



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 | April - June 2016

Aged Care Changes

Many changes are being made to help create a fairer and more sustainable aged care system that can be enjoyed by future generations of older Australians.

Changes to My Aged Care

The My Aged Care website has been established by the Australian Government to help you navigate the aged care system.

My Aged Care is making it easier to access information about the types of aged care available and how to arrange an assessment for care and services, by keeping your details and service information in one place. This means that you don't have to repeat your details every time you need new or additional services.

Regional Assessment Service

The Regional Assessment Service was introduced on 1 July 2015 to make it easier for older Australians and their families to find suitable services in a timely manner. For people requiring low level support at home, My Aged Care can organise for you to sit down with a regional assessor to talk about your current circumstances, needs and

goals. This means that for the first time, there'll be a single point of entry into the aged care system—making it easier for older Australians and their families to identify and get the information and help they need to stay independent.

Consumer Directed Care

All Home Care Packages are now delivered on a Consumer Directed Care (CDC) basis, giving you more choice in the types of services you receive, and when and how you receive them. This includes who delivers the services and when. The transition of CDC into Home Care Packages means you also have access to more information about how your package budget is spent. To improve accountability and transparency, you'll now receive regular, easy-to-understand monthly statements setting out your budget. Your provider will work with you to produce a care plan, which will identify your needs and goals and will state how involved you want

to be in directing your care. Your provider will also work with you to develop an individualised budget based on your care plan. If you were already receiving a Home Care Package before 1 July 2015, you'll continue to receive care and services based on your existing care plan. However, you'll need to sit down with your provider and design a new care plan and budget based on CDC. CDC is all about supporting you to find relevant information and make informed decisions about the care that is best for you.

This will be implemented in two stages.

SAMAA has entered into arrangements with a major service provider Uniting who will guide you and arrange culturally appropriate care as per current guidelines. Please contact SAMAA for further assistance.

Source: Department of Human Services

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Read the Mehfil-e-Qawwali story on page 3.

SAMAA Events

Sydney Harbour Cruise

SAMAA organised a Sydney harbour cruise on Sunday 22 Feb 2016. A large number of elders, SAMAA members, volunteers and friends packed the large chartered boat to enjoy the sightseeing tour of the best harbour in the world. They were entertained by live South Asian songs of 70s and 80s. Delicious continental buffet was the menu for lunch, including

cake, tea and coffee. During a brief information session, Mr Steve Teulan, Director of Uniting, the major service provider, spoke about the cooperation between SAMAA and Uniting and the services Uniting can offer to SAMAA elders. Zahid Jamil gave an overview of upcoming SAMAA activities. Representatives from Crescent Wealth spoke about Sharia compliant superannu-

ation. It was a day filled with fun and joy for elders who also found in it an opportunity to meet their friends and community members. They were grateful to SAMAA for offering a perfect way to cruise Sydney Harbour and another entertaining outing.

The event was supported by Multicultural NSW.



Mehfil-e-Qawwali

South Asian Muslim Association of Australia (SAMAA) staged another very successful event for elders of the community. The Mehfil-e-Qawwali on Saturday 2 April 2016 at Civic Theatre, Hurstville drew a capacity crowd of elders, their families, SAMAA volunteers and members, community leaders and well wishers. The Fanna Fi Allah Qawwali group gave an outstanding performance in singing very popular numbers of Ustad Nusrat Fateh Ali Khan which mesmerised the audience for well over two hours.

With their rich rhythmic grooves, soaring vocal melodies and the classical performance, the performers were able to spellbound the audience. It was an exception-

al exhibition of the ancient tradition of Sufi music. The lead singer Canadian born and a revert Tahir Hussain Faridi showed total mastery of this art with its smooth melodic overtures, fierce leaps of vocal passion & rich vocal choruses which captivated the audience. His Australian ensemble accompanied him very well with Yama Sarshar on Tabla receiving repeated applause from the audience for his exceptional Tabla skills. Hon Julie Owens, Federal MP for Parramatta presented gifts to the artists.

SAMAA organises such events at regular intervals to alleviate loneliness of community elders. The elders get an opportunity not only to entertain themselves but also meet their contemporaries. The

event was supported by Multicultural NSW and was held to mark the Seniors Week in NSW.

