



eccv

The Voice of Multicultural Victoria

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ECCV's online multicultural ageing and aged care magazine

Golden Years

Healthy and Active Ageing



Photo courtesy of Vietnamese Senior Cultural Association

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home and community care
A JOINT COMMONWEALTH AND STATE/TERRITORY PROGRAM
PROVIDING FUNDING AND ASSISTANCE FOR AUSTRALIANS IN NEED

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From the Deputy Chairperson

Dear Readers

Welcome to the winter edition of *Golden Years*, Ethnic Communities' Council of Victoria's (ECCV) online ageing and aged care magazine.

I am pleased to provide you with an update of what ECCV has been working on in the area of ageing and aged care policy in April and May 2016.

One of my priorities for 2016 is to ensure that ethnic and multicultural seniors clubs have a stronger voice in Victoria. To that end, ECCV has convened a Working Group on ethnic seniors clubs and visited representatives of ethnic seniors clubs to inform ECCV's advocacy planning and policy responses. ECCV met with the Commissioner for Senior Victorians Gerard Mansour in late May highlighting that ethnic and multicultural organisations need to be included in implementing the recommendations of the Commissioner's 'Ageing is Everyone's business' report. The ECCV response is available on our website at <http://www.eccv.org.au/aged-care/aged-care-policy/>.

As part of our ongoing work, ECCV met with ethnic and multicultural aged care providers to discuss next steps of the ECCV Ernst & Young project on sustainability of ethnic and multicultural providers. Our aim has been to support the sector's sustainability, adequately represent ethnic and multicultural aged care agencies and scope the value of the advocacy we do.

ECCV, Southern Migrant and Refugee Centre and New Hope Foundation appeared at the Senate Community Affairs Reference Committee public hearing on the inquiry of the future of Australia's aged care sector workforce. The ECCV delegation emphasised the importance of culturally competent aged care staff, creation of a more culturally inclusive workforce, and ways of monitoring RTO practices. The inquiry's reporting date is 30 June 2016.

ECCV continues lobbying Commonwealth and State Government on behalf of our constituency. ECCV met with Assistant Secretary of Delivery Strategy & Operations Division of the Commonwealth Department of Health (Victorian office) on issues relating to Consumer Directed Care and access to MyAgedCare.

I am pleased to inform you that the ECCV Board of Directors released the ECCV ageing and aged advocacy outline for 2016-17. It provides insights into ECCV's role as an advocacy organisation and current and upcoming priorities. For more information, please contact me or the aged care policy team on 03 9349 4122 or eccv@eccv.org.au.

I hope you enjoy reading this edition!



Marion Lau OAM JP

ECCV Deputy Chairperson
Convenor Aged Care Policy
Sub-committee

From the Editor

Dear Readers

I welcome you to the 2016 winter edition of *Golden Years* featuring issues on healthy and active ageing. The Moorleigh Multicultural Senior Citizens Centre showcases the positive impact of physical exercise programs for senior Victorians. Key to the program's success is the cultural expertise that New Hope brings to the table. ECCV is participating in the Victorian Active Ageing partnership which aims to increase opportunities for participation in physical activity for older Victorians.

World Continence Week is from 20-26 June. This year's theme is 'Improve your bottom line', encouraging people to adopt healthy bladder and bowel habits to prevent and improve incontinence. Service providers and multicultural associations can make use of community education sessions delivered by the Continence Foundation of Australia.

The Coppel & Piekarski Family Disability Respite Centre is a state-of-the-art disability respite centre. Commitment by the community has been a key ingredient for moving this initiative forward. The 'Money for Jam' project provides insights into developing and co-designing a social enterprise with older financially disadvantaged women.

This edition also features the story of Gino Milano, an Italian migrant to Australia who in later life decided to return to his native village in Southern Italy.

I warmly thank the writers for their contributions.



Nikolaus Rittinghausen

Editor

“Who finds a faithful friend, finds a treasure”

- Jewish proverb

Moorleigh Multicultural Senior Citizens Centre physical activity exercise program



The New Hope Foundation (NHF) began as the Prahran Migrant and Refugee Centre in the early 1980's. Its work with elderly migrants is concentrated in the southern metro region, stretching from Prahran, to Oakleigh, Clarinda, East Bentleigh, Frankston and Rye.

