



Holy Family
Services

A Ministry of the Sisters of the
Holy Family of Nazareth

Holy Family Services NEWSLETTER

Vol 151 May 2023

Getting to know our chaplain



Fr Artur Botur, a member of the Society of Christ, is a Rector of the Polish Community in Marayong, Polish War Memorial Chapel. He also administers sacraments to our residents in Aged Care.

How long are you in Australia?

I am here almost 20 years. One day the Vicar General of my congregation asked me if I want to come and gave me 24 hours to respond. I agreed with some hesitation, thinking especially about my parents, knowing that if I will go, I will not see them growing older. But I surrendered my decision to God.

How long have you been in Marayong? Where were you before?

It is already my fifth year here. Before that I was in Keysborough, Melbourne, Sydney, Kirribilli and Maroubra.

What does your ministry to seniors mean to you?

It is a great spiritual experience. It requires a simple approach and communication. I feel privileged to be able to accompany them in this last life journey. I know that my service is only a part of an amazing work the Sisters and staff are doing here in Marayong.

DID YOU KNOW?



The Society of Christ was inspired by Pope Pius XI, who personally instructed Cardinal August Hlond, Primate of Poland, to establish a new religious congregation for pastoral work among Polish emigrants.

IN THIS ISSUE

- April in pictures
- Easter Pastoral Care Activities
- Lifestyle and Leisure activities
- From our Educator
- Resident's stories

W TYM NUMERZE

- Kwiecień w zdjęciach
- Majowe Wydarzenia Duszpasterskie
- Ważne daty w maju
- Od naszej edukatorki
- Historie naszych rezydentów

Kilka słów o naszym kapelanie

Ks. Artur Botur, członek Towarzystwa Chrystusowego, jest rektorem Polonii w Marayong, Kaplicy Pamięci Wojny Polskiej. Udziela także sakramentów naszym pensjonariuszom Domu Opieki nad Starszymi.

Jak długo jest Ksiadz w Australii?

Jestem tu prawie 20 lat. Wikariusz generalny mojego zgromadzenia zapytał mnie pewnego dnia, czy chcę przyjechać. Dał mi 24 godziny na odpowiedź. Zgodziłem się z pewnym wahaniem, myśląc zwłaszcza o moich rodzicach, wiedząc, że jeśli pojadę, to nie zobaczę, jak się starzeją. Ale swoją decyzję oddałem Bogu.


Jak długo jest Ksiadz w Marayong? Gdzie byłeś wcześniej?

To już 5 rok tutaj. Wcześniej byłem w Keysborough, Melbourne, Sydney, Kirribilli i Maroubra.

Czym jest dla Ciebie postuga seniorom?

To wielkie przeżycie duchowe. wymaga prostego podejścia i komunikacji. Czuję się zaszczycony, mogąc towarzyszyć im w tej ostatniej życiowej podróży. Wiem, że moja służba jest tylko częścią niesamowitej pracy, jaką Siostry i personel wykonują tutaj w Marayong.

DID YOU KNOW?



Towarzystwo Chrystusowe dla Polonii Zagranicznej zaistniało z natchnienia papieża Piusa XI, który osobiście polecił kardynałowi Augustowi Hlondowi Prymasowi Polski założenie nowego zgromadzenia zakonnego do pracy duszpasterskiej wśród polskich emigrantów.

Meet our new Quality Coordinator

My name is **Veerpal Dhillon**. I am a Registered Nurse. I worked in Australia in various roles such as an Assistant Nurse, a Registered Nurse, a Care Manager, and an Education and Quality Manager in Aged Care.

My goal at Holy Family Services is to strengthen the values of home, by continuous improvement and compliance. I value team input and partnership in care. Please share any feedback, innovative ideas, suggestions, complaints, compliments to ensure continuous high quality care. Our partnership will ensure our mission and values of Hospitality, Love and Acceptance are lived in practice.



There are various Polish customs and traditions associated with Easter. One of the most important traditions is the blessing of food, which takes place on Holy Saturday. Families bring baskets filled with Easter food, including eggs, bread, salt, and a lamb-shaped cake, to the church to be blessed by the priest.



