



Holy Family
Services

A Ministry of the Sisters of the
Holy Family of Nazareth

Holy Family Services NEWSLETTER

Vol 156, October 2023

My journey in caring for people

My HR career started 13 years ago when I worked as a Personal Assistant in a HR team. Since then, I have obtained a Graduate Certificate of Human Resource Management and progressed to HR Coordinator 6 years ago. Working in the not-for-profit religious sector aligns with my personal values, having worked at William Clarke College for 9 years before joining Holy Family Services.

HR combines my love of getting to know people as individuals and the structure of processes. However, for me, processes should not be put before people. The role of HR is to be an advocate for the business as well as for the employees. At times this is a very fine line to navigate and can be challenging, however, with a balanced view and negotiation, anything is possible.

The past 10 months have flown since I joined HFS and I have challenged and been challenged on our approach to HR practice and processes. In my daily work for the Aged Care and Early Learning personnel I strive to create a work culture which aligns with our Mission and Values.

In June 2023, we conducted the Gallup Q12 Employee Engagement Survey, where 100 employees provided their feedback on their role, colleagues, growth opportunities and support of management. The results highlighted growth and development and reward and recognition as areas of focus for the next financial year.

My goal is to continue to strengthen our practice and processes for a sustainably successful future of HFS. Whilst HR is not the most loved position in an organisation, my hope is that is not the current reflection of my role and that our staff feel heard, appreciated and valued.



Colleen Parbery
Human Resources Coordinator

DID YOU KNOW?



72% extremely satisfied or satisfied with Holy Family Services as an employer

38% feel uncared for at work

80% of respondents know what is expected in their role

54% feel adequately recognised for their contribution

Moja droga w trosce o człowieka

Moja kariera w HR rozpoczęła się 13 lat temu, kiedy pracowałam jako Osobista Asystentka w zespole HR. Od tego czasu uzyskałam Certyfikat Absolwenta Zarządzania Zasobami Ludzkimi, a 6 lat temu awansowałam na stanowisko Koordynatora HR. Praca w sektorze religijnym non-profit jest zgodna z moimi osobistymi wartościami, ponieważ przed dołączeniem do Holy Family Services pracowałam przez 9 lat w William Clarke College.

HR łączy moją pasję do poznawania ludzi oraz struktur i procesów pomagających im w pracy. Jednak moim zdaniem procesów nie należy stawiać przed ludźmi. Rolą HR jest być rzecznikiem biznesu i pracowników. Czasami jest to bardzo cienka linia do pokonania i może stanowić wyzwanie, jednak przy spokojnym podejściu i negocjacjach wszystko jest możliwe.

Minęło 10 miesięcy, odkąd dołączyłam do HFS oraz stawiałam czoła wyzwaniom związanym z naszym podejściem do praktyk i procesów HR. W mojej codziennej pracy na rzecz personelu Opieki nad osobami starszymi i dziećmi staram się stworzyć kulturę pracy zgodną z naszą Misją i Wartościami.

W czerwcu 2023 roku przeprowadziliśmy Badanie Zaangażowania Pracowników Gallup Q12, w ramach którego 100 pracowników przekazało swoje uwagi na temat swojej roli, współpracowników, możliwości rozwoju i wsparcia kierownictwa. Wyniki podkreśliły wzrost i rozwój oraz nagradzanie i uznanie jako obszary zainteresowania na kolejny rok finansowy.

Moim celem jest dalsze wzmacnianie naszej praktyki i procesów, aby zapewnić trwałą i pomyślną przyszłość HFS. Chociaż dział HR nie jest najbardziej lubianym stanowiskiem w organizacji, mam nadzieję, że nie odzwierciedla to obecnie mojej roli i że nasi pracownicy czują się słyszani, doceniani i ceni.



Colleen Parbery

DID YOU KNOW?



