

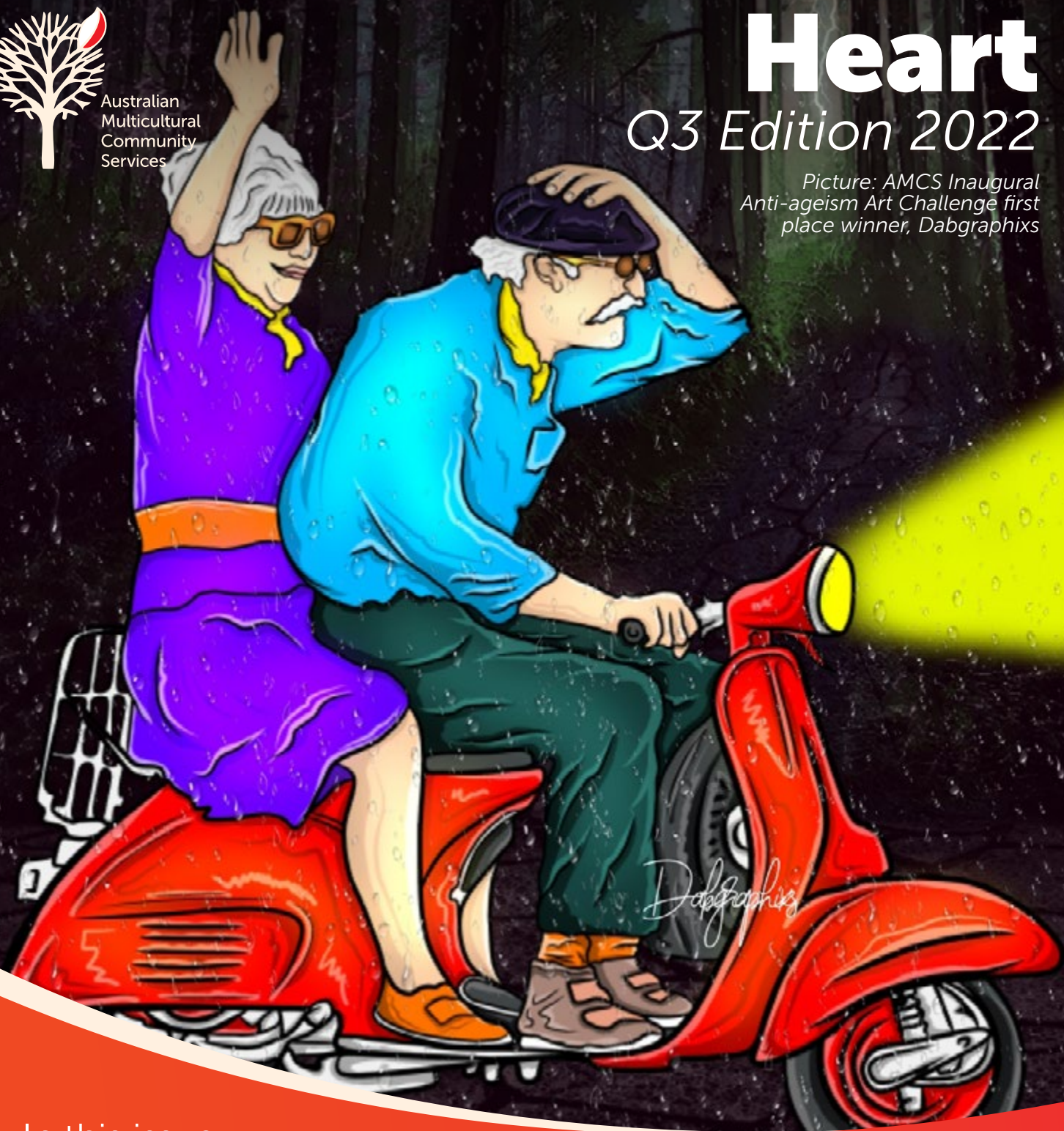


Australian
Multicultural
Community
Services

Heart

Q3 Edition 2022

*Picture: AMCS Inaugural
Anti-ageism Art Challenge first
place winner, Dabgraphixs*



In this issue:

- Home Care Package client — Domenico Foca
- AMCS Inaugural Anti-ageism Art Challenge winners
- AMCS CEO Elizabeth Drozd wins Leading Age Services Australia's (LASA) 2022 Executive Leader Award
- Remembering Ziggy Świstak
- Recipe — Roasted carrot, yoghurt and tahini dip

We care, we support, **we empower**

Welcome

The Q3 newsletter's theme is "heart," in views of understanding others, our experiences and appreciating the beauty in this world.

With our work, we open our hearts to all seniors as they have lived remarkable lives. Every day, we promote positive ageing and the AMCS Inaugural Anti-ageism Art Challenge is just one example. The entries depicted the theme of challenging the negative stereotypes of ageing. Thank you to all participants and a well done to the winners.

A big congratulations to our CEO Elizabeth Drozd for winning the LASA's Executive Leader Award. She is an inspiration, dedicating herself to the older population, championing anti-ageism and reducing obstacles for multicultural Victorians.

