

Welcome Everyone to the first edition of **MAZI News**.

The **MAZI Project** is a two year project funded by the Commonwealth Department of Social Services under the Aged Care Service Improvement and Healthy Ageing Grants Fund (ACSIHAG).

Its main objective is to provide culturally appropriate activities that improve the skills and knowledge of family carers of older people from the Greek-speaking, Russian-speaking, Coptic and Antiochian Orthodox Communities (Arabic-speaking) in Brisbane, Gold Coast, Ipswich, Logan /Beaudesert and the Sunshine Coast..

The main activities of MAZI are to establish **Dementia Carer Support Groups** for family carer's of older people living with dementia as well as develop and deliver a **Chronic Disease Self-management Program** that is responsive to the specific needs of each of these communities.

MAZI will also be promoting the 4 GOC Care aged care resources to assist communities to navigate the aged care maze, to better respond to the challenges of caring for loved ones with dementia and provide support to service providers in delivering culturally appropriate aged care services to carers of these target CALD communities.

The 'Pages of My Life' Life-storybook template found in the GOC Care website resources page <http://goccare.com.au/wp-content/uploads/GOC-Pages-of-My-Life-v8.1-P1.pdf> will be adapted to be culturally and linguistically appropriate for the Russian and Arabic-speaking communities.

Since March 2015, MAZI has been working closely with community leaders from the four target CALD communities and four key carer support organisations including Alzheimer's Australia, Carer's Qld, Commonwealth Respite and Care-link and Multicultural Centre for Mental Health and Well Being (Harmony Place) to establish the MAZI reference group that meets regularly to promote sharing of Information, knowledge and resources to better describe and meet the need of family carers and provide input to planning processes.

MAZI has been busy participating as exhibitors in various health and aged care events including Senior's Week Expo in Runaway Bay and the Metro South Health Multicultural Week events for staff at the Redlands, Logan and QE2 Hospitals. We have also been keeping up to date with the latest in research and best practice in health and aged care by attending Chronic Disease and Dementia workshops delivered by Metro-South Health and the Dementia Training Study Centre.

On Tuesday, 18th August, MAZI presented a 'Family Carer's Information Meeting' for the Greek-speaking community to introduce the MAZI project activities, promote resources and sign up participants for the Greek Pilot Dementia Support Group and Pilot Chronic Disease Self- Management program . Watch this space for updates on the outcomes of the pilots.

Sit back , Relax and HAPPY READING!!

The MAZI Project (Dimitria and Ljiljana)

The MAZI (The 'Together') Project

**Is funded by the Australian
Government
Department of
Social Services**

The MAZI Project aims to provide information and support to carers and older people in the Culturally and Linguistically Diverse (CALD) communities of Greek, Russian, Antiochian and Coptic (Lebanese/Egyptian-Arabic speaking) in Brisbane, Sunshine Coast, Logan-Beaudesert, Gold Coast and Ipswich areas.

Carer Dementia Education

- ◆ Carer support groups
- ◆ Carer information sessions

Well-Being Education

- ◆ Health care information sessions
- ◆ Chronic-disease self-management workshops

Resource Promotion

- ◆ Culturally specific tools
- ◆ Aged care services information sessions

'Greek Cultural and Linguistic Resources' can be found by clicking on the following link
<http://goccare.com.au/resources/>

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www.facebook.com/goccareomonoia

