



# HHC NEWS

## CEO's Message Ben Lau

On 19-21 May 2025, Hope Holistic Care had its first Quality Audit by the Aged Care Quality and Safety Commission. Three assessors spent two and a half days at our office interviewing staff, clients and volunteers, as well as reviewing our documents. They did not speak to everyone; rather, they took a sampling approach in their review. All our clients were given an opportunity to provide feedback via the Commission through phone or online surveys.

Some clients and care staff were contacted via telephone. A number of them visited the office to have in-person interviews with the assessment team. There was overwhelmingly positive feedback, and the assessors were satisfied that we knew our clients well, looked after them and supported them to live quality lives. One of the assessors even observed our Healthy Body, Healthy Mind group at West Ryde. They commented that everyone was clearly enjoying themselves.

At the end of the 3rd day, the team gave a summary of their findings. They informed us they had gathered sufficient evidence for the Commission to find we were meeting the Standards.

I was amazed and encouraged seeing stakeholders across the organisation coming together to demonstrate to the assessment team what HHC is like. It was evident, through this experience, that we are a community of people seeking the good and welfare of one another, as well as the progress of the organisation. It is also clear that, despite facing many challenges, God is assuring us He will continue to sustain Hope Holistic Care to achieve His mission for our elders; and through it, bring blessings to the wider community.

My sincere gratitude to our Board Directors, advisors, members, the Office team, clients, staff and volunteers. This was not an overnight production, but the culmination of activities and relationships built upon respect, care, devotion and prayer over the last four years.

**To God be all glory.**



**Unless the Lord builds  
the house,  
the builders labor  
in vain.  
Unless the Lord  
watches over the city,  
the guards stand  
watch in vain.**

**Psalm 127:1**



**Some trust in chariots and some in horses, but we trust in the name of the Lord our God.**

- Psalm 20: 7

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 Volunteer

**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>

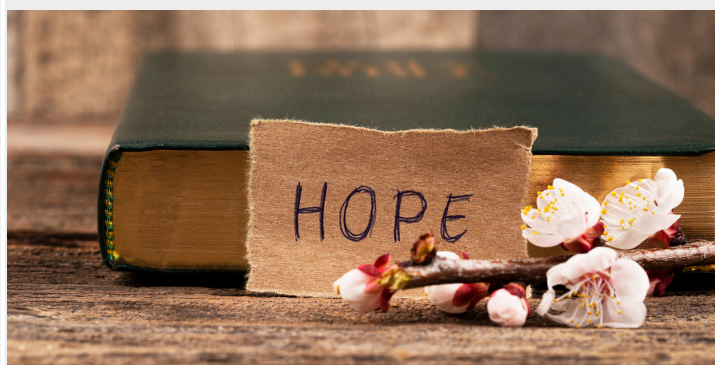
**Will you join us?**

**DONATE ONLINE**

**GET INVOLVED**



# Will you join us?



## HOPE HOLISTIC CARE

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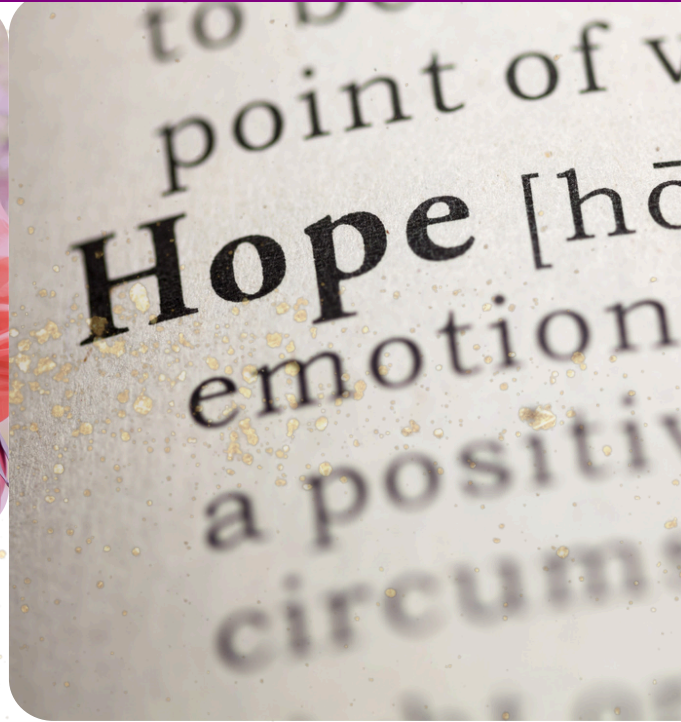
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# PASTORAL CARE

*By Pastoral Chaplain, Pastor Raymond Wong*



## Growing Old Together – A Journey of Faith

In our last sharing, we explored how we can build “resilience in aging” – the ability to embrace and prepare for the aging process. Yet no matter how well we prepare ourselves, the reality of entering old age often comes with difficult adjustments. Throughout our growing years, we are constantly learning, expanding our knowledge, training our bodies to grow stronger, and striving for greater wealth and achievements. This upward journey is full of hope and excitement – it’s a time of discovery and gain. Aging, on the other hand, is often experienced as a downhill path marked by gradual loss. What feels especially frustrating is that, much like kryptonite weakens Superman, aging can make us lose the very strengths we once relied on.

