



## Milestones that mean so much to us

An ECCQ Diversicare Working Group has been formed to develop and implement Aboriginal and Torres Strait Islander engagement initiatives including the eventual development of a RAP (Reconciliation Action Plan). In this article we would like to highlight several important dates and events that are significant to Aboriginal and Torres Strait Islander communities.

### 13 February - Anniversary of the Apology

Anniversary of the formal apology made on 13 February 2008 by the government and the Parliament of Australia to Australia's Aboriginal and Torres Strait Islander people - in particular to the Stolen Generations.

### Closing the Gap

Closing the Gap is a government strategy that aims to reduce disadvantage among Aboriginal and Torres Strait Islander people with respect to life expectancy, child mortality, access to early childhood education, educational achievement and employment outcomes. It is a formal commitment made by all Australian

governments to achieve Aboriginal and Torres Strait Islander health equality within 25 years.

### National Close the Gap Day

National Close the Gap Day (NCTGD) is an annual awareness event that aims to close the health and life expectancy gap between the indigenous and the non-indigenous communities in Australia. It is usually held on the third Thursday in March - so this year - Thursday 15th March 2018.

**National Sorry Day** is held on 26 May each year to acknowledge and recognise members of the Stolen Generations.

In the next newsletter article we will share with you details about the significant dates of the anniversary of Australia's most successful referendum and a defining event in our nation's history; and the date that commemorates the High Court of Australia's landmark Mabo decision. We will also share what these two dates have to do with National Reconciliation Week.

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Visit the Department of Health website for  
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Ethnic Communities  
Council of Queensland



## Golden stitcher

Ninety year-old Velta, knows a thing or two about embroidering. The champion needleworker and Diversicare client has twice won first prize in the Brisbane RNA show in the Fine Arts section for Dolls Dressed in National Costume. The dolls dressed in Latvian costume (Latvia is Velta's home country) are her pride and joy, and she proudly displays them in her home.

Velta whose looks belie her years came from the city of Riga, Latvia with her sister Inta in 1949 as a displaced person. She now calls Australia home but does not forget her native country. At 21 years of age she first started working as a nurse at the Goodna Mental Hospital. Velta and Inta's parents joined them later in Brisbane and Velta married a couple of years later to Imants, also Latvian and they had two children.

Velta frequently enjoys the company of her three Grandchildren and without fail one a month she goes to Diversicare respite to meet up with friends and enjoy the outings. She is content and says she couldn't ask for anything more; 'it's a life well lived.' This year Latvia celebrates 100 years of independence.

## Here to help: Translating and Interpreting Service (TIS)

Do you need help talking to organisations because English is your second language? **The Translating and Interpreting Service (TIS)** can help.

TIS is available 24 hours a day, 7 days a week, and is accessible from anywhere in Australia for the cost of a local call on **131 450**. You can use TIS free of charge to talk to Diversicare or any government organisation such as **Centrelink** or **My Aged Care**.

When you call TIS, an operator will ask you what language you need. You can tell the operator in English the language you speak. The operator will then connect you with an interpreter who speaks your language.

You may need to wait on the line for the interpreter, or the operator may need to call you back when an interpreter is available.

Once you are speaking with the interpreter, explain to them what organisation you want to speak to and the interpreter will call for you. Once the organisation answers the phone, the interpreter will interpret your conversation.



## Consumer Recipe

**Name:** Ineke Boers

**Lives:** Has lived in Australia for 40 years

**Where were you born:** Amsterdam – Netherlands

### Stampptot van Boerenkool met spek en rookworst

#### Ingredients

2kg kale, remove large veins  
(Tip: Freeze the kale overnight in the freezer and chop finely when it is frozen). This will make it sweeter to taste.  
2kg potatoes – peeled and chopped  
200gr fresh spek or bacon – diced  
200gr rookworst or knackwurst  
Salt, pepper, butter

#### Method

Boil potatoes in a pan until tender, then drain. Sauté kale in large frypan with speck. Prepare knackwurst/rookworst per packet instructions or place in saucepan covered with water – do not boil, gently heat through.

Mash potatoes with a bit of butter, salt and pepper according to taste. Mash through the cooked kale and speck. Serve with a piece of knackwurst.



1800 200 422  
Monday to Friday 9am - 5pm  
Saturday 9am - 12pm



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## Did you know:

### Diversicare Sunshine Coast

The Sunshine Coast office has been open for 17 years.

How many clients? 195 clients

How many staff work there? 6 staff members

Longest serving employee? Sandra Zenner - 16 years.

The geographic area you cover? From Glasshouse Mountains to Gympie

Interesting Fact: We all work very well together and enjoy it to boot!



## New staff members

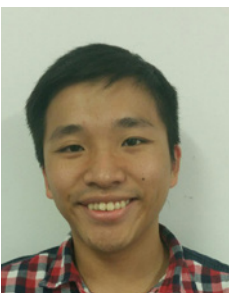
Don't forget to let rostering know if you are going away on holidays or for stays in hospital.



**Ben**  
Staff Planning and  
Engagement Officer



**Amber**  
Rostering Officer



**Eugene**  
Home Services Officer -  
Brisbane South



**Jazel**  
Registered Nurse

## West End *CONNECT* news

Due to the extremely hot weather, most of the respite activities have been held indoors. Our respite attendees enjoyed participating in Ten Pin Bowling and dancing at Redlands Sports Club, with the ladies from the multi group each receiving a red rose each for Valentine's Day! We visited Greenbank RSL, the Redcliffe RSL for morning melodies and visited the Wynnum waterfront.



Diabetes Qld in partnership with PICAC gave a presentation in January to the Lao/Vietnamese group. These will continue with other groups throughout the year.



The Vietnamese group celebrated TET at West End Respite with a wishing tree, music and magic tricks, lunch and stories to share. The group had a fantastic day thanks to the enthusiasm of the staff. The Lao group celebrated the New Year at the 7 Palace Vietnamese restaurant in Inala.

**Chinese New Year** - the Chinese group celebrated at the Landmark restaurant Sunnybank with great food and atmosphere. Each client receiving a lucky red envelope and fortune cookies for the New Year.

Adele from Somatic Touch has been doing chair exercises with her Ageless Grace sessions with a number of groups. These will continue throughout the year. Rex has started his Tai Chi sessions for the year starting with the multi group and the German group.

West End CONNECT is working with PICAC and the University of Qld to assist with the completion of surveys for their study Ageing Well in a Foreign Land. This will be ongoing throughout the year.

Representatives from ECCQ attended Chinese and Vietnamese respite to offer free health checks, with many of the respite clients taking up the offer.



*The German group went to the Planetarium at Mt Coot-tha to watch the Sky dome show followed by lunch at Kuta Café.*



*Some Easter chocolate making at the respite centre with the Lao respite group*



*Mr Thanh of the Lao respite group having a health check by ECCQ whilst at the respite centre*



## Alida turns 100!

Diversicare consumer Alida turned 100 recently and she says she owes it all to eating sauerkraut!

Alida who is Dutch, migrated to Australia in 1969 with her husband and two sons.

The family had spent 10 years previously living in Canada and three years in the USA before finally settling 'down under'. Alida has experienced a lot of milestone events in her long life and says she is lucky to have lived in such a wonderful, welcoming country.

Alida has lived in the same house for the last 40 years and with the support of her children and the care provided by Diversicare, Alida is able to continue to enjoy living at home.