



**SAMAA**  
South Asian Muslim Association  
Of Australia Inc.  
www.samaa.org.au

**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"*

SAMAA | Quarterly Newsletter | July - September 2016

# Sussan Ley reappointed as Minister for Health, Aged Care and Sport

It has been announced that Sussan Ley will retain the health portfolio in Malcolm Turnbull's newly appointed cabinet. Ms Ley says her reappointment as Minister for Health, Aged Care and Sport is an honour. "I thank the Prime Minister for the opportunity to continue this important work. This work will continue to be complemented by integrated reforms to aged care and preventative health," says Ms Ley.

The Turnbull Government has developed a bold and ambitious health reform agenda needed to deliver a first-class, universal health system. This includes protecting the future of Medicare and

ensuring it remains universally accessible to all Australians, as well as tackling the growing burden of chronic disease through our Health Care Homes. This work will continue to be complemented by integrated reforms to mental health, medicines, hospital funding, rural health, aged care, dental, private health insurance, vaccinations, sports participation and preventative health. Ms Ley says she looks forward to continuing to work closely with stakeholders to ensure balance between the needs of patients and protecting the long-term sustainability of universal health care in Australia. "I am passionate about ensuring Australians don't



**Sussan Ley reappointed as Minister for Health, Aged Care and Sport.**

just live longer lives, but healthier ones too' says Ms Ley.

## Volunteers Iftar

SAMAA organised the annual Volunteers Iftar on Saturday 18 June at Himalaya Restaurant in Granville. Nearly 100 SAMAA well wishers including volunteers, members, their families and a few elders attended the event. Two key SAMAA volunteers Mr Rizwan

Khan and Ms Naila Hasan shared their experiences in working with elders over past few years. Mr Zahid Jamil requested volunteers to take up SAMAA cause to their

friends and families. He requested volunteers to service elders with greater enthusiasm as it is a great act of Haqooq ul ibad.



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# Upcoming Event

## Jashne Buzurg

SAMAA's Annual Event, JASHNE-BUZURG (a Celebration & Recognition of our Seniors) will be held at Bowman Hall, Blacktown, on Sunday 4 September 2016 at 12.00 Noon for 12.30 pm. The audience will include our precious Seniors, dignitaries including Federal and State Parliamentarians, representatives from Aged Care agencies and service providers, Officials from various government departments, Members from various non-government Organisations, various Community Representatives, SAMAA Team Members and Volunteers, & a large number of SAMAA Friends, our Well-wishers & ardent Supporters.

Following the Formal Presentations, there will be Lunch. The event will also include Fund-raising Activities & a Cultural Entertainment Programme.

Whilst, SAMAA is arranging Culturally & Religiously appropriate care through current Service Providers apart from its own volunteering and other services, there is a pressing need for our ageing Muslim Community to eventually have its own Aged Care Facility.

SAMAA acknowledges the unending Support we have been receiving from our SAMAA Friends. But, the funds needed to build such a Facility of our own, is not mea-



Jashne Buzurg 2015

gre and requires ongoing and generous Donations by our Community.

Upcoming event of 'Jashn - e - Buzurg' is another attempt to raise Funds for this worthy Cause. Do

attend the Function & contribute towards the noble Objectives of SAMAA. For more information please contact Zahid Jamil on 0411 114 762 or Robina Yasmin on 0468 409 786.

## Don't Worry

At age 20 we worry about what others think of us;

At age 40 we don't care what they think of us;

At age 60 we realize that they haven't been thinking of us at all.

(Danny Davis collection)

آئے تھے کہاں سے کب اور کیوں، جانا ہے کدھر معلوم نہیں

ہیں کون یہاں پر بیگانے، اپنے ہیں کدھر معلوم نہیں

کچھ چاند تھے روشن دل میں مگر، رہبر رہی خوشبو زندگی بھر

پھولوں سے خفا کیوں خوشبو ہوئی، اب شام سفر معلوم نہیں

یہ زلزلے اور یہ سونامی، یہ آتش باراں بربادی

سب قہر خدا کی مانند ہیں اور وجہ قہر معلوم نہیں

پادوں کے جزیرے رھندلائے، پتوار بھی چھوٹی باتھوں سے

کشتی ہے بھنور میں چکراتی اور مدوجزر معلوم نہیں

نسیاں کے کہر میں کھویا ہوا گم کردہ منزل راہی ہے

چھایا ہے خلا اب چاروں طرف اور سمت سفر معلوم نہیں

کنیز فاطمہ علی

الزباء مر کے مریض - جو ماضی، حال اور مستقبل سب کچھ بھول جاتے ہیں



## Gardening for Good Health

As all keen gardeners know, we feel the immediate benefits from spending time outdoors, connecting with nature, enjoying all the beauty and getting our hands dirty. There's something very nourishing for the soul from enjoying time in a garden.

