



**Mission Statement:**

*"To evidence the Islamic spirit of love, compassion and charity in providing a range of services to the aged of South Asian Muslims in NSW that best meet the physical, spiritual, cultural and emotional needs of the individuals, their families and the Muslim community"*

QUARTERLY NEWSLETTER - JULY - SEPTEMBER / 2015

## MORE CHOICE AND BETTER CARE FOR OLDER AUSTRALIANS

Australians are living longer and healthier lives, and it is important that as Australians age, they retain control over choices about their care. The government is implementing a system that is responsive and flexible, which meets the needs of older Australians, and empowers them to receive the services they want. At the same time, it strengthens the aged care system to deliver higher quality and more innovative services, now and into the future.

Changes were announced in the 2015 Budget to ensure the aged care system in Australia continues to meet the needs of an ageing population. The Government's Aged Care Agenda will progressively move aged care from a welfare-style system to one that empowers older Australians to choose their own care services, through a market-based system. This will encourage care providers to offer competitive, high-quality and innovative services.

From February 2017, funding for Home Care Packages will follow the consumer so they are free to select any provider to deliver their care.

Eligible consumers will be able to select any provider to deliver their care, with funding for the package paid to the provider selected by the consumer. Packages will be portable, allowing consumers to change their service provider, including where the consumer moves to another location.

These changes will give older Australians greater choice in deciding who provides their care, and will establish a consistent national approach to prioritising access to care.

Importantly, there will be increased competition, leading to enhanced quality and innovation in service delivery, and reduced regulation and red tape for providers. These changes are a key step in moving to a less regulated, more consumer-driven and market based aged care system.

Home Care Providers will also benefit from reduced red tape as they will not have to apply for home care packages through the annual Aged Care Approvals Round after 2015.

From July 2018, the Government intends to combine Home Care Packages and the Commonwealth Home Support Programme into a single integrated care at home programme.

These changes represent a significant shift in how care and support is delivered to older people and will involve consultation with stakeholders on the implementation and transitional arrangements.

From 1 January 2016, the Aged Care Commissioner will have responsibility for handling aged care complaints, providing greater independence in this important safety net for older Australians.

A new form of short-term restorative care will support older people to improve their capacity to stay independent, and in their own homes, longer.

This will allow aged care providers to develop and offer a range of innovative models of care. It will incorporate the current Transition Care Programme that assists older people to return to their own homes after a hospital stay, rather than enter residential aged care.

The Government will work to develop options for establishing a market for quality assessment in aged care, and commence consultations regarding the establishment of a single consolidated and streamlined quality framework for all aged care services.

Source : Department of Social Services



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## SAMAA CELEBRATED EID MILAN

South Asian Muslim Association of Australia (SAMAA) held Eid Milan on 9 August at Auburn Town Hall to bring together community elders to celebrate the annual Eid ul Fitr festival. Not only elders and their families gathered in large number, several parliamentarians, representatives from aged care agencies and SAMAA members, volunteers and community members also joined in to make it a joyous occasion.

Senator Concetta Fierravanti Wells, the Parliamentary Secretary to the Minister for Social Services Scott Morrison, Mr Laurie Ferguson, senior Labor member for Werriwa and longtime supporter of SAMAA, Mr Shaoquett Moslemane, the first Muslim MLC in NSW Parliament representing Mr Luke Foley, the Leader of the Opposition in NSW Parliament, Dr Geoff Lee, state MP for Parramatta representing Mr John Ajaka, Minister for Ageing, Disability Services and Multiculturalism graced the occasion and delivered fine speeches. They spoke of issues related to ageing industry, commended SAMAA for its endeavours and assured their support to the elders of South Asian Muslim Community. Mr Steve Teulan, Director, UnitingCare Ageing extended his support to SAMAA. Caroline Collins, Deputy General Manager Operations and Margaret Russell, Relationship Manager at SummitCare gave a fine presentation "How to Navigate the Aged Care Maze" detailing various options and upcoming changes in aged care services.