The Moorleigh Multicultural Seniors Centre, East Bentleigh, was established and managed by NHF in 1994. Since then, NHF has been supporting and assisting Culturally and Linguistically Diverse (CALD) clubs to remain vibrant, active and dynamic. NHF has always been proactive in providing health and well-being opportunities to the hundreds of CALD seniors frequenting the Centre weekly: creating and equipping a gymnasium within the confines of the Moorleigh Centre, has been the jewel in the crown.

Almost a decade ago, the Victorian Government funded NHF to pilot an Active Service Model (ASM) based exercise program at the Moorleigh Centre. Seniors began attending the program, led by a well-qualified facilitator who devised and conducted weekly exercise classes. The facilitator used a combination of gym equipment and gentle exercise to help clients to achieve their strength training and falls prevention goals. The program was so well-received and feedback resounding, that funding continued and NHF established a structured exercise program that has since become known as the Moorleigh Café Bazaar™.

Currently, mainly Greek, Italian, Indian and Sri Lankan participants, aged between 65 and 90 attend. A qualified and trained professional has designed a

strength training program, with an emphasis on falls prevention. Ball activities improve mental dexterity, and line dancing promotes mental health, memory retention and coordination.



Participants report that the program provides them with motivation and inspiration to exercise and have fun in a safe environment. They enjoy the social interaction as they engage and connect within their own and other cultural groups.

Demand now exceeds capacity and we are assessing options to expand the program.

The Café Bazaar™ is a NHF initiative, and is a facilitated, weekly, multicultural, independent seniors program, which promotes health and well-being, socialization, information distribution and provides a pathway to service system access.



Christine Spiridonos
CBSS Project Worker
New Hope Foundation

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Have you heard about the Victorian Active Ageing Partnership?



MOVE muscle, bone & joint health* is coordinating the Victorian Active Ageing Partnership (VAAP) on behalf of the Victorian Government and in collaboration with Fitness Australia and Monash University.

The purpose of the VAAP is to increase opportunities for participation in physical activity for older Victorians, especially in areas of socio-economic disadvantage and among isolated, lonely, older people not currently involved in physical activity. The three-year VAAP officially commenced on Tuesday 13 October 2015 and has three priority areas:

- Developing partnerships
- Developing workforce and organisational capacity
- Developing pathways for engagement of older people

Some of the anticipated outcomes and benefits of the VAAP include:

- Developing an evidence-based best practice framework for the engagement of older people in physical activity
- Increasing awareness of what is happening in the sector and of relevant resources and strategies
- Developing and improving knowledge and development of assisted/referral pathways to support the involvement of older people in physical activity, especially those not currently participating.

Already, a comprehensive data audit and gap analysis of physical activity opportunities for older Victorians has been undertaken with the final report being publicly available soon. A VAAP Project Advisory Group consisting of various stakeholders, including the Ethnic Communities' Council of Victoria, has also been convened to guide the work of the VAAP.

The VAAP Annual Research and Practice Forum titled 'Pathways to Participation: Engaging Older People in Physical Activity' for service providers will be held on **Thursday 25 August 2016** in Melbourne. A VAAP eNewsletter for service providers is also being distributed on a quarterly basis, so if you are not yet on the mailing list...make sure you sign up!

For more information about the VAAP and how you can become involved, visit <http://www.move.org.au/VAAP> or contact me via the details below.

*N.B. *MOVE* muscle, bone and joint health is the new voice of Arthritis and Osteoporosis Victoria



Ms Genevieve Nolan
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Incontinence prevention and management

Same message - delivered differently



One in four Australians aged 15 and older is incontinent. Don't assume they're all infirm and elderly; those most at risk are pregnant women, men with prostate disease, women who've had babies, overweight people and elite athletes.

Certain illnesses make people more susceptible: Parkinson's disease, multiple sclerosis, stroke, diabetes, spina bifida and arthritis are just some of the conditions that increase the likelihood of incontinence.

