



## 維持骨骼健康的飲食

保持均衡飲食對於維持良好健康以及保持骨骼和肌肉強壯至關重要。隨著年齡增長，骨骼可能會變得脆弱。要保持強壯，您需要攝取足夠的鈣和維生素 D。

鈣對許多身體功能十分重要，包括肌肉和神經的活。鈣儲是存在骨骼中，如果您的飲食缺乏足夠的鈣，身體會從骨骼中提取鈣，導致骨骼變得脆弱。隨著年齡增長，身體從食物中吸收鈣的能力會降低，因此必須攝取更多含豐富鈣的食物。吸菸、攝取高咖啡因以及食過量肉類都會進一步降低鈣的吸收率。含高鈣的食品包括牛奶、乳酪、芝士、鮭魚、沙丁魚、芝麻醬、無花果、杏仁和巴西堅果。麵包、穀類、水果及綠色蔬菜（如花椰菜和白菜）也含有鈣，但含量較少。

維生素 D 對於強健骨骼也很重要。缺乏維生素 D 可能影響肌肉力量並導致骨質疏鬆，因為如果沒有維生素 D，鈣無法被充分吸收。維生素 D 可從牛奶、雞蛋和含豐富油脂的魚類（如鮭魚和鯖魚）中獲得。

陽光也能幫助身體製造維生素 D；夏季每天日曬 6-8 分鐘，冬季日曬 13-16 分鐘即可滿足需求。

欲了解更多資訊，請瀏覽：[www.health.nsw.gov.au](http://www.health.nsw.gov.au)



### 樂思社 (普通話組)

樂思社即將開辦普通話組，這活動專為家居服務的腦退化客戶提供支援。詳情請聯繫潘姑娘，電話：9784 0851。



### 齡活社 (新學期)

「齡活社」新學期課程將於 5 月啟動！這個為期 10 週的預防跌倒課程是專為長者設計，旨在提升平衡力與身體機能。更多詳情即將發布，敬請關注！

### 參觀 Flower Power Garden Centre



3月26日星期三  
地點：609 Old Northern Rd, Glenhaven  
午餐：大三元酒家 (卡令福)  
詳情請參閱宣傳單張

## WELCOME

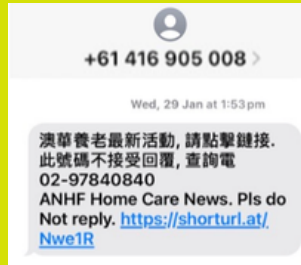
您好！我是廖姑娘 (Joanne)，來自馬來西亞。我在澳洲生活已經 17 年，曾任職輔助醫療助理和活動助理。空閒時間，我喜歡與家人共度美好時光。



我很慶幸能加入澳華養老這個大家庭。家居護理服務團互相支持而友善的團隊。

我也熱衷於透過幫助他人來帶來正面的影響。期待為您提供服務！

### 這不是詐騙訊息！



自去年底，我們已經開始使用 0416 905 008 此號碼向您或您的代表以集體方式發送短訊。請將此號碼儲存至聯絡人，以方便識別這是可信任的號碼。

另外，請勿回覆此號碼，因為我們無法接收回覆信息。如有任何查詢，請致電 02-9784 0840。

### 明智使用的士支付卡

當您使用的士支付卡 Cabcharge 付費時，請務必確保車費與計程表顯示的費用一致，以避免被濫收車費，並且保留收據作為紀錄。同時，請勿給予小費，因為這些費用不包括在政府資助範圍內，且可能會令日後追討不合理車費的爭議變得複雜。如果您有任何疑慮，請盡快聯繫您的護理顧問尋求協助。此外，請記得核對月結單是否準確。





## Eating for Healthy Bones

Maintaining a balanced diet is crucial for good health and for keeping bones and muscles strong. As we age, bones can become fragile. To stay strong, you need calcium and vitamin D.