Recently I paid my last respect to Ziggy Świstak. He was an incredibly special man and a valued client of several AMCS initiatives. Years ago, I introduced him to AMCS and matched him with his first volunteer as part of the Volunteer Visiting Programs.

As always, if we can help, we will. Thank you for trusting AMCS.



Madga Biadala-Sahingoez
Manager — ICT Manager

Nurse's corner — How to avoid an unplanned hospital admission

In an ageing population, a growing number of adults experience physical or cognitive decline resulting in unplanned hospital emergency transfers and new problems such as infections reducing muscle strength and overall psychological and functional decline.

Individual factors influence hospital trips. People with complex health issues like chronic airway disease, congestive cardiac failure and diabetes are at higher risk.

By managing chronic conditions proactively, people are less likely to require hospital admission:

- Understand your health conditions and care for yourself to prevent deterioration. Your GP or Care Advisor can help with information.
- Some people think they do not need medication for chronic health conditions if they feel well. This is a myth. If you do not understand the GP's treatment plan, please ask questions to know the importance of continuing your medication.
- Regular scheduled reviews and blood tests with your GP are essential to detect health conditions before they become serious.

If you feel unwell and unsure, please phone Nurse on Call for guidance on 1300 606 024. For a home doctor, please call 13 74 25.

Domenico Foca Home Care Package client

In 1933, I was born in Ferruzzano, Reggio Calabria, Italy. I am proud of my past and present. In Italy, seven of us lived in a one-bedroom house. Although we had no electricity, heating or toilet, we were happy. We had land, grew wheat, olives and fruit, owned goats and made cheese.

Coming to Australia

In 1951 at age 17, I immigrated to Australia with zero English skills. I rented a place to sleep in Ascot Vale. Four people slept in one room. I jumped over people's beds to get to mine. Someone gave me a little book to learn English called, "Inglese in tre mese" meaning, "English in three months." I learnt plenty to make myself understood. In three years, I was speaking and writing well enough to land a job at Spencer Street Station as a Railway Station Assistant. I worked there for 17 years. After I left in 1968, I had a grocery stall at Victoria Market for about 40 years.

When Domenico met Francesca

One day, my good friend Giovanni asked if I wanted to meet one of his sister-in-law's and I said "yes." We liked each other, but her father said he needed two weeks to find information about me. He approved but said,



"Four people slept in one room. I jumped over people's beds to get to mine."

"no funny business, hey." Francesca was 20 and I was 24. I loved her then and I love her now. We have been married for 64 years. Unfortunately, she has dementia but I am 88 years old and it's till death do us part.

Life as we know it

We have two children — Pasquale and Natalina, four grandchildren and the best great-grandchild, Hazel.

AMCS experience

I'm so grateful for AMCS in supporting me with cleaning, transport to doctor appointments, bringing in my washing and cooking. Thank you.

"People with complex health issues like chronic airway disease, congestive cardiac failure and diabetes are at higher risk."

For information on Home Care Packages, please contact Eloina, Intake Coordinator, on homecare@amcservices.org.au or 0432 099 225.



Volunteer spotlight

Beata Maslo

Meet Beata Maslo, AMCS Support Worker until she retired in July. She worked at AMCS for four and a half years and supported clients with shopping, home care and cleaning.

"I miss them," Beata says.

Once retired, she joined the AMCS Volunteer Visiting Programs where individuals offer social support to seniors at risk of loneliness.

"I enjoy talking to older people. Recently, I met Francesca who is from an Italian background. She talked about her life. We'll go for coffee and walk outside in the future."

Beata speaks Polish and English.

To volunteer, please email volunteer@amcservices.org.au or ask for a Volunteer Coordinator at (03) 9689 9170.



Picture: Equal 3rd place winner, Wilma Brbot

Remembering Ziggy Świstak

On 15 August 2022, Home Care Package client Ziggy passed away peacefully in his sleep. As Australia's oldest Holocaust survivor, he was a political prisoner at two concentration camps in Germany. Previously, he shared his experiences with the ABC, The Age, The Australian and several books.

"I was broken," he told ABC Visual Journalist, Danielle Bonica. "They rebuilt me. The main thing was to save my mind."

He was a big part of AMCS and involved in the Home Care Package Program, Volunteer Visiting Programs, Centre-based Day Respite Program, Pen Pal Project and our singing and art competitions.



In his free time, he enjoyed gardening and painting, and even displayed his beautiful artworks at the Wantirna South Respite Program's exhibition.

AMCS send our condolences to his daughters Jenni, Eileen and Christine, and his family and friends.

AMCS Inaugural Anti-ageism Art Challenge winners

And the winners and finalists for the AMCS Inaugural Art Challenge are:

- **1st place** — Dabgraphixs
- **2nd place** — Gerardo Chierchia
- **Equal 3rd place honorary mention** — Barbara Oehring, Fleur O'Brien, Jack Forbes-Walker and Wilma Brbot

Finalists

- Amruta Kangutkar
- Bronwyn Calcutt
- Fabio Segatori Vegoya
- Hannah Matthew
- Jacqui Dreessens
- Joanna Rajtar
- Kiki Coco
- Lifeview Residential Care
- Maria Janczak
- Nuwanthi Hewathudella
- Rosie Dinh
- Sue Jackson

Commissioner for Senior Victorians Gerard Mansour, National Seniors Australia's Chief Advocate Ian Henschke, COTA Marketing and Communications Adviser Lizbeth Gonzalez Naranjo, AMCS Home Care Package client Irma Thiele, AMCS Consumer Advocate Mary Ann Lyttle and AMCS Manager — Marketing Katie Levine judged the challenge.

