Omonoia News

GOC Care
Aged & Community Care Services
Issue 3 Feb 2014

WELCOME EVERYONE, to the third edition of ***Omonoia News***.

The aim of The OMONOIA Project (funded by the Australian Government Department of Social Services) is to support older people from culturally and linguistically diverse (CALD) backgrounds, focussing specifically on the Greek community, their family carers and service providers to promote cultural relevance in aged care and to improve and increase positive care outcomes in the community and in residential care settings for all.

Since the last edition of Omonoia News ,we have had the pleasure of welcoming Omonoia's new project worker, Mihalia Pappas, who is co-ordinating community education/information sessions as well assisting with resource development.
On the 4rd September, 2013 local Greek-speaking GP , Dr Chrys Michaelides, was invited to speak on the topic of 'Diabetes and Driving' . Dr Michaelides talk was well received by the 35 Greek seniors and their carers who were in attendance. The take home message was "*Above 5 to drive"* which refers to drivers with diabetes and the importance of checking their blood glucose levels, before driving, to prevent the risks associated with an episode of hypoglycaemia. ***http://bit.ly/1muVWjG***

In keeping with 'Healthy Ageing' and minimizing the risks of developing chronic diseases , in December, 2013,Anna Levar from ilovemyexercise@live.com.au, delivered a lively 15 minute presentation about the "Benefits of Exercise for Healthy Ageing" followed by a 45 minute exercise session that engaged her audience of 30 members of the St Anna's Greek Community Seniors Group on the Gold Coast. The main lesson here was *"Move it or Lose it!"*. The morning ended with a light, healthy lunch and fruit for dessert (the Greek sweets were not missed this time!) Negotiations are now in place to organise regular exercise sessions for the Senior Citizens at St Anna's.

OMONOIA has also developed a Greek-specific, Care Plan Guide and a 'Pages of My Life' story book template for community and residential aged care service providers and family carers, which is currently being trialled. 'Transition into Aged Care' Kits are also in their developmental stage and these kits will reflect the aged care reforms that will be taking effect as of July 2015. Keep an eye out for invitations to attend the official 'Launch of Resources' at GOC Care Brisbane and the Gold Coast later this year and in Townsville, 2015.

We hope you find the articles and information in this issue of Omonoia News, useful and enjoyable. Yiassas !!!

Dimitria and Mihalia

The Omonoia Project
Is funded by The Australian Government

Mission Statement
The ***Omonoia Project*** is about promoting and sustaining *'healthy, harmonious and happy living'* for family carers and Greek older people within the Greek community in Brisbane South, Brisbane North, Gold Coast and Townsville.

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DATES TO REMEMBER

23 Feb –Meat-fare Sunday
'APOKRIES'
2 Mar– Cheese-fare Sunday
3 Mar– Clean Monday or 'Kathari Deftera' (Lenten fast begins)
15 Mar– An Afternoon in Paris
18 Apr– Good Friday
20 Apr– Orthodox Easter Sunday
April/May -Date TBC
Dementia Talk for Family Carers.

'Greek Cultural and Linguistic Resources' can be found by clicking on the following link
http://www.gocstgeorge.com.au/resources/
or go to the GOC Care Website
www.gocstgeorge.com.au .

JOIN US ON FACEBOOK
www.facebook.com/goccareomonoia

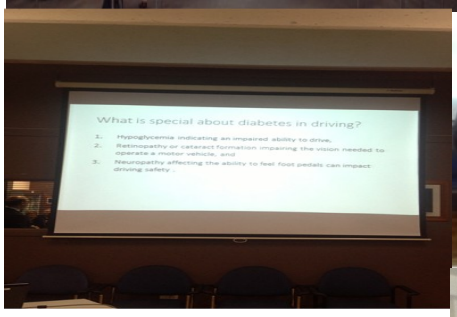
UPCOMING EVENT April/May 2014
"Living with Dementia: Key considerations for Family Carers– A Greek Perspective"
ALL FAMILY CARERS of Greek-speaking seniors living with dementia, are invited to attend.
You will learn: to understand the impact of dementia on your needs and emotions as a carer and learn strategies on how to care for or live with people with dementia.
More details coming soon

Photo Gallery

Parents, Grandparents and Great-grandparents enjoyed the Childcare 'OHI DAY' 28th October celebrations at the Respite Hall, South Brisbane.

Omonoia's 'Healthy Ageing- Importance of Exercise' Information Session at St Anna's, Bundall.

Greek Orthodox Easter 2013



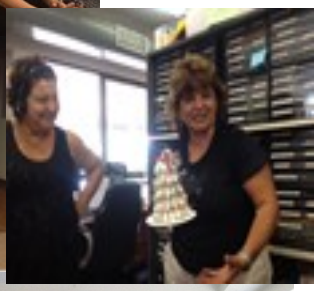
Chef Chris cooking up another yummy meal to suit the tastes of our clients with the help of our wonderful volunteers.

GOC Care Respite Christmas Celebrations

St George's Feast Day

Our temporary offices downstairs during renovations.