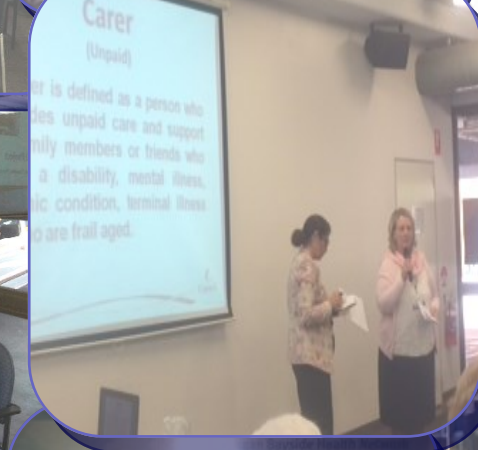


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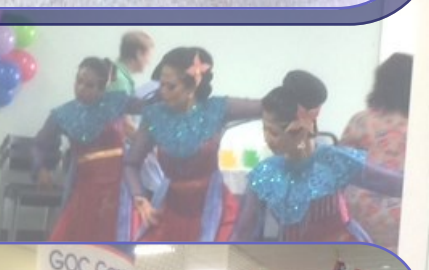
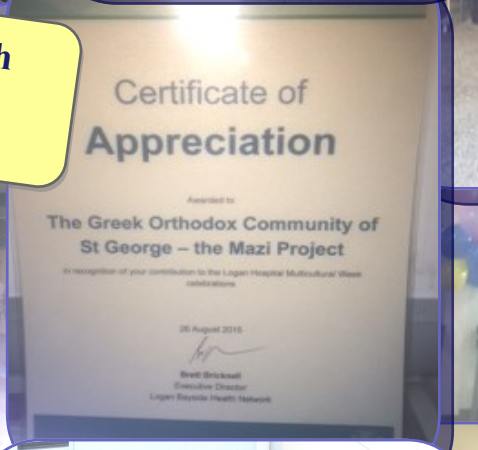
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Photo Gallery

At the Greek family carer's and community members meeting...



... and the Metro South Health Multicultural week events.



MAZI Calendar of Events



September 2015

St George Greek Orthodox Church Divine Liturgy ServicesEdmonstone & Besant St, South Brisbane <http://bit.ly/1HMWwWS>

Ph: 38443669

Dormition of the Theotokos' Greek Orthodox Church Divine Liturgy Services 269 Creek Rd, Mt Gravatt <http://bit.ly/1PW74X3>

Ph: 3343 7304

St Anna's Greek Orthodox Church Divine Liturgy Services31a Crombie Ave, Bundall <http://bit.ly/1EnvwQe> Ph: 5574 0777**St. Paraskevi's Greek Orthodox Church Divine Liturgy Service**

241 Church Rd, Taigum Ph: 3865 1218 for any enquiries.

St. Mary's Coptic Orthodox Church, Calamvale Holy Liturgy**Service** 2 Hamish St, Calamvale <http://bit.ly/1JoZthy>**St. Mina and St Anthony Coptic Church, Holy Liturgy Service, 5-7**Shepparton Rd, Helensvale <http://bit.ly/1i5rWQz>**Antiochian Orthodox Church of St Paul, Divine Liturgy Services****66 Junction St, Woolloongabba** <http://bit.ly/1U96MC4>**Tuesdays Senior Citizens St Anna's Greek Orthodox Church, 31A**

Crombie Ave, Bundall 10:30am-1:30pm Ph: 5574 0434

Thursdays Senior Citizens and Circle of Friends Dormition of the**Theotokos Greek Orthodox Church** 269 Creek Rd, Mt Gravatt

9:30am-12pm Irene Cayas 0407 145 000

Fridays Senior Greek Dance Class Dormition of the Theotokos Greek**Orthodox Church** 269 Creek Rd, Mt Gravatt 6:30-7:15pm Ph: 3343

7304

Saturday 5 Greek Ethnic School Movie Night7pm Greek Club Taverna \$10 per child RSVP 38443669 by 3rd

September 2015 Bring along your children or grandchildren to a fun movie night with all the trimmings.

<http://gocstgeorge.com.au/membership/>**Saturday 5 Cent Auction- The Ladies Philoptihos Parish Community**

of the Dormition of the Theotokos, 269 Creek Rd, Mt Gravatt 1:30pm

for 2pm Start \$15 entry rsvp: Maria-38491776 Angela-33415775

Saturday 12 Panagia Taverna Night Parish Community of the

Dormition of the Theotokos, 269 Creek Rd, Mt Gravatt 7pm Adults

\$40 Chn \$20 Under 5 Free rsvp 9/9/15 ph: 33437304

<http://bit.ly/1hiWpJY>**Friday 18- Sunday 20 Bribie Island Family Retreat- Fr Romanos**

Stergiou: 0414 740 477/ Chris Sakley: 0413 705 543

<http://bit.ly/1F0N2o4>**GOC Care**
www.goccare.com.au**Carers Qld**
www.carersqld.asn.au/**Alzheimer's Australia**
www.qld.fightdementia.org.au**Diabetes Australia** www.diabetesqld.org.au

Useful Contacts

Commonwealth Respite and Carelink Centre 1800 052 222**Brisbane City Council Active and Healthy Program**
www.brisbane.qld.gov.au/**Gold Coast City Council Active and Healthy Program**
www.goldcoast.qld.gov.au/

Healthy Recipes

The Australian Government website **Eat for Health** offers a selection of Healthy Recipes based on the recommendations from the Australian Dietary Guidelines and the Australian Guide to Healthy Eating. Each recipe combines foods from different food groups and uses a variety of foods within each group.

