



Australian  
Multicultural  
Community  
Services

# Believe

## Q1 Edition 2022



In this issue:



Home Care Package clients  
hit milestone birthdays



Keep safe and cool  
during a heat wave



Winner of Victorian  
Multicultural Commission  
Excellence Award



How to reduce  
loneliness for seniors  
— competition

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We care, we support, **we empower**

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*Picture: State Member of Footscray Ms Katie Hall MP, West Gate Neighbourhood Fund Deputy Director of Engagement Liz Evans, AMCS CEO Elizabeth Drozd and The Hon. Melissa Horne MP at Millennium House*

## Message from CEO

This newsletter's theme is "believe," in view of the world and Australia continuing to face ongoing pandemic difficulties. It is important to remain positive in difficult times to reduce stress.

In late 2021, we were proud recipients of the prestigious Multicultural Award for Excellence in Business, in recognition of our outstanding service to Victoria's multicultural communities. We could not have received this award without the support and dedication of staff, volunteers and clients.

**"Remain positive in difficult times to reduce stress."**

Although it is still an uncertain time, please stay safe and remember, we are available for care and support.



Elizabeth Drozd  
CEO, AMCS



## Nurse's corner — vitamin D benefits for older adults

Summer is well and truly here, which means the sun is out in full force. While tempting to hide your skin from the intense rays, sunshine is not necessarily taboo. Your body produces vitamin D by converting direct sunlight into an active form of the nutrient.

Vitamin D has many benefits including:

- Helps to build and maintain healthy bones by absorbing calcium. Older people need to have enough vitamin D in their diet to maintain bone health and prevent damage when falling.
- Improves anti-inflammation, immune support, muscle function, fatigue, joint

pain, osteoporosis and osteoarthritis, generating brain cells and body antioxidants.

- Decreases risk of infections, certain cancers and diabetes by regulating cell growth.
- Helps you sleep better.

People age over 65 produce less vitamin D. Sit in your yard in the morning or take a short walk before lunch to reap the sun's benefits.

## Five simple tips to keep safe and cool during a heat wave

### 1. Drink more water than you think you need. Then drink some more.

People over sixty already face higher dehydration risk, leading to faintness, nausea, dizziness and falls.

### 2. Make or find a cool place.

Run air conditioning and fans, close curtains and blinds, and stay out of the sun's heat. Also, take cool showers or baths, splash water over your body or keep wet cloths handy.

### 3. Don't feel well? Act fast.

By the time older adults feel the high heat's effects, they may require treatment.

### 4. Get together with others or check on the older adults in your life.

Heat waves can bring risks for people who live alone or are a sole caregiver.



Picture: Home Care Package client Patricia Nichols with her daughter Barbara Simmonds

## Staff profile

Gabriela Zepeda  
Support Worker

### How long have you been working at AMCS?

About three years. On a day-to-day basis, I provide home care. I go to clients' homes and assist with household duties, ensuring they are well, safe and cared for.

### Tell us about your role at AMCS.

The role is more than your average job and has purpose. Helping people and caring for others have always been qualities engrained into me since I was young. Growing up in a big Chilean family, I learnt a lot about patience, respect and caring. My mum also worked in the aged care sector for many years. Her work inspired me.

### Tell us a bit about yourself.

I love anything to do with music. I listen to it all. If you ask my neighbours, they will say I am NOT good at singing.

I like to refurbish and fix furniture, using tools and painting. My newest venture is learning to sew.

AMCS is looking for more Support Workers. For information, please contact Kristy, Senior Support Worker Officer, on [kristy.harris@amcservices.org.au](mailto:kristy.harris@amcservices.org.au) or 0401 219 609.