Omonoia's Mihalia and Dimitria in the Christmas spirit!



We get the message! "Move it or Lose it!"

Calendar of Events

2014

Every Tuesday 10:30am **Senior Citizens Luncheons** BYO lunch St Anna's Church Hall, 31 A Crombie Ave, Bundall.

Every Thursday 9:30am **Circle of Senior Citizens and Friends** meet every Thursday at GOSP Hall in the grounds of The Dormition of The Theotokos 269 Creek Rd, Mt Gravatt. All are welcome.

For more details contact Irene Cayas

Ph:0407 145 000

Bus trips are organised for members only.

Every Day **Centre-based Respite Services-Brisbane** 36 Browning Street, South Brisbane– for frail aged people and their carers.

For more information please phone 38443669 and speak to a member of The Home and Community Care Team.

Every Monday & Thursdays **Centre-based Respite Services-Gold Coast** 31 A Crombie Ave, Bundall-

for frail aged people and their carers.

For more information please call St Anna Respite Centre on 5574 0296.

St Anna's **Gold Coast 'Mates' Men's Group**

'Ta Filarakia' (Mondays & Thursdays)- bus trips for men only. For further information please contact Rebecca Cominos on 0413 886 118.

Every Tuesday & Thursday **FUN FIT Classes– South Brisbane (Respite Hall) 9-10am.**

Mt Gravatt (GOSP HALL)- Every Friday 9-10am

$3 per class Shared Morning Tea

For more details please contact Irean Karalouka

On 3844 3669.

The Greek Orthodox Community Auxiliary of St George Invites you to

AN AFTERNOON IN PARIS

With Guest Speaker Dr Paul Eliadis
Clinical Haematologist & Medical Oncologist

At The Greek Club
29-31 Edmondstone Street
South Brisbane

On Saturday 15 March 2014
1.30pm for 2pm
Cost: $45.00 per person
For bookings please contact

Anna Raftopoulos: 3378 9386/0412 789 336
Theodora Politis: 3398 3272/0418 884 464

Proceeds to Welfare Gift Fund and Cancer Council

Omonoia News

Issue Number 3

In the words of a child 'born to the children of Greek migrants'

"My name is Georgia Panagiotopoulos and I was born to the children of Greek migrants. All four of my grandparents migrated to Australia in the 1950's, fleeing their respective, poverty -stricken villages. Throughout my 26 years, my parents and grandparents have emphasized cultural, linguistic and religious maintenance. In adulthood, this has culminated into an even stronger sense of closeness to my Greek heritage.

I wrote this poem several months ago, reflecting upon the experiences of my grandmother, who has lived for the majority of her life in the Riverland, where she both worked as a rural labourer and raised a family. Having been named after her, I have always felt a special affinity towards her and her struggle. She is now 86, 60 years my senior, and still doesn't speak any English. This is for her, and for the countless Greek women who boarded ships in the 1950's and 1960's to live out their days in a foreign land." An Extract from PICAC Newsletter November 2013.

Rolling pins flatten dreams

Rolling pins
Flatten the homemade pastry
You cannot make today
For your arthritic hands are tired
Spent
From days of summer sun
Bent over at the waist
Back hunched towards the Gods
Picking peas and corn

Your eyes
One bright
Are now weary with age
And raising children in a foreign land
From never knowing a
'*patrida*' [homeland]
Which provides you with sufficient nourishment
From possessing citizenship to a country
Whose language you cannot speak
60 years post-migration

The weight of widowhood
Bears hard on your shoulders
Bedtime tears
And closets full of his clothes
Afternoon cemetery visits
And holidays you shall never celebrate again
Clad in black
An outward expression
Of an eternally weeping heart

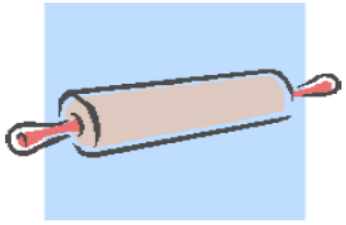
You fled poverty and devastation
Only to spend
The rest of your days
Living in frugality

Two years of primary school
You can read in capitals
Wholehearted regrets

All too familiar
This feeling
Of being uprooted
Landless
Illiterate
Desolate
In a rural area

Stranded
In the third age
Hopes dissipated long before
Buried deep inside the wooden casket
That houses your loved one.

©Georgia Panagiotopoulos, 2013



The Greeks in Brisbane get their book.

'The Greek Club in Brisbane was filled with mixed emotions in late October 2013. At the book launch of Constantine Castan's book **The Greeks in Brisbane - Migration, Arrival, Home**, the 250 strong crowd was trying to juggle feelings of happiness and sadness. For one, they were finally holding the published book that chronicles Brisbane's Greek community, but they couldn't shake the absence of Con Castan, the man who brought that book to life.
He passed away just months before finishing the book, something that became a lifelong project. It was thanks to his widow, Dr Voula Castan, that the book is in publication today.'

