



Our Golden Years

Editor's Welcome

Dear Reader,

I welcome you to 32nd edition of Our Golden Year and wish you all the best for the spring season.

This edition features an article by the Victorian Department of Health on the Seniors Online website. The article gives an overview of what information the website contains.

Also in this edition information regarding the Participation for CALD Seniors grants program of the Department of Health. The grant is open now and applications are being accepted until 30 January 2015.

It is great to have a contribution by the Flemington Chinese Golden Age (FCGA) group on their jointly organised multicultural community event with the Circolo Pensionati Italiani di Ascot Vale. I thank Edith Chen for submitting the article on behalf of FCGA.

I hope you enjoy reading the 2014 spring edition.

Nikolaus Rittinghausen

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"The most important thing in human relationship is conversation but people don't talk anymore, they don't sit down to talk and listen. They go to theatre, the cinema, watch television, listen to the radio, read books but they almost never talk."

Paulo Coelho, The Zahir

Paulo Coelho is a Brazilian novelist.

His most famous novel, The Alchemist, has been translated into 80 languages.



Participation for CALD Seniors grants program Round four now open for applications

Older people from isolated culturally and linguistically diverse (CALD) backgrounds are a growing proportion of Victoria's population. Evidence shows that older people from ethnic backgrounds experience considerable barriers to participation in social activities.

Positive ageing research indicates a link between social participation and wellbeing in older age, with people less likely use health and aged care services if they are socially engaged.

To support older people from CALD backgrounds, the Victorian Coalition Government's Participation for CALD seniors grants program funds projects to help isolated people from CALD backgrounds and connect them with existing or new support networks and activities.

If you are a seniors group or an organisation that needs funding support to create or expand opportunities for CALD seniors, the fourth and final round of the Participation for CALD Seniors Grants Program is now open for applications.

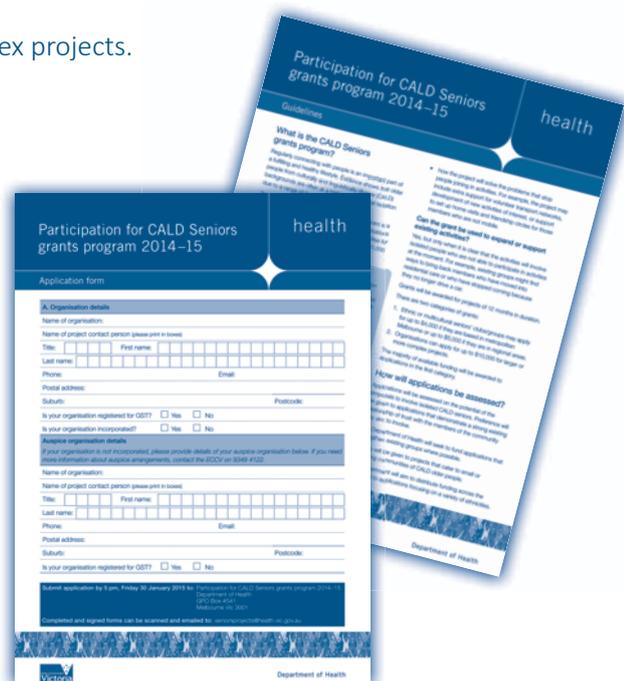
There are two categories of grants available:

1. Ethnic or multicultural seniors groups can apply for up to \$4,000 if they are based in metropolitan Melbourne or up to \$5,000 if they are in regional areas.
2. Organisations can apply for up to \$10,000 for larger or more complex projects.

The grants are open from 25 August 2014 until Friday 30 January 2015.

The grant guidelines, application form and other information to help are available on Seniors Online (www.seniorsonline.vic.gov.au).

For more information or additional support please contact the Ethnic Communities' Council of Victoria on (03) 9349 4122.



Bookmark Seniors Online

Seniors Online (www.seniorsonline.vic.gov.au) is a great online resource that contains news, events and information for senior Victorians. The site contains:

- Seniors Card discounts and special offers that you can browse online before going out.
- The full calendar of events for the annual Victorian Seniors Festival held in October.
- An activities directory (including Life Activities Clubs, U3A and active ageing) that you can search to find activities in your local area.
- Information about Victorian Tech Savvy Seniors a Telstra partnership providing digital training for seniors in libraries across Victoria, including face to face training in rural and regional libraries. This includes free online educational training resources and self-teach videos designed to give older people the opportunity to develop skills to use technology for socialising, accessing important services, or conducting personal business.
- Details of the AGL/Seniors Card discount energy plans.
- Weather forecast and games that are updated daily. You can play Sudoku, Crossword, Trivia, WordSearch or Codecracker!
- Information on Victorian Government services and community groups for seniors.
- Energy and health information sourced direct from Switch On and the Better Health Channel.

Bookmark **www.seniorsonline.vic.gov.au** now, and check back regularly for more offerings!

Seniors
 **online victoria**



Building Bridges

Two senior groups, the Flemington Chinese Golden Age (FCGA) and Circolo Pensionati Italiani di Ascot Vale, joined hands in organising the Autumn Food and Music Festival at Flemington Community Centre and the nearby Debneys Park on 29 March 2014. The preparations took about 14 months.

Highlights of the day included the performance of a multicultural children's group that started the festival by parading with paper dragons and Italian flags.

After the end of the official part, food demonstrations and high-quality music performances went on throughout the day. It was a time of building bridges between two very different communities. The event generated community harmony in the local area and around. The area has more than 50% of residents born overseas. The Festival enhances and strengthens the multicultural society we are living in.

Edith Chen

for Flemington Chinese Golden Age (FCGA)

