



Serving the Community since 1956

Published by the Australian Asian Association of WA Inc.



*Wishing you a Happy
Easter that is just as
bright and joyful as the
spring time air around you!*

*Rabbits soft and cuddly
Baby chickens, too.
Easter eggs for baskets
White and pink and blue.
Easter cards of greeting,
Music in the air,
Lilies just to tell us
It's Easter everywhere.*



INSIDE THIS ISSUE

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SERVICES AVAILABLE FOR THE COMMUNITY

IMMIGRATION:

Qualified Migrant Agent available for free consultations and assistance.
Contact Olga Ramasamy on
(08) 9328 6202

EMERGENCY RELIEF:

Funded by Lotterywest and Department of Family and Community Services.

Available to those who find themselves in a crisis situation.

- AAA Perth 275 Stirling St, Perth
(08) 9328 6202
- AAA Gosnells Community Lotteries House
Suite 3/2232C Albany Hwy, Gosnells
(08) 9300 9156
Office Hours: Tuesday and Thursday
9:30am to 12:30pm

TRIPLE A CARE:

COMMUNITY AGED CARE PACKAGES (CACP)

Funded by Department of Health and Ageing.

Contact Manil De Mel
CACP Coordinator on **(08) 9228 9833**

Office Hours:
Monday, Wednesday and Friday
9:00am to 5:00pm

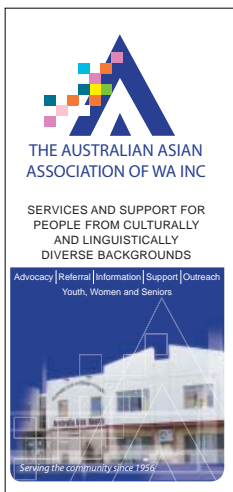
HOME AND COMMUNITY CARE PROGRAMME (HACC)

Funded by Department of Health (State).

Contact Dushyanthi Fernando
HACC Coordinator on
(08) 9328 7688



FACILITIES at AUSTRALIA ASIA HOUSE 275 Stirling Street, Perth 6000



HALLS AVAILABLE

The Main Hall

seating capacity 200-250 people

- Stage
- Kitchen - Drinks, Fridge, Microwave
- Reverse cycle air conditioning
- Public Address System complete with music system
- Overhead Projector and Wide Screen
- 18 tables and 250 chairs

The Lesser Hall

seating capacity 40-60 people

- Wall mounted white board
- Reverse cycle air conditioning
- Tea making facilities/fridge
- 10 tables and 60 chairs

Committee Room seating capacity up to 14 people (for members only).

FOR BOOKINGS AND INFORMATION CONTACT (08) 9328 1160

NEWSLETTER ADVERTISING COST PER ISSUE

| | |
|--|---|
|  \$ 100 - FULL A4 |  \$ 50 - FULL A4 |
|  \$ 50 - 1/2 A4 |  \$ 25 - 1/2 A4 |
|  \$ 25 - 1/4 A4 |  \$ 15 - 1/4 A4 |

FOR FURTHER DETAILS AND TO
BOOK YOUR PRINTING TIME

PRINTING AND PHOTOCOPIING FACILITIES

| | |
|--|---|
|  Colour A4 |  Black and White A4 |
| Members - 35 c | Members - 7 c |
| Non Members - 50 c | Non Members - 10 c |

Customise and Print your Newsletters, Flyers, Posters and Pamphlets in Colour or Black and White.

**LAMINATING AND SCANNING SERVICES
ARE ALSO AVAILABLE!!!**

CONTACT (08) 9328 6202

President's Message



Dear Members

Our greetings and good wishes for a successful 2015. We have been busy since January 2015 working with the departments of Health and Human Services and ensuring that we have complied with their requirements for the Quality Agency review. The Executive committee has also worked with Mr Doug Faircloth from Verso Consultancy to review the Aged Care programmes and ensure that adequate strategies are in place to comply with User rights.

The new service offered by the HACCC programme is the Group Social Support which will commence shortly. We are in the process of purchasing a new van and a car that will support and promote the growth of the programme. We have also invited key personal from various professions and representatives from various Ethnic groups to form our AAA Management Committee. Their Voluntary contribution on the Committee is much appreciated. I take this opportunity to welcome two experienced nurses from Silver Chain and Brightwater – Mrs Deborah D'silva and Mrs Maryann Mc Carthy, who have agreed to join this committee at their meetings and oversee the decisions of the members with their experience and clinical knowledge of Aged Care.