Mr Zahid Jamil of SAMAA told audience about current programmes of this benevolent institution. SAMAA is now able to offer various services in coordination with a major service provider Uniting in culturally and religiously appropriate manner. These include Social Support Programme, Home Care as well as Nursing Home Care. Mr Jamil requested the community support including financial support as your donations to SAMAA are tax deductible.

You can listen to a few video clips of the evening at SAMAA facebook and SBS Urdu facebook.



Urdu Radio Listening

Listening to radio is an ideal pastime for many elders. It was in fact the only entertainment for many South Asian elders in their youth days before the era of television and other electronic gadgets.



SBS Urdu radio is the prime Urdu radio service in Australia. It has been extremely popular in Urdu speaking community for many years. However, several listeners lost touch with this service due to change of programme schedule couple of years back. We would like to remind SAMAA elders that SBS Urdu programmes can now be listened to every Wednesday and Sunday evening at 6 PM for an hour at 97.7 FM Sydney, 93.1 FM Melbourne and 105.5 FM in Canberra besides more than 10 frequencies across Australia. It can also be tuned at Digital T on Channel 40/41.

SBS Urdu updates you with all the news from Pakistan and India as well as local Australian news. They speak to journalists in the sub continent and around the world for detailed analysis of important political events. SBS Urdu broadcaster Mr Rehan Alavi also keeps an eye on local community activities and regularly speaks to visit-

ing dignitaries, professionals and community leaders on important issues and community events. A poet and writer himself, Mr Alavi is Executive Producer of Urdu program. He produces and presents a high quality programmes which should not be missed. If you are unable to listen to the programme at regular times, you can listen to

it at anytime online at www.sbs.com.au/yourlanguage/urdu.

A few local community radio programmes are also aired during the week. Mr Riyaz Shah presents Jharoka programme every Thursday at 4 pm on FM 88.9. Dosti Radio programme of Zahid Minhas is aired every Saturday at 3 pm on 88.9 FM and Sunday 10 pm on 98.5 FM.

Register For Social Support Programme

SAMAA requests our elders to register themselves for social support programme. This programme will be run by Uniting to help seniors to enjoy Healthy Living. Elders who feel isolation or are unable to perform activities of daily living will qualify

for this programme. We aim to form a few groups who will meet at regular intervals to take part in activities of their interest. This will boost the well-being and independence of the elders. Please ring Robina Yasmin on 0468 409 786 to express your interest.

مدر ڈے پر گلدستہ

گلوں کے پیرہن میں پیار کا پیغام بھیجا ہے
جو گلدستہ میرے بیٹے نے میرے نام بھیجا ہے
کیا تھا فون بھی اس نے جو کافی تھا تسلی کو
کہ امریکہ میں رہ کر بھی مجھے وہ یاد کرتا ہے
یہ لگتا ہے کہ نازک ٹوکری آغوش میں اپنی
کسی ماں کی طرح چند شوخ بچوں کو سنبھالے ہے
یہ منہ بند سرخ کٹاں، سر اٹھائے جیسے ہوں نگراں
حسین ہلکے گلابی گل، بغل سے جھانکتے ہنستے
ہیں شانوں پر جھکی، باندھے ربن کچھ بچیاں پیاری
بغل سے نیلے گچھے ہیں شرارت سے نکالے سر
یہ ننھے ننھے نازک پھول جیسے روئے کے گالے
سروں پر جیسے جھڑپوں میں ہوں تکیوں سے بکھیرے پر
میرے بیٹے نے گلدستہ جو میرے نام بھیجا ہے
گلوں کے پیرہن میں پیار کا پیغام بھیجا ہے

کنیز فاطمہ کرن

Donate to SAMAA

SAMAA has the privilege of being a Deductible Gift Recipient. Your donations to SAMAA are tax-deductible. Please donate before 30th Jun 2016 to claim your deduction this tax year.

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.

Fasting In The Holy Month Of Ramadan

By Elders/Sick Persons A Medical & Islamic Perspective

Dr. Mohammad Anas Nadwi

Allah Almighty says in His Holy Book :

"Allah is He who created you in a (state of) Weakness, then gave you Strength, then after Strength, He gave (you) Weakness & grey hair. He creates what He wills. And it is He who is the All-Knowing, the All-Powerful [Surat Al-Room 30: 54]"



Old age is a normal stage of life. but due to ' Weakness ', Elders are more prone to the development of many a Disease.

