



HOPE HOLISTIC CARE

展望全人護理

HHC NEWS

DEC 2023 | VOL. 7



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END OF YEAR MESSAGE

Board Chairman Rev. Joseph Fung

Hope Holistic Care was established by a group of Christians (local and international) who had a passion for community wellbeing and urban evangelism.

A significant cohort of our Chinese community are getting older. As they deal with age-related health issues, many develop a sense of fear, helplessness and even hopelessness.

Therefore, we began to share the vision and concern for the Chinese elderly amongst old friends in our professional and Christian circles. We shared with them the opportunity to meet the physical, mental, and spiritual needs of the ageing.

Thus, in September 2020, Hope Holistic Care was born.



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END OF YEAR MESSAGE CONTINUED...

In 2021, we collaborated with Anglicare and started providing home care services. This year in June, we were grateful to be granted the Government licence to officially deliver Home Care Packages for those over 65. It is our hope that though we currently still rely on donations, that we will be financially self-sufficient in the next 2-3 years.

2023 has been a challenging one for us, there were times of tension, but there were even more reasons for thanksgiving. Many of our ministries still need to be further developed, including our non-government-funded volunteer services, our health centre for people with cognitive decline, as well as pastoral care to nurture the spiritual well-being of our elders in the community.

I sincerely pass on my best wishes and blessings to all co-workers, volunteers, and friends who share their care and concern for our ministry. May you have a joyful year-end celebration and carry even greater expectations for the Lord's work in the coming year!

LIKE THE VOICE OF ANGELS

Care Worker/Volunteer - Joshua Ku

The nursing station on the first floor of the nursing home was the habitual spot of this female resident. She had a preference for bright colours, wore a forlorn face, and often appeared lost in thought. Her eyes were suffused with an inexplicable loneliness; she would occasionally murmur a tune or two. This lady was living with dementia.



I asked her, “Would you like to walk around the building? You need some exercise. It will help improve your walking.”. At first she didn’t respond. After some persuasion, she started to push her seat walker forward and walked step by step.

Whenever I walked past the nursing station in the last few days, I often saw her sitting there alone, talking to herself. I couldn’t stand seeing her sitting there blankly, so I asked her, “Shall I take you to the garden for a walk, and have some fresh air and warm sun?” She agreed. Having obtained the supervisor’s permission, we went to the garden together. It was a nice sunny day. I was wondering how to cheer her up. Instantly, an idea came to my mind – how about playing some of her favourite songs? I remembered that she told me she was in her eighties, so I searched YouTube for songs of the ‘50s, and played a song called “You Belong to Me” sung by Jo Stafford. Upon hearing the tune, she sang along wholeheartedly. Her voice was sweet, I could tell that she had formal vocal training. After that, we listened to a few more songs. While she was singing, she was swaying with the melody. I could see that bliss had filled her face, and it brought me joy as a result. No one would think that she was suffering from dementia!

“...day and night they never cease to say, “Holy, holy, holy, is the Lord God Almighty, who was and is and is to come! — Revelation 4:8b

LIKE THE VOICE OF ANGELS CONTINUED...

About noon time on the last day of my internship, I invited a retired doctor for a walk in the garden (she was the resident with whom I had the most contact during the past three weeks. She had been bedridden, I had never seen her get up from her bed. On this day, I was able to accompany her to go to the garden. My heart was filled with gratitude towards God. At the nursing station on the first floor, I saw her seated in a wheelchair waiting for me. She was wearing a long dress with a beautiful brooch, and a beaming smile on her face. Next to her was the female resident “the vocalist”, another two female residents and a coworker. We went into the garden and started singing. We had a few favourite hymns: “The Lord’s Prayer”, “Great is Thy Faithfulness”, and “Amazing Grace”. We sang them over and over again. I saw that joy and gratefulness filled every one of our faces. Our voices might be small, but they were like the voice of angels, giving praise to our Creator. Every bit of the lyrics touched the bottom of our hearts. “Thy kingdom come, thy will be done, on earth as it is in heaven” was our hope indeed. During the brief twenty to thirty minutes, we had formed a choir, singing with our truest and sincerest voice, like the voice of angels, in dedication to our Heavenly Father.

