

2007

Autumn/Winter



AUSTRALIAN - POLISH COMMUNITY SERVICES INC (APCS)

Linking together, proudly serving

Welcome to the Autumn/Winter edition of the APCS newsletter! In this edition find out more about health and the Polish community, Polish tradition. Also, take the time to visit our website for more information and resources. www.apcs.org.au



WORKFORCE PARTICIPATION PARTNERSHIP PROGRAM

One of the latest initiatives undertaken by Australian Polish Community Services is Workforce Participation Partnership Program. The program is an initiative of the Victorian State Government and aims to support community organizations and government agencies to employ job seekers from low socio- economic backgrounds, such as migrants, sole parents and adults over the age of 45, who are trying to enter or re-enter the workforce. APCS has been sharing this project with Russian Ethnic Representative Council of Victoria. We are targeting people of Slavic background with a specific focus on those who are willing to start a career in aged care sector. Thanks to this project a number of our clients have started specialized aged care specific courses and/or have been undertaking placements at different community organizations. We also assist job seekers with career counseling / coaching and improvement of their job seeking skills. The positive response to the project we received from both job seekers and service providers had encouraged us to apply for additional funding to continue to run this kind of initiative in the future.

APCS PARTICIPATION



APCS was the national finalist at the Aged & Community Services Australia 2006 Awards for Excellence, under the Organisation-Residential Care category for our partnership with Ardeer Nursing Home for the delivery of culturally and linguistically responsive residential aged care.



At the launch of the ECCV Golden Years Social Support Edition the APCS' Sustainability Manager, Wendy Bennett, presented the Model of Social Support in Ethnic Communities generating a lot of positive response. This Model is understood in a very broad spectrum of maintaining social connectedness in CALD communities with the provision of services using funded and unfunded sources as well as informal structures of social support.

SURVEY OF POLISH SENIOR CITIZENS' CLUBS

The result of the survey of needs and priorities of the Polish Citizens' Clubs in Victoria are now available. If you wish to obtain the information regarding the outcomes please contact Izabela Winczewski, the APCS' Access Officer, on 871 2304.



CACPS IN THE EAST

Australian-Polish Community Services has recently received 15 new Community Aged Care Packages (CACP) for people who live in eastern region of Melbourne. The municipalities in the region are – Boroondara, Monash, Yarra Ranges, Knox, Whitehorse Manningham, Maroondah, and Stonnington.

APCS provides CACP for elderly people of Polish and Eastern European background (Ukrainian, Czech, and Slovak, Belarusian, Lithuanian and Latvian).

There are 20,400 people of Polish background living in Victoria and 48,000 claim Polish ancestry.

HEALTH INITIATIVES

DEMENTIA PROJECT

APCS has received a grant from the Department of Health & Ageing under the Dementia Community Support Grants. The project will include the provision of information about prevention, intervention and living with dementia to members of the Polish community, including a series of advertisements on the Polish program on SBS radio, cultural awareness sessions for providers working with Polish people experiencing dementia (identifying some of the specific issues arising for the Polish community) and the development of relationships with dementia specific services. If you would like to know more about the project or to discuss a cultural awareness session contact Magda Wyrwicz, Project Officer, on 8371 2312 or via e-mail: magdaw@apcs.org.au

STANDING STRONG

The Standing Strong project, run by ISIS – Primary Care / Hobsons Bay City Council links health professionals and community workers with the community members who are at risk of falls. Falling is a major cause of injury for older people and is a major health problem that deprives older people of their health, vitality and independence. Given that falls have been identified as an area of concern under the Polish Health Promotion Plan, APCS is keen to participate in the project. At the moment we are looking for people to become involved in this project as Peer Educators. For further information contact Agnieszka Miller, the APCS' Social Support Coordinator, on 8371 2309 or via e-mail: agnieszkam@apcs.org.au

APCS STAFF WILL BE PRESENTING AT THE FOLLOWING CONFERENCES...

APCS will be presenting information about its recently completed Health Promotion Plan for the Polish community in Victoria at the forthcoming National Health Promotion conference in Adelaide.

We will be also presenting paper titled "Interpreting Older Australians needs – The Cultural and Linguistic perspective" at the 'Cultural Diversity in Aging 2007" national conference.

MEETING WITH THE GOVERNOR OF VICTORIA

In March this year representatives of APCS met with the Governor of Victoria, Prof. David de Kretser. APCS was represented by Dr. Sylvia Greda-Bogusz, Prof. Des Cahill and APCS' CEO Elizabeth Drozd. During an hour of talks the Governor was briefed on many current issues pertaining to Polish community, especially social services and development plans for future services.



