



GREEK ORTHODOX COMMUNITY  
OF SOUTH AUSTRALIA INCORPORATED  
ΕΛΛΗΝΙΚΗ ΟΡΘΟΔΟΞΗ ΚΟΙΝΟΤΗΤΑ ΝΟΤΙΑΣ ΑΥΣΤΡΑΛΙΑΣ

## The Community Care Services

282 Waymouth St,  
Adelaide

Phone:  
7088 0500

Fax:  
7088 0514

Website:  
gocsacommunitycare.com.au

All Programs are funded by  
the Department of  
Social Services

**hacc** home and community care  
Funded by the Australian Government  
Department of Social Services



Australian Government  
Department of Social Services

## Consumer's Corner

**Το νησί μου**  
Τούλα Παλαιολογούδη

Έπεσα να κοιμηθώ,  
όνειρα γλυκά να δω.  
Πότε εδώ πότε εκεί,  
με πήγε ο νους μου στο νησί.

Εκεί τον ήλιο είχα πρωτοδεί,  
την εκκλησιά, το σχολειό,  
με τις φίλες μου να τραγουδούν.

Γλυκό όνειρο ήταν αυτό.  
Θέλω να το ξαναδώ.

*Toula often expresses her thoughts and creativity by writing beautiful poems. Toula is happy to share one of her poems with members of our community.*

*You too can contribute to our Community Gossip by sending poetry, recipes, jokes and stories.*



GREEK ORTHODOX COMMUNITY  
OF SOUTH AUSTRALIA INCORPORATED  
ΕΛΛΗΝΙΚΗ ΟΡΘΟΔΟΞΗ ΚΟΙΝΟΤΗΤΑ ΝΟΤΙΑΣ ΑΥΣΤΡΑΛΙΑΣ

# Community Gossip

Volume 3, Issue 4

Newsletter Date May 2016



Άνοιξη, Πάσχα ομορφιά,  
η πιο μεγάλη σκόλη,  
σαν την ημέρα  
της Λαμπρής  
να 'ναι η ζωή σας όλη.

Όταν με φως  
τς' Ανάστασης  
ανάψτε το κερί σας  
κάθε αχτίνα μια χαρά  
να γίνει στη ζωή σας

Πασχαλινές δεχτείτε  
ευχές,  
από την καρδιά  
βγαλμένες,  
όλες οι μέρες της ζωής  
να 'ναι αναστημένες!



## Managers Update Luisa Stenta, Manager, Community Care

The Federal Government is promoting competition between providers as a way to drive up quality and innovation.

Consumer Directed Care (CDC) in Home Care Packages (HCP) will give the consumer control of Home Care funds. When does this happen? **February 2017.**

### What are the changes?

- ♦ Funds will be monitored by consumers
- ♦ Consumers will choose their Approved Provider
- ♦ Consumers can move between providers
- ♦ HCP will be allocated from a national pool of eligible consumers.
- ♦ Unoccupied packages will return to the pool
- ♦ ACAT will continue to do the Assessment
- ♦ My Aged Care will manage the whole process
- ♦ Existing clients will be free to change providers.

**GOCSA is positioning itself to assist YOU the client in this process and to choose us as your provider. Why you ask? This is why.....**

### We offer.....

- ♦ Skilled, consumer responsive and consistent staff
- ♦ Greek speaking staff
- ♦ Value for money and low overheads
- ♦ Flexible service provision
- ♦ Well managed brokerage agency of non-standard services
- ♦ Technology enabled efficiencies
- ♦ Advanced quality and performance systems.

### Home Care Packages— Current Vacancy for Home Support Workers

presented by Maria Canatselis— Home Care Package Coordinator



We currently have vacancies for enthusiastic people with empathy and understanding who can provide care and support services (e.g. Personal Care, Domestic help, and transport to appointments) to clients enabling them to live safely and comfortably in their own homes.

Whilst a Certificate 3 in Community Services (Aged Care) is preferred, important attributes relating to this role are:

- The ability to relate and communicate with older people
- Warm and caring nature
- Responsible, reliable and honest

Experience in the Aged Care industry is an advantage but not essential, as we provide a comprehensive orientation program,

Candidates must hold or be willing to obtain a current Police clearance and a valid

SA drivers license, reliable transport, and mobile phone. Manual handling Senior first aid

Understanding of Greek language and culture desirable.



### “Limani”

Presented by Magdalini-Mandy Langanis  
Limani Dementia Respite Coordinator

The Limani Program would like to introduce you to its new staff member Mary Menti. Mary brings a wealth of knowledge and empathy and has become an asset to the Greek Community Care Services.

