



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 - APRIL - JUNE / 2014

BUDGET 2014 AGEING RULES CHANGING

The treasurer Joe Hockey presented the budget for the year on 13 May 2014. It includes several changes in many sectors including age pension and aged care.



JOE HOCKEY, TREASURER

The previous Labor government had increased pension age to 67 effective 2023. Under the new budget, from July 2025, the qualifying age to receive the Age Pension will continue to increase from 67 years, by six months every two years, until it reaches 70 years in July 2035. This change does not affect people who currently receive the Age Pension or those born before 1 July 1958.

From July 2017, the rate of the Age Pension (and other pension payments) will be indexed according to the Consumer Price Index (CPI) only, which will make indexation arrangements consistent across social security payments.

There will be changes to the income test and assets test to help ensure the Age Pension is well-targeted into the future and to slow growth in the cost of pensions. This also recognises that some pensioners have the capacity for greater self-provision. Changes include:

- Income test and assets test free areas will be fixed for a period of three years from 1 July 2017.
- From 20 September 2017, the deeming thresholds for financial investments will be reset. The upper deeming rate will apply above these reduced thresholds.

Disclaimer: please take independent professional advice to determine how the budget changes may effect you

Other changes include:

- The Seniors Supplement for Commonwealth Seniors Health Card holders will no longer be paid beyond the June 2014 quarterly payment.
- From January 2015, eligibility for Commonwealth Seniors Health Card holders will be more equitable and in line with the Age Pension by including income from superannuation account-based income streams in the income test. This will not apply to existing superannuation account-based income streams held by current card holders.
- From September 2014, more people will be eligible for the Commonwealth Seniors Health Card because the income threshold will be indexed annually in line with the CPI.
- Age pensioners and Commonwealth Seniors Health Card holders will continue to receive the Energy Supplement (formerly the Clean Energy Supplement), with the rate of payment as of 30 June 2014 fixed for future payments.
- The previously announced Housing Help for Seniors pilot will not proceed.
- These changes will save the Budget more than \$2.1 billion over five years.



SAMAA CELEBRATED JASHNE BUZURG
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SAMAA CELEBRATED JASHNE BUZURG AT NOVOTEL, NORWEST

South Asian Muslim Association of Australia (SAMAA) celebrated the annual event of Jashne Buzurg at Novotel Hotel in Baulkham Hills on Saturday 10 May 2014. Well over 200 people including several dignitaries, health experts, community leaders and a large number of SAMAA elders packed the hall to its capacity and enjoyed the evening with enthusiasm and joy. The longest serving and very famous parliamentarian Hon Philip Ruddock attended the event along with several other federal and state MPs. These included Hon Julie Owens, federal MP for Parramatta, Hon Ed Husic, the first Muslim MP in federal parliament, Hon David Elliot state MP for Baulkham Hills representing Hon Victor Dominello, NSW Minister for Communities and the first South Asian Muslim MLC Dr Mehreen Faruqi. The Consul General of Pakistan Mr Abdul Aziz Uqaili and several community leaders also attended the event.

Dr Mohamud Sheikh, a published international public health expert from UNSW, presented an informative talk about the risks of various types of influenza amongst elders in coming months of Southern hemisphere winter and described the symptoms, risks and precautionary measures.

Hon Philip Ruddock delivered an inspiring talk which received repeated applause from the audience. He applauded Australian multicultural character which has allowed communities from so many faiths, races, colors and cultures to live together happily. He paid tribute to the leadership of SAMAA and was pleased to see it providing services to the community elders. He acknowledged the need of elders care to be religiously and culturally sensitive.

Mr David Elliot applauded SAMAA and appreciated the services such faith based organisations provides.

Dr Mehreen Faruqi expressed her appreciation of SAMAA's services to the elders. She said that she was very proud to be a South Asian of Pakistani origin and that she values the cultural traditions this community maintains.

Hon Julie Owens spoke about her interest in Indian music since her youth days and offered to help SAMAA in all its endeavours.

Mr Phillip Ruddock presented annual awards to five SAMAA volunteers for their services to the elders and contribution to SAMAA activities. These included Mrs Naila Hassan, Miss Rubinah Ahmad, Mrs Sobia Ajaz, Mr Abu Bakar Sadazoi and Mr Mohammad Fayyaz.

Mr Zahid Jamil welcomed the audience on behalf of South Asian Muslim Association of Australia. He said that SAMAA has been continuing its programmes of serving the elders through services such as cooking food for them, general home help and taking them to doctors, mosques and social events etc. SAMAA has also been coordinating with various service providers to extend available services to our elders. While SAMAA's agreement with a major service provider Care Connect and Wallgrove aged care facility in Lakemba is still in place, it has been speaking to other groups as well to consider offering culturally appropriate care to SAMAA elders.

Mr Zahid Jamil requested Federal and State MPs to provide support in pursuing SAMAA's cause.

