17/6 & 24/6 (Saturday) in the South Alliance Chinese Church.

See the flier on the following page for more information.



Events

《HHC Singing Hymn Group》

Physical and Online Meeting

Zoom link: <https://bit.ly/hhchymngroup>



《Heathy Body Health Mind》



HOPE HOLISTIC CARE

Shop 1, 34 Herbert St, West Ryde NSW 2114
PO Box 130, West Ryde NSW 1685

T 02 7228 1369

E info@hopehc.org.au

W www.hopehc.org.au

L <https://linktr.ee/Hopeholisticcare>

《動手用 陪伴長者》

溝通技巧培訓課程

日期: 2023年6月10日及17日 (星期六)

時間: 09.30am - 4:00pm

地點: 基督教南雪梨宣道會

1/159-163 Penshurst Street, Beverly Hills, 2209

適合對象: 自願照顧者, 包括家庭成員, 義工及護理服務相關人員

費用: 每人\$60 (包兩天講義、茶點), 設有午餐供應每次 \$15

講員: 高蔡淑嫻師母 Kathleen Chye

(於Morling College 獲取基督教輔導碩士, 資深基督教輔導員, 曾任雪梨台福基督教會牧者及康恩普通話事工擴展主任)

課程內容:

- (1) 探訪者的角色/
認識長者不同的需要
- (2) 溝通技巧
- (3) 電話/電子平台溝通的技巧,
靈性關懷
- (4) 認識失去與死亡

截止報名日期: 9/06/2023

報名連結及二維碼:

bit.ly/hhctraining4



PRAYER POINTS

- Praise the Lord! We are serving 100 clients
- We have given more information to the Government to become an Approved Provider for Home care services
- Dementia group - Healthy Body, Healthy Mind 《沿途相伴，健智同行》 (pilot run) received good responses and has been extended with the help of generous donations.
- We will have 2 full days of training "Caring and Visitation Skill for Older people" on the Saturdays of 17/6 & 24/6 at the South Alliance Chinese Church
- Provision of care workers and clients. May HHC be a blessing for those who need support.
- Pray for more donations to sustain HHC's development of services and ministries



We are seeking donations for supports its works. Gifts of \$2 and above are tax deductible <https://www.hopehc.org.au/donate>

POSITIONS VACANT

Home Care Managers & Care Workers

Do you or anyone you know have experience working as a care worker in a community setting? Hope Holistic Care is looking for Chinese workers with a heart to care for older people; not just physically, but also spiritually. We are striving to build an environment where Christian love is shared throughout the organisation, in order that it may also overflow to those that come to us.

<https://www.hopehc.org.au/careers>

Apply
Now

HOPE HOLISTIC CARE

Shop 1, 34 Herbert St, West Ryde NSW 2114
PO Box 130, West Ryde NSW 1685

T 02 7228 1369

E info@hopehc.org.au

W www.hopehc.org.au