STAY ACTIVE STAY STRONG

Exercise Physicoist/Volunteer - Tiffany Yeong

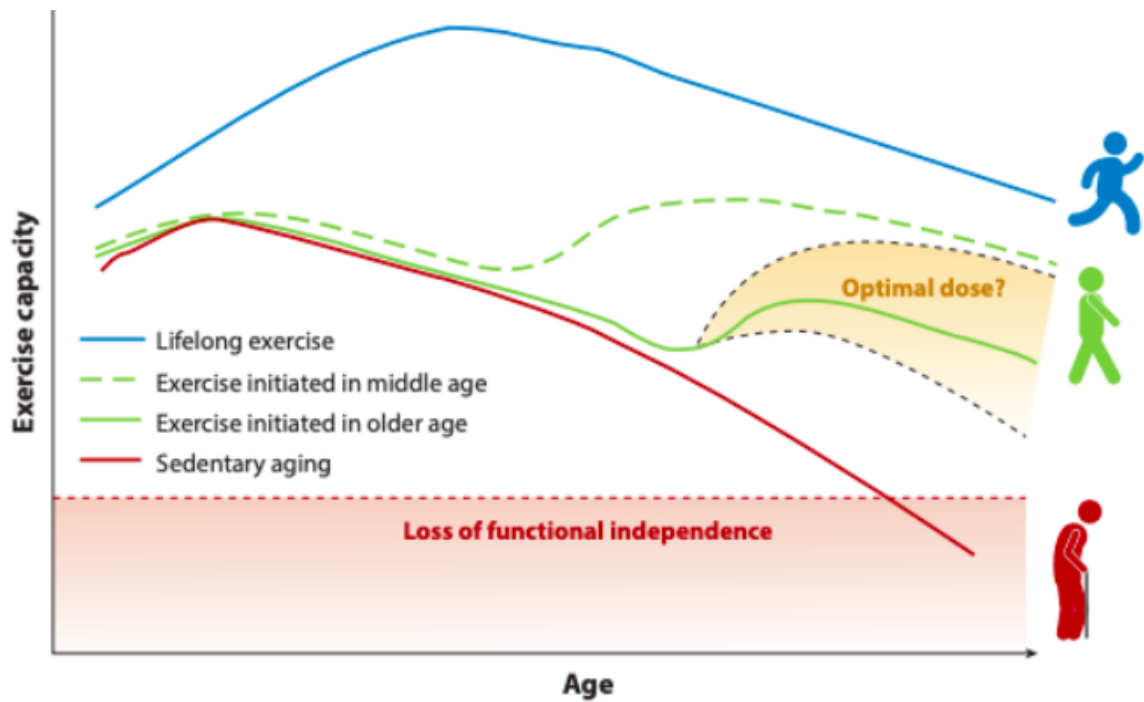
Have you ever been told by your general practitioner, family, or friends that you needed to start exercising, but you found yourself unsure about the reasons behind it, or how to get started? If so, you are not alone. In this article, we will explore why exercise is essential and how it can be integrated into your daily routine.

Why exercise?

Ageing is accompanied by a natural decline in physical function and exercise capacity. This deterioration can be accelerated by various factors, including diseases and/or lifestyle habits. However, exercise or physical activity plays a critical role in not only preventing further deterioration, but also reversing age-related decline.

The diagram below illustrates exercise capacity as one ages and the transformative effects of exercise. For seniors leading a sedentary lifestyle, exercise capacity can fall to a level that results in loss of functional independence, rendering them unable to perform activities of daily living (solid red line). On the other hand, individuals who have engaged in exercise for most of their adult lives have shown to have a greater exercise capacity even in the later stages of life (solid blue line). Initiating exercise habits in either middle or older age (>65 years) can elicit some muscles adaptations resulting in functional improvements (dashed and solid green lines). Therefore, the earlier one develops an exercise habit, the greater the chance of living independently in old age.





How much exercise?

Current physical activity and exercise recommendations call for adults of all ages to engage in at least 150 minutes of moderate-intensity aerobic activity or 75 minutes of vigorous-intensity aerobic activity and 2 days of muscle-strengthening activities per week. This may seem like a daunting and unachievable task initially, especially with busy schedules and reduced exercise capacity. But fear not, this can be broken down into manageable portions. Start with 10-15 minutes of physical activity/exercise sessions daily; then gradually work your way up to 20-30 minutes per day, eventually building up to the weekly exercise guidelines. Remember, any physical activity is better than none and it is never too late to get more active to improve your health.

