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A Newsletter for multicultural older people produced by the  
Ethnic Communities' Council of Victoria  
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# Our Golden Years

## Editor's Note

Welcome to the first newsletter for 2009. Victoria is a great place to live. More people want to stay living at home when they get older. It's not so easy to get out and meet friends. Sometimes we need more help with daily activities. Meeting people from the same culture is important. This issue has lots of stories about how ethnic people enjoy their golden years in their cultural communities, in regional Victoria and in an aged care facility. Enjoy the stories in this autumn edition.

Sincerely

**Dr Irene Bouzo, Editor**



## Thirty years of Terrific Tuesdays

A social club is really a simple thing. It can mean so much for migrants who do not have strong social roots in a community.

So it is with the Tuesday Club. It meets on the first Tuesday of every month at Kadimah in Elsternwick. The Club was started in 1978 by Marsha Zeleznikow OAM, Sula Rozinski and Noemi Fooks. It was set up to help a wave of Russian-speaking immigrants to make new friends while they enjoy refreshments, games and guest speakers.

English, Yiddish and Russian are some of the languages that you hear around the tables. The Club attracts a hundred-strong crowd each month. Jewish Care provides volunteers and assistance to make sure the people are entertained, fed and in good cheer.

## Thirtieth Anniversary Honours for Marsha

Marsha Zeleznikow was honoured, in September 2008, for her service to the Tuesday Club at a special event that commemorated the Club's thirtieth anniversary. With her husband, Marsha founded another community icon 50 years ago – the Scheherazade Restaurant, St Kilda's former Acland Street landmark.



Bruce Salvin, the CEO of Jewish Care said at the celebration, "such was the success of the Club that its inaugural meeting brought no less than 80 people together." Some of the faces of the people at the Club have changed but the energy, enthusiasm and vibrancy of the group is still there. Mr Salvin said the Club has gone "from strength to strength" over the years.

Jewish Care Victoria – Services for Older People  
Healthy Ageing Program

Marsha Zeleznikow (volunteer) and Izaak Presser (Jewish Care staff member) with the celebratory birthday cake.  
Photo: Peter Haskin



## Cultural Celebration Day *In golden saffron*

On 19 January 2009 a Cultural Celebration Day was held at the aged care facility, Strathdon Community in Forest Hill. The Community Partners Program at the Migrant Information Centre (Eastern Melbourne) held the event. The theme was celebrating Indian Republic Day.

Over 20 residents and staff and 20 members from the Indian Senior Citizens Association were there. The meeting room was decorated in golden saffron, white and dark green, the tricolour of the national flag of India.



*Krishna is demonstrating on the community programs manager at Strathdon Community how to wear a sari*



*Sushma is giving a presentation to staff and residents of Strathdon Community about Indian culture*

People brought photos, pictures, traditional crafts, clothes and music to show to the staff and residents of the facility. Members of the Indian Senior Citizens Association wore traditional clothes and jewellery. They demonstrated how to wear Saris.

Three Indian Senior Citizens gave presentations about Indian Republic Day and Indian culture. They sang the Australian and Indian national anthems. Everyone enjoyed the lunch with Indian rice, chick pea curry and samosas. One resident said, "This is my first time to have Indian food and I like it."

Residents and staff learned some Indian words and phrases during lunch. People listened to a presentation about the services at Strathdon Community and the day ended with a tour of the facility.

**Linda Tan**  
**Project Officer**  
**Migrant Information Centre (East Melbourne), Box Hill**

*Karen is showing the group members how to use the equipment at the Day Therapy Centre*



**Special events such as this will be held with three other communities: Hungarian, Chinese and communities from regions of Former Yugoslavia.** Information sessions on respite care services will also be provided to individuals from culturally diverse communities to increase their understanding of these services and how to access them. **For further information, please contact Linda Tan, the Project Officer at the Migrant Information Centre (East Melbourne) on 9275 6906 or email [ltan@miceastmelb.com.au](mailto:ltan@miceastmelb.com.au)**