World Continence Week (June 20 – 26) is a timely reminder that incontinence is a significant, yet very treatable condition that can be prevented, cured or better managed in most cases, often through simple lifestyle changes.

This year, in addition to asking Australians to "improve their bottom line" by adopting healthy bladder and bowel habits, the Continence Foundation of Australia aims capture a significant portion of the population that has, until now, had limited access to information and resources.

This is the one in five Australians who live with physical, intellectual, social, emotional or psychological disabilities—the focus of the Continence Foundation's major project for 2016: *Finding the answers; improving access to continence information*.

During World Continence Week, the Continence Foundation will launch a number of initiatives aimed at making their resources more accessible to people with disabilities, such as Easy English fact sheets, assistive technology for accessing the Foundation's website, and website modifications to assist people using adaptive technologies.

Continence Foundation of Australia chief executive Rowan Cockerell said the project recognised the significant barriers people with disabilities faced every day when accessing health information.

"This is something we are doing to ensure all people, regardless of their personal limitations, have access to our information and resources," Ms Cockerell said.

"This project is an extension of the work we have done previously to improve accessibility for non-English-speaking people, with our fact sheets translated into 30 languages. Being as inclusive as possible extends our reach and ability to educate and inform.

"And our message is the same for everyone; incontinence is, in most cases, preventable and treatable," she said.

Ms Cockerell said the key steps to maintaining good bladder and bowel health were to eat well, drink well, be as active as possible, daily pelvic floor muscle exercises and practise good toilet habits.

She said people shouldn't be embarrassed about seeking help. "There is a lot of help out there. The Continence Foundation has many resources on the website, as well as a free, confidential helpline staffed by continence nurses. They can provide callers with advice, information about their nearest continence service, and information about government subsidies," she said.

For more information about the prevention and management of incontinence go continence.org.au, and for free, confidential advice about incontinence, speak to one of the continence nurse advisors on the National Continence Helpline (1800 33 00 66) 8am to 8pm weekdays AEST.

Community talks from the Continenence Foundation



Free Community Talks on Good Bladder and Bowel Health

FREE

Learn about:

- healthy bladder and bowel habits
- bladder and bowel problems and risk factors
- where to get help



Bladder and bowel control problems affect many of us. In fact, 4.8 million Australians experience some form of incontinence. Learn how to prevent, cure and better manage these issues.

To book a session phone 03 9816 8266 or email jenny.rivett@continencevictoria.org.au

National Continence Helpline 1800 33 00 66

Supported by the Australian Government Department of Social Services under the National Continence Program



A New Era Opens for Disability Respite Services



Over 150 guests attended Jewish Care Victoria's much-anticipated official opening of The Coppel & Piekarski Family Disability Respite Centre in Caulfield in March 2016.

This milestone marks the beginning of an exciting new era for Jewish Care, where the adult and children respite services have been combined under one roof. The investment of \$8.5 million raised from community support has made this much-needed facility a reality.

Victoria's Minister for Housing, Disability, Ageing, Mental Health, Equality and Creative Industries Martin Foley MP unveiled the official plaque, together with Michael and Michelle Coppel, the Centre's lead donors.

Mr Foley described how organisations like Jewish Care understand the importance of being intrinsically linked to the community, and how the new Centre will inspire not only the families who use the facility, but the wider community as well.

Kate Weiss, whose daughter Amy has been a Jewish Care respite client for 10 years spoke of the importance such an "incredible" facility brings to the community and how she is "thankful every day that Jewish Care's facilities exist".

"Our approach is visionary, but our commitment towards creating a more responsive, sensitive, accessible and inclusive environment for people with

disability is at the core of what we endeavour to achieve for our community, every day," Jewish Care President, Mike Debinski said.

Jewish Care CEO Bill Appleby praised the generosity of donors who have helped to bring the vision of the Centre to life.

"Thanks to your generosity, hundreds of families in our community will face a brighter future," Mr Appleby said.

The Centre has been created with the needs of carers and clients in mind. With this new facility, carers have significantly better access to regular, short-term respite enabling them to focus on other family members or children, and to restore their physical and emotional reserves, to continue in their caring role.

