

CPP Resources

available on MRC website

The MRC Community Partners Program resources, communication posters and resource kits in other languages are now available on the Migrant Resource Centre website:

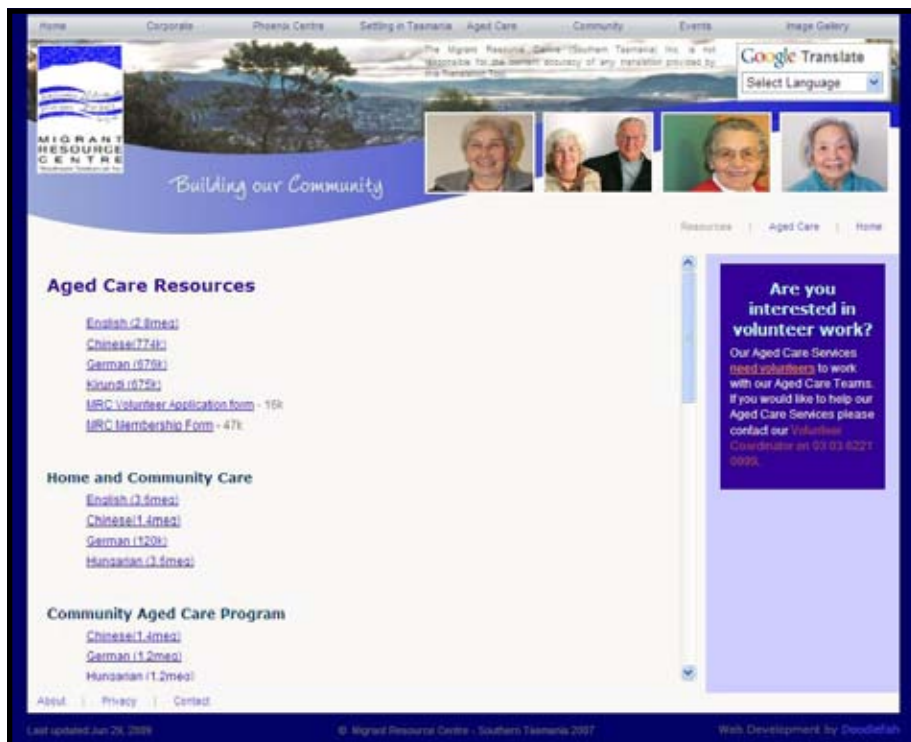
http://www.mrchobart.org.au/ac_resources.shtml

All the resources are in PDF format and in colour.

The resources are free but covered by copyright.

You may print these for your own use but copyright prevents the on-sale of these resources.

If you have any difficulties accessing the resources please contact Suzanne at MRC on 03 6221 0941 or sfeike@mrchobart.org.au.



COMMUNITY PARTNERS PROGRAM

NEWSLETTER

SEPTEMBER 2009



News from the Community Partners Program

Contact CPP at:



Migrant Resource Centre
(Southern Tasmania) Inc.
49 Mollie Street
Hobart TAS 7000

Tel: (03) 6221 0941
(03) 6221 0999

Fax: (03) 6231 1264

Email: sfeike@mrchobart.org.au

Web: www.mrchobart.org.au

This CPP project was funded by the Australian Government Department of Health and Ageing under the Community Partners Program.

MRC CPP Steering Committee Meeting

will be held on **Wednesday 23rd September 2009 at 2.30 pm** in the Casuarina room at Migrant Resource Centre, 49 Molle Street, Hobart.

Guest speaker will be
Teresa Grabek, Polish Welfare Office,
speaking about the project 'Care - Our Way'



Italian Choir members Concettina Limongelli, Angela de Martino and Romilda Amorosa

The Community Partners Program (CPP) can provide:

- Aged Care Information Resource Kits for communities in Chinese, Croatian, German, Hindi (Indian), Hungarian, Tagalog (Philippine), and Ukrainian.
- Language and culture posters for aged care facilities in Chinese, Croatian, Dutch, German, Hindi (Indian), Hungarian, Tagalog (Philippine), Ukrainian by CPP and Greek, Polish, Italian, Spanish, and Serbian by PICAC.
- Website accessible information is available in English and other languages through the Migrant Resource Centre website www.mrchobart.org.au.
- For more information contact the Migrant Resource Centre at 49 Molle Street, Hobart, 7000, Telephone (03) 6221 0941, 03 6221 0999, Fax (03) 6231 1264, Email: sfeike@mrchobart.org.au

A new MRC program: EACH Diamond



The Migrant Resource Centre is pleased to inform you that we are now able to offer Extended Aged Care at Home Dementia (EACHD) services. The Australian Government Department of Health and Ageing recently approved 4 places, to be provided in the Glenorchy, Clarence, Hobart and Kingborough regions.