He also sought support from the South Asian Muslim community so as to work towards better future of our elders. He warned the community that we will have to support ourselves increasingly in future as the governments will not be able to provide what they may be providing today, in view of the upcoming budget. He reminded members that donations to SAMAA are tax deductible.

People bought mugs with SAMAA logo to raise funds for the volunteering programme.

A highly accomplished Ghazal singer Dr Pradeep Bal thrilled the audience with some very famous Ghazals of Mehdi Hassan and other famous Ghazal icons.

The audience enjoyed the South Asian cuisine. The evening also provided elders an opportunity to meet each other and other community members.

SAMAA CELEBRATED JASHNE BUZURG AT NOVOTEL, NORWEST



PHILIP RUDDOCK



JULIE OWENS



DAVID ELLIOTT



MC SABAH HUSSEIN



NAILA HASSAN AWARDED BY PHILIP RUDDOCK



JASHNE BUZURG AUDIENCE



KEY SAMAA MEMBERS WITH PHILIP RUDDOCK



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careconnect.org.au



AGED CARE PROVIDERS UNDER STRESS IN NEW BUDGET

The government announced removal of the aged care payroll tax supplement under new budget. This \$653 million cut (over four years) will directly erode capacity for providers to deliver frontline care services to older Australians.

Retaining the \$1 billion Workforce Supplement in aged care is welcomed and will ensure the funding is fairly distributed rather than available only to those providers who had measures in place to access it under previous legislation.

The Young Carer Bursary Program is a welcome news. It is important that there is as much flexibility as possible for young carers to continue study while providing care without the added burden of fulfilling work commitments.

A major disappointment is the cessation of the Housing Help for Seniors Programme removing \$173 million over five years. Also the Home Support Programme growth will face reduction to 3.5 per cent from a level of 6 per cent from 1 July 2018.

As many services will be effected in coming years, the role of voluntary organisations such as SAMAA will become more significant. It is therefore important that the community continues to strengthen SAMAA through voluntary spirit and donations.



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www.muslimaid.org.au

SAMAA APPLAUDED IN NSW PARLIAMENT

The first South Asian Muslim MLC Dr MEHREEN FARUQI moved a motion in NSW parliament on 15 May 2014 and it was agreed to:



(1) That this House:

(a) congratulates the **DR. MEHREEN FARUQI** South Asian Muslim Association of Australia (SAMAA) for hosting a celebration on 10 May 2014 to recognise and acknowledge the experience and wisdom of older members of our society:

(b) commends their work in providing a range of aged care services to South Asian Muslims in New South Wales to meet their physical, spiritual, cultural and emotional needs; and

(c) recognises the hard work of volunteers in supporting the elderly and providing for their special needs.

DONATE TO SAMAA BEFORE 30 JUNE

Your donations to SAMAA are tax deductible. To take its advantage for this financial year, please make your donations before 30 June. Please send your cheques payable to South Asian Muslim Association of Australia Incorporated to SAMAA's address. 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
BSB:	012- 081
Account Number:	4877-20869
A/C Name:	South Asian Muslim Association of Australia Incorporated.

'Your Lord has ordained that you do not worship anyone except Him, and treat your parents with kindness; if either of them or both reach old age in your presence, do not say "Uff" to them and do not rebuff them, and speak to them with the utmost respect.'*

(17:23 Holy Quran)

SAMAA DOCTORS

SAMAA coordinates with all people of goodwill in providing services to SAMAA elders. We are preparing a list of South Asian doctors who are willing to provide care to South Asian Muslim elders in their region. These Doctors can speak some of our languages and would understand issues of our elders better.

Our elders may be attending doctors of various ethnic backgrounds for many years. However as they grow old, they tend to place more trust in their own community doctors. A few of these doctors may also be able to visit them at home, if needed. Please ring them to confirm this.

We will continue to update this list as we receive confirmation from more doctors.

Please visit SAMAA website for more details.

DR. A. AHAD KHAN, GP

8/2 Ross Street, Glenbrook, NSW 2773

Ph: (02) 4739 9100

Home visits in selected situations & by prior arrangements. Bulk-billing for Pensioners & Health Carecard holders only.

Languages spoken: English / Hindi / Urdu

DR SOFIA KHAN, GP

Hornsby Medical Centre, Shop 1043 Westfield Shoppingtown, Hornsby NSW 2077

Ph: 9476 6767 for appointments,

Languages spoken: English / Urdu

DR FAIZIA AHMED, GP

Royal Randwick Medical Centre,

Ph 9469 8000

Fluent in Urdu / Hindi / Punjabi

DR SABIHA SHAHNAZ, GP

Centre Health Medical Centre,

32 Queen Street, Campbelltown NSW

Ph: 02 4629 0555, Fluent in Urdu

DR AMATUL ALI, GP

Castle Hill Medical Centre,

269-271 Old Northern Rd, Castle Hill 2153

Ph: 9634 5000

DR ISHRAT ALI (PSYCHIATRIST)

