



Holy Family
Services

A Ministry of the Sisters of the
Holy Family of Nazareth

Holy Family Services NEWSLETTER

Vol 148. January/February 2023

A warm welcome

The beginning of 2023 brought us closer to the 70th anniversary of the arrival of the Sisters of the Holy Family of Nazareth in Marayong.

The ever- changing needs of the people who reside and are associated with our place, led us to our work at Holy Family Services providing:

- Aged Care
- Childcare
- and Retirement Village

It is continuously challenging, yet interesting and encouraging for us to support the needs of those we serve. We started our year with hope that changes we are making will bring a new spirit to all those involved and attract others to choose our services. We have implemented a revised management structure for the senior executive team that is flatter and more sustainable.

After conducting a poll, our newsletter has been renamed **Holy Family Services Newsletter**, and it will soon be available on our Website in digital form.

We are also working on completely changing our Website. Our current Website is not easy to navigate and does not provide a platform to present information in a modern way that reflects the current digital technologies available. As part of this process, we will also be reviewing our branding and marketing materials. And last, but not least, on Sunday 7th of May, we will be holding a Fair in our grounds from 11am to 5pm to celebrate Polish Constitution Day, Our Lady Queen of Poland Feast and the multiculturalism of our community. There will be several stalls with craft, vegetables and other things for sale including food from a number of cultures. We are also hopeful of having a children's animal zoo, jumping castles and rides for children available. Let's get together and celebrate as one family.



Alasdair Croydon
Chief Executive Officer



Sr Grace Roclawska
Director of Mission

DID YOU KNOW?



- Our Aged Care accommodates 146 residents: from Poland (77%), Australia (14%), Malta (7%), Ukraine (5%) and other countries (4%).
- Our Childcare serves 38 children per day from 18 nationalities.
- In our 28 Villas in RV we have 20 Polish residents & 8 residents from other countries.

IN THIS ISSUE

- January and February in pictures
- Pastoral Care Activities for February and March
- Lifestyle and Leisure activities
- From our Educator
- Resident's stories: Mrs Samulski

W TYM NUMERZE

- Styczeń i luty w zdjęciach
- Wydarzenia Duszpasterskie w lutym i marcu
- Ważne daty w lutym i marcu
- Od naszej edukatorki
- Historie naszych rezydentów: Pani Samulski

Serdecznie witamy

Początek 2023 roku to kolejny rok prawie 70-letniej obecności Sióstr Najświętszej Rodziny z Nazaretu w Marayong.

Stale zmieniające się potrzeby ludzi, którzy mieszkają i są związani z naszym miejscem, sprawiły, że nasza praca w Holy Family Services:

- Dom Opieki nad Osobami Starszymi
- Przedszkole
- i Wioska Emerytów

nieustannie zachęcają nas do oceny potrzeb tych, którym służymy. Rozpoczęliśmy rok z nadzieją, że zmiana wniesie nowego ducha do wszystkich zaangażowanych osób i zachęci innych do wybrania naszych usług.

Zmiany w naszej kadrze kierowniczej wyższego szczebla, pomaga nam na bardziej odpowiednim odpowiadaniu na potrzeby.

Po przeprowadzeniu ankiety, nasz biuletyn został nazwany **Holy Family Services Newsletter** i wkrótce będzie dostępny na naszej Stronie Internetowej w formie cyfrowej.



Alasdair Croydon
Chief Executive Officer



Sr Grace Roclawska
Director of Mission

Pracujemy również nad całkowitą zmianą naszej Strony internetowej, ponieważ nie jest ona łatwa w nawigacji. Nie zapewnia możliwości prezentacji w nowoczesny sposób informacji, które dostępne powinny być w technologii cyfrowej. W ramach tego procesu będziemy również przeglądać nasze materiały brandingowe i marketingowe. I wreszcie, w niedzielę 7 maja, od 11:00 do 17:00 na naszych terenach odbędzie się Jarmark, aby uczcić Święto Konstytucji RP, Święto Matki Bożej Królowej Polski i wielokulturowość naszej społeczności. Będzie wiele straganów z rękodziełem, warzywami i innymi rzeczami na sprzedaż, w tym żywnością z wielu kultur. Mamy również nadzieję, że będzie dla dzieci mini-zoo i inne atrakcje. Spotkajmy się i świętujmy jako jedna rodzina.



