



Australian Multicultural
Community Services

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Newsletter

AMCS Wishes You Joyful Holidays! Explore Festive Highlights in Our Newsletter.

As the year draws to a close, we're excited to share some heartwarming moments from our Sunshine SSG community:

Sunshine SSG groups celebrated the season with joy and creativity. The Monday and Polish Wednesday groups enjoyed festivities at Braybrook Hotel, filled with laughter, dance, and delicious food. Our Tuesday group had a delightful picnic at Buckingham Reserve, creating lasting memories in beautiful weather. The Monday Multicultural group explored the "Discover the Stories: Extreme Weather in Melbourne's West Exhibition" at Victoria University, showcasing diverse stories and fostering community resilience. Embracing the holiday spirit, Sunshine SSG groups engaged in festive crafting, spreading creativity and cheer throughout the community.



**Extreme Weather
Exhibition**



Celebrating Mrs. Anastasia Piejko's Centennial Milestone!

Anastasia, our energetic Polish client and home care package recipient, just celebrated her 100th birthday! Despite health challenges, she values independence, supported by granddaughter Irena and son Richard. Anastasia's journey from a forced worker in Germany to Melbourne in 1950 is remarkable. With 3 children, 12 grandchildren, 24 great-grandchildren, and 7 great-great-grandchildren, her legacy is truly inspiring! Let's come together to extend our heartfelt wishes and congratulations to this extraordinary centenarian!

Staying at Home Program for Individuals Diagnosed with Dementia and Their Carers

Our 'Stay at Home' program, supported by the Australian Government, provides personalised assistance to carers planning home care for individuals with dementia. This free program is accessible to home care package clients and anyone diagnosed with dementia and their carers, offering lunch and morning tea. Additionally, interpreters and transportation are available upon request. Please help spread the word – if you know someone diagnosed with dementia, refer them to our service. Contact us through email at sah@amcservices.org.au or by calling (03) 9689 9170.



Do you know someone who wants to be a part of enhancing the lives of seniors? We're hiring Personal Care Workers.

At AMCS, we celebrate diversity, offer flexible work arrangements, and provide continuous training. Be part of the change; share this opportunity with your network or apply today to make a positive impact with us. Contact us at INFO@AMCSERVICES.ORG.AU or (03) 9689 9170 and let's make a difference together!



Meet Franca, a cherished home care package client for the past 5 years. Franca has been bringing her warmth and tradition to our community, and she graciously shares her Sicilian Amaretti recipe just in time for Christmas!

Follow these simple steps to create delightful Amaretti cookies.

Ingredients:

- 1kg almonds
- 500g sugar
- 4 eggs
- 50ml natural almond extract

Instructions:

1. Blend almonds into fine flour.
2. Mix eggs, sugar, and almond extract for a smooth mixture.
3. Add chopped almonds, stir for even distribution.
4. Shape into flattened balls on a parchment-lined tray.
5. Preheat oven to 180°C; bake for 15 mins.
6. Cool before enjoying!

Nurses' Corner FAQ: What is 'Hospital in the Home' service?

Hospital in the Home is a growing service designed to manage certain medical conditions at home, offering an alternative to in-hospital stays. Patients remain under hospital doctor care, receiving support from nurses, doctors, or allied health professionals. Eligibility criteria include clinical stability, appropriate carer support, and a suitable home environment. The program incurs no charges.

Referrals to Hospital in the Home:

Patients can access Hospital in the Home in various ways based on their condition. This may include direct admission from the emergency department or community. Some patients transition to Hospital in the Home after an initial hospital stay. Most major Melbourne hospitals offer this service. For details, consult hospital staff.