Our EACH Diamond program is suited to people whose level of dementia makes them eligible for high care in a nursing home. Typical services include visits from a nurse, home help, access to expert dementia services, and help with social support. Individualized in-home services are provided by our team of multicultural support workers.

Because EACHD clients have complex care needs, clients also have the support of carers such as family members or close neighbours. We work with and build on these supports. With the addition of comprehensive and involved case management, the program enables clients to remain living in their own familiar environment for as long as possible.

The MRC's EACH Diamond program is a welcome addition to our 39 Golden Age Packages, Community Aged Care Packages that are provided across greater Hobart.

For more information please contact Marianne or Suzanne at the Migrant Resource Centre, 49 Molle Street, Hobart, 7000, Telephone 03 6221 0999, Email: mpotma@mrchobart.org.au or sfeike@mrchobart.org.au

Contacts and Web Links:

SOUTH:

- **Migrant Resource Centre (Southern Tasmania)**
49 Molle St, Hobart, TAS, 7000 (03) 6221 0999
www.mrchobart.org.au
- **Healthy Ageing Network South (HANS)**
Contact Health Promotion Coordinator Aged Rural Community Health
jacquie.maginnis@dhhs.tas.gov.au (03) 6222 7658
- **Glenorchy Cultural Diversity Advisory Committee**
Contact Rebecca Essex or Jill Sleiters
Glenorchy City Council, PO Box 103, Glenorchy, TAS, 7010
ressex@gcc.tas.gov.au (03) 6216 6361
- **Glenorchy Linkages**
Contact Rebecca Essex, Glenorchy City Council, PO Box 103, Glenorchy, TAS, 7010
ressex@gcc.tas.gov.au, www.gcc.tas.gov.au (03) 6216 6361
- **Kingborough Seniors Action Group (KSAG)**
Contact Joy Tunney
seniorsactiongroup@email4life.com.au (03) 6229 9787
- **Home and Community Care (HACC) Southern Service Providers Forum**
Contact Community Transport Services Tasmania Inc. (03) 6273 3251
- **Southern Day Centre Network**
Contact Sue Bailey, Uniting Aged Care (03) 6282 1150 or (03) 6282 1180
- **62 Service Providers Network**
Contact Gavin Murphy, MRC (03) 6221 0999
- **Council On The Ageing (Tasmania) Inc (COTA)**
2 St Johns Avenue, New Town, TAS, 7008
admin@cotatas.org www.cotatas.org (03) 6228 1897
- **Seniors Bureau**
Level 4, 144 Macquarie St, GPO Box 123, Hobart, TAS, 7001
seniors@dpac.tas.gov.au 1300 135 513
www.dpac.tas.gov.au/divisions/seniors/
- **50 and Better Centre**
108 Bathurst St, Hobart, TAS, 7000 (03) 6234 1441
- **Commonwealth Respite and Carelink Centre**
24 Sunderland St, Moonah, TAS, 7009
admin@cbssouth.com.au 1800 052 222

STATE-WIDE:

- **MRC Community Partners Program**
Contact Suzanne Feike (03) 6221 0941
49 Molle street, Hobart 7000 (03) 6221 0999
sfeike@mrchobart.org.au
- **MRC Partners in Culturally Appropriate Care**
Contact Hans Schmid (03) 6221 0940
49 Molle street, Hobart 7000 (03) 6221 0999
hschmid@mrchobart.org.au
- **Tasmanian Network of Men's Service Providers (TNMSP)**
Contact Jonathan Bedloe, Colony 47 Inc. (03) 6214 1281
Contact Matthew Magnus, Relationships Australia (03) 6211 4050

Contacts and Web Links:

NORTH:

- **Migrant Resource Centre (Launceston)**
95-99 Cameron St, Launceston, TAS, 7250 (03) 6331-2300
www.mrltn.org.au
- **63 Service Providers Network**
Karin Lê (03) 6331-2300
karin.le@mrltn.org.au
- **Good Neighbour Council of Tasmania, Launceston Branch Inc.**
PO Box 117, Launceston TAS 7250 (03) 6330 2798
Sally Lahra
sally@ericlahra.com
- **Community Care NESB Inc.**
9 Frederick Street (03) 6334 0990
Launceston TAS 7250
nesb@westnet.com.au
- **Commonwealth Carelink Information Centre**
Level 5, QV Tower Phone freecall 1800 052 222
11 High Street, Launceston Tas 7250
caretas@bigpond.net.au
www.commcarelink.health.gov.au

NORTH WEST:

