



SAMAA

سماا

SAMAA 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”

AGEING STRATEGY CONSULTATIONS

The NSW Government is committed to developing a Whole of Government Ageing Strategy by 1 July 2012. In working towards this goal, the Hon. Andrew Constance, Minister for Ageing convened an Ageing Roundtable, held in Parliament House on 15 September 2011, which brought together community leaders, advocates, experts and practitioners in the field of ageing. The aim was to start the conversation that will help shape a whole-of-government and whole-of-community ageing strategy for NSW.

The Premier opened the Ageing Roundtable stating that “The development of the NSW Whole of Government Ageing Strategy will provide an opportunity to realise aspects of the O’Farrell Government’s Social Policy Framework Smarter, Stronger, Healthier, Safer that relate to older members of our community and to expand that commitment into a comprehensive NSW Whole of Government Ageing Strategy.”

Minister Constance outlined three broad themes as a focus for discussion:

- Liveable communities – inclusive of the physical environment, such as transport and urban design but also issues such as social inclusion, health and wellbeing; housing design including universal design principles; affordable housing; intergenerational activities; and creative ageing.

- Participation – covering mature workers, including workability; volunteering; and productivity.



Zohra Qureshi celebrates her birthday with SAMAA volunteers at Wallgrove Nursing home in Lakemba

- Discrimination, security and dignity – attitudes to ageing and the aged; planning for later life, including substitute decision making; elder abuse; and legal issues.

A summary paper has been released which presents the broad findings from the Ageing Round table to inform the community consultation process which is to commence in December 2011, concluding February 2012. Its purpose is to stimulate further discussion in the NSW community to inform the development of the NSW Whole of Government Ageing Strategy to be released on 1 July 2012.

At SAMAA we will keep an eye on these consultations to keep our community informed of the developments and initiatives of state government relating to aged care programmes.

Crescent Travel

For your travel requirements and Hajj, Umra packages, Group tours with Halal meals to India, China, Vietnam.

Wales Corner, Suite 1412, Level 14, 227 Collins Street, Melbourne

Tel: 1300 662 034

Sydney Contact: Masood Husseini: 0414 749 245

www.crescenttours.com.au

Crescent Travel promises to give you a special discount and donate to SAMAA a specific amount for each booking if you mention to them that you have learnt about them through SAMAA: an easy way of supporting a good cause.

2011: A YEAR OF ACHEIEVEMENTS FOR SAMAA

SAMAA enjoyed a successful year of 2011 which has made SAMAA achieve several of its objectives. SAMAA's efforts were recognised in NSW parliament when the first Muslim MP Hon. Shaoquett Moselmane, delivered an adjournment speech on 12 May 2011 at the Legislative Council to acknowledge SAMAA. He described SAMAA as a fitting example of the success story of community harmony and volunteering.

During the year, SAMAA received deductible gift recipient status from Australian Taxation office, making it a public benevolent institution. Thus your donations to SAMAA are now tax deductible.

South Asian Muslim Association of Australia and a major service provider CareConnect signed a Memorandum of Understanding (MoU) on 11 July 2011. The purpose of this MoU is to establish a general working agreement between the two agencies as a framework for working in partnership on the Positive Ageing Grant and in support of all Community Aged Care services. SAMAA and Care Connect agreed to cooperate in working towards enhancing access for older people from South Asian Muslim background to culturally and religiously appropriate care. Both agencies aim to provide quality information and aged care support services for the elderly South Asian Muslim community.

The main activity during the year was holding of a series of workshops in association with Care Connect. This program was funded by Ageing, Disability and Home Care NSW as part of the Positive Ageing Grant 2011. A total of nine workshops were held during the year at Blacktown, Novotel in Brighton Le Sands, RSL club Hornsby, Catholic club, Cambelltown, Liverpool city Library, Rydges hotel in Wollongong, Bankstown Sports club and RSL club St Marys.

Alzheimers Australia were the main presenter at all the workshops. SAMAA also engaged a South Asian Muslim Doctor for each workshop who covered a major aged health issue. The major exhibitors included Tunstall Healthcare, Independence Australia, Carers NSW and local area aged care agencies. All the workshops were very well attended and the programme received much applaud from aged care agencies.

SAMAA celebrated its annual event, Jashne Buzurg 2011, on 12 March attended by number of parliamentarians, representatives from aged care agencies, representatives from Islamic and South Asian community organisations along with a large number of elderly & their families,. Federal Minister for Ageing Hon. Mark Butler in his video message acknowledged SAMAA's contribution in caring for the South Asian Muslim elderly. He spoke about our submission to the productivity commission, published in its Draft Report Jan 2011, which had detailed specific issues relating to our community. He has assured his support in SAMAA's future endeavours.