The CEO and myself met with Ms Jennifer Pidgion regarding the Community Languages Program, that has now been transferred from the Department Of Education to the Office Of Multicultural Interests. We are keen to pursue and develop the Afterschool Language program that will address current and future community Languages needs. We are in the process of exploring various pathways to set up the Program at the Australia Asia Association.

Our Youth Coordinator is also organising a Multicultural evening on the 17th of April for the Youth from our various Ethnic Communities. We have so far received responses from 12 of our member organisations - we are looking forward to more young people entertaining us to an evening of music and dance.

I take this opportunity to ask you our dear members to send us articles of interest from your country or important information that you would like to be included in the News Magazine.

I wish you all the Peace and Joy of the Easter season and God's Blessings!

Mrs Marlene Burnaby

President





Triple A Care Christmas Party 2014



The staff of Triple A welcomed the clients to a Christmas party which was held at the Agni Restaurant.

They enjoyed a delicious lunch, met other clients and staff and enjoyed the Christmas spirit. Our clients who attended the Christmas party were made to feel special when they received a Christmas present.

The HACC (Home And Community Care) Programme will commence Group Social Support in 2015, where small groups of clients will be taken on outings of their choice. The payment to Triple A Care would be \$8.00 per person for eligible clients. Interested clients/seniors in the community need to be assessed by the Regional Assessment Services (RAS) for eligibility prior to receiving services and are encouraged to contact the HACC Coordinator, **Dushyanthi Fernando** on **9328 7688** for further information.

The CEO of the Australian Asian Association, Mrs Olga Ramasamy thanked the clients and staff for their support and explained the HACC and the Aged Care Programme briefly. An enjoyable afternoon was had by all.

Triple A Care wished its clients, staff and supporters the very best for 2015!







FRIDAY 19th DECEMBER

AAA CHRISTMAS PARTY 2014



On Friday 19th December 2014, at the Australia Asia House, a Christmas party was organised for our clients, their families, children and grandchildren and our senior friends.

Conny The Clown kept all the children happy and entertained by performing amazing shows and children blowing interesting balloons. Santa Claus dropped by to give out presents, after which everyone sat down to a traditional Christmas Meal.

**It was a Fun Day for all the guests and our staff!
THANK you to all who helped to make the function a success!**







*Happy 90th Birthday,
Olga!*



*Birthdays come birthdays go
You have now had a few
birthdays we know
And here is a wish that you
have many more
Because you are a wonderful
person that we simply adore
AAA staff*



Russian Community of WA
WE REMEMBER !!
70th Anniversary
World War II

INTERNATIONAL
CONCERT - DINNER - DANCE

Date: Saturday, 9 May 2015

Time: 6.00pm - 12.00am

'The RISE' 28, 8th Avenue, MAYLANDS

Cost: \$50 (Conditions apply)

Mob: 0403 78 62 48 Mob: 0404 94 40 56

Email: russawa@outlook.com

Triple A Care runs a Centre Based Day Care Centre at the Sikh Temple in Canning Vale every Thursday from 9.30 am.

A variety of activities is organised throughout the day to promote wellness. This includes exercises, board games, quizzes, craft and occasionally guest speakers. Morning tea and lunch are provided at the Sikh temple. Community outings are also offered regularly, including trips to the movies, picnics, restaurants and outings of client's choice. If you are interested in being part of this group, please contact **the HACC Coordinator Dushyanthi Fernando on (08) 9328 7688** for more information and assessment for eligibility.



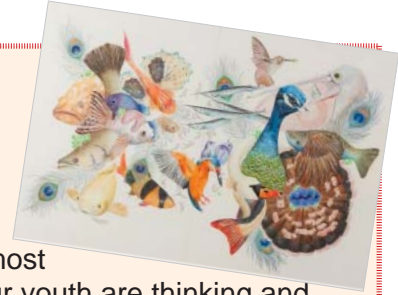
(08) 9328 7688

YEAR 12 PERSPECTIVES ON DISPLAY AT AGWA NOW!

On display at the Art Gallery of WA - 7th March to 1st June

Year 12 Perspectives is your yearly taste of art by some of the best, brightest and most talented graduating high school artists in the State. An annual barometer of what our youth are thinking and feeling, it is also a rich celebration of the role the arts play in the development of individual identities.

65 students from across Western Australia were selected by this year's judging panel comprised of: AGWA curator Robert Cook; Western Australian artist Teelah George; and from the education sector, visual arts teacher Kate Grayson, representing the Department of Education. Works span a variety of subject matter and media, ranging from painting and drawing to sculpture, digital moving image, photography and textiles.