## Regions Matter in Connecting Cultures

*Fun bus trip*

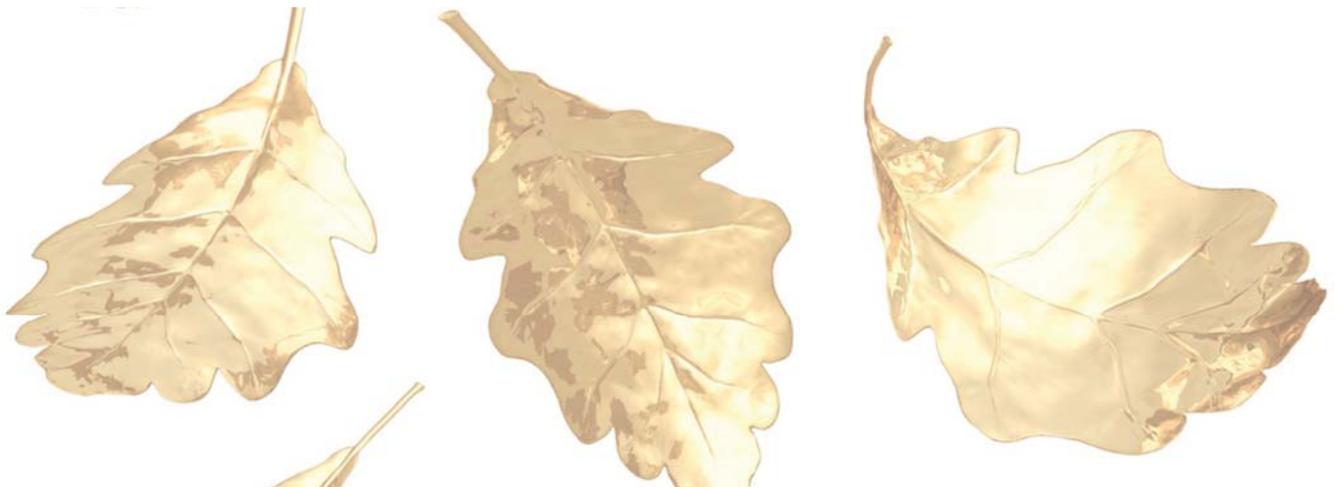


A full day of fun, socialising, aged care information, and food brought together ethnic seniors from around Wangaratta and Shepparton for a fun bus trip to Myrtleford on 2 December 2008.

People from different ethnic groups enjoyed the luncheon and refreshments. They connected with other community groups while gathering information on: Health, Good Eating Habits, Respite for Carers and Your Rights to Interpreters. They also enjoyed the Tai Chi and Strength Training.

120 people attended from various ethnic communities including Macedonian, German, Polish, Italian, Albanian, Filipino, and Greek. Six referrals to Carers Vic were made on that day and 70 Victorian Interpreter Cards were issued.

**Sarah Ingham**  
**HACC Equity & Access Coordinator**  
**Regional Information & Advocacy Council Inc.**  
**Shepparton**



## Help from Alzheimer's Australia Vic

Do you need help to make the lives of people with dementia a little bit easier?

Find out about seminars and sessions at the Dementia and Memory Community Centre in Hawthorn and throughout the community. They run the six week Living with Memory Loss program.



**Alzheimer's  
Australia**  
Living with dementia

Offices are in Melbourne, Ballarat, Benalla, Bendigo, Geelong, Horsham, Korumburra, Lakes Entrance, Moe, Rutherglen, Swan Hill and Warrnambool.

Contact the National Dementia Helpline (1800 100 500) or log on to [www.alzheimers.org.au](http://www.alzheimers.org.au) for information and Help Sheets on all aspects of dementia and dementia care.



## Frail Vietnamese in Crisis *Care Plan Peace of Mind*



*Mrs Diem's son walking with CACPs worker Dien; 91 year old Mrs Diem with CACPs worker Kim*

Mrs Diem is a 91 year old widow. She was taking care of her 67 year old son. She is frail and legally blind. Her son has multiple illnesses and disabilities. In one year both Mrs Diem and her son went to hospitals many times because of falls. It was a crisis time.

In 2008 things changed for Mrs Diem and her son. They got Community Aged Care Packages (CACPs) from the Australian Vietnamese Women's Association (AVWA). The Program staff coordinated Care Plans involving their available next of kin, doctors, local chemists, physiotherapist, occupational therapist, nurses and hospitals.

Mrs Diem's circumstances improved a lot after two months. The AVWA Program staff said the system of culturally appropriate care is working well. It supports the needs of that family.

The staff at AVWA said assisting families such as Mrs Diem's was very rewarding.

One Vietnamese-speaking carer said "Since my mum is in the program, it gives me great peace of mind when I go to work because I know that my mum can ring up her case manager whenever she needs". Our clients and their relatives are very grateful to receive Vietnamese-specific aged care.

**Thuy-Tien Nhan**  
**Director of Corporate Affairs**  
**Australian Vietnamese Women's Association**