Calcium is essential for many body functions, including muscle and nerve activity, and is stored in your bones. If your diet lacks sufficient calcium, your body will draw it from your bones, weakening them. As we get older, our bodies absorb less calcium from food, so it's important to consume more calcium-rich foods. Smoking, high caffeine intake, and excessive meat consumption can further reduce calcium absorption.

Good sources of calcium include milk, yogurt, cheese, salmon, sardines, tahini, figs, almonds, and Brazil nuts. Bread, cereals, fruits, and green vegetables like broccoli and bok choy also provide calcium, though in smaller amounts.

Vitamin D is vital for strong bones. A deficiency can affect muscle strength and contribute to osteoporosis, as calcium cannot be fully absorbed without it. Vitamin D is found in foods such as milk, eggs, and oily fish like salmon and mackerel. Sunlight also helps your body produce vitamin D; about 6-8 minutes of sun exposure in summer and 13-16 minutes in winter is sufficient.

For more information, visit: [www.health.nsw.gov.au](http://www.health.nsw.gov.au)



### Mindful Club (Mandarin)

We are going to run a Mandarin speaking Mindful Club to support Home Care Package clients with dementia.

For details, please contact Ms Maggie Pan (9784 0851)



## Event

### Active Club (new term)

The new term of Active Club will be launched in May. It is a 10-week fall prevention program specifically designed for seniors. More details will be released soon.



### Flower Power Garden Centre

Wed, 26 March 2025  
609 Old Northern Rd, Glenhaven  
Lunch at Crystal Seafood Restaurant, Carlingford  
For details, refer to the attached flyer

## WELCOME

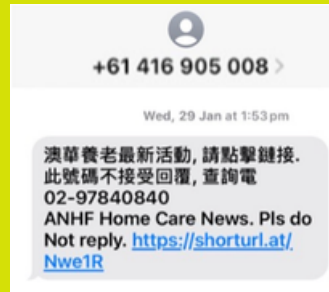
Hi, I'm Joanne Liew. Originally from Malaysia, I've called Australia home for 17 years. With experience as an Allied Health Assistant and a Lifestyle Assistant, I bring valuable expertise to my role as a Care Advisor at ANHF.



In my free time, I enjoy spending quality moments with my family. I feel truly fortunate to be part of the supportive and friendly ANHF

family and am passionate about making a positive impact by helping others. I look forward to supporting you!

## This Is Not a Scam



Since late last year, we've been using this number **0416 905 008** to send bulk short message to you or your representative. Save it in your contacts to recognize it as trusted. Do not reply to this number, as messages won't be received. For any inquiries, call 02-9784 0840.

## Using Cabcharge Wisely

When you pay for a taxi with Cabcharge card, please always ensure the fare matches the meter to avoid being overcharged. Keep your receipt as a record of your trip. Do not offer tips, as these costs are not covered by government funding and may complicate any dispute over an unreasonable fare. If you have any concerns, contact your Care Advisor as soon as possible for assistance. Additionally, remember to check your monthly statement for accuracy.

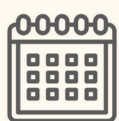


# 感受花園植物的魅力

## 讓植物治愈您

### Visit Flower Power (Glenhaven)

Let the plants heal you



**26/03/2025 (WED 星期三)**  
**10:00 - 15:00**



**錢梁秀容頤康苑 集合**  
**Meet At Lucy Chieng Gardens**  
413 Beamish Street Campsie 2194



**活動收費: 2.5小時**  
Activity Charge: 2.5 hours



報名請電 Call to register  
**(02) 9784 0840**

截止日期 Register By  
**14/03/2025**



**澳華養老**

ANHF 澳華療養院基金  
AUSTRALIAN NURSING HOME FOUNDATION

**\*\*家居護理用戶，並有良好行動能力，獨立行走無助行器**

**\*\*Home Care Consumer with good mobility with no 4WW**

交通接送另計、提供簡單膳食 Transportation excluded; light lunch is provided

社交支援活動 僅限家居護理客戶 Social Support Group Activity for Home Care Consumers only

取消需要提前一週通知 Cancellation requires one week's advance notice

額滿即止 報名從速 Limited spots available; register early

# SOCIAL ISOLATION AND LONELINESS

## IN CHINESE-SPEAKING CAREGIVERS OF PEOPLE WITH DEMENTIA



Are you aged 18 years or older?

