

# 2016 WESTERN HEALTH DIVERSITY CALENDAR



## 2016 Year of the Monkey

Under the Chinese zodiac, each year relates to an animal sign, following a 12-year-cycle. The monkey ranks ninth of the 12 animals in the Chinese zodiac. Other years of the Monkey include 1920, 1932, 1944, 1956, 1968, 1980, 1992, 2004, 2016 and 2028.

### The Monkey's Personality: Quick-Witted, Intelligent...

People born in a Year of the Monkey are witty and intelligent, with magnetic personalities. But personality traits like mischievousness, curiosity and cleverness also make them very naughty. Monkeys are masters of practical jokes, because they like playing most of the time. Though they don't have any bad intentions, their pranks sometimes hurt the feelings of others.

Those born in a Year of the Monkey are fast learners and crafty opportunists. They have many interests and need partners who are capable of stimulating them. While some like the eccentric nature of Monkeys, others don't trust their sly, restless and inquisitive nature. Although they are clever and creative, monkeys can't always exhibit their talent properly. Monkeys like to take challenges and they prefer urban life to rural.

### Good Health for "Monkeys"

Usually Monkeys are very healthy creatures. They lead active lifestyles and want to experience all the flavours of life. If they do experience illness, it is usually of the nervous or circulatory system. People born in a Year of the Monkey might have to spend more time doing their daily jobs, so they need to take breaks to save their energy during busy schedules. Since Monkeys usually do more outdoor activities, they should to pay attention to safety while traveling or driving.

### The Best Jobs or Career for Monkeys

When it comes to careers, Monkeys work very hard. They can adapt to different working environments. Good career choices for Monkeys are accounting and banking, science, engineering, stock market trading, air traffic control, film directing, jewellery and sales.

### What Type of "Monkey" Are You?

In Chinese element theory, each zodiac sign is associated with one of five elements: Wood, Fire, Earth, Gold (Metal) or Water. This means, for example, that a Wood Monkey comes along only once in a 60-year cycle. The theory is that a person's characteristics are decided by their birth year's zodiac animal sign and element. So there are five types of Monkeys, each with different characteristics.

Type of Monkey	Year of Birth	Characteristics
Wood Monkey	1944, 2004	Always ready to help others. Compassionate, strong self-esteem but stubborn
Fire Monkey	1956, 2016	Ambitious and adventurous but irritable
Earth Monkey	1908, 1968	Frank, optimistic and fearless
Gold Monkey	1920, 1980	Smart, quick-witted and confident but also irritable and stubborn
Water Monkey	1932, 1992	Smart, quick-witted, fond of being in the limelight but haughty

## Year of the Monkey

2016 JANUARY



Happy Chinese New Year  
2016



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31					1  NEW YEAR'S DAY AUSTRALIAN NATIONAL HOLIDAY	2
3	4	5	6  EPIPHANY CHRISTIAN	7  ORTHODOX CHRISTMAS DAY ORTHODOX	8	9
10	11	12	13	14  ORTHODOX NEW YEAR ORTHODOX	15	16
17	18	19	20	21  WESTERN HEALTH NEW STAFF ORIENTATION	22	23
24  MAHAYANA NEW YEAR BUDDHIST	25  TU B'SHEVAT (ARBOR DAY) JEWISH HOLIDAY  WESTERN HEALTH NEW STAFF ORIENTATION GARD NURSE/MIDWIFE	26  AUSTRALIA DAY NATIONAL HOLIDAY	27	28	29	30

Chinese New Year in on the 8th of February 2016

**Year of the Monkey facts**

- Lucky Colours: White, blue, gold
- Lucky Numbers: 4 and 9
- Lucky Flowers: Chrysanthemum, Crape-myrtle
- Years of birth: 1920, 1932, 1944, 1956, 1968, 1980, 1992, 2004, 2016, 2028

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Western Health



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Cultural diversity encompasses differences based on ethnicity, language, religion, values and belief systems, disability, class, sexuality, gender, age and educational background. Western Health believes that the cultural diversity our catchment, staff, patients and community is our strength and we value diversity of opinions, perspectives and interests.

Jason Whakaari joined Western Health as an Executive Director in January 2008. Jason is of Maori (Indigenous NZ) decent, from the Tainui Tribe, which are based around the Waikato (central North Island of New Zealand). Jace speaks the indigenous language (Te Reo Maori) as does his Dad and his Dad before him.

In the Maori culture your “whakapapa” identifies your ancestry links to the land and peoples of the area, which is often used in formal ceremonies, to inform the audience of the routes of your heritage.

