

HHC NEWS

CEO's Message: Ben Lau

Season's Greetings!

Once again, it is time to reflect on the year that has been. There are many things to be thankful for, and even more to be hopeful about in the New Year.

For HHC, 2025 has been a year of many challenges, including the transition to the new Aged Care Act, as well as planning how HHC will grow and what its future will look like. Amidst the hardships, there have been blessings in the outcomes of our services, joy in our activities and faith in planning.

Some of the highlights have been the Chinese New Year and Anniversary celebrations at Padstow; the 3-year strategy planning with the help of ATS consulting (pro bono); and the new Healthy Body Healthy Mind group at Thornleigh that started in October. We are also thankful for meeting many people at various festivals in Eastwood and Chatswood.

Christians believe there is a relational

God. He wants us to experience community. That is why Jesus is called Immanuel; he is God come down to earth to be with us. Jesus' message of hope is that we are all in this together.

Therefore, apart from serving older people in their homes, we also offer pastoral care and volunteer visits, and we encourage them to join our social activities and the Healthy Body, Healthy Mind groups. We aim to build a community around our older people.

The Lord willing, we will continue to grow both our staff and participants in 2026, run more events and mobilise more volunteers to do good works in the ageing community.

I want to take this opportunity to thank all of our staff, volunteers and the Board for their support this year. Donors, thank you for your gracious gifts; they are a fragrant offering. To our clients, thank you for allowing us to journey with you.

This Christmas, I wish you all a time of good relationships, reconciliations, and rejoicing. May the New Year bring renewed hope and faith.

“

May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit

Romans 15:13

”

Yes, my soul, find rest in God; my hope comes from him. Truly he is my rock and my salvation; he is my fortress, I will not be shaken. - Psalm 62:5-6

A FALL FROM GRACE IN LATER YEARS?

Have you ever imagined how you might spend the final years of your life?

One day in a café, while listening to classic Western songs, I was reminded of several artists who once enjoyed worldwide fame—such as Elvis Presley, Whitney Houston, and Michael Jackson. Though they reached extraordinary heights in their careers, their later years were marked by decline, and some passed away suddenly, leaving many with a sense of sorrow.

King Solomon of Israel was also a great ruler. During his reign, the nation prospered, and his wisdom was renowned throughout the world.

Scripture records that **“people of all nations came to listen to Solomon’s wisdom”** (1 Kings 4:34). Even the Queen of Sheba traveled far to witness it herself. Yet despite having relied on God for his wisdom, Solomon turned away from Him in his later years. **The Bible tells us that his heart was led astray, and the kingdom was eventually divided and destroyed (1 Kings 11:4).** These stories remind us of the danger of finishing poorly.

For those of us who have faith, no matter how devoted we are today, have we considered whether we might one day drift away from God in our later years? I have visited elderly believers who, under the weight of illness and loneliness, grew bitter toward God and even lost the desire to live. If we were in the same situation, would we abandon our faith, or would we hold fast to it until the end?

The Bible offers us our only hope. We can cling to God’s promise:

**“Even to your old age and gray hairs
I am he who will sustain you...
I will carry you and rescue you.”**
(Isaiah 46:3–4)

Only God’s Word can help us finish well. May we strive together to fight the good fight and remain faithful to the end.



And so we know and rely on the love God has for us.

God is love. Whoever lives in love lives in God, and God in them.

— 1 John 4:16



Hope Holistic Care
展望全人護理

There is much to do for a people with the least time to respond to the Gospel. The harvest is indeed plenty, and we pray for more to be involved in support Hope Holistic Care's vision in building a community for older people to experience eternal hope. Will you join us?

Calling for Volunteers

For more information

<https://www.hopehc.org.au/get-involved>

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; In terms of qualifications, we are looking for workers who have a minimum of Certificate III in Aged Care. Apply Now <https://www.hopehc.org.au/careers>

Will you join us?

DONATE ONLINE

GET INVOLVED



Will you join us?



HOPE HOLISTIC CARE

Shop 1, 34 Herbert Street, West Ryde
NSW 2114

T 02 7228 1369

E info@hopehc.org.au

W www.hopehc.org.au

FB www.facebook.com/Hopeholisticcare

MEMORY AND FORGETTING

Care Worker Jonathan Ng

After joining HHC, I had opportunities to serve elderly people—affectionately known in Cantonese as “lo yau gei”—in their homes. Through everyday conversations, I was able to build meaningful connections with some of them.

I remember one elderly person playing the piano at home. After finishing my work, we spoke about the hymn he was playing, his piano, and a prayer he had offered more than twenty years ago, dedicating his musical gifts to God. As he shared this shining chapter of his past, I saw his eyes light up, as if remembering also renewed his hope for tomorrow.

On another occasion, I went for a walk with an elderly person who had only vague memories of recent events but recalled his distant past with remarkable clarity. During our walk, he retraced part of the life journey he had walked in Hong Kong sixty years earlier, vividly remembering God’s faithfulness and provision during difficult times. Once again, I saw that same sparkle in his eyes, as if his life had been rekindled and his confidence renewed.