The year has started with full membership and positive feedback from the Carers who

receive support and respite from the Limani Program,

This summer the Limani Program introduced more outings and the clients attending the afternoon program on Wednesday and Friday where able to enjoy coffee at the beach and scenic drives.

The program will continue to focus on stimulating activities to keep clients engaged.

We offer a safe environment and the highest of care to our clients.

We take this opportunity to wish all our clients, their families, carers and friends a Good Easter.

*“When an old person passes away a Library burns and becomes Ashes”*



Our staff members Katerina and Eleni at the Community and Volunteering Expo Day

### Volunteer Program

Presented by Katerina Giannakis

## COMMUNITY AND VOLUNTEERING EXPO DAY – 25 FEBRUARY 2016

This year the Community Care Services participated at the Adelaide University O' Week Community and Volunteering Day. It was great to see a big turnout of students interested in volunteering. The Hub Central created a cheerful atmosphere, it was jam packed with young people who showed some promising interest in working with older people. This event gave us the opportunity to promote our services and our organisation and communicate with young people who genuinely and passionately want to help.

It was a successful day with a lot of potential new volunteers.

### Carer Support Program—WHAT IS RESPITE CARE

presented by Helen Mitropoulos Community Care Coordinator

Caring for someone can be a valuable and rewarding experience. It can also be stressful and may leave you feeling emotionally or physically tired. As a carer, you should try to take regular breaks from your caring role.

#### Types of respite care

**In-home respite**  
care worker provides care in the home or may organise to take the person on an outing. In-home respite can also be overnight stay in cottages.

**Centre-based respite** –  
Limani Program organises group activities and interac-

tion which allows clients to meet other people.

**Community access respite** –  
Social Support Groups provide activities to encourage a sense of independence by providing social interaction.

**Residential respite care** –  
a short stay in a residential care home

**Consumer-directed respite care (CDRC)** –  
a CDRC package gives you more choice about the type and delivery of respite care.

#### Accessing in-home respite

You can contact your nearest Commonwealth Respite and Carelink Centres on **1800 052 222** for advice on the types of in-home care and support available in your area. If you need respite due to an emergency, you can call **1800 059 059**.



*“One Person caring about another, represents life’s greatest value”*

-Jim Rohn

### Vicky Markou: a ninety-year old cyclist!

By Marianthi Kosmarikou



Tall, slim, strong, with a sharp mind, Mrs Vicky Markou from Kalavryta, Peloponnese, Greece, learnt how to ride a bicycle from the moment she set foot in Australia, about seventy years ago. She hasn't stopped riding her bicycle ever since. Today at the age of 90 her bike is her most loyal friend, as she spends a lot of time on it making several kilometres per day to go to the shopping centre, the central market, to visit friends, to attend social gatherings or even to buy food for her chickens, 3-4 kilometres away from her house. Riding keeps her fit, healthy and independent. And it's not only that: when

she was younger, Vicky went against the old way of thinking that bicycles, like cars, were destined only for men. And now Vicky is making a statement again, proving that cycling has no age barrier.

**Bravo Vicky!**

### Βίκυ Μάρκου: μία ενενηντάχρονη ποδηλάτισσα!

Της Μαριάνθης Κοσμαρίκου

Ψηλή, λεπτή, δυνατή, με κοφτερό μυαλό, η κ. Βίκυ Μάρκου από τα Καλάβρυτα της Πελοποννήσου έμαθε να κάνει ποδήλατο απ' όταν πρωτοπάτησε το πόδι της στην Αυστραλία, πριν από εβδομήντα περίπου χρόνια. Και δεν το έχει αποχωριστεί από τότε. Σήμερα, σε ηλικία 90 ετών, το ποδήλατο παραμένει ο πιο πιστός της φίλος, καθώς κάνει πολλά χιλιόμετρα την ημέρα μ' αυτό, είτε πηγαίνοντας για ψώνια στο σούπερ-μάρκετ και στην κεντρική αγορά είτε σε φίλους και σε εκδηλώσεις είτε ακόμη για να πάρει τροφή για τις κότες της, κάπου τρία με τέσσερα χιλιόμετρα μακριά από το σπίτι της. Η ποδηλασία την κρατάει σε φόρμα, της δίνει υγεία και την καθιστά εντελώς ανεξάρτητη στις μετακινήσεις της. Και δεν είναι μόνο αυτό: όταν ήταν νέα, η Βίκυ πήγε κόντρα στις πεπαλαιωμένες ιδέες και αντιλήψεις που θεωρούσαν ότι το ποδήλατο, όπως και το αυτοκίνητο, προοριζόταν μόνο για άντρες. Σήμερα, στην ηλικία των ενενήντα ετών, πρωτοπορεί και πάλι αποδεικνύοντας πως η ποδηλασία δεν έχει ηλικία. **Μπράβο Βίκυ!**