DID YOU KNOW?



Dom Opieki na Osobami Starszymi obejmuje 146 mieszkańców: z Polski (77%), Australii (14%), Malty (7%), Ukrainy (6%) i innych krajów (4%).

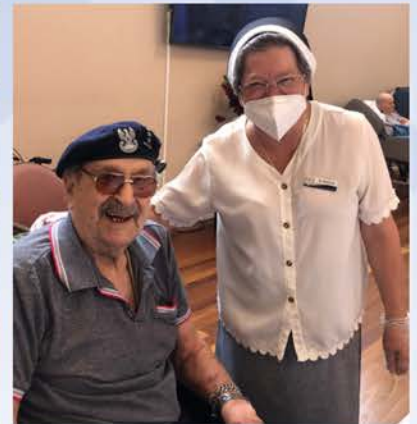
Nasze Przedszkole służy 38 dzieciom dziennie z 18 narodowości.

W Wiosce Emerytów mamy 20 mieszkańców pochodzenia polskiego i 8 mieszkańców z innych krajów.





Every month we celebrate Birthdays of our residents, In January one of the special persons is Sr Margaret, the Provincial Leader of the Sisters of the Holy Family of Nazareth. Sto lat!



On Australia Day we gathered to celebrate the beauty of the country in which we live and enjoyed the sausage sizzle. Radosne świętowanie Dnia Australii.





Our February Bus Trip took us all the way to Darling Harbour.

The Premier's Gala Concerts on 2 February showcased some of Australia's greatest entertainers to celebrate NSW seniors. Audiences will enjoy performances from Rodger Corser, Kate Ceberano, Ross Wilson, Harrison Craig and Prinnie Stevens.

Tegoroczna wyprawa do Darling Harbour na Koncert dla seniorów organizowany corocznie przez Premiera NSW zgromadził znanych australijskich artystów i sprawił nam wiele radości.



Tuesday
21
February
Shrove Tuesday - Pancakes cooking
 Smażenie naleśników
 14.00 - Hall

Wednesday
22
February
Ash Wednesday- Holy Mass
 Środa Popielcowa - Msza Święta
 10.00 - Polish War Memorial Chapel

Thursday
23
February
Residents' Meeting
 Zebranie Rezydentów
 14.00 - Hall

Friday
24
February
Food Focus Committee Meeting
 Zebranie o tematyce żywnościowej
 13.00 - Hall

Friday
24
February
Bus trip
 Wycieczka autokarowa
 10.00



Wednesday
8
March
International Women's Day
 Międzynarodowy Dzień Kobiet
 14.00 - Hall

Thursday
9
March
Birthday Party
 Świątowanie Urodzin
 14.00 - Hall

Thursday
16
March
Saint Patrick's Day
 Dzień Świętego Patryka
 14.00 - Hall

Tuesday
21
March
Harmony Day
 Dzień Harmonii
 14.00 - Celebrated on Wings/ Na skrzydłach

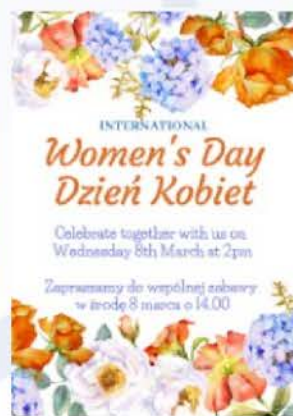
Thursday
23
March
Potatoe Pancakes
 Placki ziemniaczane
 14.00 - Piazza