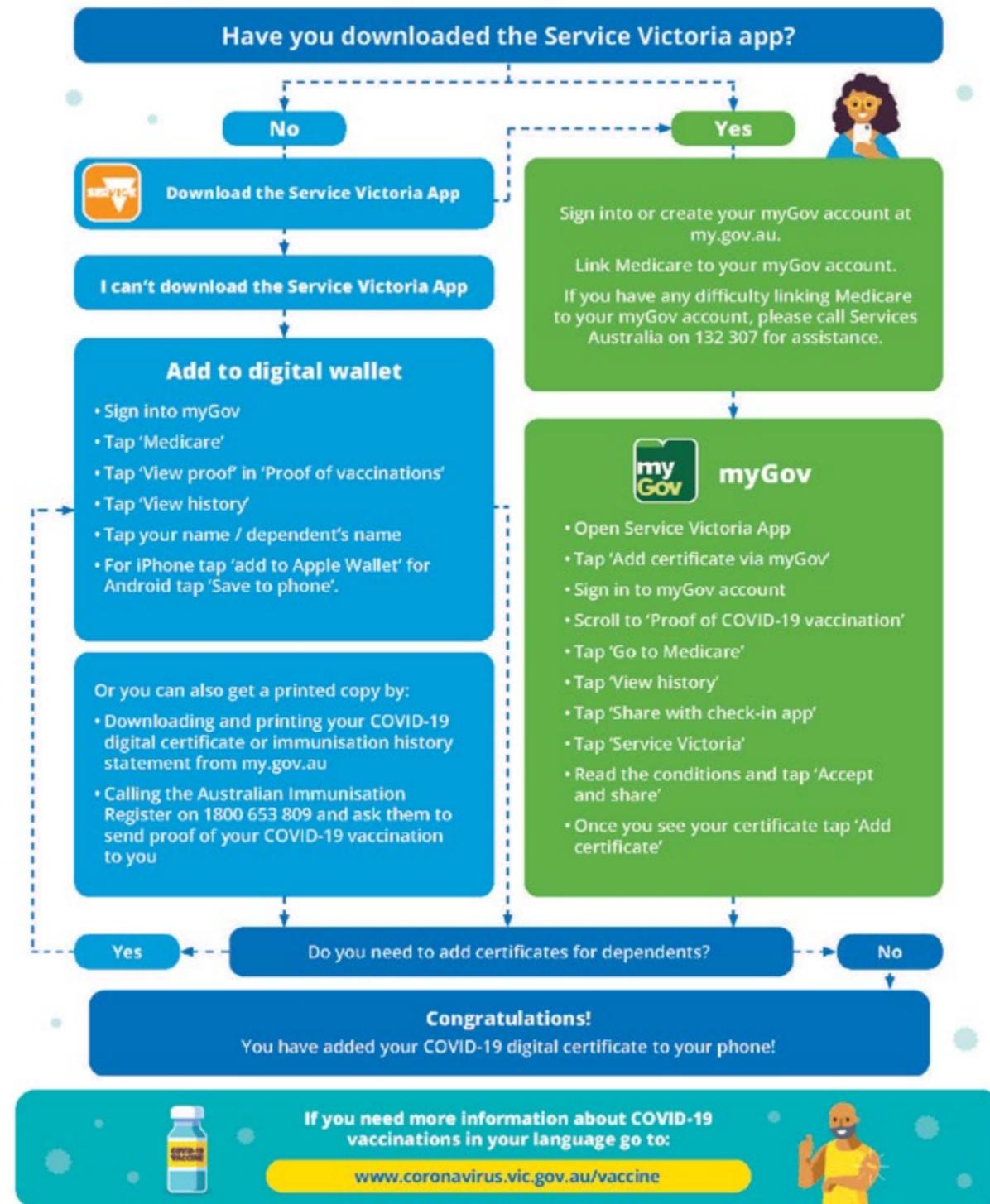
**"Helping people and caring for others have always been qualities engrained into me."**

# Linking your COVID-19 vaccination certificate to your smartphone

Showing proof of vaccination can be confusing. Please find the step-by-step guide.

For more information, please visit: <https://www.health.gov.au/initiatives-and-programs/covid-19-vaccines/certificates>

## How to get proof of your COVID-19 vaccination on your smartphone if you have Medicare



For more information in English, visit: [www.coronavirus.vic.gov.au/vaxproof](http://www.coronavirus.vic.gov.au/vaxproof)



# Patricia Nichols

## Home Care Package client

In 1930, Patricia was born in Carlton Victoria during the days where there "was not enough welfare."