For those interested in purchasing a book, call the Greek Orthodox Community of St George on 07 3844 3669.

http://neoskosmos.com/news/en/greeks-in-brisbane-get-their-book-con-castan

Useful Websites

Greek Orthodox Archdiocese of Australia

www.greekorthodox.org.au

Greek Orthodox Community of St George, Brisbane, Qld

www.gocstgeorge.com.au

Greek Orthodox Church of St Anna, Bundall, Qld.

www.gocstanna.org

CULTURALLY APPROPRIATE CARE

www.greekcare.org.au

Centre for Cultural Diversity in Ageing

www.culturaldiversity.com.au

Other Useful Contacts

GOC Care (Gold Coast)–Community Aged Care Packages (CACPS) Brisbane P: 07 5574 3920

GOC Care (Gold Coast)– Home and Community Care (HACC) Brisbane P: 07 5574 0296

Greek Orthodox Parish of St Paraskevi

(Taigum) P: 07 3865 1218

Greek Orthodox Church of The Dormition of the Theotokos

(Mt Gravatt) P: 07 33437304

Greek Orthodox Church of St Anna

(Bundall, Gold Coast) P: 07 5574 0777

Greek Orthodox Church of Sts Theodores

(Townsville) P: 07 4721 1625

Greek News/ Trivia / And All Other Things Greek

Affordable Greek Comfort Food

Lentils & Rice

150g brown or green lentils, picked over for pebbles
150g rice (white or brown)
1 large onion, diced
4 medium carrots, sliced into rounds
2 tbsp + 1 tsp garlic olive oil, divided
1 tsp salt
yogurt or cheese to serve

1. Saute onion in 1 tsp olive oil for several minutes in pressure cooker. Stir in carrots, rice, and lentils with enough water to cover by 1″. Cook under pressure for 8-10 minutes or until lentils are tender. Release pressure naturally.

2. Stir in salt to taste. Serve with cheese or yogurt on the side. KALI OREXI!! http://bit.ly/1aiM4JZ

What is 'APOKRIES'

The tradition of **Apokries** started so that the Christian people could celebrate and indulge before the great 40 day Lenten period of Easter. It lasts for three weeks before the period of fasting begins.
Apokries, is usually celebrated in February. It depends on when the Orthodox Easter falls. Each part of Greece has its own customs and traditions during, Apokries. The most famous is the Big Carnival of Patra. People dress in masquerade, play games and jokes, have a huge parade, and throw sweets to the crowds. Elsewhere, plays are put on in the streets. People are dressed in costumes with masks (Maskarathes) depending on the local traditions, and play jokes on the pedestrians. This takes place only at night. Local children and adults knock on the doors of the houses in the neighbourhood and the homeowners try to guess who they are. Home-made sweets are usually offered to the 'Maskarathes' (a bit like Halloween)
The **Psihosavata** are the last two Saturdays of **Apokries** and the first Saturday of the Great Lent. The Psihosavata, which means the 'Saturdays for the souls' are the days that Orthodox Christians remember their dead.
After the last Sunday of Apokries, is the first day of lent when the proper fast begins(no meat or dairy products). The day is called "**Kathari Deftera**" which literally means "Clean Monday".

Note: Your Greek-Orthodox aged care resident may wish to fast on Clean Monday from meat &/or dairy products. This year Clean Monday falls on the 3rd March.

Click on the link for more on appropriate Greek Orthodox fasting foods http://bit.ly/1juJzra

The GOC Care: Home & Community Care Program (HACC)

THE GOC Care HACC TEAM

The GOC Care: Home & Community Care Program (HACC) -an introductory level of aged care services.

The GOC Care Home and Community Care Program (HACC) comprises 723 clients, who, depending on their needs and requirements, can access the following services: HACC services are listed below along with the approximate duration of each service and the client contribution for that service. Variations in the following can occur in response to client needs, health and circumstances.

- Domestic Assistance (1 ½ hours per fortnight) $ 5 per hour
- Social Support (2 hours per fortnight) $ 5 per hour
- Personal Care (40 minutes per week) $ 5 per hour
- Centre-Based Day Respite (generally 1 day per week) $12 per day (including meals)
  South Brisbane (Monday to Friday), Taigum (Tuesday and Thursday), Bundall (Monday and Thursday)
- Fun Fit Classes (2 hours each week) $ 3 per class
- Hydrotherapy (1 hour each week) (to be determined)
- Social Outings Program (monthly full day outings) $ 6 per day (excluding meals)
- Home Delivered Meals (selected suburbs only) $ 6 per

GOC Care (HACC) also provides: ***Assessment*** - to identify a person's eligibility for a HACC Client Care Coordination which involves coordinating a range of activities for clients requiring support from more than one agency. ***Case Management*** - planning, coordination and delivery of a suite of services to an individual client, particularly those with more complex needs.

Three full-time; two part-time and one scheduler coordinate, supervise and manage HACC clients and services as well as the 43 care staff who provide the in-home services.

GOC Care also provides the **Home Care Package Program** which involves more complex levels of service.