



eccv

The Voice of Multicultural Victoria

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A newsletter for multicultural older people, produced by the Ethnic Communities' Council of Victoria, jointly supported by the Victorian and Australian Governments. Print post approved pp 328866/2055

Our Golden Years

Editor's Welcome

Dear Readers of Our Golden Years,

This edition of the Our Golden Years newsletter is all about information to seniors and ethnic senior citizens clubs. The nominations for the 2017 Victorian Senior of the Year Awards are now open. It is important to stay connected to community activities. Please inform people you know about available services in the community or ask for information about things you or the club might need. ECCV hopes that this information is useful for you.

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"Behind the mask of ice that people wear, there beats a heart of fire."

A quote from the book *"Warrior of the Light"* written by Paulo Coelho



2017 VICTORIAN SENIOR OF THE YEAR AWARDS



Nominate for the 2017 Victorian Senior of the Year Awards

Nominate your organisation, or your colleagues, friends or family members, for the 2017 Victorian Senior of the Year Awards and help recognise the enormous, valuable contributions that older Victorians make to our state. The awards include a promotion of multiculturalism category to recognize an individual for a significant contribution to promoting the benefits of cultural diversity in the community. Nominations close on 23 June 2017. To download a form and read about award categories and past recipients visit www.seniorsonline.vic.gov.au/awards

For more information contact Melanie Edge at melanie.edge@dhhs.vic.gov.au or 9096 1020.

Our Information Board

Seniors Card The Seniors Card program of the Victorian Government encourages people to continue to keep active and engaged in the community, by providing incentives and making it more affordable to get out and about. To apply for the Seniors Card, please complete an online Application Form. Make sure you have your green Medicare Card handy to complete your application. Please go to www.seniorsonline.vic.gov.au/seniors-card/manage-your-card/apply-for-a-card to fill in the form.

Seniors Rights Victoria (SRV) is a free and confidential telephone, legal, referral and advocacy service on elder abuse prevention.

Website: www.seniorsrights.org.au

Phone: **1300 368 821** (from 10am to 5pm Monday to Friday).

Community education about elder abuse

Community education sessions on building respectful relationships with a focus on elder abuse, what it is and where to go for help are now being run in Vietnamese, several Indian languages and Russian. Also sessions in Greek, Cantonese and Mandarin, Filipino, Macedonian, Serbian, Turkish, Croatian and Polish are continuing, in partnership with ethno-specific services and with our pool of freelance bilingual educators. For more information or to book a session contact Liz Alexander on lalexander@eccv.org.au, 9354 9555.

The *Well for life* booklet is for older people who want to follow a healthy approach to ageing in their everyday lives. The booklet from the Victorian Government has now been translated into Chinese, Greek, Italian and Vietnamese. Go to this page and scroll down to Information in languages other than English: www.betterhealth.vic.gov.au/health/servicesandsupport/healthy-and-active-ageing

The Australian Taxation Office provides education and assistance services to migrants, refugees, youth and other community members. They can present tailored education sessions, host a pop-up and participate in your community events to help the community members understand the Australian taxation and superannuation systems. For more information, please email communityeducation@ato.gov.au

The Health Translations Directory provides direct links to reliable translated health resources produced in Australia. *Health Translations* enables health practitioners and those working with culturally and linguistically diverse communities to easily find translated health information. Please see translations in a variety of languages on www.healthtranslations.vic.gov.au



The Victorian Disability Awards recognise people and organisations who make outstanding contributions to empowering people with a disability and creating an inclusive community. Nominations close on Thursday 27 April 2017. Please go to: www.dhhs.vic.gov.au/disabilityawards

Carers Victoria is developing a Victorian Carer Statement

Carers Victoria would like to hear from people and organisations who support people with a disability, mental illness, chronic illness or an older person with care needs. For more information about the carer consultations, including the online carer survey, and to get your issues heard, please visit carersvictoria.org.au or contact Margaret Boulos margaret.boulos@carersvictoria.org.au or phone her on **9248 9610**.

The Ageing in Australia Expo 2017 on Saturday 29 April 2017 at Melbourne Town Hall is a free public event, however tickets are essential. For all event enquiries, please contact the Centre for Cultural Diversity in Ageing on **8823 7979** or info@culturaldiversity.com.au

Multiple Sclerosis Limited

The Community Visitors Scheme (CVS) is funded by the Australian Government and plays a vital role in providing companionship for people living in Aged Care Home or living in their own homes and receiving a Home Care Package. Multiple Sclerosis Limited is one of several community organisations funded to deliver this service. The organisation recruits volunteers who enjoy the company of people and feel this experience will enrich their lives. For further information: Phone **9845 2729**; email cvsadmin@ms.org.au; website www.ms.org.au