Thank you to everyone who entered to challenge the negative stereotypes of ageing. AMCS will display the finalists on Friday 7 October for Ageism Awareness Day as part of the Victorian Seniors Festival at The Studio Footscray, 11am – 5pm

Staff profile

Elizabeth Gauci
Support Worker

How long have you been working at AMCS?

I have been an AMCS Support Worker for over 25 years, back when it was Australian Polish Community Services (APCS).

Tell us about your role at AMCS.

I provide support for clients such as home and personal care, shopping, medical appointments and companionship. It is rewarding to help people, understand their needs, see them happy with a smile and learn different cultural backgrounds with a non-judgemental approach.

I had a client initially reluctant to receive personal care services, because he wanted to maintain his pride. By developing trust, he realised I was there to help and not remove his independence.

"I had a client initially reluctant to receive personal care services, because he wanted to maintain his pride. By developing trust, he realised I was there to help and not remove his independence."

AMCS CEO Elizabeth Drozd wins Leading Age Services Australia's (LASA) 2022 Executive Leader Award

AMCS is proud of our CEO Elizabeth Drozd. The judges said she demonstrated a long history of providing access to people with language barriers, championing anti-ageism and training advocacy to support the vulnerable in our community.

Congratulations, Elizabeth.



AMCS is supportive and provide monthly meetings and endless opportunities for courses and training.

Tell us a bit about yourself.

I enjoy spending time with family and friends, travelling and rock & roll dancing.

AMCS is looking for more Support Workers. For information, please contact Kristy, Senior Support Worker Officer, on kristy.harris@amcservices.org.au or 0401 219 609.



Moving for Life — The Way I Like It wins AUActive's Most Inclusive and/or Diverse Program Award

This AMCS project supported 3,500 CALD seniors to stay active and healthy, developing 104 age and culturally appropriate physical activity programs in 84 locations across Victoria. As a multicultural organisation, we embed diversity and inclusion in our values. We are thrilled to address the barriers culturally and linguistically diverse seniors' experience.

Recipe — Roasted carrot, yoghurt and tahini dip

by Ngaire Hobbins, dietitian, writer, aged care consultant

The 'lemoniness' of this dip depends on the lemons. Some have a stronger flavour than others. It adds a great flavour balance to the dip, packed with the carrots' antioxidants, extra virgin olive oil's anti-inflammatory benefits and protein from the yoghurt and tahini.

Serves 1½ cups

Ingredients

- 500 g (1 lb 2 oz) baby Dutch carrots, coloured ones preferably
- 60 ml (2 fl oz/¼ cup) olive oil, plus extra for roasting
- 70 g (2½ oz/¼ cup) Greek-style yoghurt
- 65 g (2½ oz/¼ cup) tahini
- 1 teaspoon ground cumin
- 1 lemon juice and zest
- crackers to serve

Ngaire is a fully qualified, medically trained dietitian passionate about helping people to get the best from life and age well. This recipe is from her cookbook *Better Brain Food*, available only from her website: www.ngairehobbins.com



Instructions

1. Preheat oven to 180°C (350°F).
2. Scrub and trim the carrots. If they're thick, slice them half lengthways, spread them out on a baking tray, drizzle with a little extra olive oil and season with salt.
3. Roast in oven until soft and turning dark golden on the edges. Set aside to cool.
4. Put cooled carrots into processor bowl and pulse until finely chopped. Add yoghurt, tahini, cumin and lemon juice and zest. Pulse again until combined. With the motor running, drizzle the olive oil onto the carrots and process for 30 – 40 seconds or until the dip looks creamy and smooth.
5. Season to taste and serve with crackers.



AMCS is recruiting

AMCS aim to be the employer of choice with flexible working conditions, health and wellbeing initiatives, salary packaging and professional development programs.

To review our vacancies and express your interest, please visit www.amcservices.org.au or send your resume and a short cover letter to hr@amcservices.org.au or call (03) 9689 9170.

Staff and volunteers' anniversaries — July to September 2022

Thank you to our staff and volunteers for their incredible dedication and support to seniors in the community.

Staff

September

Tanti, Dianne	5 years
Murphy, Silvia	5 years
Orlow-Arczewska, Ignea	5 years

Volunteers

July

Krstova, Marina	4 years
Dimitriadis, Georgia	2 years

Jogiya, Falguni (Flower)	3 years
Karki, Aastha	3 years
Misztalewska, Anita	2 years

August

Hamrosi, Halina	8 years
Lee, Lar Lei	4 years
Bangara, Atish	2 years
Stanislaw, Okis	2 years

September

Aslanis, Mina	2 years
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