Mr Zahid Jamil of SAMAA briefed the audience



about various SAMAA programmes. He spoke of MoUs that SAMAA has signed with various aged care providers to offer culturally and religiously sensitive care to our community elders, about the volunteering programmes and regular cultural gatherings that SAMAA intends to hold in coming 12 months. Syed Afzal Hussain presented an initial proposal to establish a retirement village. SAMAA is seeking expressions of interest from people willing to be part of this project either for the purpose of staying in the village or for investment purpose and future use of themselves.

A major SAMAA sponsor Crescent Wealth made a presentation about their Islamic Superannuation Fund. Mr Zahid Jamil requested the audience that the community members, if joining this fund, should let Crescent Wealth know about SAMAA as the source of information. In doing so they will not only be investing in a sharia compliant fund but also helping the noble cause of SAMAA. He also emphasised that members should read SAMAA's disclaimer on the website in this regard.

Audience enjoyed ghazals and songs by highly accomplished singers Adil Pervez and Sadaf Pervez. It was the first performance of the two artists since their arrival in Sydney a few years back. They received repeated applause for their exceptional talent from the audience.

Delicious South Asian cuisine was served in dinner. SAMAA volunteers were present in big numbers to look after everyone. It was another successful SAMAA event.





**SENATOR CONCETTA  
FIERRAVANTI-WELLS**



**LAURIE  
FERGUSON, MP**



**SHAOQUETT  
MOSELMANE MLC**



**GEOFF  
LEE MP**

## SAMAA SIGNS MOU WITH CRESCENT WEALTH

South Asian Muslim Association of Australia (SAMAA) and the leading Australian Islamic superannuation fund Crescent Wealth has signed a MoU of cooperation. This will help South Asian Muslim community to access a sharia compliant super fund and contribute to the cause of serving elders of the community. CEO of Crescent Wealth Dr Talal Yassine along with his team met SAMAA representatives Dr Ahad Khan, Mr Zahid Jamil and Mr Syed Afzal Hussain to finalise the arrangement.

Crescent Wealth promotes not only socially responsible investment but also socially responsible behaviours by supporting charitable organisations such as Muslim Aid, Mercy Mission, National Zakat Foundation, Human Appeal International, Islamic Relief Australia and extending support to benevolent institutions such as SAMAA. Crescent Wealth is also establishing strategic partnerships with the aim to develop ideas, ideas that will drive lasting social impact, can be sustained, and may



be replicated across regions to benefit every facet of Australian communities for years to come.

SAMAA is thankful to Crescent Wealth for offering their support.

Please let Crescent Wealth representative know that you have learnt about them through SAMAA. However it is important that you read SAMAA's disclosure and disclaimer in relation to this arrangement on SAMAA website before acknowledging SAMAA as a referral.

## OSTEOPOROSIS RATES IN AGED CARE INCREASE

Osteoporosis is a significant health factor affecting the care needs of 12% of people in permanent residential aged care, although this is likely to be an underestimate, according to a report released recently by the Australian Institute of Health and Welfare (AIHW).

The report, estimating the prevalence of osteoporosis in Australia, presents information about the prevalence and impact of osteoporosis in Australians aged 50 years and over.

Osteoporosis prevalence markedly increases with age and is more common in women than in men. Over past few years, about 15% of women and 3% of men aged over 50 years reported that they had osteoporosis; however the prevalence may actually be much higher.

The report uses self-reported data from the Australian Health Survey for women and men who were living in the community (not in residential aged care) who had a diagnosis of osteoporosis.

Osteoporosis causes bones to become thin, weak and fragile, so that even a minor bump or accident can cause a fracture (broken bone).

“As osteoporosis has no obvious symptoms, the condition often goes undiagnosed until a fracture occurs, which means that it is difficult to determine

the actual number of people with this condition,” says Louise York, AIHW spokesperson.

A recent study measuring bone density in a population sample, showed the prevalence of osteoporosis among people aged 50 and over was estimated to be 23% for women and 6% for men.

“While osteoporosis can occur at any age, bone loss generally occurs over a long period of time and so older people, particularly post-menopausal women, are at greater risk of having this condition,” Ms York says.