Monday
27
March
101 Bronia's Birthday
 101 urodziny Broni
 14.00 - Joseph Wing/Skrzydło Józefa

Thursday
30
March
Residents' Meeting
 Zebranie Rezydentów
 14.00 - Hall

Friday
31
March
Easter Palm Preparation
 Przygotowanie Palm Wielkanocnych
 14.00 - Hall

Wednesday
Every Wednesday
Children's Visit
 Odwiedziny Dzieci
 11.15am - different venues



For more information about the activities and events contact :
Iza Gendra-Bres, Lifestyle and Leisure Coordinator
 on 02 9678 8200 or email: izabela.gendra-bres@hollyfamilyservices.com.au

Lent, in the Christian church, a period of penitential preparation for Easter. In Western churches it begins on Ash Wednesday, six and a half weeks before Easter, and provides a 40-day period for fasting and abstinence (Sundays are excluded), in imitation of Jesus Christ's fasting in the wilderness before he began his public ministry.

Wednesday On Ash Wednesday we accompany residents for prayer to TV rooms for special celebration with the rite of receiving ashes on our heads. To remind that "Remember You are **22** Dust and to Dust You Shall Return"
February

Friday Every Friday during the Lent special reflection on Passion of the Lord by meditating the Station of the Cross as preparation for Easter.
Every Friday

Other liturgical celebrations during March:

- 5 March- Commencement of the Lenten retreat in the church
- 17 March - St. Patrick day.
- 19 March - Feast of St Joseph – special prayer for residents living in St Joseph Home
- 25 March - Feast of Annunciation to the Blessed Virgin Mary

- First TUE** Mass in the Nursing Home chapel at 10.45am
- Every TUE** Mass in the Aged Care Chapel at 10.45am
- First FRI** Mass in the Church at 10am
- Every SAT** Mass in the Aged Care Chapel at 10.45am
- Every WED** Mass in the Church with novena to the Mother of Perpetual Help at 10am



Individual meetings with residents for conversation, prayer, reading, sharing and just being there for them is an ongoing part of the pastoral care services.

We provide emotional and spiritual support to residents and their families in times of sickness, death, family issues and various needs.

We assist residents, staff, and families with special needs e.g. new admissions or to transfer to some other wing. Assist families of residents as required.

We engage Father Artur Botur, residents' chaplain, regarding any sacramental needs of the residents and their families.



For more information and support from the Pastoral Team contact **Sr Alicja Drabik, Pastoral Care Coordinator** on 0410 638 804 or email: alicja.drabik@holyfamilyservices.com.au

Ursula Samulski – resident with the longest occupancy

How long are you in Marayong? What is your story?

In October 2023 it will be 13 years since I moved to HFS. At first, I had a different room but when opportunity came, I moved to a room with a garden view, and I am very happy with it. All my 3 kids moved away and live in different parts of Australia, and I decided it was time for changed. I didn't want to live on my own. I was very familiar with Marayong and Polish community here and I wanted to be close to it. Also, my sisters were already living in the village, so it was natural to be closer to them.

What do you like in our home?

At the beginning of my stay, I belong to Senior Club led by Sr Barbara. HFS is my home, and I always came back happy here. I know most of the staff and I trust them. I can't say bad word about them. People working here and residents are my second family now.

What is your advice for being happy in old age?

All you need is positive thinking! Be active physically and mentally. I read a lot, I walk a lot, I like to keep in touch with family. I go for a walk every day and I know good sleep is very important. Most importantly – I don't think about my age!



Jak długo jesteś w Marayong? Jaka jest Twoja historia?

W październiku 2023 minie 13 lat odkąd przeniosłam się do Domu Brata Alberta. Na początku miałam inny pokój, ale kiedy nadarzyła się okazja, przeniosłam się do pokoju z widokiem na ogród i jestem z tego bardzo zadowolona. Cała trójka moich dzieci wyprowadziła się z domu rodzinnego i zamieszkała w różnych częściach Australii. Wtedy zdecydowałam, że nadszedł czas na zmiany. Nie chciałam mieszkać sama. Bardzo dobrze znałam Marayong i polską społeczność, chciałam być blisko niej. Poza tym w Wiosce Emerytów mieszkały już moje siostry, więc naturalne było, że chciałam być bliżej nich.

