

**Multicultural Multiactive  
Seniors Project**  
&  
**Hampton Park Turkish Seniors Group**  
10:45am – 12:15pm  
Wednesday, 29<sup>th</sup> April 2009  
Hampton Park Senior Citizens Club  
Corner of Pound Road and Narellan Drive, Hampton Park

**ACKNOWLEDGEMENTS**

- Honourable Judith Graley – MP for Narre Warren South, representing the Minister for Senior Victorians
- Cr Lynette Keleher – Representing the Mayor, City of Casey
- Mr Ismail Civelik – Turkish Consulate
- Cr Pinar Yesil- Mayor, City of Dandenong
- Mr Nazmi Kaya – President Australian Turkish Association
- Community leaders
- Distinguished guests
- Ladies and gentlemen

**INTRODUCTION**

- Good morning.
- It's a pleasure to be with you today for this special joint event to promote the Ethnic Communities' Council of Victoria's Multicultural Multiactive Seniors Program, and to launch the Hampton Park Turkish Seniors Group.
- I know you're all eager to see the project in action so I promise to be brief.

- But before I begin, I'd like to acknowledge the traditional custodians of this land, and pay my respects to any elders past and present.
- I'd also like to give a special word of thanks to Hampton Park Senior Citizens' Club for kindly allowing us the use of this venue today.
- And I also like to thank you all of you for making the effort to come and join us here this morning.
- One of the great pleasures of my position as Chairperson of ECCV is the opportunity to attend events like these and see first-hand the close, fruitful interaction the Council has on a day-to-day basis with senior members of diverse communities.
- As the peak body representing ethnic and multicultural communities in Victoria and principal liaison point with government, ECCV has long been committed to developing policies and programs which enhance services to CALD seniors.
- The Multicultural Multiactive Seniors Program is an exciting example of the ECCV's commitment to these goals.
- The program builds upon the ECCV's community engagement strategies by partnering with the YMCA, the Office for Senior Victorians, COTA and Neighbourhood House and local government.
- It promotes exercise as a vital part of a healthy lifestyle by conducting strength based exercise classes which are affordable and fun.
- As our older population becomes increasingly diverse, we will require a more responsive, flexible, and consumer orientated aged care and support service system.

## **ATTITUDES TO AGEING AROUND THE WORLD**

- Some of you may be aware that I have just come back from social study tours around my native Lebanon.
- It is always fascinating to see how cultures evolve and develop.
- How some things change markedly and others stay quite similar.
- One of the nice things that I was reminded of in my travels was how active the people of countries in that part of the world – the Middle East, the Mediterranean, Central Europe – including of course Turkey – stay until very late in their lives.
- They are not ones to not let the passing of the years dim their love for the outdoors, physical activity and regular social interaction with their family and friends.
- They relish the chance to get out and about when the chance arises.
- And every so often, show the young ones a thing or two about it should be done.
- So I am not surprised to see that the local Turkish community here is among the most eager supporters of this initiative.
- And I'm sure they will find it as worthwhile as the groups who have participated already.
- ECCV has already done some substantial research in the area of aged care among culturally diverse communities.
- Late last year we released a research project co-authored by Monash University which explored that effective service delivery to CALD seniors and the need for stronger partnerships between ethnic and mainstream age care services.

- As you look at the project partners involved in our Multicultural Multiactive Seniors Program, I think you'll see what these kinds of partnerships can achieve.
- The program is already beginning to have a positive effect in many of the ethnic seniors' communities.
- Many of the seniors groups involved in the program have changed their old habits and attitudes towards exercising and adopted a better and healthier lifestyle.
- In doing so the program has helped overcome some of the traditional barriers to exercise for ethnic seniors, such as, language, cost, transport and cultural difference.

#### **CONCLUDING COMMENTS**

- So thank you once again for joining us today to help promote the benefits of our Multicultural Multi-active Seniors Program.
- I have no doubt there will be many benefits to be had.
- If ever you need some incentive in the in the weeks and months to come, just reflect on the following quote from Mark Twain:

“Age is an issue of mind over matter.  
If you don't mind, it doesn't matter.”

- Thank you again for joining us and enjoy your afternoon.