Polacy mają różne zwyczaje i tradycje związane z Wielkanocą. Jedną z najważniejszych tradycji jest błogosławieństwo pokarmów, które odbywa się w Wielką Sobotę. Rodziny przynoszą do kościoła kosze wypełnione wielkanocnym jedzeniem, w tym jajkami, chlebem, solą i ciastem w kształcie baranka, aby ksiądz je pobłogosławił.





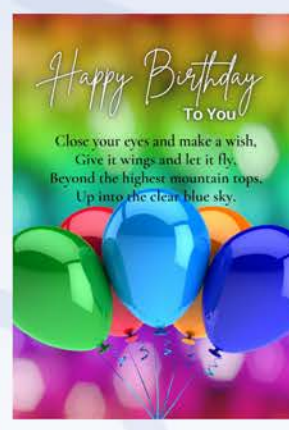
The Mobile Shoe Shop has been visiting Holy Family Services, fitting residents' feet with stylish, supportive and comfort footwear.



Radio SBS odwiedziło Polski Ośrodek Opieki w Marayong i z polskimi kombatantami i rezydentami ośrodka - Panem Jerzym Żelazowskim i Panią Zofią Karbownik, spotkała się Eliza Anna Falkiewicz. Oto ich unikalne wspomnienia z czasu wojny, które pozostawiają po sobie nam wszystkim, aby je ocalić od zapomnienia.

<https://www.sbs.com.au/language/polish/pl/podcast-episode/polscy-kombatanci-z-marayong-wspominaja-aby-ocalic-od-zapomnienia/hgi6dbg8m>
 (audio available in Polish language only)

Tuesday	Polish Flag Day Dzień Polskiej Flagi Reminising on Wings/ Na skrzydłach	Friday	International Nurses Day Dzień Pielęgniarki
2 May		12 May	
Wednesday	Constitution Day Dzień Konstytucji Reminising on Wings/ Na skrzydłach	Tuesday	100th Birthday Party 100 Urodziny 14.00 - Hall
3 May		19 May	
Wednesday	Our Lady Queen of Poland Feast NMP Królowej Polskiej 10.00 - Holy Mass in Church	Thursday	The Biggest Morning Tea Wielkie Drugie Śniadanie 10.00 -Hall
3 May		25 May	
Thursday	Bocce Competition Zawody w Bocce 14.00 -Hall	Thursday	Residents' Meeting Zebranie Rezydentów 14.00 - Hall
4 May		25 May	
Sunday	Family Fair Rodzinny Kiermasz 11.00 -17.00	Monday	Pentecost - customs Zielone Świątki - tradycje Reminising on Wings/ Na skrzydłach
7 May		29 May	
Thursday	Mother's Day Concert Koncert z okazji Dnia Matki 14.00 - Hall	Monday	Aged Care Advocacy Meeting Porady Adwokackie dla Rezydentów 14.00 Hall
11 May		29 May	



Holy Family Services is looking at ways to improve our living space for our residents. The purpose is to create a more stimulating, brighter, and enjoyable living environment for all our residents.

We are looking for enthusiastic volunteers and contributors, who have the resources to help us. This can include and not restricted to physical (hands on), time, plants, garden furniture, building resources, wall screen panels etc. to brighten our courtyards. This will make them more beautiful and welcoming, supporting an outdoor/ indoor living space for our residents.

The vision is to create a more beautiful outdoors space, which will encourage more outdoor activities and visits with our families. We started in Mary Wing, with our residents who are living with dementia and would love to see this continued into the other wings, soon. **Please join us!**



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

Tuesday
1
May

St. Joseph the Worker Feast
Patron of Workers

Wednesday
3
May

Our Lady Queen of Poland Feast
Holy Mass in the Church at 10:00am

Wednesday
5
May

First Friday of the Month
Holy Mass at 10:00 in the Church distribution of Holy Communion for residents in our facility.

Thursday
6
May

Holy Mass for the intentions for all staff and volunteers of the Holy Family Services in Aged Care Chapel at 10:45am

Sunday
7
May

Family Fair & Mass
Main celebration at 2.30pm in the Church (See: program at the back of this Newsletter)

Friday
12
May

International Nurses Day
We pray in all intentions of our nurses

Tuesday
20
May

Ascension of the Lord
10.45am Mass in our chapel

Thursday
24
May

Our Lady, Help of Christians patron of Australia
prayers for Australia

Thursday
27
May

Pentecost prayers
10.45am Mass in our chapel

ALL
MAY

During the month of May we sing the Litany of Loreto to honour our Blessed Mother (Polish Tradition - MAJOWKA).