FREE EVENT!

SENIORS HOUSING CENTRE SEMINARS

MAKING INFORMED HOUSING DECISIONS –

An essential overview of the housing options available for Seniors, covering key questions and information to ask for while contemplating changes. Some of the areas covered are retirement villages, strata titles, granny flats, home modifications, residential aged care and more.

Thursday 23rd April 2015

Old Midland Courthouse, Helena Street, Midland.
10.30am - 11.30am.

Bookings to Daniel or Joanna 9267 9013

RETIREMENT VILLAGES AND RESIDENTIAL PARKS –

both are called "Lifestyle Villages"... but knowing the difference, and what to expect from these communities, is vital before you sign anything. Come and learn about your rights, obligations, and what to expect in this in-depth seminar.

Wednesday 8th April 2015

City of Vincent, 244 Vincent Street Leederville
9.30am - 10.30am.

Preference given to City of Vincent residents.

MODIFYING YOUR HOME – An overview of the enormous range of services aimed at helping Seniors stay in their homes for longer... ranging from home modifications and improvements, accessing carers and helpers, to new and exciting technologies that can improve your quality of life.

Monday 20th April 2015

Woodlupine Family Centre, 88 Hale Road, Forrestfield.
11.00am - 12 noon.

Wednesday 22nd April 2015

Jack Healy Centre, Cnr Mead and Canning Road,
Kalamunda.

1.00pm - 2.00pm.

STRATA TITLE; DOWNSIZING TO A DIFFERENT FORM OF OWNERSHIP - AN OVERVIEW OF WHAT IS STRATA TITLE, COVERING –

Green or Purple; why colour makes a difference! Pluses and minuses of strata living, Strata Companies, Committees, Things to look out for; Strata managers – The Good, The Bad and the Ugly! Places to get more information and help.

Tuesday 14th April 2015

Citiplace Community Centre, Upper Level Walkway,
City railway station complex, Wellington Street, Perth.
10.30am - 11.30am.

To book a place at any of the seminars, please telephone 1300 734 838 unless details above state otherwise.



EXPANSION OF BREAST SCREENING PROGRAM TO 74 YEARS

BreastScreen Australia’s target age range has been extended by five years, from women 50-69 years of age to women 50-74 years of age.

Western Australian women will be actively invited to attend for free two-yearly screening mammograms at BreastScreen WA until they reach 74 years.

Women 75 years and over are still eligible for free screening mammograms, and can book an appointment online or phone 13 20 50.

Women aged 40-49 years already accessing BreastScreen WA will still receive their reminder letter.

Over 75% of breast cancer is found in women 50 years and over.

After 75... should I have screening mammograms?

Here is some information to help you decide.

- BreastScreen WA is a service targeted to women aged 50–74 years. Women aged over 40 may also attend.
- We also re-invite already enrolled women aged 40–74 years.
- Once you turn 75 you will no longer be sent a letter reminding you to attend for your two-yearly mammogram. However you are encouraged to book online or ring 13 20 50 for an appointment.
- Some women in your age group may decide not to have screening mammograms as other medical conditions or lifestyle issues may take higher priority.
- The decision is yours, but remember the risk of breast cancer does increase with age and you are welcome to attend BreastScreen WA for a FREE screening mammogram every two years.

DO YOU HAVE ANY QUESTIONS?

Contact your GP or phone: **BreastScreen WA 13 20 50 for appointments**
(08) 9323 6700 for information or
1800 800 033 toll-free for country women



WORLD ELDER ABUSE AWARENESS DAY (WEAAD) JUNE 15

What is WEAAD?

The 15th of June every year marks the United Nations internationally recognised day - World Elder Abuse Awareness Day.

As the peak body for elder abuse in Western Australia, Advocare is proud to be at the forefront of raising public awareness and supporting older people experiencing or at risk of experiencing abuse from family or friends.

WHAT THE DAY IS ABOUT

World Elder Abuse Awareness Day seeks to prevent elder abuse incidents by giving targeted information and encouraging community participation on a broad scale. The day is about all of us working together to bring greater recognition of the mistreatment of older people wherever they live, and to highlight the need for appropriate action.

WHO CAN PARTICIPATE

Anyone can participate to help raise awareness about World Elder Abuse Awareness day. We encourage organisations such as aged care facilities, day centres, hospitals, and individuals both metro and regionally. Join us if you are passionate about upholding older people’s rights to live without exploitation, abuse or fear.