Take King David of Israel as an example. In his youth, he achieved the impossible by defeating Goliath, a Philistine giant over three metres tall, with nothing but a sling and great faith.

As king, David led countless victorious battles, conquering enemies and expanding the kingdom. Yet one day, during another battle against the Philistines, “David grew weary” (2 Samuel 21:15). From that moment, his men insisted he no longer go into battle, fearing for his life. Without even realising it, David had begun to age – his strength was no longer what it once was. We can imagine the disappointment and helplessness he must have felt. And yet, even in his aging and physical decline, David continued to praise God with songs of faith:

**“As for God, His way is perfect; the word of the Lord is flawless. He is a shield for all who take refuge in Him.”  
(2 Samuel 22:31)**

Even as his body weakened, David drew strength from God's promises. In his vulnerability, he chose unwavering trust in God, who became his shield, protector, and support.

May you and I, too, journey through the aging process with the same faith and dependence that David had – trusting in God wholeheartedly, and walking through old age together in hope.

**As for God, His way is perfect; the word of the Lord is flawless.  
He is a shield for all who take refuge in Him**

— 2 Samuel 22:31



# The New Reality of Aging

Care Coordinator - Vincent Chiu

After working in home care for some time, I've had the chance to meet many elderly individuals. A question often comes to mind: "Do I—or do you—fear aging?" As people enter their later years, many are plagued by illness, limited mobility, memory loss, emotional struggles, and loneliness. Some even develop thoughts of not wanting to go on. It's no wonder that some say aging is like a terrifying beast, overwhelming and inescapable.

In facing the realities of aging, some choose to respond with ageism, denial, or avoidance—what we might call “anti-aging.” But the truth is, whether we like it or not, this beast will eventually catch up with all of us.

Is there another reality? Must aging only mean pain and decline?

I once met an elderly Christian woman who suffered from sleep apnea and relied on a CPAP machine every night in order to sleep. She shared with me how difficult it was—how using the CPAP felt “worse than death,” and how every night was an ordeal. Yet, through prayer, she asked God for grace and strength, and it was through this faith that she managed to endure the long, difficult nights.

She came to a profound realisation: beyond the reality of aging, there is a greater and deeper truth—a new reality—that the Kingdom of Heaven has already come. She is firmly convinced that she is a citizen of this Kingdom, called to reflect the character of Christ in her life on earth (Matthew 5:3-12). For her, it's not just about waiting for the future promise of heaven, but actively living out that Kingdom reality here and now—“Your Kingdom come” (Matthew 6:10).

While aging may weaken the body and challenge the mind, in this new reality—this new Kingdom—she draws daily on God's grace and strength. *And through this, her inner being is renewed day by day.*



Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day

— 2 Corinthians 4:12



Acupoints are a unique concept in Traditional Chinese Medicine (TCM), with their origins traced back to the Huangdi Neijing (The Yellow Emperor's Inner Classic).

The ancient Chinese believed:

"Yin and Yang can be counted in tens, extended to hundreds, thousands, and tens of thousands, but their essence is one."

This emphasizes that although all things are constantly changing, the foundation lies in the balance of Yin and Yang. Acupoints are key hubs where Qi (vital energy) and blood circulate throughout the body. By stimulating specific acupoints through acupuncture, massage, or moxibustion, we can regulate organ functions, unblock meridians, and promote both disease prevention and overall wellness.

**Here are some commonly used wellness-focused acupoints:**

## **Zusanli (ST36):**

Located three inches below the knee. As recorded in Su Wen · Zhen Jie, "Zusanli is located three inches below the knee." This point helps strengthen the spleen and stomach, boosts immunity, and supports overall vitality. It is often called the "longevity point" and is widely used to aid digestion and enhance physical resilience.



位於膝下三寸，因稱「三里」。《素問·針解》：「所謂三里者，下膝三寸也。」



## Hegu (LI4):

Found on the back of the hand, between the thumb and index finger. The name "Hegu" refers to the convergence of muscles and energy flow. It is commonly used to relieve headaches, toothaches, colds, and stress. Known for its analgesic and calming effects, it is a popular acupoint for pain relief.



合，會合；肉之大會為「谷」。穴當拇、食兩指會合處，故名。



## Houxi (SI3):

Located on the outside edge of the hand, in the depression at the base of the little finger when a fist is made. The Su Wen · Qi Xue Lun notes, "A small convergence in the flesh is called a stream." Houxi helps relax tendons, unblock meridians, and is often used for stiffness in the neck and shoulders, or lower back pain.