**Ko Waikato te awa**

I am linked to the Waikato river

**Ko Taupiri te maunga**

I am linked to the Taupiri mountain

**Ko Tainui te Waka**

I am a descendent from the Tainui canoe

Jason and his family have enjoyed their time living in Melbourne, but have also retained strong links to their cultural heritage and homeland. Notwithstanding the strong Melbourne AFL culture, the Whakaari's have retained their love and passion for Rugby Union. With Jace coaching and the children playing for the Melbourne Powerhouse rugby club.



*Jason Whakaari is Executive Director of ICT Capital and Contracts at Western Health.*

**Waitangi Day (6 February)**

Every year on 6 February, New Zealand marks the signing of the Treaty of Waitangi in 1840. In that year, representatives of the British Crown and over 500 M ori chiefs signed what is often considered to be New Zealand's founding document. The day was first officially commemorated in 1934, and it has been a public holiday since 1974.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6 NATIONAL WEAR RED DAY HEART RESEARCH AUSTRALIA WAITANGI DAY NEW ZEALAND ZERO TOLERANCE FOR FGM WHO
7	8 CHINESE NEW YEAR	9 WESTERN HEALTH COMMUNITY ADVISORY COMMITTEE MEETING SHROVE TUESDAY CHRISTIAN	10 ASH WEDNESDAY CHRISTIAN	11	12	13 ANNIVERSARY OF THE NATIONAL APOLOGY TO THE STOLEN GENERATION
14 VALENTINE'S DAY	15 VISAKHA PUJA DAY BUDDHIST	16	17	18 WESTERN HEALTH NEW STAFF ORIENTATION	19	20
21	22	23	24	25	26	27
28	29	<b>Red Feb Month for Heart Research Australia</b> - <a href="http://redfeb.gofundraise.com.au">redfeb.gofundraise.com.au</a> <b>Ovarian Cancer Awareness Month</b> - <a href="http://ovariancancerawareness.org">ovariancancerawareness.org</a>				

### New Zealand (Country in Oceania)

New Zealand is a country in the southwestern Pacific Ocean consisting of 2 main islands, both marked by volcanoes and glaciation. Capital Wellington, on the North Island, is home to Te Papa Tongarewa, the expansive national museum. Wellington's dramatic Mt. Victoria and the South Island's Fiordland and Southern Lakes stood in for mythical Middle Earth in Peter Jackson's "Lord of the Rings" films.

**Capital:** Wellington

**Population:** 4.471 million (2013) World Bank

**Currency:** New Zealand dollar

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2016 MARCH

Western Health's Cultural Diversity and Community Advisory Committee is a subcommittee to the Western Health Board. Reflecting the diversity of our region, members of the committee come from a broad range of cultural backgrounds and provide a community perspective on issues such as culture, disability, gender and socio-economic status. These issues are important to our patients, staff and volunteers. Committee members live and work in the West. Some have been patients at Western Health.

The Committee advises the Board on community issues and makes recommendations to improve services for our community. For example, the Committee identified the need to provide a way for patients with low English proficiency to give feedback by allowing them to write in their own language. The Committee has also worked to ensure that patients are not in mixed gender accommodation. Members also give their feedback about food, parking and customer service.

Meetings are held every two months and staff are invited to present projects and ideas for feedback from the members. If you would like to raise any issue with the Committee, please contact Assunta. [Morrone@wh.org.au](mailto:Morrone@wh.org.au) or on 8345 1302.



*Cultural Diversity and Community Advisory Committee: Members from top left to bottom right Cecilia, Marina, Cuc, Norma, Rosemary, Vladimir, Jim, Annalisa. Elleni*