She never knew her father and they lived in Abbotsford near the Skipping Girl Vinegar Sign. When she was young, welfare removed Patricia and her siblings from her mother and sent them to orphanages because they had no food or clothing. Patricia lived in the all-girls orphanage in Ceres Geelong with her sister and became "closer to the nuns than her parents."

Although her mother visited Patricia, she "didn't see her three brothers because they went to different homes."

At the orphanage, she did homework before her porridge breakfast and ate bread and dripping for lunch and dinner. Boiled eggs were a luxury, but now Patricia, "turns her nose up at them."

For housework, she completed jobs in the kitchen and cleaned the basement. When it was her turn for laundry, she prayed for no rain.

She loved going on trips to the shops, beaches and concerts, learnt Latin hymns and attended mass every day.

## Working 9 to 5

At age 14, Patricia and her sister lived with a family in Richmond and made shoes at the factory. She earned five shillings a week and adored walking to the local cinemas.



Afterwards, she worked in a career in hospitals. She had a little room on site and looked after people in the wards.

## Family ties

Patricia met her former husband on a blind date through work colleagues.

"I always wanted to marry an Englishman," she recalls. "We lived close to Fitzroy Gardens."

In April 2020, she had to cancel her 90th birthday celebrations because of COVID-19. Luckily, her kids re-organised high tea at The Hotel Windsor for her 91st birthday.

## AMCS experience

"You lose your balance the older you get. The Support Workers do a good job. They're lovely. It's a pleasure to have them in the house," Patricia explains. "The gardener is a wonderful man."

For information on Home Care Packages, please contact Eloina, Intake Coordinator, on [homecare@amcservices.org.au](mailto:homecare@amcservices.org.au) or 0432 099 225.

# Happy 101<sup>st</sup> birthday, Aileen

On 25 January, Home Care Package client Aileen Castillo turned 101. She celebrated at home with family.

As a teenager, Aileen left school and began working as a machinist, buttoning boys' trousers. She raised her oldest two children after her husband was deported from Australia. When reunited, the couple had four more kids. Happy Birthday, Aileen.



## Turmeric chicken breast with pumpkin and broccoli

A recipe by Ngaire Hobbins, dietitian, writer, aged care consultant

Lemon chicken is a fast weeknight dinner, cooked with vegetables in one baking tray. Easily substitute or add other vegetables depending on what you have on hand: swede (rutabaga), cauliflower, parsnip, sweet potato or carrots.

Serves 4

### Ingredients

- 1 tbsp ground turmeric
- 1 tbsp ground ginger
- 2 garlic cloves, crushed
- 1 lemon juice
- 2 spring onions (scallions), finely sliced
- 60 ml (2 fl oz/¼ cup) olive oil
- 2 large boneless chicken breasts, skin on
- ½ butternut pumpkin (squash), peeled and cut into small cubes
- 1 small broccoli, broken into florets
- 100 g (3½ oz) baby rocket (arugula) leaves
- ½ bunch of coriander (cilantro) leaves, chopped

### Method

1. Preheat the oven to 200°C (400°F).
2. In a bowl, combine the turmeric, ginger, garlic, lemon juice, spring onion and olive oil. Put the chicken into a baking dish, then pour on the turmeric mixture

and rub over the chicken. Scatter the pumpkin around the chicken and coat with the dressing.

3. Roast for 15 minutes. Remove from the oven, turn over the pumpkin and chicken and add the broccoli. Return to the oven and roast for another 15 minutes.
4. Remove from the oven and cut each chicken breast into thick slices. Divide the rocket between four serving plates, top with the chicken, pumpkin and broccoli and pour on any juices from the baking dish. Scatter the chopped coriander and serve.

*Ngaire is a fully qualified, medically trained dietitian passionate about helping people to get the best from life and age well.*

[www.ngairehobbins.com](http://www.ngairehobbins.com)



## William McNulty turned 102

On 14 January, William turned 102. Sadly, he passed away two days later. William experienced a remarkable life and spent his senior years in the same retirement village as his daughter, Denese Coster.