Regardless of age, incorporating regular physical activity and exercise into your life can play a significant role in preserving or even improving physical functions, functional independence and overall wellbeing. Stay active and stay strong to defy age-related limitations!

Reference:

Carrick-Ranson, G., Howden, E.J. and Levine, B.D. (2022) 'Exercise in octogenarians: How much is too little?', *Annual Review of Medicine*, 73(1), pp. 377–391. doi:10.1146/annurev-med-070119-115343.



THANKSGIVING DINNER

2023



星期日
25/06

粵語感恩晚會

活出盼望



THANKSGIVING DINNER 2023



Hope Holistic Care
展望全人護理

CHRISTMAS GATHERING

Date: December 23, 2023 (Saturday)

Time: 10:00 AM to 2:00 PM

Venue: West Ryde Community Hall -

Main Hall, 3/5 Anthony Rd, West Ryde NSW 2114

Program: Family photo booth, Christmas Carol, & Sketching Activity

Sharing: Rev. Lawrence Lau

Lunch: \$15

Registration: <https://t.ly/JoFRT>



HOPE HOLISTIC CARE
展望全人護理

YOU ARE INVITED TO

The Most Beautiful Gift



CHRISTMAS GATHERING

DATE: SAT 23/12/2023

TIME: 10AM TO 2PM

ADDRESS: WEST RYDE COMMUNITY HALL - MAIN HALL
3/5 ANTHONY RD, WEST RYDE 2114

PROGRAM: FAMILY PHOTO BOOTH,
CHRISTMAS CAROL, SKETCHING ACTIVITY

SHARING: REV. LAWRENCE LAU

LUNCH: \$15

REGISTRATION: [HTTPS://T.LY/JOFRT](https://t.ly/JoFRT)



Enquiry: Hope Holistic Care (02) 7228 1369 | info@hopehc.org.au

Events

《HHC Singing Hymn Group》

Fourth Thursday of the month.



HOPE HOLISTIC CARE
展望全人護理

JOIN US

展望聖詩分享團契

SINGING
Hymn
Group

日期:
每月第4個星期四
時間:
早上10:00 - 12:00
地址:
Hope Holistic Care Office
Shop 1, 34-36 Herbert Street,
West Ryde, NSW 2114

《Heathy Body Health Mind》

Every Wednesday Morning



HOPE HOLISTIC CARE
展望健康活動中心

沿途相伴，健智同行

健體活動:
一同做健腦運動和多元化活動訓練，結合研究實證，鍛煉大腦不同部位，有助記憶、手眼協調等各方面認知能力，為自信心加加油。

適合對象: 長者/長者親友/照顧者

日期: 逢星期三

時間: 早上十時正至十二時半正

地點: Hope Holistic Care Office
Shop 1, 34-36 Herbert Street
West Ryde NSW 2114

收費: \$10(支持發展「展望健康活動中心」
www.hopehc.org.au/donate)

報名連結及二維碼



SUPPORTED BY
City of Ryde

查詢: 02 7228 1369 | info@hopehc.org.au | www.hopehc.org.au

HOPE HOLISTIC CARE

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



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LUNCH: \$15

REGISTRATION: [HTTPS://T.LY/JOFRT](https://t.ly/jofrt)



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THANKSGIVING & PRAYER

- The introduction of Healthy Body, Healthy Mind social group that caters for those with and without Dementia
- The inauguration of the Hymn singing group which meets monthly and have performed at several HHC functions
- The various social events, including the Thanksgiving dinner with almost 300 guests
- The approval of Hope Holistic Care's application to become a Commonwealth funded Home Care Package provider
- The Board of Directors, advisors, staff, volunteers, partners and donors who have made all of the above possible
- The provision of more staff and volunteers to further the activities of Hope Holistic Care
- Improving the capabilities of HHC to deliver quality services and care
- The introduction of a pastoral care program to promote spiritual growth in the community
- Wisdom to scale the operations of HHC as it grows
- Financial sustainability through growth in service revenue and generous donations



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

Hope Holistic Care Office will be closed from 25th December 2023 to 1st January 2024. We will reopen on Tuesday 2nd January 2024. Please contact us via email info@hopehc.org.au.

POSITIONS VACANT

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

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