- 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



- Maryjo, Krolowo Polski - modl sie za nami.**
- Solacium migrantium - ora pro nobis.**
- Our Lady Help of Christians- pray for us.**
- Marija Regina tal-Paci - Itlob ghalina.**
- Maria, Reyna ng mga Pamilya - Ipanalangin mo kami.**



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

Maryla and Ljudevit - a true love story.

Maryla and Lui had a love story that started when she was just sixteen and had gone to the community dancing event with her family. It was there that she saw Lui for the first time. He was playing the guitar in the band. When he saw Maryla, he couldn't take his eyes off her. He played his heart out that night, hoping to catch her attention. Even though Lui was older than her and they had cultural differences (he was from Croatia, she was from Poland), they hit it off immediately and started dating. They were head over heels in love and spent all their time together. But they knew they couldn't get married just yet. Maryla was still too young, and they had to wait until she was legally old enough to tie the knot. They waited patiently for four years, and finally, in July of 1959, they got married.

Maryla and Lui settled down in a big home in Mt Druitt and started their life together. They were happy, and their love only grew stronger with each passing day. In 2008, they moved to one of the villas in the Retirement Village in Marayong. Maryla's sister Barbara was already living there, and so was her other sister, Ursula, who was a resident of Albert Home. Maryla and Lui loved it in this place and enjoyed spending their days together. Lui was volunteering and playing music for the residents for next door nursing home.

As they got older, they needed more help, and Maryla had to move to the Albert Home. Lui stayed in their villa. But he visits her almost every day. They spend their time together watching TV, having coffee, chatting about old times, and playing scratches.

Maryla always said that she won at life when she met Lui. Their secret to a happy marriage is honesty and lots of patience. They had weathered many storms together, but their love had always come out stronger on the other side. Mary and Lui's story is an inspiration to everyone in the our community. They showed that true love knows no age and that with patience and sharing the worries, anything is possible.



Falls prevention in Aged Care.

Our facility prides itself with actively assessing and monitoring falls risk and implementing strategies to support residents' safety; however, all falls cannot be eradicated.

The following are to be considered as a means of prevention:

1. Improving Mobility with Exercise

We engage our residents in a low-impact movements and exercise program to help improve their overall strength and balance.

2. Assessing Feet & Footwear

Bear in mind pre-existing foot conditions and poorly fitting shoes can impact a foot's position, mobility, and balance. Please speak to staff if you are uncertain of appropriate footwear.

3. Reducing Symptoms of Dizziness

Dizziness in older people can indicate an underlying health problem and should be reviewed by a doctor or specialist.

4. Reviewing Medications

As we age, we may need the assistance of medication to maintain our physical health, however drug interaction and side effects are to be considered. We offer consulting pharmacist reviews on an annual basis and will need the consent of both families and doctor. Consider speaking to a doctor about medication interactions and side effects if you have any concerns.

5. Screening Vision

It is common to experience visual impairment as we age, such as cataracts, macular degeneration, glaucoma etc. however it can affect your peripheral vision (side vision) and balance, as well as your ability to navigate a cluttered environment.

6. Assessing Living Conditions and consider

Lighting

Walking aids

Avoid/ reduce clutter

In conclusion, our facility offers, bed/ chair sensors, room sensors, low lying beds, fall-out mat, walking aids, etc. We also have the privilege of 2 trained physiotherapist and physio aids who oversee and support individual's mobility programs.



Lynn Nichols, Clinical Nurse Educator

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





Zapowiedź zdjęć zrobionych w Wiosce Emerytów w ramach przygotowań do naszej nowej strony internetowej. DZIĘKUJEMY wszystkim mieszkańcom, którzy podzielili się z nami swoim czasem i uśmiechami. Dziękujemy Anthony Costa za ułatwienie nam tego procesu.