72% jest bardzo zadowolonych lub zadowolonych z HFS jako pracodawcy

38% czuje się w pracy zaniedbywanym

80% respondentów wie, czego oczekuje się na ich stanowisku

54% czuje się odpowiednio docenionych za swój wkład pracy

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- From our Educator
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W TYM NUMERZE

- Wrzesień w zdjęciach
- Wydarzenia Duszpasterskie w październiku
- Ważne daty październikowe
- Od naszej edukatorki
- Historie naszych rezydentów



The Maltese festa at our home was really wonderful and made everyone feel happy inside. The air smelled so good with the yummy Maltese food like pastizzi, which reminded many of their homes. We could hear traditional Maltese music playing, and some residents even danced to the familiar songs. It was a day full of smiles, laughter, and joy as we celebrated Maltese culture and made special memories together.





Getting all dressed up is so much fun! You don't have to be a sewing expert; all you need is your imagination.

Przebijanie się to świetna zabawa! Nie musisz być ekspertem od szycia; wszystko czego potrzebujesz to Twoja wyobraźnia.



Great news! We've got a new bus at our care facility, and it's time for us to go on some fun trips together. Let's get ready to have a good time!

Dobre wieści! W naszym domu pojawił się nowy autobus i przyszedł czas na wspólne, ciekawe wycieczki. Przygotujcie się na dobrą zabawę!

Wednesday

Birthday Party

**4
October**

 Urodziny
13.30 - Hall

Tuesday

Children's Visit

Every

 Odwiedziny Przedszkolaków
11.00 - Hall

Wednesday

Food Discussion Forum

**11
October**

 Nasz Jadłospis
11.15- Albert Wing

Thursday

Hairdresser

Every

 Fryzjer
from 8.30 - Salon

Thursday

Octoberfest

**12
October**

 Dzień Piwa - Grill
13.30 - Hall

Thursday

Students' Visit

Every

 Odwiedziny Studentów
13.30 -Hall

Tuesday

Residents' Meeting

**31
October**

 Zebranie Rezydentów
11.15 - Albert Wing

We are delighted to announce our third milestone birthday of the year here at Holy Family Services, and it's none other than **Julius**, who will turn 102 at the beginning of October! What an incredible journey he has had, and how fortunate he is to have reached the remarkable age of 102. Julius serves as an inspiration to us all, and we can't wait to celebrate this momentous occasion with him. Here's to Julius and his extraordinary 102 years of life! 🎉🍰🌟

Z radością ogłaszamy, że w HFS obchodzimy trzecie urodziny w tym roku, a jest to nie kto inny jak Julius, który na początku października skończy 102 lata! Jaką niesamowitą podróż odbył i jakie ma szczęście, że dożył niezwykłego wieku 102 lat. Julius jest dla nas wszystkich inspiracją i nie możemy się doczekać, aby świętować z nim tę doniosłą okazję. Za Juliusa i jego niezwykle 102 lata życia! 🎉🍰🌟

Join us for a delightful Octoberfest BBQ on the piazza! It's a fantastic opportunity for all residents to come together, enjoy some delicious food, and savour the beautiful spring weather. We look forward to seeing you there and sharing some wonderful moments together!

Zapraszamy na wiosenny Octoberfest na placu! To fantastyczna okazja dla wszystkich mieszkańców, aby spotkać się, skosztować pysznego jedzenia i cieszyć się piękną wiosenną pogodą.

For more information about the activities and events contact :
Sr Ewa Pliszka, Acting Lifestyle & Leisure Coordinator
 on 02 9678 8200 or email: ewa.pliszka@holyfamilyservices.com.au



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

Sunday **Saint John Paul II Feastday**
22 Oct Prayers with residents

Saturday **Our Lady of the Rosary Feastday**
7 Oct Prayers with residents

Saturday **Memorial Mass**
28 Oct Holy Mass at 10:00am Prayers with residents and families

Wednesday **Saint Luke's Feastday**
18 Oct **Patron of Doctors and Nurses**
 Prayers with residents



- 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



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- dinning helper



As we are getting older, the ways of contributing to the homely environment change.