The Centre will give relief to children and adults with disability, their family and carers by offering a safe and culturally-sensitive environment, while increasing social and recreational opportunities and independence. The state-of-the-art facilities cater for up to five children and five adults in separate and secure houses, where care is based solely around individual's goals and needs.



The Coppel & Piekarski Family Disability Respite Centre is located at 476-478 Glen Eira Road, Caulfield.

For further information and bookings, please contact Jewish Care on (03) 8517 5999, info@jewishcare.org.au or visit www.jewishcare.org.au/disability-support-services/disability-respite/.



Money For Jam – enabling women over 50 at risk of poverty to create financial wellbeing through micro-enterprise



Centre for Applied Policy
in Positive Ageing

One third of older women in Australia live in permanent income poverty. This is a damning statistic for one of the richest countries in the world. Older women are particularly vulnerable financially for a variety of social and structural reasons, including a lack of appropriate employment services, pervasive age and gender discrimination, family breakdown and interrupted careers due to child raising and other caring responsibilities.

Although micro-enterprise is often promoted as an option for income generation to long term unemployed people, for example through the New Enterprise Incentive Scheme (NEIS), many older women do not identify with what they see as the masculine world and language of business. Yet, their life experience demonstrates resilience and resourcefulness, aspects that can translate well into small business ownership with the right amount and type of guidance.

The Centre for Applied Policy in Positive Ageing (CAPPA) has developed a unique solution to greater economic participation for women over 50 who are at risk of poverty and are dependent on government support. The support program, called Money For

Jam, will help these women achieve greater financial security through micro-enterprise and reduce the risk of permanent income poverty in their late 60s and beyond.

The Money For Jam program design is informed by an in-depth understanding of 13 women's life stories, current circumstances, needs and barriers. It harnesses the resilience and resourcefulness that the women have developed in their journeys through hardship, and adapts these to income generation. The program delivers emotional wellbeing strengthening as well as personalised one-on-one practical support for micro-enterprise start-up. The use of adaptive language and an approach of taking action over plans also distinguishes Money For Jam from other available programs. Most importantly, the support program takes the reality of women's lives into consideration, including their strengths, limitations and other priorities.

CAPPA is now ready to pilot Money For Jam and is seeking collaborators with skin in the game who want to be part of this journey towards an innovative solution to this critical issue.

Katelijne Lenaerts

Director, CAPPA Warwick Smith, Research Fellow,
CAPPA & Per Capita

For more information and a copy of the report, please contact Katelijne Lenaerts, Director, CAPPA-0467 711 669, k.lenaerts@percapita.org.au



A Future in their Past

This article was originally published in the Segmento magazine of March/May 2016. ECCV thanks Segmento for allowing ECCV to republish . Please visit www.segmento.com.au.

In 1974, after 14 years in Australia, Signor Gino Milano, a native of Marsicovetere in the Basilicata region of Southern Italy, decided enough was enough, and with two Australian born children in tow, decided to return to his native village.

It was a choice he made, he explained, because despite his relative success at finding work in various industries, Australia simply didn't offer him the lifestyle he had craved and expected, and he wanted to return while his children were still young enough to go to school in Italy.

"Abbiamo sgobbato, poveri noi, figli di mamma", he told me. (We worked hard, all of us poor sons of mothers). *"Lavoravo di notte. E di giorno cercavo altro lavoro. In Australia, per guadagnarti una casa ci dovevi rimettere sangue".* (I worked at night and sought other work in the daytime. In Australia, you had to literally spill blood to be able to afford a house).

A lively and very forthright man now somewhere in his seventies, Signor Milano, made a point of demonstrating his passion for and the significance of, the English language, by making frequent references to the phrases he most employed during his time in Australia. In addition, not surprisingly they were largely to do with seeking employment, finding accommodation and living day to day to day to day.

"L'Australia era piacevole", he told me repeatedly. (Australia was very pleasant). But it was however a pleasantness tempered with struggles to find employment, often made all the more frustrating by the general distrust many locals had of migrants. This distrust, according to Signor Milano was mainly predicated on the belief that migrants were out to take work away from the local, Anglo-Saxon citizen.

