



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 | October - December 2016

Changes to home care in February 2017

The Australian Government is committed to increasing your choice when it comes to aged care services. That's why they are introducing a number of changes in February 2017.

These changes will give you greater choice, control and flexibility in the way you receive home care services, and how those services are delivered.

From 27 February 2017, if you have a home care package, it will be easier to change providers if you move to live in another area or you are looking for a better fit. If you choose to change service providers, your home care package funding will move to your new service provider. This applies to existing home care package recipients and to new clients.

If you are happy with the services you are getting, you don't need to do anything.

The Department of Health is sending out letters to existing home care package recipients and new clients outlining the changes and what you need to do. More information about Increasing Choice is available on the Department of Health website.

Upcoming Events

SAMAA has arranged a busy schedule to keep elders engaged and to overcome their social isolation in coming months. On 11 Dec 2016, a picnic is being arranged which will take elders to Mount Annan Botanical Garden.

A cruise is scheduled early next year on 5 Feb 2017. A similar cruise was arranged last year which had attracted large number of elders. They had demanded its repeat and we are expecting even larger number this time. A bigger chartered boat will

cruise through the Sydney waters to the popular sights. A fine cuisine and South Asian music will keep elders entertained.

Another repeat event on popular demand is Shaam-e-Qawwali which scheduled for 12 March 2017. This will be a gala event and will be held at the grand theatre of Bankstown Sports Club. The renowned Western Qawwali group Fanna-Fi-Allah will perform. They will present the ancient Sufi tradition of Qawwali with deep devotion, passion and ecstatic

rhythm. The event is expected to draw up to 500 people.

A musical evening is also scheduled for 13 May 2017. The Popular Sydney singer Saleem Zaman will thrill the audience at Civic Theatre, Hurstville with popular Bollywood songs.

More events will be held during the second half of 2017. Please keep following SAMAA email notifications for updates. You may also ring Robina Yasmin on 0468 409 786 for more information.

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Cruise, 2016



Picnic to Blue Mountains, 2015

More than 300 people attended SAMAA Jashne Buzurg in Blacktown

South Asian Muslim Association of Australia (SAMAA) celebrated its Annual Event Jashn-e-Buzurg at Bowman Hall, Blacktown on Sunday 4 September 2016.

Well over 300 people including several dignitaries, Health experts, Representative from Aged Care Agencies and Providers, Community leaders and a large number of SAMAA Elders, Volunteers and community Friends, attended the event with much enthusiasm.

The Premier of NSW, Hon Mike Baird not only sent a message for SAMAA souvenir, he also sent his representative Hon. Kevin Connolly, member for Riverstone, to attend the Jashn-e-Buzurg. Mr. Kevin Connolly was also representing Hon. John Ajaka, Minister for Ageing, Disability Services and Multiculturalism. Parramatta MP Dr. Geoff Lee, Federal MP for Hughes, Craig Kelly, Mr Steve Teulan, Director of a Major Service provider Uniting, the Consul General of Pakistan Mr. Abdul Majid Yousafani were also present.

Maulana Nazir-ul-Hassan Thanvi, in his Quranic address, described the significance of serving one's Parents and Elders in general. He emphasized that any Financial Do-



nations to support Organisations such as SAMAA, who were committed to serving Elders, would please Allah swt & He would reward such pious Acts.

Hon Kevin O'Connell conveyed best wishes of Premier Mike Baird to SAMAA. He applauded SAMAA's Volunteers who were providing yeoman Services to the Elders and encouraged the community to support SAMAA in its efforts of building its own Aged Care Facility. He described several NSW government initiatives aimed at serving the Multicultural Communities.

Dr Geoff Lee and Mr Craig Kelly also spoke and applauded SAMAA for its commitment in serving its Elders.

Mr. Steve Teulan of Uniting Care, described various Services which Uniting was offering and its particular emphasis of working with communities of Multicultural backgrounds. He expressed a strong desire to work alongside of SAMAA, in offering various Services to South Asian Muslim Elders including Social Support Programmes and Home care services.

Uniting had also set up a Stall at the venue, with Information Brochures of its various Services. Our Elders collected some useful information from the Stall..

The Fund Raising Activity was preceded by a very emotional presentation by a young boy Ali Syed, depicting the many tribulations of old age. This was ventilated in an extremely emotional manner which brought tears to many.

Mr Zahid Jamil, in launching the Fund Raising Programme, described serious challenges in building an Aged Care Facility for South Asian Muslims. He stated that whilst Australian Government



Kevin Connolly, MP



Federal MP Hon. Craig Kelly



does offer Grants to build Aged Care Facilities for various Ethnic Communities, those Grants were only available if the Ethnic Community had its own land. Once land is owned by the Ethnic Community, the government would generally give 50% of the construction costs. It is estimated that SAMAA would need a minimum of 2 million dollars to buy a sizeable Land. A 50 bed Aged Care Facility would cost \$10 million in construction. The government would grant \$5 million, being 50% of the Construction Cost and the other \$5 million will have to be raised by the Community. Mr Jamil emphasized the need for more generous & more realistic Donations from our Community, if this dream is ever to materialise.

It is up to our Community to wake up to the reality of this rapidly growing and dire need of having our own Aged Care Facility. It requires our Community to open up its hearts and act soon with generosity and in a realistic manner.