Co lubisz w naszym domu?

Na początku pobytu należałam jeszcze do Klubu Seniora prowadzonego przez siostrę Barbarę. Holy Family Services to mój dom i zawsze wracam tu szczęśliwa. Znam większość pracowników i ufam im. Nie mogę złego słowa powiedzieć na nikogo. Ludzie tu pracujący i mieszkańcy są teraz moją drugą rodziną.

Jaka jest Twoja rada, jak być szczęśliwym na starość?

Wystarczy pozytywne myślenie! Być aktywnym fizycznie i umysłowo. Dużo czytam, dużo spaceruję, lubię utrzymywać kontakt z rodziną. Codziennie chodzę na spacer i wiem, że dobry sen jest bardzo ważny. Co najważniejsze – nie myślę o swoim wieku!

What is your official title?

Clinical Nurse Educator (CNE)

What is the scope of your work?

My scope is overall educational support and skills development, through training, education and mentoring of new and existing staff. Actively promote best practices and compliance through staff development and education to ensure optimal outcomes for residents.

Is it your first time at HFS?

No, I worked here 11 years ago and an RN, for 3 years. What attracted you to return to work with us? I am passionate about aged care and the standard of care being delivered, education and support of staff education needs. The upskilling of staff, to bringing out the best in them, to support the best outcomes for individual resident's care needs.

What would you say to anyone who consider working at HFS?

Come and join us! HFS is dynamic and diverse in culture and all-inclusive in their outlook and vision. They are also progressive and relevant in accordance with the ever evolving standards of aged care.

Is there anything you would like to share with residents, families and staff as you join us?

Thank you for welcoming me into your home and accepting me as a part of your clinical team.

We recently have had ongoing challenges with the risk and exposure to Covid-19. Unfortunately, despite all efforts with screening, monitoring and vaccination, all exposures cannot be eliminated. We ask that everyone remains vigilant and aware of your own health and stay home, isolate and rest if you are unwell.

We appreciate that you know your loved ones better than most and we would like to foster, an improved communication with our staff. If you have any concerns about your loved one's wellbeing, please speak to our team, and we in turn would like to do the same.

We have secured training for all staff to participate in a special program "Enabling Eddie". This will support our growing population of people living with dementia, to give them a virtual reality experience and understanding their world.

I am looking forward to providing ongoing clinical support and education to our team, so that we can achieve the best possible care for your loved ones.