Signor Milano told of one particular Scottish foreman who constantly sought to give him the very worst of jobs within the company for whom he was working at the time. *"Aggiungi questo al più brutto lavoro",* he recalled overhearing. *"Litigavo sempre. C'era un anziano australiano che mi rimproverava ad ogni opportunità, anche quando non me lo meritavo".* (Give this one the very worst job. I was constantly bickering. There was one elderly Australian man who told me off at every opportunity, even when I didn't deserve it).

However, like so many of the people I had the pleasure of meeting, resilience was part of Signor Milano's constitution. He forged a very productive life in Australia against the many sometimes oppressive odds that included a minimal grasp of the local language, little formal education, and only a small circle of friends and paesani who understood and related to the challenges faced by likewise migrants. With his wife also working, and their paths often only crossing briefly when one was returning and other leaving for work or in search of same, Signor Milano managed to build a home and pay it off in 4 years, get his driver's licence, and move from fairly menial work at General Motors Holden (GMH), to doing some quite precise technical work for CIG, all the while proving to his employees that he was both a quick learner and a reliable worker.

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"You is good worker, Mr Milano," he told me proudly in English of his varied employers oft repeated opinion of him. "You is very good worker."



Signor Milano readily admits that Australia gave him opportunities that would not have come his way in Italy, or if they had, would have proven much more difficult in realising. His own parents even made the trip out to Australia, ostensibly with a view to perhaps staying, but they couldn't adjust to the lifestyle and went back to Italy after an unspecified short period of time.

Ultimately though it was a realisation that in order for his family to maintain the lifestyle they were developing in Australia, both he and his wife would have to keep working indefinitely, that made up his mind to leave. It would not be enough for him alone to work and carry the family forward toward a sistemazione, so often quoted by migrants as the reason why they had left Italy behind in the first instance.

"Allora mi sono detto, se questa è l'Australia, allora no!" he gushed. (If this indeed is what Australia is all about, then no-it's not for me.) And on what Signor

Milano said, it was really a whim that he decided to pack up his still young children and move with them back to Italy. When asked how his Australian born children took to this sudden change in circumstance and location, Signor Milano was rather coy, and all he offered was, "L'Australia era bella. I ragazzi hanno pensato chissà quali opportunità avrebbero potuto avere se saremmo rimasti lì. Ma non sanno che da tutte le parti c'è il male e il bene". (Australia was beautiful. My children have asked themselves, who knows what might have been had

we stayed in Australia. However, what they don't realise is that there is good and bad everywhere).

Signor Milano's most telling comment perhaps was his parting one to me. "Io però non mi sono pentito mai". (Personally, I have never regretted my decision) Though whether he meant to go to Australia or to leave it after 14 years...or indeed, both, he didn't elaborate upon.

By Archimede Fusillo

The Other Italian Migrant Story -

In 2014 Australian award winning author-and teacher, Archimede Fusillo, was awarded an International Literature Fellowship from the Italian Services Institute and the International Specialised Skills Institute. The result is a Report which brings together the forgotten stories of Italian migration-namely those of countless Italians who came out to Australia to seek their future only to return to their native birthplace when expectation and reality proved to be different things.

Now Archimede presents his findings in a lively, interactive manner to students of Italian from Years 10 to 12, bringing to them the actualities of life for so many migrants of the Post War era. Alongside their stories-told in their words, photos and personal observations, Archimede shares a largely unknown

world of migration with a new generation, along with pointed observations about the scope of understanding about Italian migration to Australia in the various Emigration Museums in Italy. Here are the voices that too soon will be silenced forever.

Archimede is considering extending his presentations to organisations and service providers that would like to listen to the colourful stories of Italian migration. Archimede is a fully qualified teacher, a regular contributing writer to the Italian focus magazines *Segmento* and *Italianicious*, fluent in Italian, and can be reached at afusillo@bigpond.net.au.

Organisations can contact directly with expressions of interest. (The Full Fellowship Report is available free on request.)





The Voice of Multicultural Victoria



Photo courtesy of Vietnamese Senior Cultural Association

www.eccv.org.au