351, Belmore Road, Riverwood NSW 2210

Ph: 9533 4199, Fax 89013360

DR S RASTOGI/ DR AMATUL ALI, GPS

Smithfield Family Medical Practise,

710 The Horsley Drive, Smithfield 2164

Ph: 9725 1323

DR MUHAMMAD SHAHBAZ SHARIF GP

Centre Health Medical Centre,

3 Tannery st, Unanderra, Wollongong

Ph: (02) 4271 5115

DR. HASNA SHAHID (DENTIST)

Smile Health Dental Care, Suite 509,

90 George street, Hornsby 2077,

Ph: 02 9476 2226 | 02 9476 2226

DR JALAL KHAN (DENTIST)

Wisdom Dental Care, Shop 16 / 105 - 153

Miller St North Sydney NSW 2060

Ph: (02) 9923 2478

DR YADU SINGH (CARDIOLOGIST)

Suite 14, Level 3, Hills Private Hospital,

499 Windsor Road, Baulkham Hills, NSW 2155,

Ph 9686 3655 Fax 9686 4515

Fluent in Hindi, Moderate in Urdu and Punjabi

Any consultation with the doctors by our elders is their own choice and SAMAA is not liable for any complications which may arise in such engagements. The doctors have offered their services simply based on goodwill to enhance human dignity of our elders.

CARECONNECT SERVICES FOR SAMAA ELDERS

SAMAA and CareConnect have been coordinating for more than 3 years in various aged care programmes. Care Connect is currently offering various HACC services and invites SAMAA elders to register themselves with them. The programmes include Respite care, social support programme, Community Aged Care Package (CACAP), Extended Aged Care at Home (EACH) Package and Extended Aged Care at Home Dementia (EACHD) Package. These programmes are for elders living in Western Sydney only at this stage. Please contact CareConnect (02) 9830 8900 or SAMAA Volunteer coordinator Robina Yasmin on 02 46204607 for more information. There may always be a waiting list for such programmes, so earlier you register better it would be.

THE FLU SEASON IS HERE: STAYING HEALTHY AS WE AGE

Dr Mohamud Sheikh,
Senior lecturer in
international health and
infectious diseases

Faculty of Medicine, The
University of New South
Wales



FLU AND COLDS

Flu and colds are important public health issues that require significant attention. Often many people confuse between cold and flu. These are two different conditions and are not necessarily the same. Flu is often as the result of viral or bacterial causes while cold is not necessarily due to either of virus or bacteria.

Flu, which is a febrile respiratory disease with systemic symptoms, is caused by a variety of organisms often in the lay language termed as simply 'flu'. There are several types of flu but of greater significance are the influenza virus A or influenza virus B (or influenza virus C infections - much milder) that cause pneumonia. Influenza is a worldwide infectious disease that could affect all population anywhere and needs to be prevented.

WHO IS MORE VULNERABLE?

Elderly populations, often have less immunity to help their body prevent diseases, the importance is more compelling and requires considerable attention in particular during the winter season. Population with chronic conditions such as asthma, diabetes or chronic heart disease or even above the age of 65 need to be aware that they may have less immunity and are more susceptible of getting infections than those without chronic medical conditions or of younger age group. Such individuals might be at high risk of serious illness or more complicated medical condition if they get the flu and should seek medical attention to get the help of their GP. The doctor will provide advice about vaccines or other medicines or even other precautionary measures.



PREVENTION AND SOME IMPORTANT ACTIONS TO TAKE THIS FLU SEASON

We should know that in the flu season is almost always in winter and that people older than 65 years or who have poor immunity are more susceptible to infection. It is very much recommended that one should seek the advice and assistance of their doctor during the flu season.

As the saying goes, 'prevention is better than cure' it is important to note that prevention measures are the key strategies for staying healthy and remain conscious to prevent flu. It is important that one practices good health habits such as covering the mouth during coughs so that those nearby are not directly infected, frequently washing of hands, avoiding close contact with infected people, seeking medical advice quickly if develops flu symptoms – you might need antiviral treatments.

Generally and more importantly, we need to be conscious about our general wellbeing, watch our weight, and be conscious of our health during the seasonal flu. Good nutrition is very important and should always be considered as the best strategy. We should take sufficient vitamins and minerals to boost our immunity. Eat a colourful variety of fruits and vegetables every day, they are the riches of nature. Yes fruits help sustain and boost our body defence from diseases - we eat well to stay well. We need to get sufficient morning sunshine...it warms up our body and provides vitamin D. Exercise is also important. Simple brisk walking is a good example of a good exercise that makes us fit, mobile and thus self-reliant. This helps our blood flows better, keeps away stress (stress reduces our body immunity).

Cold weather causes hypothermia and could be harmful to our health, so we should always stay warm, use warm blankets at night and drink warm soup, milk or porridge to help regulate body temperature. We should always remember to consult our GP, about any illness including seasonal flu, vaccines or other medical treatment.