I also recall an elderly person who eagerly shared his passion for tea with me. As I listened and enjoyed the tea he prepared with such care, I saw in his bright gaze a youthful vitality that had not faded.

There was also a couple who had to live apart temporarily because of illness. When they were later reunited in the same aged-care facility, their deep affection for one another remained, even as their memories faded. In their silent exchanges, I came to understand the true meaning of serving them.



I saw that same sparkle in his eyes, as if his life had been rekindled and his confidence renewed.



Dear friends, since God so loved us, we also ought to love one another.

— 1 John 4:11



I hope that my listening
and companionship
helped make their
journey a little lighter.



Another elderly couple, aware of the challenges of my immigrant life, warmly welcomed me into their lives. Through weekly walks and shared conversations, they gave me a sense of family in a foreign land. I hope that my listening and companionship helped make their journey a little lighter.

I am deeply grateful to walk alongside these elderly friends. As they remember and retell their stories, I often see them rediscover forgotten grace, gain new insight, and find renewed hope for the future.

After immigrating to Australia, I once thought my vocation as a teacher had ended, and that my work would be merely for survival. Yet God has used the skills I gained through past work and ministry to allow deeper connections with those I serve. Through witnessing their shining pasts and bright eyes, my work has been filled with joy.

Only the God who knows my needs could arrange such moments. Through the Forward Looking family, God has given me joy and hope for my future in Australia. I thank God and am grateful to Forward Looking for their trust.

God remembers my needs, and I desire to remember His work in my life.

A new command I give you: Love one another. As I have loved you, so you must love one another.
— John 13:34

【Aged Care Reform】

How Can CHSP Clients Prepare for the New Support at Home System?



Key Features of Support at Home

- **8 levels of funding**
Max. annual funding of \$78,000
- **Full Government-funded clinical care services**
(Including home visits from nurses and physiotherapy)
- **10% Care Management Fee**
Simple & Clear, no hidden costs
- **Flexible Quarterly Funds**
Making it easier to adjust for unexpected needs

The Australian Government will introduce the new Support at Home program on 1 November 2025, replacing the existing Home Care Packages (HCP) and Short-Term Restorative Care (STRC) programs. The current Commonwealth Home Support Program (CHSP) is also expected to be gradually integrated into the new system after 2027.

Additionally, the government has announced that 20,000 home care packages will be released by 31 October, with another 20,000 packages to be released before the end of the year. For seniors currently using CHSP services, now is an ideal time to consider a reassessment, if your health or care needs have changed.

Acting now on your reassessment provides more reliable support

Many seniors currently receiving CHSP services can only access limited basic support, with restrictions on the choice of service providers and types of services. When health conditions or daily care needs change, existing services may not be flexible enough. By completing a reassessment through My Aged Care and upgrading to a package, you can enjoy greater flexibility in funding, a wider range of services, more personalised care arrangements.

	CHSP	SAH
Levels	No levels	Offers 8 levels of ongoing support, plus short-term care pathways (Reablement Care, Palliative Care)
Types	Provides basic and short-term individual services based on assessment results (e.g. person care, nursing, allied health, meals, home modifications, transport, social support, and respite care)	Simplified into 3 main categories: Clinical Care, Independence Supports, and Everyday Living, Non-clinical services are co-funded with the government.
Funding	Government subsidised, with users required to pay a contribution each time they use a service	Funding ranges from \$10,000 (Level 1) to \$77,000 (Level 8). The government fully funds clinical care, while users pay a proportionate contribution for other services.
Fees	Not applicable	No package management fees are charges, and care management fees are lower. The hourly/unit rate for each service or item will increase to cover administrative costs.



HHC UPDATES AND THANKSGIVING

- Thornleigh Healthy Body Healthy Mind started in October
- HHC Christmas Carols teams visiting clients' homes for the 2nd year running
- The opportunity to promote healthy ageing at a private Christmas Party in Chatswood with over 700 attendees.
- Being sustained to run the many events in the last quarter of the year.
- Our clients, staff, volunteers and Board who have supported HHC in 2025

PRAYER POINTS

- Time for reflection and rest for all during the Christmas/New Year break
- People who are unwell or have lost loved ones this year
- The HHC community will continue to grow in 2026

1 Thessalonians 5:16-18

Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus.



HHC office will be closed from 25 December 2025 to 2 January 2026 and will resume normal operations on Monday, 5 January 2026. For any inquiries, please email us at info@hopehc.org.au



Donate to give Hope to the Chinese Ageing Community. Contributions of \$2 and above are tax-deductible.