Lynn Nichols, Clinical Nurse Educator

Call: 02 9678 8200 or email: lynn.nichols@holyfamilyservices.com.au

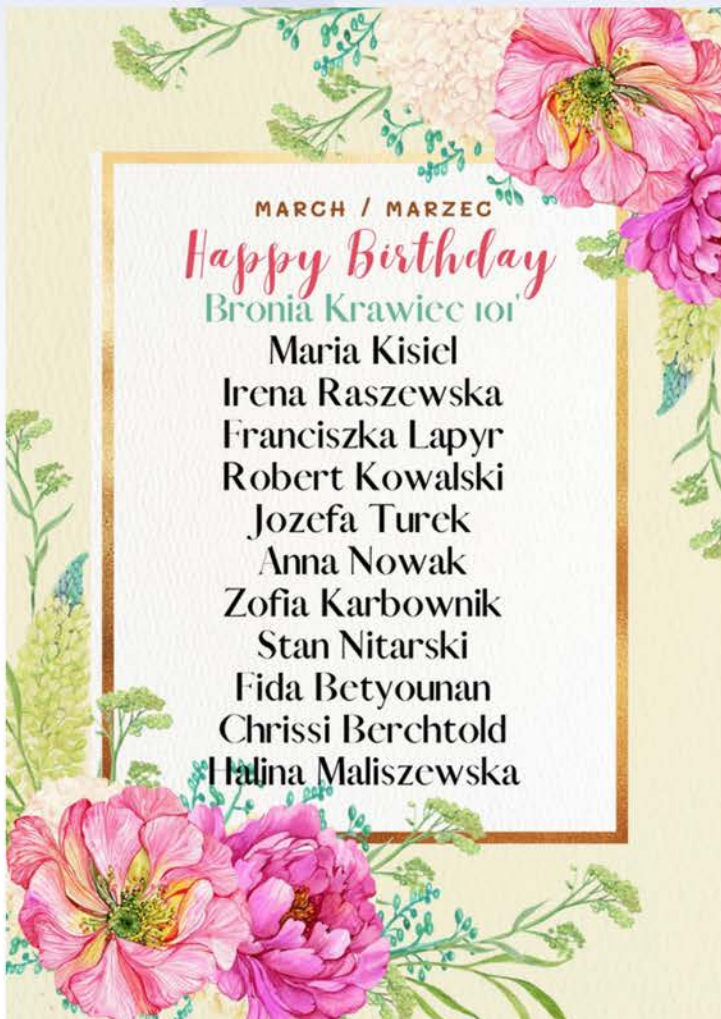
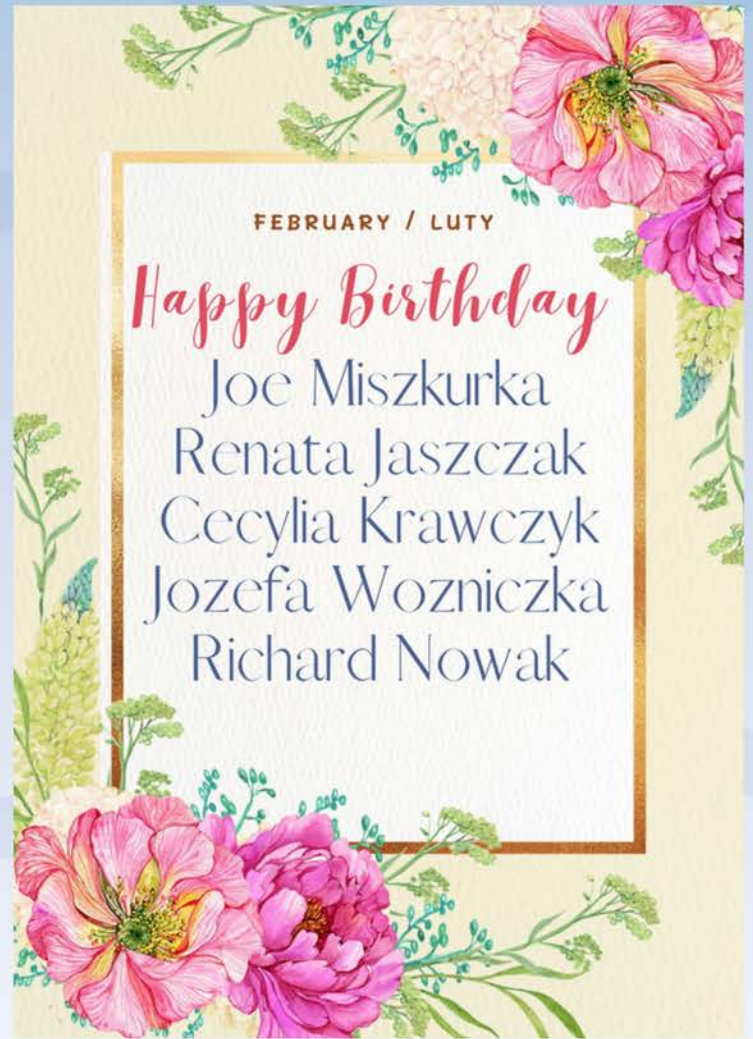
May the road rise up to meet you.