“With an ageing population, an increasing number of Australians, particularly those aged over 50, are at risk of developing osteoporosis and sustaining a fracture,” she adds.

Osteoporosis is one of several risk factors for bone fractures that occur following little or no trauma, with minimal trauma fracture of the hip being one of the most serious possible outcomes of osteoporosis.

Although the rate of minimal trauma hip fracture for people aged 50 and over has dropped over the past 10 years, the number of hip fractures continues to rise due to the increasing number of older adults in Australia.

Source: DPS News

## SAMAA AT MULTICULTURAL EID FESTIVAL & FAIR



**SAMAA HELD A STALL AT ANNUAL MEFF EID FESTIVAL AT FAIRFIELD SHOWGROUND ON 2 AUGUST TO BRING AWARENESS OF VARIOUS SAMAA PROGRAMMES TO THE WIDER COMMUNITY.**



## SCREENING FOR BOWEL CANCER

Australia Medical Association (AMA) has been urging people to work with their family doctors to prevent bowel cancer, the second leading cause of cancer death in Australia.

Family doctors play a vital role in promoting bowel cancer awareness in the community, and in alerting their patients to the warning signs.

Seventy five Australians are killed every week by bowel cancer, yet more than 90% of bowel cancers can be cured if detected early.

The AMA is working with Cancer Council Australia to encourage GPs to help promote the Council's new bowel cancer screening campaign.

The campaign promotes the National Bowel Cancer Screening Program, which provides Australians aged 50, 55, 60 and 65 with a free faecal occult blood test in the mail.

By 2020, all Australians aged 50 to 74 will receive the test every two years.

The faecal occult blood test picks up signs of cancer early, when it is much more likely to be prevented or cured.

## DONATE TO SAMAA

Your donations to SAMAA are tax deductible. Please send you cheques payable to **South Asian Muslim Association of Australia Incorporated** to SAMAA's address. Please ensure that you provide your address so that the receipt can be sent to you. For depositing the money directly in a bank account, please note the following account details. Please send us an email with your postal address confirming your contribution.

**Bank:** ANZ A/C

**Name:** South Asian Muslim Association of Australia Incorporated.

**BSB:** 012- 081

**Account Number:** 4877-20869

**If you give to charity seeking GOD's pleasure, these are the ones who receive their reward manifold. (HQ 30:39)**

Even with the current low participation rate, the program is expected to save 70,000 lives over the next 40 years. By boosting participation, thousands more lives will be saved.

People should discuss their risk factors with their family doctor, who can then develop a targeted preventive health screening program for them.

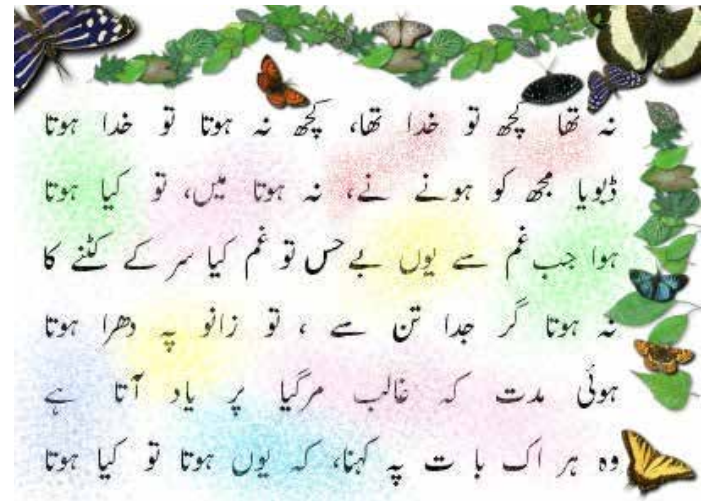
Lots of people die needlessly of bowel cancer. It's important that older Australians, especially, take the test, which is free.

Patients with questions, concerns or symptoms should speak to their family doctor.

The federal government has budgeted for an additional \$95.9 million over four years to provide all Australians aged 50 to 74 years with biennial bowel cancer screening by 2019-20. This is in line with National Health and Medical Research Council Guidelines.

