

Our Golden Years

Welcome from the editor

Dear Our Golden Years Readers

Thank you for reading the ECCV *Our Golden Years* newsletter.

The Ethnic Communities' Council of Victoria (ECCV) has been actively working with seniors. ECCV organised a forum for culturally diverse seniors groups this March. The forum was attended by about 80 people. This forum gave seniors the opportunity to talk about issues close to their heart. Topics that were discussed included the social wellbeing of seniors, the future of grants to ethnic senior citizens' clubs, and the risks of gambling. Also State politicians presented their ideas to the forum participants.

This edition of *Our Golden Years* includes articles on:

- Participation for CALD Seniors Grants Program;
- The 2018 Victorian Senior of the Year Awards;
- The 2018 ECCV Seniors Forum and State Election Panel.

ECCV wishes you a beautiful and fulfilling autumn.

With the best wishes

Nikolaus Rittinghausen, Editor

Our Golden Years is a newsletter for multicultural older people, produced by the Ethnic Communities' Council of Victoria, jointly supported by the Victorian and Australian Governments.



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2018 Victorian Senior of the Year Awards

Nominations are now open for the Victorian Senior of the Year Awards. Do you know an older Victorian who contributes to their community? Whether it be in a leadership role or a behind the scenes person.

Last Year Marcello D'Amico received the Promotion of Multiculturalism Award.

Marcello is a musician, artist and writer who, with wife Pauline, actively promotes the benefits of multiculturalism by performing the music of the Mediterranean for community organisations, cultural groups, seniors organisations and aged care facilities.

Marcello served on the board of Multicultural Arts Victoria for 20 years and is the voluntary coordinator of the Italian Pensioners Federation of Victoria.

"I find when I play music it brings back the past. When Pauline and I play, people join in singing and it brings back happy memories. It allows us to forget our problems and focus on happy memories."

Read about Marcello's Award (in Italian) here:

Other award categories include:

- *Premier's Award for Victorian Senior of the Year*
- *Healthy Active Living Award*
- *Veterans Community Award- this person does not have to be a veteran*
- *COTA Victoria Senior Achiever Awards*
- *Age-Friendly Victoria Award – for organisations or businesses.*

The Age-Friendly Victoria Award is given to an organisation or businesses that support and encourage older Victorians to participate in their community. Perhaps you know an organisation that has assisted you to participate or engage in the wider community. You can nominate them for this award to have their good work recognised.

To make a nomination just download a nomination form at www.seniorsonline.vic.gov.au/festivalsandawards

For more information or help with completing the form call Seniors Information Victoria on 1300 135 090 or email askcota@cotavic.org.au

Nominations close Friday 20 July 2018.



Marcello D'Amico with the Governor of Victoria, the Hon Linda Dessau AO

ECCV 2018 Seniors Forum and State Election Panel



The Ethnic Communities' Council of Victoria (ECCV) facilitated a Seniors Forum and Election panel on 14 March.

ECCV invited members from ethnic senior citizens club, representatives from multicultural service providers, and State politicians. Approximately 80 people attended the forum.

Seniors had the opportunity to learn from other seniors groups. The group "Seniors for Seniors" presented on bringing out about change by seniors themselves and highlighted a number of issues including:

- The importance of seniors to remain connected and participate in the community;
- A seniors' hub where people could drop in and seek help and receive information;
- Seniors are a resource for Australia;
- Many seniors are feeling isolated at home;
- The lack of representation for aged pensioners at all levels of government.

ECCV 2018 Seniors Forum and State Election Panel, continued

Seniors had the opportunity to learn from other seniors groups

Three State politicians presented their programs and seniors asked them questions about their plans in terms of Government funding directed at ethnic seniors citizens clubs and the prevention of gambling harm in multicultural communities if they were to be elected into the Victorian Parliament. Another issue that was raised at the forum was about public liability insurance for seniors groups.



Also, Ton Westerveld received an award for his inspiring past advocacy work for older Victorian migrants and for being a pioneer of the ECCV's work in ethnic aged care.

ECCV thanks the seniors' groups for their participation.

Author: *Nikolaus Rittinghausen*

Participation for CALD Seniors Grants Program

Being socially active is important for health and wellbeing; evidence shows that older people from culturally and linguistically diverse (CALD) backgrounds may experience barriers to community participation.

To support isolated older people from culturally and linguistically diverse backgrounds, the Victorian Government's Participation for CALD Seniors Grants Program has funded projects that help identify isolated seniors and connect them to existing or new support networks and activities.

Since 2011 there have been 322 projects funded across Victoria through the small grants program.

Currently there are 54 funded projects that have commenced and are in progress across the state.

For further information about the DHHS Participation for CALD Seniors Grants Program visit the DHHS website www.seniorsonline.vic.gov.au

Article Submitted by *Dimitra Kardaras ECCV Seniors Project Officer*