May the wind be always at your
back.

May the sun shine warm upon
your face;

the rains fall soft upon your fields
and until we meet again,

May God hold you in the palm of
His hand.



Let us remember the
past with gratitude,
live the present with
enthusiasm,
and look forward to the
future with confidence.

The Holy Family Services Blessed Frances Siedliska Retirement Village is ideal for seniors looking to retire and live in a friendly atmosphere, secure environment, and have the freedom to choose a lifestyle that meets your needs. The cottages are easy to maintain internally, and we take care of all the grounds and garden maintenance.

The Retirement Village offers fully independent living, however there is a nurse call system monitored 24 hours a day for emergency callouts. Some residents are supported by external community care providers to maintain their independence.

The Retirement Village is co-located with Brother Albert's Home Residential Aged Care Home. Our Retirement Village fully supports couples who have differing care needs to continue to live close to each other, with the option of one living in the Retirement Village and one in Brother Albert's Home.

Each cottage features contemporary designs, beautiful garden and offers easy access to nearby amenities in Marayong and greater Western Sydney.

Holy Family Services' residents have the option of being as social or as private as they would like. We invite our residents to use the village facilities to catch up with friends and family, take a stroll through the gardens or enjoy the privacy of their own cottage.



Zapraszamy do naszej Wioski Emerytów imienia Błogostawionej Franciszki Siedliskiej.



For more information call Alasdair Croydon on 0408 308 734





Sisters of the Holy Family have been caring for the families and children of Marayong since 1954. Our Long Day Care & Preschool was opened in 2009 with our dedicated team continuing to uphold the mission, vision and values of the Sister of the Holy Family of Nazareth. Our centre is based on Christian values in the catholic tradition with the values of Hospitality, Love and Acceptance forming the cornerstone of Holy Family Services.



Our objective is to offer the community a place where children will be encouraged to have fun and excel at the same time. We provide Long Day Care and Preschool for children ages six weeks to six years.

Our Services include:

- A high standard of Quality Education and Care
- An exceeding educational program
- Well renowned preschool program
- Diverse and respectful learning environments
- Nutritional meals, prepared fresh daily by our Onsite cook
- Well established health and safety practices
- A large natural outdoor environment
- A weekly visit to our local Aged Care Home
- Strong connections within our community
- Positive relationships with children and families.



Amani Ghali, Director & Nominated Supervisor

Call: 02 9626 1344 or email: amani.ghali@holyfamilyservices.com.au

Stay in touch Get involved

☎ 02 9678 8200

✉ admin@hollyfamilyservices.com.au

🌐 holyfamilyservices.com.au

📘 holyfamilyservices

CAN YOU CONTRIBUTE?

Contributions to our newsletter are encouraged and appreciated! Articles, photos, and stories relating to residents and staff are most welcome.

Zachęcamy i doceniamy wkład w nasz biuletyn! Artykuły, zdjęcia i historie z mieszkańcami i personelem są mile widziane.

CONTINUOUS IMPROVEMENT

We are happy to receive feedback at any time and strongly encourage everyone to contribute so that we can ensure that we continue to do the BEST we can.

Chętnie otrzymamy informacje zwrotne w dowolnym momencie i gorąco zachęcamy wszystkich do wniesienia wkładu, abyśmy mogli zapewnić, że nadal pracujemy NAJLEPIEJ, jak potrafimy.

WEBSITE UNDER CONSTRUCTION

COMING SOON

HOLY FAMILY SERVICES

Residential Aged Care

Registered Training Organisation (ID 91448)

Long Day Care & Preschool

A Mission Of The Sisters Of Holy Family Of Nazareth

HAIRDRESSER



Available every
Thursday from 9 am
Bookings via Reception

THANK YOU

We would like to issue a heartfelt thanks to relatives and volunteers who support us day in and day out. You make such a difference and we so very much appreciate your time and energy.



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