The simple activity of setting up the tables is our joy and help us to feel that we belong and can help others in little ways we do.

W miarę jak się robimy się starsi, zmieniają się sposoby w jakich przyczyniamy się do tworzenia środowiska domowego.

Prosta czynność nakrywania do stołu sprawia mi radość i pomaga mi odczuć, że należę do tej domowej społeczności i że możemy pomagać innym w nawet najmniejszy sposób.

Stephen - the baker

Cooking and baking have been a passion for a great part of my leisure hour, since my mid-teens. I began baking cakes and pastries for many of my family members on weekends.

This progressed to many dinner parties for my friends and business colleagues, during my working life.

Recently I completed the Food Handler Basics training to make sure my voluntary engagement meets food safety standards.

My philosophy is "keep it simple but tasty".



Vascular Dementia



Vascular Dementia is another type of Dementia

- This is caused by brain damage resulting from restricted blood flow in the brain.
- It affects someone's thinking skills: such as reasoning, planning, judgement and attention.

Vascular dementia can be caused by:

- A single large stroke
- Multiple strokes
- Untreated high blood pressure or diabetes leading to disease within the brain.

The location and size of brain damage determines which brain functions are affected.

Treatment and management options

There is no single treatment for vascular dementia.

- If the dementia is stroke-related, treatment preventing additional strokes is important.
- A healthy diet, exercise and not smoking may reduce the risk of further strokes or vascular brain damage.
- Medications for treating Alzheimer's disease may be effective for some people to improve memory, thinking and behaviour.
- Occupational therapy can help someone adapt to changes in abilities and stay independent.

Controlling conditions that affect the underlying health of your heart and blood vessels can sometimes slow the rate at which vascular dementia worsens, and may also sometimes prevent further decline.

Prescribed medications can control high blood pressure, high cholesterol, heart disease and diabetes. Aspirin or other drugs may be prescribed to prevent clots from forming in blood vessels.

Seeking support

Support is available for someone living with dementia, their family and carers. This support can make a positive difference to managing the condition and living well.

Adjusting to these changes, while maintaining enjoyable activities, is important for wellbeing and beneficial for everyone.

<https://www.dementia.org.au/helpline/free-dementia-kit> - this link offers you a free dementia kit to lower your risk, brain health etc.