Eid Milan on 11 Sept 2011 was again a successful event attended by a few parliamentarians, a large number of elderly, their families, and representatives from aged care industry.

With the aim to strengthen our volunteer service programme, we divided Sydney Metropolitan into 7 regions. Each region will soon have a volunteer coordinator to ensure the needs of the elderly in the region are met appropriately. All coordinators will report to a chief coordinator who will oversee the whole programme with assistance from the Community worker.





MOBILITY AIDS AND EQUIPMENT FOR DISABLED

With a generous contribution from a group of individuals, Muslim Aid Australia and SAMAA are providing medical equipments such as wheel chairs, walkers, shower seats, mobility poncho, other equipment to needy aged people. Kindly submit your requests to SAMAA and after appropriate assessment, we will try to procure the equipment for you, inshallah.

UPCOMING EVENT : JASHNE BUZURG 2012

The annual event of SAMAA is scheduled to be held on Saturday 14 April 2012, at 6 PM at Auburn Town Hall. The Jashne Buzurg is held each year to bring together South Asian elderly and their families, SAMAA members and government officials to celebrate SAMAA's achievements of previous year and plan for the next year.

This event gives SAMAA an opportunity to raise concerns relating to our community aged care programmes with parliamentarians and industry representatives. We expect that a few federal and state ministers, parliamentarians, officials from aged care agencies, experts in the field will attend the event along with some fine artists to entertain the audience with South Asian music and songs.



Jashne Buzurg 2011

For more information, Please ring 88246435 M 0414334613, 95439769.

ACUPUNCTURE BY DR HENA AMIN

- Acupuncture is one of the oldest forms of therapy which started about 2000 years ago in China. It involves using fine disposable needles which are inserted into special points to unblock, rebalance and tonify the body's Qi. For people who do not like needles, laser acupuncture can be performed. Acupuncture is the only alternative medicine which receives a medicare rebate. To find an acupuncturist medical doctor in your area, please visit the Australian Medical Acupuncture College Website.
- Acupuncture can be used for nearly all medical conditions as it has minimal side effects. As the needles are disposable there is no risk of infection. It is a good alternative to drugs that have a lot of side effects and operations which can be invasive.
- In elderly it is excellent for pain of arthritis especially back pain, knee pain, hip pain and shoulder pain. It is also very good for depression, anxiety and sleep problems. It is also good for migraine and tension headaches.

I have been practicing acupuncture since 1993. Many elderly take lots of medications and might have kidney and liver problems. Normal drugs, at times, may be too strong. A few elderly may also be unfit for surgery. So acupuncture should be considered.

OBITUARIES

SAMAA lost two much loved individuals over past few months.

A SAMAA elderly retired Prof. Asmat Ara passed away on Saturday 10th December 2011 in Campbelltown Hospital after suffering a major brain haemorrhage. She was well known amongst Urdu lovers for her writings of novels and short stories and received Nishan-e-Urdu award from Urdu Society of Australia in 2011. She lived in Sydney with her two daughters for last 5 years. Earlier she taught Urdu at Magadh university in India for several decades.



A few days earlier, a dedicated SAMAA volunteer Mrs Sarwat Samiuddin lost her battle to a long illness and passed away on 1st Dec 2011. She was the eldest daughter of Mr Saad Rabbani, IAS, Commissioner of Bombay. A brilliant student at Hyderabad's St Geroge's Grammar School, Sarwat graduated from Osmania University. She moved to US with her husband Dr Samiuddin and worked at the University of Pennsylvania, Philadelphia before moving to Sydney in 1991. She worked at the Department of Immigration and was managing the settlement of migrant communities in Australia. She was extensively involved in community work over past few years and raised two successful children.

At SAMAA, we pray for the departed souls and extend our condolences to the two families.



DONATE TO SAMAA

SAMAA is seeking donations from individuals, community organizations, businesses and corporations.

South Asian Muslim Association of Australia (ABN 17 677 354 647) is listed as a public benevolent institution in subdivision 30-B and has been endorsed as deductible gift recipient under item 1 of the table in section 30-15 of the Income Tax Assessment Act 1997. Therefore your donations to SAMAA are Tax Deductible.

Funds raised are utilized for two major purposes, provision of benevolent services and building of elderly home. Benevolent services include providing home help to the aged and infirm such as cook food for them, take them to doctors, accompany them to mosques, social events and SAMAA programmes including information sessions. Payments may be made to our volunteers for the work they do, for the expenses they incur in their travel etc or other related expenses. In long term, raised funds will be utilized for building our own aged care facilities. This is a long term objective which needs bigger amounts before the work on such projects can begin.

Please send your 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

"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)