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

DONATE ONLINE



HOPE HOLISTIC CARE

Shop 1, 34 Herbert Street, West Ryde NSW 2114

T 02 7228 1369

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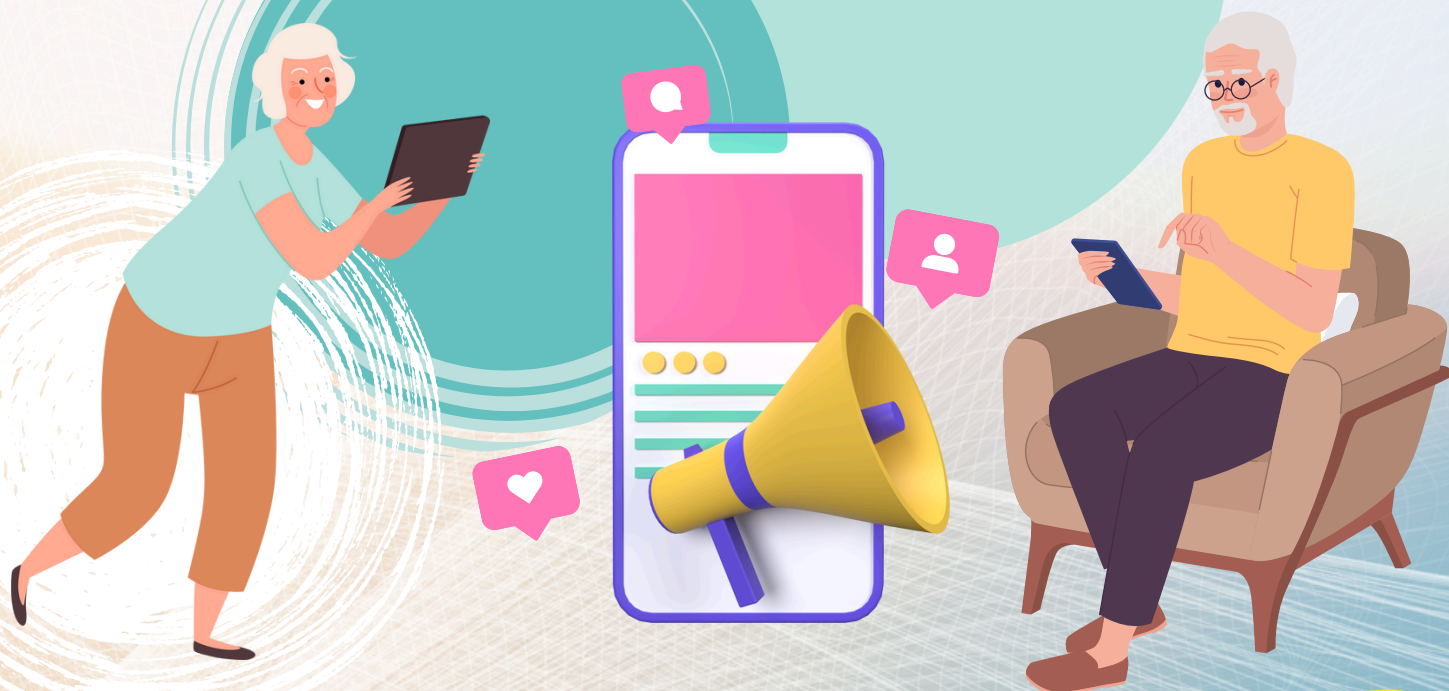


HOPE HOLISTIC CARE
展望全人護理 主辦

粵語講座 / 費用全免

老友記

網絡安全課程:



目的: 提升老友記的網絡安全意識,
避免誤墮網絡陷阱

SIGN UP!



日期: 2026年3月10、17日 (連續兩課)

時間: 上午10:30 - 12:30

地點: Chatswood Library

適合對象: 65歲以上長者 (參加者需同時出席兩課)

名額: 25位

查詢及報名: 02 7228 1369



HOPE HOLISTIC CARE
展望全人護理 主辦

Cantonese workshop /
Free of charge

SENIORS

Mobile Workshop



Purpose: To help friends learn digital technology easily, Let them actively engage in intelligent life.

Date: March 10 and 17, 2025 (Tuesday)

Time: 10:00 AM – 11:30 AM

Location: Chatswood Library

Suitable for: Seniors aged 65 and above

Number of seats: 25

Enquiries and registration: 02 7228 1369

SIGN UP!





Hope Holistic Care

展望全人護理

Home Care Support Services

We Offer Include:

- Domestic and Shopping assistance
- Meal preparation and delivery
- Personal and Nursing care
- Transport, social support and community engagement
- Dementia Care
- Continence supports
- In-home respite
- Allied health and other therapeutic services
- Home maintenance and repairs
- Care Management
- Volunteer visitations
- Pastoral Care



Shop 1, 34 Herbert St
West Ryde NSW 2114



02 7228 1369



info@hopehc.org.au



www.hopehc.org.au



Now
Open



HOPE HOLISTIC CARE
展望健康活動中心

HEALTHY BODY HEALTHY MIND

身心靈健康組

Thornleigh

每兩個星期五

報名連結及二維碼



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，鍛鍊大腦不同部位，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: 每兩個星期五

時間: 早上十時正至一時半

地點: 華澳浸信會展信堂
CABC Thornleigh
235, Pennant Hills Road,
Thornleigh, NSW 2120

收費: \$15 (支持發展「展望健康活動中心」
費用包括早茶和午餐, 如有食物過敏,
請提前告知)

www.hopehc.org.au/donate

報名: Dr. Nancy Fung 0414 286 262
Rev. Joseph Fung 0447 243 296