GO ON, GET INVOLVED!

Events and activities taken up by organisations and individuals vary in nature. Below are some examples to assist you in ideas about what you might do.

- Quizzes
- Morning / afternoon teas
- Tree plantings
- Community Walks
- Essay competitions
- Roundtables
- Hypothetical’s
- Themed Sporting events – football, athletic clubs etc
- High Tea
- Come and Try days – Sports/exercise programs, crafts
- Concerts
- Information display

FREE Starter Pack!

A free starter pack filled with balloons, posters, fundraising boxes plus much more is available to assist you with your event.

If you would like to be involved in World Elder Abuse Awareness Day please contact the Marketing and Education Coordinator on **9479 7566**.

For more information about WEAAD visit www.inpea.net

Understanding Aged Care

20 & 22 April 2015

FREE
Seminars



Monday 20 April & Wednesday 22 April 2015

- TOPICS COVERED:
- Modifying Your Home
 - Community Care Assessment
 - Aged Care Financial Issues
 - Consumer Directed Care

RSVP by Friday 17 April 2015.
Details overleaf.

www.kalamunda.wa.gov.au/seniors



**shire of
kalamunda**

Join us at two free seminars aimed at helping you more easily navigate the aged care system to get the help you need.

For all seniors, their families and carers.

BEAUTIFUL WEBSITES STARTING AT JUST \$199



- **PERSONAL WEBSITE**
Design, Hosting and Email, Unlimited pages
- **BUSINESS WEBSITE**
Personal Features + Forms + Flash Banners
- **PREMIUM WEBSITE**
Business + Photos + Map + Search + News
- Logo Design
- High quality web site design, content management systems, e-commerce solutions, website hosting
- EASY Self-Management with WordPress
- Free Domain Name registration for 1 year

CONTACT US NOW!

Tel: 0434 289 805 Email: Balwinderkaur2007@gmail.com



THE AUSTRALIAN
ASIAN ASSOCIATION OF WA, INC.

The Australian Asian Association supported by the
Department of Local Government and Communities

2015 CULTURAL EVENING FOR CALD YOUTH at AAA

6.00pm FRIDAY 17th APRIL 2015

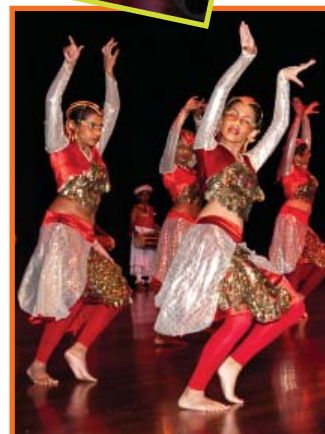
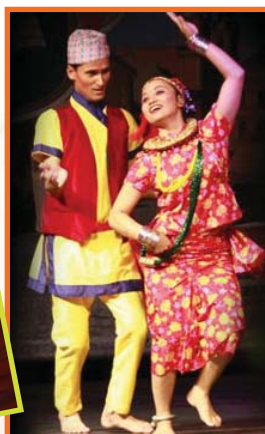
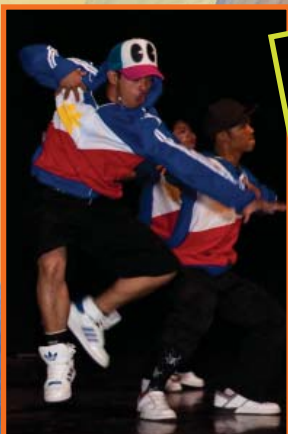
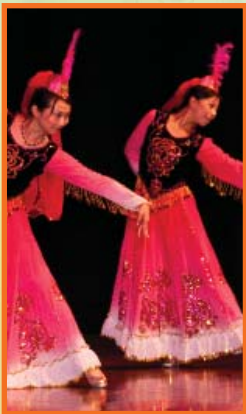
The Main Hall, The Australia Asia House
275 Stirling Street Perth WA 6000

Many Communities from WA representing different nations have expressed interest to participate in celebrating 'NATIONAL YOUTH WEEK'.

Priority will be given to youth (aged 15 to 25 years) from New and Emerging communities. Each community will perform two dance items and a song (optional) to reflect their unique culture.

It is an opportunity to encourage folk dancing which one passed from generation to generation.

WE WOULD BE GRATEFUL IF YOU JOIN US !



For further Information, please contact Youth Coordinator Yam KC
on (08) 93281160 or youthcoordinator@aaawa.org.au