- **Migrant Resource Centre (Burnie)**
Portside Online Building, 2 Spring St, Burnie, TAS, 7320 (03) 6431-9476
- **Migrant Resource Centre (Devonport)**
Room 44, 2nd Floor, Corner Best and Rooke Streets, (03) 6423-5598
Devonport, TAS, 7310
- **64 Service Providers Network**
Karin Lê (03) 6332 2215
karin.le@mrltn.org.au
- **North West Commonwealth Respite and Carelink Centre**
Carers Centre, 192 Wilson Street, South Burnie, 7320 Phone freecall 1800 052 222
carers@fbcnorthwest.org
www.commcarelink.health.gov.au
- **Community Care NESB Inc. North West**
Cradle Coast Health Centre, Room 5 (03) 6425 2610
48 Water Street, UlverstoneTAS 7315
nesbnw@bigpond.net.au

NATIONAL:

- **Department of Health & Ageing website:**
<http://www.health.gov.au/>
- **Centre for Cultural Diversity website:**
<http://www.culturaldiversity.com.au/>

Partners In Culturally Appropriate Care

The Hobart Italian Choir CD launch

The Hobart Italian Choir will launch their CD *A Collection of Favourite Songs* at the Migrant Resource Centre on Wednesday 16th September.



The Hobart Italian Choir

A Collection of Favourite Songs

This photo was taken at the Botanical Gardens for the cover of the Italian Choir CD.

Resources produced by the Migrant Resource Centre Community Partners Program

Communication Posters:

Communication posters are available in the following languages:

HINDI
हिन्दी

Indian Public Holidays 2009

26 Jan: Republic Day.
23 Feb: Mahanaviratri.
9 Mar: Milad-Un-Nabi (Birth of the Prophet).
7 Apr: Mahavir Jayantri.
15 Apr: Good Friday.
13 Apr: Easter Monday.
9 May: Buddha Purnima.
14 Aug: Janmashtami.
15 Aug: Independence Day.
29-31 Sep: Id ul Fitr (End of Ramadan).
29 Sep: Dussehra (Vijaya Dashami).
2 Oct: Mahatma Gandhi's Birthday.
17 Oct: Deepavali or Diwali (Festival of Lights).
2 Nov: Guru Nanak's Birthday.
27-28 Nov: Idul Zuhra/Dakrid (Feast of the Sacrifice).
18 Dec: Muharram (Islamic New Year).
25 Dec: Christmas Day.
26 Dec: Boxing Day.

Hindi is spoken in:
India, Fiji (Fiji Hindi), Mauritius (Urdu), Nepal (Bhojpuri), Surinam (Bhojpuri), Trinidad and Tobago (Bhojpuri), Guyana

Numbers

0 - Shunya	2 - Do
1 - Ek	4 - Chaar
3 - Teen	6 - Chah
5 - Paanch	8 - Aath
7 - Saat	10 - Dus
9 - Nau	

Days of the week

Monday	Som vaar
Tuesday	Mangal vaar
Wednesday	Budh vaar
Thursday	Brahspati vaar
Friday	Shukar vaar
Saturday	Shani vaar
Sunday	Ravi vaar

Words and phrases in Hindi language

Hindi language is phonetic.

Greetings (hello, bye, good evening) नमस्ते Namaste
Today आज Aaj
Yesterday and tomorrow कल Kal
How are you? आप कैसे है? Aap kaise hain?
Yes हाजी Haan ji
No नहीं Nahī ji
Please कृपया Kripaya
Thank you धन्यवाद Dhanyavada
Sorry क्षमा? Ksaima ki jise
Are you sick? क्या आप बيمार है? Kya aap bimaar hai?
Vomiting? उल्टी? Uulti?
Hungry? भूख लगी है? Bhookh lagi hai?
Thirsty? प्यास लगी है? Pyas lagi hai?
Sleep सोना? Needd aayi?
Cold? ठंडा लग रही है? Thandi lag rahi hai?
Hot? गर्मी लग रही है? Garmi?
Pain? दर्द है? Dard hai?
Toilet? बाथरूम जाना है? Baathroom jana hai?
Shower bath? नहाना है? Nahaana hai?
Walk? सैर करना? Saar karoge?
Like to sit in the garden? क्या आप बगीचे में बैठना चाहते हैं? Aap bagiche me bethna chahte hain?