Are you caring for someone with dementia?

Do you live with the person you care for?

Have you been providing care for at least 6 months?

Do you speak Cantonese or Mandarin at home?

Do you miss having people around you?

Do you have fewer than 3 friends or family members that you can talk to about personal matters or call on for help?

We are exploring the cultural and psychological factors that may cause and maintain social isolation and loneliness among Chinese-speaking caregivers of people with dementia in Australia. We would be interested in hearing about your experiences of social isolation, loneliness and being a caregiver.

To check your eligibility or for more information:



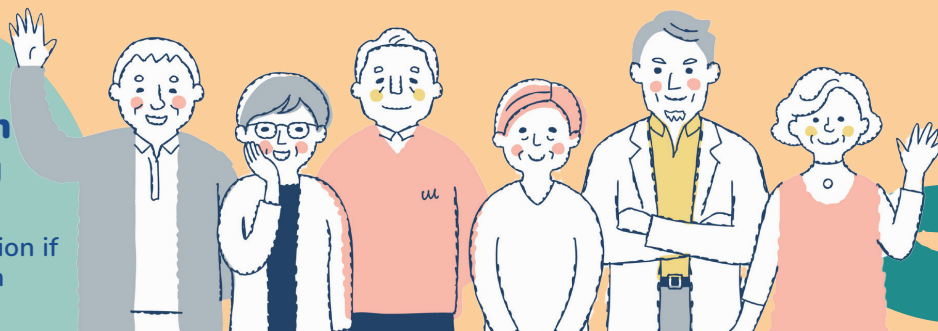
<https://bit.ly/solace2screening>

or  
contact  
Ms Wing Yin Leung  
(02) 9850 4121  
[theodora.leung@mq.edu.au](mailto:theodora.leung@mq.edu.au)

If you are eligible, then you will be invited to participate in a one-on-one interview, in person (available for Sydney residents only) at your home or at Macquarie University, or via videoconference or telephone. The interview will take approximately 30 to 45 minutes to complete with rest breaks as needed.

**All participants receive a \$15 gift voucher each after completing the interview.**

(+ \$10 travel compensation if you participate in-person at Macquarie University)



# 關於腦退化症(Dementia)照顧者的

## 社交孤立與孤獨感研究



您是否年滿**18**歲？

您是否已提供照顧至少**6**個月？

您是否正在照顧腦退化症患者？

您在家說廣東話或普通話嗎？

您是否與被照顧者同住？

您是否懷念有人陪伴的日子？

您可以傾訴或求助的朋友或家人是否少於**3**位？

腦退化症(Dementia)患者的照顧者可能會經歷社交孤立和孤獨感，我們正在研究可能導致這些問題的文化和心理因素，特別針對澳洲的華語照顧者。我們希望聽取您在照顧過程中的經歷，包括社交孤立感與孤獨感。

如果您有興趣參與或想更了解這項研究：

請掃描以下二維碼：



或

聯繫梁詠妍小姐

電話：(02) 9850 4121

電郵：theodora.leung@mq.edu.au

或訪問：<https://bit.ly/solace2screening>

如您符合條件，您將被邀請參與一對一訪談。

訪談將以面對面\*、視訊會議或電話的形式進行。

訪談時間約為30至45分鐘，並根據需要提供休息時間。

\*面對面訪談會在麥考瑞大學校園或在您的住處進行，且僅適用於悉尼居民

完成訪談後，每位參與者將獲得一張澳幣**15**元的購物卡。

若您親臨麥考瑞大學參與，您將獲得一張澳幣10元的購物卡作為交通補助。