“He credited his long life to hard work,” Denese explains. “He had no particular diet but mainly ate home-cooked meals. He drank a glass of wine over dinner and a brandy at lunchtime.”

From age 10, he delivered newspapers and shifted his father’s painting ladders from one job to the next on his bike after school. He worked as a printer most of his life, first with a company in the city and later he went into business with a friend.

“He was the youngest of 14 kids and often said he brought himself up,” Denese says.

When William was younger, he was a champion bike rider and won medals including the Victorian championship. He met his wife Betty at a bike club dance. They were married for almost 60 years.

**“He was a champion bike rider.”**

William is survived by two of his four children, nine grandchildren and 11 great grandchildren. AMCS send our condolences to his family and friends and join in celebrating his life.



## How to eliminate loneliness for seniors – competition

Older adults, especially from multicultural backgrounds, are at risk of social isolation because of loss of family or friends, chronic illness, language barriers and hearing difficulties. AMCS ran a competition to seek ideas about reducing social isolation. We received 63 entries, including thoughts on pet therapy, gardening tasks and online social connections.

Brian Edwards won first place of \$500 for his idea of a “biography pack distributed to older

adults at risk of social isolation to tell their story.”

We awarded Chandani Ramasun the \$200 second prize for the intergenerational playgroup idea, where families and children create meaningful connections with seniors through various activities.

Aged Care News and Talking Aged Care by Aged Care Guide featured our initiative and we are implementing our winning entries.



Picture: AMCS Access and Engagement Manager Sinisha Krstov, Ms Katie Hall MP, AMCS CEO Elizabeth Drozd, The Hon. Ros Spence MP and AMCS Community Strengthening Manager Dr Medha Gunawardana

## The Hon. Ros Spence MP and Ms Katie Hall MP visit AMCS

On Wednesday 8 December, AMCS had the pleasure of welcoming The Hon. Ros Spence MP and Ms Katie Hall MP to our office. We gave them a tour so they could see first-hand how our programs and projects support the most vulnerable in our community.

## And the winner is...

On 7 December 2021 at Government House, AMCS was thrilled to win the Victorian Multicultural Commission Excellence in Business Award. The award recognised businesses that provide outstanding services to multicultural communities in Victoria and lead the way in encouraging workplace diversity.

Picture: AMCS CEO Elizabeth Drozd with business award winners.



# Millennium House welcomes local leaders

On Friday 10 December, The Hon. Melissa Horne MP, Member for Williamstown, and Ms Katie Hall MP, State Member of Footscray, attended Millennium House to hear how the renovations will strengthen community engagement and provide a dedicated space for multicultural celebrations, training, workshops and functions.



Picture: West Gate Neighbourhood Fund Deputy Director of Engagement Liz Evans, AMCS Community Strengthening Manager Dr Medha Gunawardana, AMCS Director Professor Des Cahill, State Member of Footscray Ms Katie Hall MP, Member for Williamstown The Hon. Melissa Horne MP, Maribyrnong City Council Cr Cuc Lam and AMCS CEO Elizabeth Drozd

## Staff and volunteers' anniversaries — November 2021 to January 2022

Thank you to our staff and volunteers for their incredible dedication and support to seniors in the community.

### Staff

#### November

Daboul, Helen 5 years

#### December

Trampevska-Talevska, Vesna 5 years

### Volunteers

#### November

Cano, Andrea 3 years

Cornell, Rebecca 1 year

Harris, Deborah 3 years

Jaskulska, Iwona 3 years

Krupinska, Barbara 8 years

Przybylkiewicz, Teresa 7 years

Selby, Julianna 5 years

Shenouda, Sophie 2 years

Tadros, Gihan 8 years

Taylor, Samantha 1 year

#### December

Contreras, Elsa 2 years

Sammut, Joseph 7 years

#### January

Pedler, Josephine 1 year

Stefanova, Christina 2 years



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