Need more information?
Please contact the Community Partners Program (CPP) Project Officer
Migrant Resource Centre
49 Mulla Street
Hobart Tasmania 7000
Tel: (03) 6221 6999
Fax: (03) 6231 1264

- Chinese
- Croatian
- Dutch
- German
- Greek
- Hindi -Indian
- Hindi - Indian
- Hungarian
- Italian
- Tagalog - Philippine
- Russian
- Russian
- Russian
- Serbian
- Spanish
- Ukrainian
- Polish - courtesy of Polish Welfare Office

*Resources produced by the
Migrant Resource Centre Community
Partners Program*

Information Resource Kits:

COMMUNITY PARTNERS PROGRAM



Aged Care Information Kit for the Croatian Community

Informativni komplet za njegu starijih osoba u hrvatskoj zajednici



<http://travel2croatia.net/wellness-vacation/wp-content/gallery/dubrovnik/dubrovnik1.jpg>

Communication posters are available in the following languages:

- Chinese
- Croatian
- Dutch
- German
- Hindi - Indian
- Hungarian
- Tagalog - Philippine
- Ukrainian

*Partners In Culturally
Appropriate Care*

*Hans Schmid
Project Officer*

The official launch of the “Italian Choir on CD” has been scheduled for the 16th of September at the Migrant Resource Centre. Hans has been busy coordinating the event and sending out invitations. He would like to take this opportunity to thank everyone involved in the project, particularly all choir members. It was a ‘tough road’; from fortnightly rehearsal sessions to the final recording on a rainy weekend. What an incredible achievement!

500 CD’s have been produced and copies can be obtained through the MRC.

Up and Coming Events:

- ‘Torture & Trauma’ workshop at the North West Regional Hospital to a cross section of aged care service providers
- ‘Torture & Trauma’ workshop to five residential aged care facilities in and around Hobart and to staff from Carers TAS and Alzheimers TAS
- ‘Chinese Lunch’ at Vacluse Gardens on September 11
- The German Choir at Mary’s Grange
- The Dutch Choir at Hawthorn Village

Hans will soon arrange for the ‘Community Advisory Committee’ to meet the new CEO from One Care, Dale Eastley. Dale will present an up-date on the currently constructed ‘Barossa’ facilities. Hans encourages strong community presentation in order to maximize the outcome of the project.

If you need to contact Hans, his phone number is 03-6221 0940 or send him an email hschmid@mrc.org.au

*News from the
Migrant Resource Centre
Community Partners Program
2009—2012*

*Suzanne Feike
Project Officer*

The MRC Community Partners Program (CPP) has received funding from the Australian Government Department of Health & Ageing for the next three years. The MRC CPP will be working with the following communities over this period:

- Arabic: Sudan, Iraq, Ethiopia, Egypt.
- Croatia, Bosnia, Herzegovina, Montenegro, Macedonia, Slovenia.
- Dutch
- Farsi/Dari: Iran, Afghanistan.
- Hindi: India, Fiji.
- Tagalog: Philippines

State-wide Bi-cultural Workers are an integral component of the MRC CPP Project and provide valuable links and facilitate access for communities and members to MRC CPP resources and information throughout Tasmania.

The annual State-wide CPP Forum is a vital part of the project promoting information and access to our stakeholders and communities throughout Tasmania. Resources, regular Steering Committee meetings and this newsletter are also part of the program to provide better outcomes and communication about aged care service issues and provision of care for people from CALD communities..

The MRC website is an excellent avenue to sight the resources at your leisure and can be downloaded and printed and provides opportunity to use these resources (see the back cover of this newsletter for more information).

*Report from
Diversional Therapy Association Tasmania:
Sandra Reeve
State President DTAT*

On the 22nd August the Diversional Therapy Association of Tasmania met and held a Special Resolution Meeting to deregister as an Association in preparation for individuals to join the new Australia wide association. The vote was carried unanimously. Thanks to the wonderful executive committee members who have faithfully persevered to get to this point.

So what happens now you ask? Well, Diversional Therapists will still meet as network groups but won't be bogged down in their meetings with the protocol that has had to occur in the past because we were an incorporated association. The network groups will register with the National Association and individuals or the network group itself will be able to put forward ideas for National training that will tour the states. So there will be some standardisation of education and practical workshop delivery.

Presenters, performers & artists for activities

In partnership with the Community Partners Program (CPP) we would like collate a list of individuals and groups that you have used for your activities that you would recommend. If you could include a brief overview of; the name of the group or business name of the organisation, costs (if any) contact details and what activity or stream, eg arts (painting, sculpting, ceramics etc), exercise (Tai Chi, gentle exercise, roll ball), music (choir, band, violinist, concert group), sports, personal grooming/beauty therapy and region of the state.

Each publication of this newsletter would then contain the information that you have forwarded and thus we will be able to build up a database that anyone could access through CPP. Please ensure performers agree to have their act listed in the newsletter and their contact is correct before sending the activity details and information to Suzanne Feike (sfeike@mrchobart.org.au) for inclusion in the newsletter.