"The glory of gardening – hands in the dirt, head in the sun, heart with nature. To nurture a garden is to feed not just on the body, but the soul," said Alfred Austen.

Horticultural Therapy Programs provide a holistic approach to the wellbeing of elders.

Having access to a garden and gardening activities can help seniors and elders living in aged care homes a to form new friendships, have a special space to nurture and grow and also feel that they can contribute to the maintaining of part of their home.

Horticultural Therapy has been used for centuries to improve the health and wellbeing of people's bodies, minds and spirit. It's highly beneficial for people living in aged care, especially for residents with dementia, also assists with the recovery from stroke, heart attack and other illnesses and is of great benefit for people with disability and mental health problems.

These benefits range from the physical and psychological to cog-

nitive improvements.

As part of a Horticultural Therapy program, sessions can be scheduled to suit each 'gardener' and hands-on activities range from potting up, seed sowing, growing herbs and flowers, to creating edible gardens, weeding, watering and making garden art.

By connecting with nature and helping to create and maintain a garden, elders can have fun, while reducing stress, anxiety, blood pressure and increasing muscle strength, and flexibility.

When organic, fresh food is grown on site, residents can harvest fresh herbs, leafy greens and veggies to offer to the kitchen for use in the meals.

Plants that have therapeutic qualities can be grown within therapy gardens. These plants assist to stimulate the senses, provide opportunities to reminisce and encourage lovely conversations.

Among those are lavender, rosemary, lemon balm, various basil, chives, parsley...and many others. All have sensory qualities, for example lavender stimulates sight, scent, touch, smell and taste.

When growing plants for therapeutic uses and also within memory support units, it's important to know the plant's characteristics to ensure it is suitable for growing.

Avoid plants with poisonous foliage, harsh spikes or sticky sap.

Start with a list of 'safe' and useful plants, ensuring they grow in your climate, then add more as needed. Plants grown during potting activities can be planted around the gardens or sold in-house to raise funds for gardening programs. Small social enterprises are growing in popularity!

The first step to encouraging an in-house gardening program is to head outside. Try scheduling a small group activity of potting annual flowers or herbs or arranging for a garden walk. This will help to start conversations around a gardening group and what residents enjoying doing.

From there on you can all start to grow!

*Cath Manuel is a horticultural therapist based on the Sunshine Coast, Queensland. She runs weekly gardening programs at aged care and community centres. Horticultural Therapy Programs are held in-house, along with staff training and seasonal gardening programs, and provide a holistic approach to the wellbeing of residents.*

*For more information on Horticultural Therapy programs please visit [soiltosupper.com](http://soiltosupper.com).*

*(Source : DPS News)*

## Donate to SAMAA

SAMAA has the privilege of being a Deductible Gift Recipient. Your donations to SAMAA are tax-deductible.

Bank: ANZ | A/C Name: **South Asian Muslim Association of Australia Incorporated.** | BSB: 012-081 | Account Number: 4877-20869

Please notify SAMAA via email of the contribution made so that we can send you the receipt for tax purposes.

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

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# Human Dignity & Nursing Home/ Aged Care Facility Residents

By Dr Ahad Khan

Our Elders face an 'Undignified' run-up Period spending the twilight years of their lives in a Nursing Home/Aged Care Facility.

Most Elders move out of their Family Home & move into an Aged Care Facility when their health condition demands special care. This is a major Milestone / Life Event in the life of an Elder. This Move entails the abandonment of one's Independence & one's resigning to a Life in a 'Strange' & 'alien' Environment, with all of its rigid Rules & Regulations.

The Australian Journal of Ageing, states that most of the Research in the Aged Care Sector tends to focus on measurable aspects of Care, such as Medications administration & the management of Dementia Patients, etc. Very little is talked about the 'lived experience' of the Aged Care Resident & the 'Quality of Life' they must accept.

In interviews with 18 Older Australians, the Researchers found that the most 'Negative' Comments pertained to feelings of loss of control, loss of independence & the corresponding lack of Dignity.

One woman commented – "I'd love to have the freedom to get around, go in the Backyard and I can't bear to be locked in, just in the room all day".

Other Elders remarked how they felt deprived of their Dignity in Aged CARE Facilities, because they had little Privacy or control over the people they had to share the Facility with.