COMMUNICATION CARDS

Are you a service provider who has Polish speaking clients? Would you like to facilitate communication in their language? APCS has easy to use, pocket-size Polish/English Communication Cards (hard cover) that can be used by staff to communicate simple but very important messages. For a copy please contact Izabela Winczewski on 83 712 304.

RESOURCES AVAILABLE

APCS has a range of resources available to increase knowledge about the Polish community and to support your activities. To find out more visit www.apcs.org.au and browse for info in English & Polish.

OUR SECRET LIVES— CHALLENGING THE DISABILITY STIGMA

It's a recently completed collection of six life stories from Polish people who have a disability and/or are carers of someone with a disability. The stories capture their experiences of living with a disability, the stigmas and attitudes they have encountered, the barriers and overcoming them. The collection is bilingual and is available through the APCS office.

CULTURAL AWARENESS PACKAGES

Do you work with Polish older people or Poles with mental health issues? Would you like to know more about the issues and attitudes towards health and services that impact on service provision? APCS currently has Cultural Awareness sessions available for staff and organisations working with the Polish elderly and those experiencing mental health issues. A small fee applies for the sessions. If you would like to know more about either package please call Wendy on 8371 2310 or via e-mail:

DID YOU KNOW...

- ◆ That the Polish community has the largest number of refugees that ever arrived in Australia from one ethnic group;
- ◆ This year APCS is celebrating its 15th anniversary of the social support program for Polish community;
- ◆ In the group of 75+, Polish background seniors are the second largest of all ethnic older person in Australia;
- ◆ At Easter (Wielkanoc) colouring and blessing of eggs, the symbol of new life is one of strong Polish traditions;
- ◆ Smigus-Dyngus is another custom on Easter Monday (Lany Poniedzialek) where Poles sprinkle (sometimes pour buckets) water on each other;



APCS Staff contact details

Chief Executive Officer	Elizabeth Drozd	9689 9170	ceo@apcs.org.au
Sustainability Manager	Wendy Bennett	8371 2310	spo@apcs.org.au
Community Aged Care Packages Manager	Iwona Trickett	8371 2306	iwonat@apcs.org.au
Community Aged Care Packages - Geelong	Eve Kulik	5222 8056	evak@apcs.org.au
Administration Coordination	Kasia Frankiewicz	9689 9170	kasiaf@apcs.org.au
Planned Activity Groups – Sunshine	Ewa Dudzinski	8371 2309	info@apcs.org.au
Planned Activity Groups – Geelong	Jolanta Czajkowski	5222 8056	jolantac@apcs.org.au
Community Visitors Scheme	Patrycja Toczek	8371 2308	polvol@apcs.org.au
Friendly Visiting Program	Agnieszka Miller	8371 2303	polvol@apcs.org.au
Polish Older Person's Outreach Program	Sr Malgorzata	0413 610 343	
HACC Access Officer / Emergency Relief	Izabela Winczewski	8371 2304	hacc@apcs.org.au
Culturally Equitable Gateways Strategy	Patrycja Toczek	8371 2308	cegs@apcs.org.au

3RD OF MAY POLISH NATIONAL DAY

The Constitution of 3 May 1791 (Polish - *Konstytucja Trzeciego Maja*) is generally recognized as Europe's first modern codified national constitution, as well as the second oldest national constitution in the world. Poles all over the world celebrate its National Day on 3rd May.

POLISH VOLUNTEER TRANSPORT PROJECT

The Volunteer Transport Project has been a success with a number of new volunteers coming on board to assist isolated, older Polish people to access events and activities outside of the home. If you would like more information about the project or know someone who may benefit from it, please contact Agnieszka Miller on 8371 2309.

Resources for the Polish Speaking Community

APCS has a range of novels, poetry, reference books and videos/DVDs in the Polish language which have been donated to our agency. If you know of clients or residents who would like to access some Polish literature please feel welcome to contact us on 9689 9170. The books are available for free to people who would like to borrow them.



APCS Locations & Outreach

Main office:

**77 Droop St
Footscray 3011**
Ph: 9689 9170

Fax: 9687 7446

Email: info@apcs.org.au

website: apcs.org.au

Geelong: - new address!!

**132 Yarra St.
Geelong 3220**
Ph: 5222 8056

Fax: 5222 8057

admiglng@vicnet.net.au

Dandenong:

Polish Club Syrena
(every 2nd Thursday)
1325 Stud Rd. Rowville

Between 11.00am & 2.00pm