The fund raising was conducted by Mr Fasihuddin Khan, Mrs Shaheen Firdose and Syed Afzal Husain accompanied by many volunteers on the floor. The Audience responded much more generously this time. It needs to be remembered that South Asian Muslim Association of Australia is listed as a Public Benevolent Institution and donations to SAMAA are Tax Deductible.

A Souvenir was published to mark the Event with the support



Dr Geoff Lee, MP

of Sponsors. Two seniors Dr Noorjahan and Mrs Tanveer Rizvi launched the Souvenir to celebrate 7 years of SAMAA's journey and its achievements.

The famous Sydney singer Shaguf-ta Zia recited a 'Hamd' to commence the Programme and later on, she sang several other Musical numbers from her latest album.

The audience enjoyed the South Asian cuisine & the Socialising. Dr Ahad Khan, in his vote of thanks, thanked Sponsors, Volunteers, Guests and Community Members for their unflinching support of SAMAA. The Event concluded on a promising note & SAMAA is heartened by the support it has from SAMAA Friends.



Mr Steve Teulan



Ali Syed

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.

Healthy and active ageing

Being healthy, physically active and socially engaged throughout your life has many benefits, especially as you grow older.

Some simple tips to help you to achieve healthy and active ageing include:

- maintain a balanced diet. This is important for a healthy body and healthy brain
- do regular physical activity. This is essential for your body and mind. Regular physical activity builds muscle and helps to control weight, blood pressure, cholesterol, diabetes, pain, as well as bone and joint problems such as osteoporosis and arthritis. It can also reduce your risk of heart disease, stroke, some cancers, and help prevent falls and injury
- actively participate socially and engage with others. This contributes to your overall health and wellbeing by strengthening your sense of belonging and creating social relationships.

How do I maintain a balanced diet?

To maintain a balanced diet, you

should try to eat a variety of foods from different groups. This means trying to eat:

- fruit and vegetables – two serves of fruit and five serves of vegetables every day
- foods such as bread, cereal, rice, potatoes, pasta and other starchy foods, preferably wholegrain or wholemeal
- milk and dairy foods – use low fat milk and yoghurt and hard cheeses
- meat, fish, eggs, beans such as broadbeans, soybeans and lentils and other non-dairy sources of protein
- fish – at least two portions a week, including one portion of oily fish such as trout, salmon and sardines
- smaller amounts of food and drink that are high in fat or sugar.

It is also essential to drink lots of water and other fluids in order to keep the body hydrated.

Visit the Australian Government's healthdirect website for more in-

formation about eating healthily, or browse the eatforhealth website.

What types of physical activity should I do?

It is important to remain active as you age. For active ageing you should try to do at least 30 minutes of moderate physical activity on most, preferably all, days to help keep your heart, lungs, muscles and bones working well. It's a good idea to do a range of activities that help with fitness, strength, flexibility and balance.

For more ideas, download a copy of the Choose Health Be Active brochure from the Department of Health website.

What types of social activities should I do?

Joining a local group or taking part in regular social activities with family, friends, community and neighbours is a good way to keep involved and connected with the community.

There are also social support services that can help you to maintain an active social life by having someone visit you in your home, or by arranging visits and outings in the community.

Source : MyAgedCare website

Obituary

On September 6, 2016, the SAMAA community lost another respected Elderly Mr Aminuddin. Late Mr Aminuddin was a retired Senior Resident Accountant in Hyderabad, India. He was a prolific reader and proficient in Urdu and Persian languages. He had a keen interest in Urdu poetry and published many articles in various magazines and newspapers, including Hyderabad's famous newspaper, Siasat. After his retirement in 1980, he spent 10 years researching Dr. Allama Iqbal's life and published many articles on the great poet's

biography. His favourite authors were Allama Shibli Nomani and Moulana Abul Hasan Nadvi. The prominent works among his literary collection were Tareeq-e-Islam and Seerat-un-Nabi by these scholars, which he loved dearly, his son Dr Samiuddin told SAMAA, remembering his father. In 1997, Mr Aminuddin moved to Sydney to live with his sons. Here, he spent most of his time reading and writing and gardening. He is survived by three sons, one daughter and 8 grandchildren. At SAMAA, we pray for the departed soul.



SAMAA Signs MOU with Uniting

On 9 Oct 2016, SAMAA has signed a Memorandum of Understanding (MoU) with Uniting, a leading service provider in aged care. The MoU formalises the partnership between SAMAA and Uniting to facilitate the provision of culturally appropriate aged care. This MoU serves as a framework for co-operation aimed at enhancing access to the services of Uniting for eligible older people who SAMAA supports and will assist Uniting to deliver culturally appropriate care. Dr Ahad Khan, on behalf of SAMAA and Mr Dough Taylor, Director Uniting signed the MoU. This MoU signifies the voluntary commitment of SAMAA and Uniting to participate in this partnership. We expect that this

partnership will help SAMAA elders greatly in having access to most of the aged care services in a culturally appropriate environment.

Earlier in the day SAMAA held its Annual General Meeting (AGM) to appoint the executive committee for the next 12 months. Annual re-

port was presented which detailed SAMAA's activities and achievements of past year. The committee also planned for the coming year. SAMAA expects to have another year of events to entertain SAMAA elders and improved level of services for elders needing care and support.





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