All year round fruit salad

15 minutes preparation

7 serves of fruit in this recipe

Ingredients 2 cups
melon, peeled and
chopped
1 banana, peeled and
sliced
½ pineapple, cored
and cubed
1 kiwi fruit, peeled
and cubed
Pulp of 3 passionfruit
Juice of 2 oranges



Method Combine all fruit in a large serving bowl. Stir through passionfruit and pour over juice and mix. Serve immediately. Serves 6.

Hint

Make sure orange juice is poured over any fruits that discolour quickly, eg: bananas, pears and apples.

Variation

All fruits can be used in this salad. When in season, use stone fruits, grapes, mangoes and strawberries.

For more recipes visit:

www.eatforhealth.gov.au/eating-well/healthy-recipes

My Aged care 1800 200 422
www.myagedcare.gov.au

Heart Foundation www.heartfoundation.org.au

National Dementia Line 1800 100 500

Diabetes Queensland Helpline 1300 136 588

Carer Advisory Service 1800 242 636

Did you know ?

Did you know one in six of us will have a stroke in our lifetime?

In our electorate alone there will be around 2267 this year.

However, many of these strokes can be prevented.

This National Stroke Week we are joining the National Stroke Foundation to challenge its impact on our community and I urge you to do the same.

Together, we will shine the spotlight on stroke, educating the community on its signs and how to minimise our risk of stroke.

Be aware, live healthy and get checked. Take action to reduce your stroke risk, learn more about stroke and help raise stroke awareness in the community. Together we can fight stroke and win.

Take the challenge this National Stroke Week. To find out more and to register your challenge please visit www.strokefoundation.com.au

National Stroke Week

14–20 September 2015



strokefoundation

Featured Service**Commonwealth Respite and Carelink Centre**

Commonwealth Respite and Carelink Centre provides assistance to people in the community wishing to access information, respite and/or assistance to access community services.

Commonwealth Respite and Carelink Centre provides:

Information and options about respite care and other support services for carers.

Referral to appropriate local and regional service providers.

Respite care in emergency or short term planned care situations.

For example, if a carer becomes ill, wishes to attend a special event or family function or simply needs extra help for a short period.

Assistance in booking residential respite.

Emotional support

Access to a 24 hour a day emergency respite service.

What is Respite?

Respite can be provided in a variety of settings including in the home, a respite centre, community access, and residential respite including cottage-style respite or other flexible options.

If you need emergency respite care, phone your local Commonwealth Respite and Carelink Centre on **1800 052 222** during business hours or

1800 059 059 outside business hours.

Are you a carer?

A carer is a person who provides regular and ongoing care and assistance to a dependent person. Often, a carer is a family member, partner, friend or neighbour who freely and willingly provides this support without payment.

Caring for someone can be challenging, both emotionally and physically. It can also be a rewarding experience. However, from time to time carers may need some extra help and support. This could include counselling or independent aged care advocacy for you as a carer, or respite services for the person you care for – which would allow you to take a break. You might not think of yourself as a carer. Many carers see themselves as a family member who looks after a person they love, not as a carer.

This means that you may not think to look for, or ask for help. There are a wide range of services available to help you in your caring role, designed to lend you the support and assistance you may need. It's things like having some extra help and support that may mean you can stay in your caring role for longer.

Contact us

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South Brisbane Q 4101

07 3844 3669

maziproject@gocstgeorge.com.au

Project Coordinators

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Ljiljana Macura Ljiljana.Macura@gocstgeorge.com.au

Please phone Dimitria or Ljiljana on 3844 3669 or email maziproject@gocstgeorge.com.au if you would like to promote an event that could be of interest for aged care service providers and older people and their family carers within the Greek, Russian, Antiochian and Coptic Communities.