The loss of relationships with Family & Friends, was another major source of sadness for some Nursing Home Residents, especially when they were looked after by unfamiliar Agency Staff, interrupting continuity of Care. These Elders valued being managed by Regular Nursing Staff, with whom they had developed a Relationship & could talk to. Speaking of Regular Staff, some Elders say - "They are good company for us - they don't just clean up & take off again - they stop here for 10 or 15 minutes".

Most Residents of Aged Care Facilities had come to accept the unpalatable Situation as inevitable & were resigned to the fact that death was part of the Nursing Home environment - "you know before you

get here, that it's the last stop" said one.

The Researchers concluded that the fact that our Elders had to trade their Autonomy, Independence & Dignity in order to receive Care, is a damning indictment on the current state of Residential Aged Care Services in Australia.

But, there is Light & there is Hope - a good number of Aged Care Facilities are already endeavouring to make Elders feel 'at Home' - they are focussing on giving Elders as much 'Independence' & 'Control' as is safe for them & they are focussed towards meeting each Elder's individual Culturally & Linguistically specific Needs.

*SAMAA's own Aged Care Facility / Nursing Home is a Daytime Dream for SAMAA which will make elders feel 'at Home' as they will not only receive religiously and culturally appropriate services but will also enjoy company of their contemporaries.*

*With ongoing Financial support from our SAMAA Friends, this Dream will become a Reality, sooner rather than later - Insha-Allah.*

## Obituary

Professor Abdul Qadir Qureshi, founding Principal of Sir Syed College Rawalpindi and an icon of Pakistani community in Australia has left for heavenly abode on Sunday, 5th of June 2016 in Canberra.

He had lived in Australia for more than 40 years. He is survived with

his wife famous Urdu writer and poet Mrs Khalida Qureshi, two sons Mr Zia Qureshi and Mr Amer Qureshi, two daughters Ayesha and Lala, their spouses and several grandchildren. At SAMAA, we extend heartfelt condolences to the family and pray for the departed soul.





# My Aged Care

My Aged Care is the main entry point to the aged care system in Australia. My Aged Care aims to make it easier for older people, their families, and carers to access information on ageing and aged care, have their needs assessed and be supported to find and access services.

For most people, growing older means there are times you find it difficult to manage day-to-day living activities. You may need help, or you may be caring for a family member or a friend who needs help, but you just don't know where to start or what help you can get.

There are different types of aged care services to support you, whatever your needs. When you call My Aged Care, the contact centre

staff will ask you questions to help them understand your needs.

My Aged Care helps you find the information you need about aged care services.

This can be as simple as calling the My Aged Care contact centre on 1800 200 422 or reading this website [myagedcare.gov.au](http://myagedcare.gov.au).

My Aged Care provides you with information about:

- different types of aged care services
- eligibility for services
- how we understand your aged care needs and help you find local services to meet your needs – you are able to select your own service provider

- costs of your aged care services, including fee estimators.

To help you find the right services, the contact centre will ask for your consent to create a personalised client record. A client record holds up to date information on your needs and any services you receive. The client record will reduce the need for you to retell your story to the contact centre, assessors and service providers.

SAMAA Coordinator helps our elders in navigating through the website, understand their needs and help them in registering with My Aged Care. This helps elders in accessing appropriate care through service providers such as Uniting with whom SAMAA has agreements to arrange culturally appropriate care.

## Parramatta Park Picnic

On Sunday the 15th of May SAMAA elders enjoyed a nice afternoon picnic. Nearly 100 people including SAMAA elders, SAMAA volunteers, members and well wishers gathered to have a day filled with fun and joy. A few elders were accompanied with their family members and carers. Federal MP for Parramatta Ms Julie

Owens also joined in to show her support to SAMAA and expressed her gratitude to the work, SAMAA does. The director of major service provider Uniting, Mr Steve Tuelan, the director of major service provider Uniting, has attended the event along with his staff member, Robyn Sharp, the Community Development Manager. Mr Tuelan re-

iterated his support to the increased coordination between SAMAA and Uniting in offering services to the SAMAA Elders.

The famous Sydney singer Mr Riyaz Shah entertained the elders with Mohammad Rafi songs of their times. BBQ, biryani, sweets and tea kept elders amused as they met their contemporaries





# We're for older people, living their best lives.

Uniting is passionate about helping older people to lead happy, healthy lives. At Uniting, we take pride in working with people from diverse backgrounds and cultures to provide services that are meaningful to them.

Uniting is the largest not-for-profit provider of aged care in New South Wales and the ACT. We offer care in the home and in the community, healthy living for seniors, respite care, independent living and aged care homes.

Find out more about how we can work with you to support older people in your community by calling 1800 864 846.

**Learn more.**  
[uniting.org](https://uniting.org)

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