



## Jam Packed Day for Afghani Women

An information day interspersed with fun and physical activity was organised by South Eastern Region Migrant Resource Centre, in April, for older Afghani women in the Casey area. The session was delivered at Hampton Park Community House and Hampton Park Library.

The event, organised with assistance from Afghani community leaders and Casey Council aimed to send a message about the importance of healthy eating, staying active and ageing positively. The seniors who participated obviously enjoyed the session and embraced the hands on activities.

The event unfolded with opportunities for learning and being actively engaged. Activities included physical activities, touring two community centres, listening to information about HACC services, fire safety in their home, the importance of staying active, and the services available especially for the Afghani community in the City of Casey.

The women showed keen interest in hearing from CFA (Country Fire Authority) staff, Casey Council's Positive Ageing Officer, Hampton Park Renewal staff, Afghan community workers from Windermere and Southern Heath, and South Eastern Region Migrant Resource Centre event organiser Iman Allaf, who spoke about Home & Community Care services.

A highlight of the day was the healthy and active message from the "Go For Your Life" Van. Women were encouraged to participate in physical activities and engage in discussions around 'everyday' healthy natural foods and drinks versus 'occasional' highly processed and energy dense foods and drinks.

The key messages for the day were:

- Think positively and age positively.
- It is never too late to start exercising for better living and better quality of life.

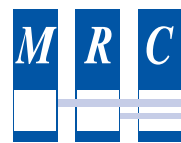
Home and Community Care (HACC) services are there to support you in that.

**Iman Allaf | HACC Access Worker**

South Eastern Region Migrant Resource Centre

T: 03 9705 6966 [www.sermrc.org.au](http://www.sermrc.org.au)

*Afghani Group*



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# Our Golden Years



## Message from Sam Afra JP, ECCV Chairperson

At ECCV we would like to make sure that our seniors have a fair and equitable access to all services and are well equipped for their daily life.

As part of my on-going support to ethnic communities I recently attended the Ageing-Well Forum of the Centre for Philippine Concerns of Australia (CPCA) to launch their Intergenerational Financial Literacy Project.

ECCV is pleased to engage with the Government and seniors from various backgrounds to help shape Victoria into an age-friendly place where older people can have their cultural preferences respected.

I would like to take this opportunity to congratulate and thank the Victorian Government for showing long term vision and leadership in launching the new report **Ageing in Victoria Plan 2010-2020**.

**Sam Afra JP, Chairperson ECCV**

## Editor's Note

The Victorian Seniors Festival starts on 3 October. I'll be attending the World Music Concert presented by ECCV and I hope many of you will be there too. It's great to see ethnic seniors taking action through their Filipino Ageing Well Forum to improve their aged care services. Read more about it in this issue.

**Dr Irene Bouzo**  
Editor

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home and community care  
A JOINT COMMONWEALTH AND STATE/TERRITORY PROGRAM  
PROVIDING FUNDING AND ASSISTANCE FOR AUSTRALIANS IN NEED



## Filipinos Ageing Well Festival



The Centre for Philippine Concerns of Australia held its annual Filipinos Ageing Well Forum and Festival on 12 June at Knox. Over 400 people attended. The event commenced with several musical and cultural performances. The proceedings were opened by Consejo Chavarria, CPCA Chairperson; Sam Afra, JP, the Chairperson of Ethnic Communities' Council of Victoria (ECCV) launched the Intergenerational Financial Literacy for Seniors and Youth Project and Marion Lau OAM, JP, the Deputy Chairperson of ECCV launched the newly established Filipino Advisory Council for Elders who will look at improving ethnic aged care policy and increasing access for seniors with Philippine backgrounds. Eager participants received Dementia Awareness bags from Alzheimer's Australia Vic.

For more information, contact Oscar Berico Jr, HACC and Projects Coordinator at CPCA, 9791-8366.



Marion Lau OAM, JP, Deputy Chairperson of ECCV

## World Music Concert - 2010 Victorian Seniors Festival

As part of the 2010 Victorian Seniors Festival (from 3-10 October), the Ethnic Communities' Council of Victoria (ECCV) is presenting a FREE multicultural concert on Friday 8 October 2010 from 2.30 pm to 4 pm (doors open at 2pm) at the Melbourne Town Hall.

The entertainment includes presentations from La Voce Della Luna, Bohemian Nights, One Africa, Slijvovitz Orchestra and Kolo Serbian Dance group. Gnarnayarrahe Waitairie hosted by a comedy duo The Signoras.

Look for the Be Inspired Events Program in local supermarkets.

**Public transport is free for seniors**

## Men on a Mission

Diversitat Aged Care started a new men's group in August which involves a program running for 10 weeks taking isolated, older men from culturally diverse backgrounds out and about on activities of interest. The project includes some men's health talks and social interaction. The longer term plan is to create an International Men's Group.

Please contact Geoff Hicks, Community Partners Project Worker, Diversitat Aged Care ph. 5222 7275 if you wish to refer any men who fit this criteria. Please note this is not a group for men already accessing our activity groups.

Diversitat Men's Group



## Well for life Histories Presentation - A Night to Remember!



**Celebrating Cultures, Journeys of Hope, Stories of Love, Capturing Memories.**

On Wednesday 21st April Diversitat Aged Care hosted a night for our Multicultural High Activity Group to present life stories that they had been producing with our activity staff as part of the Well for Life - Emotional Wellbeing Project, funded by the Department of Health. Participants, families, friends, staff and guests enjoyed a wonderful evening of music, food, and most importantly a chance to receive and view 16 life histories in different mediums, including movies, powerpoint presentations, photobooks, printed hardcover books, scrapbooking and even a talking photo album.

Some of the feedback from the evening included how special the evening was, how beautiful it was to honour people, and that they would recommend it to others. A client remarked the following day that it was great for her as she lives on her own and doesn't usually mix or socialise.

The journey has been an important one as staff were privileged to have been part of this project that captures our participant's struggles, successes, sadness and joys and we thank them for sharing this with us.



Life Stories Presentation Evening

## April Falls

**Improving balance, reducing the risk of falls and maintaining independence.**

Diversitat Aged Care hosted an "April Falls" event on 7th April 2010 at Diversitat Training in Belmont, with the focus on falls prevention for older people. Interactive talks from a physiotherapist and an occupational therapist from Barwon Health, Louise from Podiatry@Belmont, Gemma from St Laurence Healthy Ageing Gym and Sue on Tai Chi were comprehensive, interesting and informative and rated as excellent by participants.

Some of the points taken from the day included:

- Look at the home and remove and fix any hazards
- Look at the environment outside the home
- Check footwear
- Exercise for balance improvement.

The Tai Chi session was very much enjoyed by everyone and the participants also commented that they will take the messages from the morning to other community members, family and friends.

**Lynne Shanahan**  
Aged Care, Diversitat  
Geelong - Phone (03) 5222 7275

Exercises at Diversitat