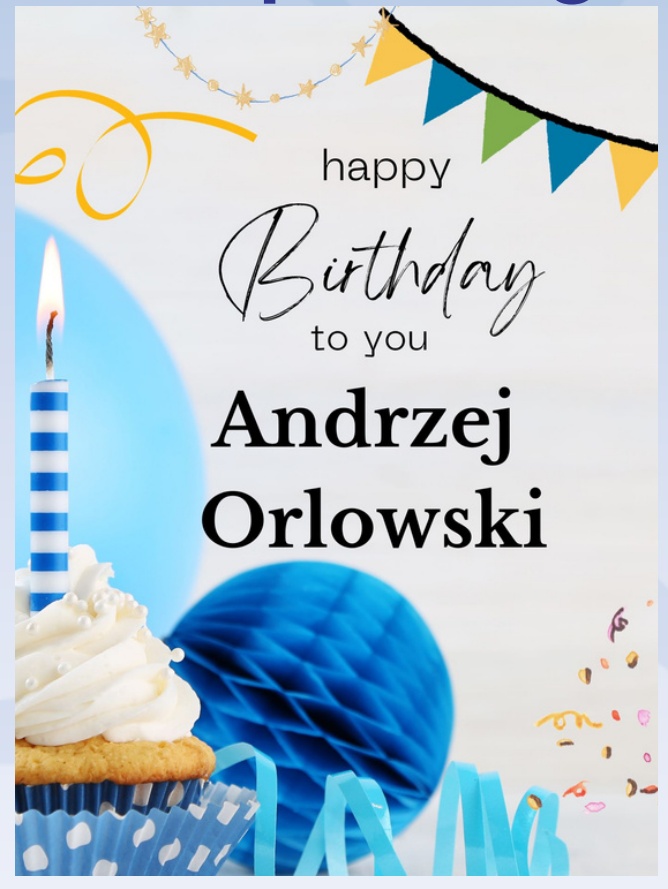
Lynn Nichols, Clinical Nurse Educator

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

Albert Wing



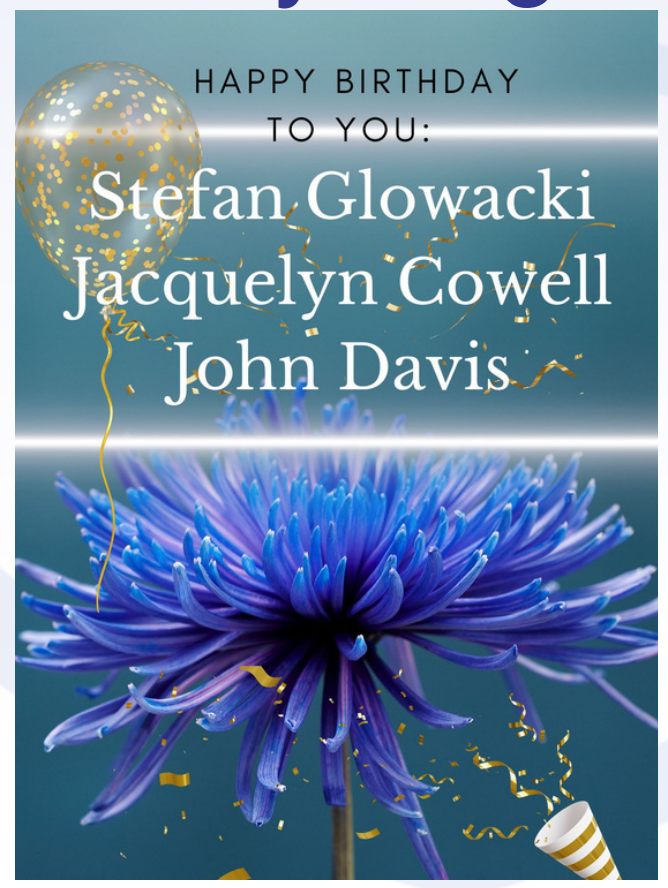
Joseph Wing



Nursing Home



Mary Wing



Janina Visvader - this place provides me with everything I need

Nazywam się Janina, w Wiosce Emeryta w Marayong mieszkam od 2018 roku.

Marayong znam od pierwszych dni pobytu w Australii. Pierwszy raz zabrała mnie tu moja ciocia, Ania Klecha. Później przez 11 lat odwiedzałam ją w domu opieki.

Mój dom jest blisko polskiego kościoła. Jako osoba bardzo wierząca, wiara w Boga daje mi poczucie bezpieczeństwa i spokoju. Wiem, że nie jestem sama w tym świecie, Bóg mnie zawsze wspiera. Wiara daje mi siłę i nadzieję. Dzięki wierze mogę przezwyciężyć trudności i cieszyć się życiem.

Jestem szczęśliwa, że mieszkam w Marayong. Mam tu swój dom, ogród w którym spędzam każdą wolną chwilę. Praca w ogrodzie daje mi wiele radości, satysfakcji, jest to mój sposób na odprężenie się i wyciszenie.

Zdecydowałam się zamieszkać w Marayong, bo to miejsce zapewnia mi wszystko, czego potrzebuję. Mam bliski dostęp do sklepów, lekarza, a przede wszystkim do Polskiego Kościoła. W Marayong, w wiosce emeryta mam oddanych przyjaciół z którymi lubię spędzać czas na rozmowach.

