Our Golden Years

Editor's Note

Hello Everyone

Inspirational films and stories are often the best way to help overseas-born seniors understand more about aged care services. Congratulations to Spectrum Migrant Resource Centre and Tabulam and Templer Homes for the Aged for their outstanding DVD films.

The time is coming for the 2010 Victorian Senior of the Year. We hope you will think about inspirational seniors in your particular community to nominate for the Awards. We will send you application forms with the next issue of *Our Golden Years*.

Sincerely

Dr Irene Bouzo
Editor

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Victorian Senior of the Year Awards
Do you know an inspiring senior?

We all know at least one older person whose achievements and service to the community are truly inspirational. The annual Victorian Senior of the Year Awards are about acknowledging and celebrating inspirational Victorian seniors.

If you know about an ordinary senior who does extraordinary things in your community then nominating them for an award is a great way to thank them for the work they do.

Nominations for the Awards open on 17 May 2010.
For more information phone (03) 9208 3170 or visit www.seniors.vic.gov.au.

Victoria
The Place To Be

Elizabeth Walpole,
Victoria's 2009 Senior of the Year

Getting old in a foreign country which has become home

"…and then we decided to migrate to Australia," said the husband.

"You decided!" said his wife.

"6 weeks on the ship… that was like holidays," he said.

"For him!" she said.

What sounds like a funny, almost comical conversation of an older couple who migrated from Germany to Australia in the 1950s with their daughter, is at the same time, a story about migration. The story is about saying goodbye to a familiar "Heimat" (home) back in Germany and the mostly successful attempt to find a new home in Australia.

This story has been captured in a 5-minute documentary DVD produced by the young German film-maker Robert Schulzmann (Schulzmann und Schulz Film Company Ltd) which won the first prize in the ACSA Short Film Festival competition at the 2009 ACSA (Aged and Community Services Australia) National Conference 2009 in Perth. The place is Tabulam and Templer Homes for the Aged Inc (TTHA), a German-speaking aged care facility situated in Bayswater. Many of its residents have experienced similar stories. Some of them are Templers who came to Australia already during WW II as civilian internees. They all have one thing they have in common: They call Australia home.

Johannes Achilles
Chief Executive Officer
Templer and Tabulam Homes for the Aged

ttha
German Aged Care Specialists

Spectrum Migrant Resource Centre
'You Can Do I Can Do' DVD

On February 12th 2010, the Hon Bill Shorten, Parliamentary Secretary for Disabilities, launched Spectrum Migrant Resource Centre's new documentary film entitled You Can Do I Can Do about three people, three carers, three cultures; dreams, passions and obstacles in the world of disabilities.

The film provides an insight into the daily lives of three people with disabilities, their older carers and their Spectrum Migrant Resource Centre support workers. We follow their passions, explore their philosophies on life and share their struggles as they handle difficulties and pursue hopes and dreams for the future.

The film investigates disability in a cross-cultural context with families drawn from Fijian-Indian, Macedonian, and Maltese backgrounds and showcases Spectrum's innovative disability respite program. It shows that by creating opportunities for social connection and developing trust with families from migrant backgrounds, the service system can respond to their needs. The film highlights the importance of social connection and friendships and the extended family role played by Spectrum.

Lisa and Mary Azzopardi Parliamentary Secretary Hon Bill Shorten and Rosemary Kelada, Spectrum CEO

Through the film we enter the everyday life of Mustapha and his mother Zubeda, Lisa and her mother Mary and Snezana and her mother Milica.

Mustapha shares his wisdom and the inspiration for the film title, "You might do something I can't; I might do something you can't."

Lisa shares her dream, "I hope that some day I will be something… with doing something I love - music."

Milica shares how she experiences her role as carer, "That's my destiny, that's my life."

Musatapha and Zubeda Khan with Parliamentary Secretary Hon Bill Shorten and Rosemary Kelada, Spectrum CEO

You Can Do I Can Do is a joint work between Spectrum Migrant Resource Centre and Intafusion Films.

The DVD is available for $30 through Aged and Disability Services at Spectrum Migrant Resource Centre, phone 94960273 / 94960208 and email: samanthas@spectrumvic.org.au or nikkim@spectrumvic.org.au.

ECCV visits Tamil Seniors

About 130 members of the fellowship were present at the monthly meeting held on 21st November 2009. As usual the meeting began with observing two minutes silence for the Tamil lives lost in Sri Lanka. Dr Irene Bouzo, Ethnic Communities' Council of Victoria (ECCV) gave a presentation about the work of the council on improving ethnic aged care. One of our oldest members Mrs Ranie Eliazer launched a new book "The Spiritual Conquest of India and the Aryan Myth" written by one of our members Mr G Rajasuriar. Then Dr Raj Pathmaraj, an eye specialist, spoke about the achievement of the Australian Medical Aid Foundation in the north of Sri Lanka. As usual a delicious

Tamil Senior Citizens Fellowship, Dr Irene Bouzo ECCV, President Rev.S. Manopavan Tamil Senior Citizens Fellowship

traditional lunch was served followed by a dance recital performed by the students of Mrs Rathika Mahadeva from the Bharatha Kalanjali Dance Academy. "We really enjoy coming to these meetings and mixing with people from our culture," said one of the women in the audience.

Sivarasa Nallaratnam
Tamil Senior Citizens Fellowship (Vic)

Mr. G.Rajasuriar and Mrs. Ranee Eliazer