The money to continue and finalise the program has predominantly come from the Department of Health and Treasury, with Veterans' Affairs and Human Services also contributing.

Source : Australian Medical Association



**"Your Lord has commanded that you worship none but Him, and be kind to your parents. If either or both of them reach old age with you, do not say 'uff' to them or chide them, but speak to them in terms of honour and kindness. Treat them with humility, and say, 'My Lord! Have mercy on them, for they did care for me when I was little.'"**  
(Qur'an 17:23-4)

## RETIREMENT VILLAGE: EXPRESSIONS OF INTEREST

SAMAA is seeking expressions of interest from community members to participate in a Retirement Village project. A Retirement Village is an accommodation for Over 55s, not necessarily retired. This village-style accommodation offers Independent Living Units and Service Units that usually offer low level of care such as meals, cleaning, or nursing. This should not be confused with Nursing Homes where high level of care is provided.

Retirees who are not comfortable at their homes due to social isolation and like to live in company of their contemporaries prefer to live in a retirement village.

The Village provides them a friendly social environment with facilities to cater for their needs which they find hard to afford at home due to lack of physical stamina or disability as they age, such as cooking of meals, house maintenance, laundry and other daily needs.

### Why SAMAA community need their own Retirement Village?

Basically it will be a purpose built facility. A South Asian Muslim facility will cater for the linguistic, cultural and religious needs of its residents. It will house a common prayer room, a multi-purpose large Hall which will offer entertainment with South Asian TV Channels, regular gatherings with cultural/religious programmes (such as Mushaira, ghazal, Milaad, Eid celebrations, talks by religious scholars etc). It goes without saying that halal curry food will be served with weekly menus as per residents liking.

### Is there a community interest in such a facility?

Yes there is. Several people have asked for it.

SAMAA is consulting Aged Care industry consultants on how to go about it as it is a complex area in terms of legislative requirements, ownership structures, taxation, pension, viability of such retirement village, various fees etc.

Basically you will buy and own your own unit in the retirement village i.e. it will be your property which you can sell at anytime. Therefore your investment will not be a donation to SAMAA.

SAMAA only intends to facilitate building and running of such a village and provide services to elders living in Retirement Village.

SAMAA may buy/build part of Retirement Village such as common Hall, in case it receives funding to do so. It may buy additional units through raised funds. Such units will be leased out to elders who have limited means and wish to live in a retirement village environment.

A senior can invest in a retirement village for personal use upon completion of the facility. You can also invest in it for your future use and rent it out in the meantime. OR You can buy a unit just for investment purposes.

As it is an important decision, elders or other investors should seek financial advice to make sure that they are making the right decision.

Pensioners should seek advice to consider impact it may have on their centrelink pensions.

Please contact Mr Zahid Jamil of SAMAA on 0411 114 762 to express your interest.

**عید الاضحیٰ اور ہماری ذمہ داری**

عید الاضحیٰ کے موقع پر پوری دنیا میں ہر مسلمان اپنی استطاعت کے مطابق قربانی دیتا ہے۔ قربانی کا مقصد ایک طرف تو حضرت ابراہیم علیہ السلام اور ان کے فرزند حضرت اسماعیل علیہ السلام کی اطاعت خداوندی میں دی جانے والی قربانی کو خراج تحسین پیش کرنا ہے اور دوسری طرف غریب، نادار، مستحق، یتیموں، بیواؤں کو خوشی کا موقع بہم پہنچانا ہے۔ قربانی کا گوشت ایسے افراد میں تقسیم کیا جاتا ہے جو زندگی کی مصیبتوں میں گرفتار ہیں اور اپنے بچوں کو مناسب کھانا دینے کے بھی قابل نہیں۔ عید الاضحیٰ ہمیں یہ درس بھی دیتی ہے کہ مسلمانوں پر جب کبھی کڑا وقت آئے، سب یکجا ہو کر صورت حال کا مقابلہ کریں گے۔ ہم اپنے پیارے نبی ﷺ کی ہدایت کے مطابق زندگی بسر کریں گے تاکہ اللہ کریم اور نبی پاک ﷺ کی خوشنودی حاصل ہو۔

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