後，後方；溪，溪谷，《素問·氣穴論》：「肉之小會為溪。」



## Weizhong (BL40):

Located on the outside edge of the hand, in the depression at the base of the little finger when a fist is made. The Su Wen · Qi Xue Lun notes, “A small convergence in the flesh is called a stream.” Houxi helps relax situated in the center of the back of the knee (knee crease). The word “Wei” refers to bending or folding. This point is effective in relieving lower back pain, knee swelling and pain, and also clears internal heat and muscle tension. It’s a key acupoint for detoxification and musculoskeletal relief.

### 測量長度



## Weizhong (BL40):



委，彎曲。穴當膝彎中央

## Locating Acupoints — The “Body-Inch” Method

Acupoint location should be adjusted according to each individual’s body type, and TCM commonly uses the “body-inch” (tong shen cun) method for precise measurement:

1 cun: The width of the first joint of the thumb.

3 cun: The width of the four fingers together (index, middle, ring, and little fingers).

9 cun: The distance from the elbow crease to the armpit.

12 cun: The distance from the anterior superior iliac spine (pelvic bone) to the top of the knee cap.

This method allows for individualized and accurate point location, enhancing therapeutic effectiveness.

In TCM philosophy, acupoints function like energy switches in the body. When stimulated correctly, they help balance Yin and Yang, unblock energy flow, and replenish Qi and blood. For modern individuals, regular stimulation through massage or moxibustion — paired with healthy diet and lifestyle habits — can greatly relieve stress, promote longevity, and improve quality of life.



# More support at home?

Have your daily needs changed since your last aged care assessment? You may now be eligible for a Home Care Package (HCP) or Support at Home (SaH), which provides more support to help you live independently.

If you were previously assessed for the Commonwealth Home Support Programme (CHSP) and now find some tasks harder, it may be time for a reassessment.

*(Please note: Starting from 1 November 2025, the Government will replace the Home Care Package (HCP) with the new Support at Home (SaH) program.)*

To help you decide, we've prepared a simple **self-check flyer** with key questions below.

✔ If you answer "YES" to some of the questions, we encourage you to apply for an updated assessment. We are happy to guide you through the process.

☎ Call us at 02 7228 1369 – We can guide you through the process or email [info@hopehc.org.au](mailto:info@hopehc.org.au)

💻 Visit: [www.hopehc.org.au](http://www.hopehc.org.au) Learn more about your options

📞 Contact My Aged Care at 1800 200 422 – Apply for an assessment



**We're here to help you live safely and independently at home!**



**And we know that in all things God works for the good of those who love him, who have been called according to his purpose..**

— Romans 8:28



# HOPE HOLISTIC CARE

## Home Care for over 65's

Self-check flyer



Are personal care tasks  
(such as showering,  
dressing, or grooming)  
becoming more difficult?

Have you had any recent falls  
or near misses in the last 6  
months?

Are you feeling more  
isolated or lonely?

Are you having trouble sleeping?  
Lately, do you feel more and  
more tired doing things...

Do you struggle with  
preparing meals or  
grocery shopping?

More  
Information



Support at home

Hope Holistic Care Can Help

### 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](mailto:info@hopehc.org.au)  
**W** [www.hopehc.org.au](http://www.hopehc.org.au)

# HHC UPDATES AND THANKSGIVING

- Thank the Lord for ATS Consulting's pro-bono assistance to help HHC plan its strategy for the next 3 years.
- Thank the Lord for the positive outcome of our recent Quality Audit from the Aged Care Commission.
- Praise the Lord for the anniversary of the Padstow Healthy Body Healthy Mind coming up in July



## PRAYER POINTS

- Pray for those who come to HHC to find eternal hope through our care, social activities and volunteer contacts.
- Pray for the sustainability of HHC's ministry, being a source of growth in the Kingdom for the Chinese community
- Pray for HHC to adapt to regulatory changes to continue reaching older people in their homes

### 2 Corinthians 9:8

And God is able to bless you abundantly, so that in all things at all times, having all that you need, you will abound in every good work



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

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

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HOPE HOLISTIC CARE  
展望健康活動中心

# 沿途相伴，健智同行

HEALTHY BODY & HEALTHY MIND

**Padstow**

Every alternate week  
Tuesday Morning

## 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，鍛練大腦不同部位，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:** 每兩個星期二

**時間:** 早上十時正至一時正

**地點:** 基督教百思道華人公理會  
(Padstow Chinese Congregational Church)  
9 Gatwood Close, Padstow, NSW 2211.

**語言:** 粵語

**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](http://www.hopehc.org.au/donate)

報名連結及二維碼



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HOPE HOLISTIC CARE  
展望健康活動中心

# 沿途相伴，健智同行

**West Ryde**

Every Wednesday Morning

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一同做健腦運動和多元化活動訓練，結合研究實證，鍛練大腦不同部位，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](http://www.hopehc.org.au/donate)

報名連結及二維碼



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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  
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