A sneak peak of the photos taken in our Retirement Village and across all our services in preparation for our new Website. THANK YOU to all residents who shared with us their time and smiles. Thank you to Anthony Costa for making the process easy for us. <https://ministrydigitalmedia.com.au/>



Nurturing and supporting the holistic wellbeing of children.



This month we asked **Arshia Malik**, Second In charge of the Service and Educational Leader about her work experience.

How was your journey to become an early childhood worker?

It was definitely my own choice to work in the child care. I chose this career due to my nurturing nature that thrives on building relationships with children and families.

How long have you been working for Holy Family Services?

I have been working with Holy Family since 2015 and our core values of Hospitality, Love and Acceptance make it special for me.

What would you say to someone considering career in childcare?

I would encourage them to work in the early learning centre as I see it as a rewarding industry. It takes an individual to behold a very special heart, play a significant role in a child's holistic wellbeing and watch them grow and learn.



Come and join our TEAM!



Amani Ghali, Director & Nominated Supervisor

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

Stay in touch Get involved

☎ 02 9678 8200

✉ hfsadmin@holyfamilyservices.com.au

🌐 www.holyfamilyservices.com.au

📘 holyfamilyservices



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.

JOIN US AND SHARE

Community spirit

**MARAYONG
7 MAY
11AM - 5PM**

IN CELEBRATION OF THE CONSTITUTION DAY,
OUR LADY QUEEN OF POLAND FEAST
& MULTICULTURALITY OF OUR NEIGHBOURHOOD.

ACTIVITIES AT JOHN PAUL II HALL

- 11am Opening and Welcome
- 11.15am Kapela Polska (Polish songs)
- 11.45am Polskie Skrzydła (Polish songs)
- 12pm Lajkonik (Polish Dance group)
- 12.30pm PACSI (Philippine Folk Dances)
- Good Shepherd Youth Choir
- 1.15pm Polish Saturday School
- 1.45pm Joe Apap (Maltese Songs)
- 2.15pm Polonia (Polish Choir)

- 2.30pm Mass and Procession (in Polish)
@ Polish War Memorial Chapel

OUTDOOR ACTIVITIES

- Jumping Castle, Mini-Train, Obstacle course
- Mini- Zoo, Face-painting & activities with scouts.

AVAILABLE ONSITE

- Food & Merchandise stalls from different countries.

All are welcome

ORGANISERS:

VENUE: 116 - 132 QUAKERS ROAD, MARAYONG 2148

ZAPRASZAMY DO ŚWIĘTOWANIA

Wspólnota

**MARAYONG
7 MAJA
11.00-17.00**

CELEBRACJA DNI KONSTYTUCJI 3 MAJA,
ŚWIĘTO MATKI BOŻEJ CZĘSTOCHOWSKIEJ
& WIELONARODOWOŚCI NASZEGO SĄSIĘDZTWA.

WYSTĘPY NA SALI JANA PAWŁA II

- 11am Otwarcie i przywitanie
- 11.15am Kapela Polska (Pieśni polskie)
- 11.45am Polskie Skrzydła (Pieśni polskie)
- 12pm Lajkonik (Tańce polskie)
- 12.30pm PACSI (Tańce z Filipin)
- Good Shepherd Youth Choir
- 1.15pm Polska Szkoła Sobotnia
- 1.45pm Joe Apap (Pieśni z Malty)
- 2.15pm Polonia Choir (Pieśni polskie)
- 2.30pm Msza i procesja (po polsku)
@ Polish War Memorial Chapel

ZAJĘCIA NA ZEWNĄTRZ

- Jumping Castle, Mini-Train, Obstacle course
- Mini- Zoo, Face-painting & zajęcia z harcerzami.

DOSTĘPNE CAŁY DZIEŃ

- Stragany z jedzeniem & różnościami do zakupu.

Zapraszamy wszystkich

ORGANIZATORZY:

ADDRESS: 116 - 132 QUAKERS ROAD, MARAYONG 2148

**JOIN
US!**

HAIRDRESSER



Available every
Thursday from 9 am
Bookings via Reception

COFFEE Shop

OPENING HOURS

MONDAY	10AM-2PM
TUESDAY	10AM-2PM
WEDNESDAY	10AM-2PM
THURSDAY	10AM-2PM
FRIDAY	10AM-2PM
SATURDAY	CLOSED
SUNDAY	CLOSED

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