Elders can observe Fasting, unless they have Medical Contra-indications to Fasting - such as Diabetes / Kidney Failure, etc.

Elders are advised to seek the advice of their Family Physician / G.P regarding fitness to Fast.

The G.P may be able to alter the timings of the Elder's regular Medications, so as to accomodate

the period of Fast & the G.P can advise an appropriate Diet.

The ' Sahur ' is important for the Elder. It should be a Meal of Low Fat / High Protein & Moderate Carbohydrates. Generally Slow-release Carbohydrates, like Bread / Pasta / Rice / Noodles are recommended at ' Sahur', along with Trimmed & Low-Fat Meat & Vegetables / Lentils / Fruits / Low-Fat Yogurt. As Dehydration can be an Issue, take copious amounts of Water at ' Sahur ' & at ' Iftaar'. Elders are advised to do some Walking / gentle Exercises after ' Iftaar ', in order to improve Circulation & in order to tone up their Muscles.

Allah swt has made things easy for His Slaves. He has enjoined Fasting upon those who are fit, but He has excused those unable to Fast for legitimate reasons - such as Illness or Journey.

For a Sick Person to Fast & endanger his Life, is deemed to be '

Makrooh ' (forbidden).

"but if any of you is Ill or on a Journey, the same number (of missed Fasts) should be made up from other days " [al-Baqarah 2:184]

"And as for those who can Fast with difficulty, they have a choice - either they can Fast or they can feed a ' Miskeen ' (poor person) for each day of missed Fasting. [al-Baqarah 2:184]

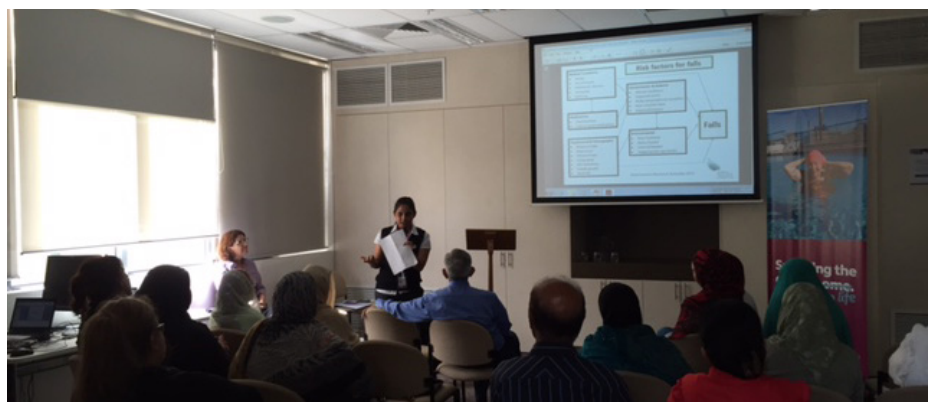
Ibn-e-Abbas (may Allah swt be pleased with him) said that this ' Ayah 'has not been abrogated & it applies to Old Persons who cannot Fast - so, for each day of Fasting, they should feed one poor Person. Instead of feeding a poor Person, one may donate the price of a Meal to a poor Family, for each day of Fast missed.

The holy month will be beginning soon. At SAMAA, we wish our elders, their families, SAMAA volunteers and all Muslims a blessed Ramadan.

Uniting Information Days

Uniting, a major service provider held information days for SAMAA elders on 17 March at Bankstown and on 31 March at Seven Hills.

The sessions included presentations from Uniting about their services including Social Support, Home Care and Nursing Home Care. Elders took part in Aerobic exercises enthusiastically and enjoyed the sessions.



Obituary

Well know Pakistani figure Mr Ikram ul Haque left us for heavenly abode on Saturday 16 April 2016 and was bur-



ied at Rookwood cemetery the same afternoon. Late Ikram Saheb lived in Sydney for over 45 years and worked as an accountant in QBE for a long time. His friends remember him as a pleasing personality who took interest in Islamic history, poetry and literature.

He was very popular among his friends and took interest in social activities. He is survived by his wife Mrs Farkhanda Haque, two sons and a daughter. At SAMAA we extend heartfelt condolence to the family of deceased and pray for his maghfirat.



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

Uniting