



MELBOURNE NEWS

Guest speakers enlighten Seniors



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Kingston Indian Seniors Citizens Association's (KISCA) meeting this month was about the significance of care and prevention of falls in seniors' day to day living. After briefly welcoming members and invited guests, President Mona Raju handed the afternoon over to Ramba Thoman, a physiotherapist by occupation and an active KISCA member. Ramba outlined various aspects of unsuspected hazards such as tripping while walking in the park, slipping at home when mopping floors, losing balance when trying to reach shelves on higher levels, and others related problems seniors may face every day.

Ramba also had a relaxed, yet consistent session of light exercise to enlighten members of the necessity and benefits of keeping mobile and active.

A few members sang Bollywood songs and some entertained the attendees with jokes. A number of prospective new Australian members from India and Fiji who wished to know about the facilities the area offered were invited to join in and enjoyed the afternoon. Tea, coffee and snacks were served at the end of the meet. KISCA next meets on August 15 at the usual Marcus Road, Dingley venue at 2 pm - 5pm, ending with dinner. At this meet, members will celebrate the anniversary of India's Independence, and later, participate in the KISCA Annual General Meeting. Kingston City Council has requested if KISCA seniors would like to present a cultural item such as an Indian dance for the Harmony Day next year, to which Mona Raju has consented. Mona is now hiring a tutor who would transform interested seniors into part-time Bollywood dancers. Rather interesting! For more information, please call Mona Raju on 85581610.



Indian Senior Citizens Association (ISCA) this month invited Resource Council who talked about the role of carers in our society, and provided relevant information about the program. While Moyra Kwan detailed the related social, ethical and legal aspects of the program, Annalica Cannizaro detailed that since even carers needed care, governments have earmarked a Carers Respite Program as well. Under this, the role of the primary carer is taken over by a volunteer for the day, while the carer is allowed a leave of absence from his regular duties. Members,

if interested, were provided contacts numbers of the offices of Carers' Associations in suburbs where those caring for someone could get further information if they qualify for a grant.

After this rather sombre topic, twenty year old Meghala Bhat lifted spirits with an amazing performance. A dancer of exceptional understanding of her art, she performed three differing aspects of Bharatnatyam, each successive portrayal superseding the previous and superlative in its own right. Meghala runs a school of Classical Indian dances known as Art of Vinyapa, colloquially interpreted as a form of yoga and dance combined, and can be contacted on 0439523950.

ISCA President Dr. Prem Phakey informed me that 2010 has been a great year for ISCA. Firstly, it

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received the Victorian Multicultural Commission's "Community Strengthening Grant" toward updating equipment such as the photocopier and the music system. Next, ISCA received another VMC grant toward the "Basant Fair" event held in April and the annual "Multicultural Day Celebrations" in August, both attended by various Ministers and invited dignitaries. These grants are in addition to the annual community grant most associations routinely receive. ISCA was also the recipient a Support Grant from the City of Monash towards holding functions in Monash. The grant from the Federal Government was to promote volunteering among the elderly in the Indian community.

This year, ISCA has arranged some highly useful talks on health related topics. In January, Dr. Jasbir Bedi talked about causes and treatment of arthritis. In February, Dr. M. Mundae discussed the management of rheumatism. In March, Dr. D. Kochhar, in his light-hearted manner, talked about aging and mental disorders in the aged, etc.

The next major event for ISCA is the Annual Multicultural Day on August 28, which will include a magic show and cultural dances, followed by a sumptuous lunch for \$15.00 per financial member and \$ 20.00 for non members. For tickets, call President Phakey on 9560-9607. On September 11, ISCA will hold its AGM at Gaylords Indian Restaurant in the city. A special musical and dance extravaganza is planned for October 9 and on November 13 the ISCA family will celebrate Diwali. The end of the year party and Christmas will come early on December 11. A rather busy cultural calendar coming up!

George Thakur

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