



## CALD Seniors Leadership Day in South East

The Mechanics Institute in Narre Warren was all abuzz when culturally diverse seniors in leadership roles in the South East gathered together to share their experiences. The event was conducted by the South East Region Migrant Resource Centre (SERMRC) for community leaders in November 2010. About 22 different ethnic seniors groups attended.

Guest speaker Galina Kozoolin, Manager of Aged Care at the SERMRC talked about improving older people's health and wellbeing. Irene Bouzo, eccv spoke about cultural choices in ethnic aged care. Gary Ferguson, Seniors Rights Victoria, COTA Vic explained what elder abuse is about. He encouraged leaders to arrange speakers on the topic for their club.

Two club leaders, Nurten Hassan, President of Hampton Park Turkish Seniors Club and Val Motta, President of Cranbourne Italian Senior Citizens Club, gave presentations.

Nurten, "Never Give Up" spoke about the path she took to find a suitable venue for her growing club. Her sense of humour and perseverance won out in the finish and now the club has access one day a week to a Senior Citizens' Centre in Hallam.

Val, "A Proud Achievement" has had many years of presidency in her club, but she spoke about the pride she felt in her club organising a positive ageing dance as part of 2010 Seniors Week. The event attracted 160 people with some people travelling down from Wonthaggi to join in the fun.

The seniors have asked SERMRC to continue to provide opportunities which support the leaders of ethnic clubs and enable them to learn from each other.

**Anne Jones**  
South East Region Migrant Resource Centre



Members of the  
CALD Seniors Leadership Day South East



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# Our Golden Years

## From the Chairperson



I welcome the readers to our first issue of Our Golden Years for 2011.

On behalf of the board, management and staff of the Ethnic Communities' Council of Victoria (eccv) it gives me great pleasure to congratulate the Hon David Davis on his appointment as Minister for Ageing.

eccv is aware that the rapid expansion of Victoria's seniors population in recent years is set to continue with this growth in numbers expected to be felt most keenly among older people from migrant and multicultural backgrounds. This has particular implications for the delivery of social services and general quality of life among older ethnic Victorians.

eccv, along with our members, stakeholders and project partners, has been actively drawing attention to this important area of need for many years and I look forward to the opportunity to forge a meaningful and productive relationship with the new Minister for Ageing in the coming years.

I hope you enjoy reading this issue

**Sam Afra JP, Chairperson ECCV**

## Editor's Note

'Multiculturalism is about all Australians for all Australians' states the Federal Government's new multicultural policy: The People of Australia. This is an important commitment to our multicultural identity.

The Australian government is working on some major aged care reforms. We talked to the Australian government's Productivity Commission about the new report Caring for Older Australians. We asked for better cultural choices, language services and more culturally relevant care to make it easier for non-English speaking older Victorians to stay at home longer.

I was invited to the Thanksgiving Lunch at the Tamil Senior Citizens Fellowship in Oakleigh in December 2010. I was pleased to meet the members of the Tamil Seniors Committee. They are doing great work to get their older members out and about, and meet people from a similar cultural background. This helps older people with good feelings of belonging.

Our Golden Years has some great examples of multicultural aged care programs. I hope you enjoy this issue.

**Dr Irene Bouzo**  
Editor



Irene Bouzo together with Tamil committee members at  
Thanksgiving Lunch at Tamil Senior Citizens Fellowship in Oakleigh



## ***eccv at 2011 Victorian Honour Roll of Women***

Congratulations from Our Golden Years readers and staff, to our Deputy Chairperson at eccv, Ms Marion Lau OAM, JP who was inducted into the 2011 Victorian Honour Roll of Women in March at the National Gallery of Victoria. The Minister for Women's Affairs, Ms Mary Wooldridge said it is important to celebrate the achievements of inspirational women in Victoria.

Marion has been working for greater recognition for migrant women in public, private and community life. She was the first woman president of the Chinese Community Society of Victoria and first woman Chairperson of the Ethnic Communities' Council of Victoria



*Marion Lau OAM, JP eccv Deputy Chairperson*

## ***Art project has calming benefits***

'Art Down Memory Lane' is a painting interpretation program that provides calming effects for people suffering from dementia at Melbourne's Emmy Monash Aged Care in North Caulfield.

It began as a solo project in the Home's Bierman-Sajet Unit in 2009 with participants showing positive behaviour changes after each session, activities co-ordinator Lilian Krupp said.

Last year Emmy Monash began collaborating with the National Gallery of Victoria (NGV) in a multi-step process.

Six paintings are selected from the NGV by Emmy Monash activities staff members who researched and introduced the program.

They download, print and laminate copies of the paintings which are distributed to participating residents. They then prompt residents who form their own interpretations based on what they see and feel about the works and they record their comments.

After group members have practised and trained, they visit the Gallery, sometimes with family members who want to share the unique experience.

The project has evolved with NGV staff also visiting Emmy Monash, creating an unforgettable art experience for other residents throughout the Home.

'Art Down Memory Lane' has proven to reduce anxiety, encouraging constructive engagement. It promotes socialisation and interaction between participants themselves as well as staff and gallery guides.

For further information, phone Karen Klein on 8508 9300 or email [kklein@emmymonash.asn.au](mailto:kklein@emmymonash.asn.au)



*Emmy Monash Aged Care residents and staff at the National Gallery of Victoria*



## ***Continenence Education Session Co.As.It. and Victorian Continenence Resource Centre***



A health education session on incontinence or bladder and bowel control problems conducted in 2010 for members of the Italian Senior Citizens' club of North West Reservoir, was extremely successful. The education session was organised in collaboration with Co.As.It. (as part of the CPP program) and the Victorian Continenence Resource Centre. The 150 members who participated were informed about symptoms regarding common bladder and bowel control problems and important tips for a healthy bladder and bowel. An accredited interpreter was present to interpret the talk into Italian.

Several continence product companies were also present with display tables and provided free samples of their products to the members.



For any enquiries about education sessions on incontinence please contact the Victorian Continenence Resource Centre on 9816 8266.



## ***Intergenerational Project at Spectrum***

High school and primary school students get together with elderly migrants to foster the sharing and continuation of traditions as part of the innovative Spectrum Migrant Resource Centre's (MRC) Intergenerational Project. The initiative, funded through the Dementia Support Grants of the Department of Health and Ageing (DOHA), involves students visiting the elderly at their Preston and Reservoir Day Care Centres to exchange stories and culturally specific activities with the elderly members of the Macedonian, Italian and Vietnamese Planned Activity Groups (PAGs).



"Many of the elderly at SMRC's PAGs have a wealth of knowledge and experiences that they wanted to pass onto the younger generations, but they have been unable to. Often settlement in a new country leads to changes to the traditional family life dynamics, and the extended family is replaced by the nuclear family," explained Ms Nirmala Abraham, SMRC Aged and Disability Services Manager.

"The traditional method of passing on that knowledge has sometimes not been possible, due to their migration to Australia. The pressures of settling in a new country also add to older people not actively being involved with the younger generation. So, here we have the perfect match: two generations keen to share and learn from each other's experience," Ms Abraham said.

**Jagoda Koteska**  
*Positive Ageing Co-ordinator, Aged and Disability Services Spectrum Migrant Resource Centre*