Bardzo lubię spotykać się z ludźmi i rozmawiać z nimi. Każde takie spotkanie czy to z rodziną czy to z przyjaciółmi daje mi dużo radości i energii.

Moja dewiza na jesień życia? Najważniejsze aby umieć cieszyć się z każdego dnia. Wykorzystać ten dzień jak najlepiej. Zdrowie to jeden z najważniejszych darów w życiu. Warto cieszyć się każdą chwilą, gdy czujemy się dobrze.

Oczywiście nie zawsze jest to łatwe. Czasem pojawiają się problemy i trudności, które mogą przytłaczać. Jednak nawet w najtrudniejszych chwilach warto pamiętać, że zawsze są rzeczy, z których możemy się cieszyć.

My name is Janina, I have been living in a retirement village in Marayong since 2018.

I have known Marayong since my first days in Australia. My aunt, Ania Klecha, took me here for the first time. Later, I visited her in the nursing home for 11 years.

My house is close to the Polish church. As a very religious person, faith in God gives me a sense of security and peace. I know that I am not alone in this world, God always supports me. Faith gives me strength and hope. Thanks to faith, I can overcome difficulties and enjoy life.

I am happy to live in Marayong. I have my home here, a garden where I spend every free moment. Working in the garden gives me a lot of joy and satisfaction, it is my way to relax and calm down.

I decided to live in Marayong because this place provides me with everything I need. I have close access to shops, a doctor and, above all, the Polish Church. In Marayong, in the retirement village, I have devoted friends with whom I enjoy spending time talking. I really like meeting people and talking to them. Each meeting, whether with family or friends, gives me a lot of joy and energy.

My motto for the autumn of life? The most important thing is to be able to enjoy every day. Make the most of this day. Health is one of the most important gifts in life. It is worth enjoying every moment when we feel good. Of course, it's not always easy to enjoy life. Sometimes problems and difficulties arise that can be overwhelming. However, even in the most difficult moments, it is worth remembering that there are always things we can be happy about.



Honouring fathers and caring for one another

On 1st September 2023, we arranged a morning tea to celebrate **Father's Day** to acknowledge the important relationships in children's lives. It was great to see fathers and grandfather's joining us and taking part in many learning experiences. It included children being creative in their learning environment and painting their own father's faces, exploring play dough, taking photos with daddies and exploring outdoors while enjoying a lovely mooring filled with sunshine.

We also celebrated "**R u Ok day**" while wearing yellow-coloured clothes, enjoying yummy food, taking photos with colleagues and teaching children about checking on their peer's wellbeing.

R U OK? is calling on all of us to let the people you care about know you're here, to really hear them. By taking the time for an R U OK? conversation and genuinely listening with an open mind, we can all help the people in our world feel supported and connected. Let the people in your world know you're here, to really hear, because a conversation could change a life. R U OK? Day 2023 is Thursday 14 September and is our national day of action when we remind Australians that every day is the day to ask, 'are you OK?' and start a meaningful conversation whenever they spot the signs that someone they care about might be struggling with life.



Amani Ghali, Director & Nominated Supervisor

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Stay in touch Get involved

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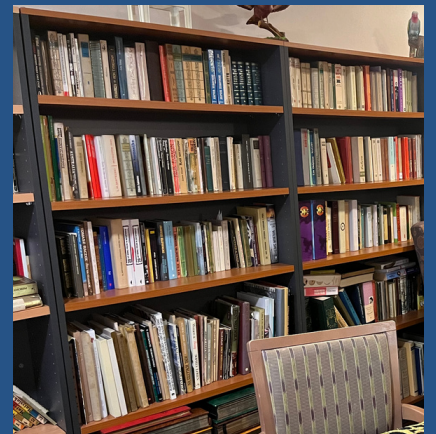
COFFEE Shop

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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