**Cultural Diversity week (12 -20 March)**

CULTURAL Diversity Week is held annually to coincide with the United Nations International Day for the Elimination of Racial Discrimination on 21 March, and is an opportunity for Victorians to come together to share their culture, faith and language.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6  WALK WEST DOUG MILLS RESERVE FOOTSCRAY PARK	7	8  INTERNATIONAL WOMENS DAY	9	10	11	12
13	14  LABOUR DAY VICTORIAN HOLIDAY	15	16	17  WESTERN HEALTH NEW STAFF ORIENTATION ST PATRICK'S DAY	18	19
20  PALM SUNDAY CHRISTIAN MARCH EQUINOX SEASON	21  HARMONY DAY AUSTRALIAN NATIONAL CELEBRATION	22	23	24  WORLD TUBERCULOSIS DAY WHO PURIM JEWISH MAUNDY THURSDAY CHRISTIAN	25  GREECE INDEPENDENCE DAY GOOD FRIDAY AUSTRALIAN NATIONAL HOLIDAY	26  HOLY SATURDAY AUSTRALIAN NATIONAL CELEBRATION
27  EASTER SUNDAY AUSTRALIAN NATIONAL HOLIDAY	28  EASTER MONDAY AUSTRALIAN NATIONAL HOLIDAY	29	30	31 FREEDOM DAY MALTA  SCHOOL HOLIDAYS FRIDAY 25 MARCH TO SUNDAY 10 APRIL Western Health Organisational Wide Accreditation Survey 7th to 11th March 15-21 March - Arthritis Awareness Week - Arthritis Victoria 13-20 March - Coeliac Awareness Week - Nationwide - Coeliac Australia 12-20 March Cultural Diversity Week		

At the 2011 Census, the total population of Victoria was 5,354,039 persons, increasing by 8.5% (or 421,617 persons) from the 2006 Census.

- 26.2% of Victorians were born overseas in more than 200 countries (an increase from 23.8% in 2006).
- 46.8% of Victorians were either born overseas or have at least one parent born overseas (an increase from 43.6% in 2006).
- 23.1% of Victorians spoke a language other than English at home (an increase from 20.4% in 2006).
- 67.7% of Victorians followed 135 faiths - compared to 68.7% following 130 faiths in 2006.

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When Heidi's life took an unexpected turn, she decided she needed a change of scenery. At times like these, most people might change their hair style or buy a new car. But Heidi decided to move to Australia! Heidi had visited Australia a number of times as a tourist and had fallen in love with the country, its people and some of the food. "I love Vegemite and bread and butter pudding, but I really don't understand rice pudding. Rice is supposed to be eaten with curry!"

Originally from Sri Lanka, Heidi enjoys going back home to see her family. "But after about two weeks, I just want to come back! I love my family, but when I'm back in Sri Lanka, they are always around, asking questions, wanting to know where I'm going and what I'm doing. I love the feeling of freedom I have here in Australia."

But even though Heidi calls Australia home, that doesn't extend to the cricket. "When Australia and Sri Lanka come up against each other in cricket, of course I have to go for Sri Lanka to win!"

Heidi started her nursing career in aged care and then went onto the casual bank in hospitals. When a permanent role came up at Western Health, she jumped at the chance to work here. She now works in outpatients at Footscray Hospital.

"I really enjoy working there, because each day is both challenging and rewarding. We see over 300 patients a day and have five clinics running at a time. It's madly busy, but we all work together and at the end of the day the patients are cared for."



**Heidi Fernando** Heidi is a nurse and works in the Outpatients Department at Footscray Hospital

#### **Sinhalese New Year, 13 - 14 April.**

Generally known as Aluth Avurudda in Sri Lanka, is the new year of the Sinhalese people in Sri Lanka. It is a major anniversary celebrated by not only the Sinhalese people but by most Sri Lankans. It is a public holiday in Sri Lanka. It is generally celebrated on 13 April or 14 April.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5	6	7 WORLD HEALTH DAY WHO	8	9
10	11 WORLD PARKINSON'S DAY	12 WESTERN HEALTH COMMUNITY ADVISORY COMMITTEE MEETING	13	14 SINHALESE NEW YEAR	15	16
17	18	19 MS MELBOURNE CYCLE MS SOCIETY	20	21 WESTERN HEALTH NEW STAFF ORIENTATION	22	23 FIRST DAY OF PASSOVER JEWISH
24	25 ANZAC DAY AUSTRALIAN NATIONAL HOLIDAY INDEPENDENCE DAY ITALY	26	27	28	29 ORTHODOX GOOD FRIDAY ORTHODOX	30 LAST DAY OF PASSOVER ORTHODOX ORTHODOX HOLY SATURDAY ORTHODOX

**Sri Lanka**  
*(Country in South Asia)*

Sri Lanka (formerly Ceylon), a tiny island nation south of India in the Indian Ocean, is a rugged land of rainforest, diverse wildlife and endless beaches. It's famed for its ancient Buddhist ruins, including the 5th-century citadel Sigiriya, with its palace and frescoes, and the sacred city of Anuradhapura. Its flavorful cuisine reflects its history as a maritime hub and cultural melting pot.

**Capitals:** Sri Jayawardenepura Kotte, Colombo

**Currency:** Sri Lankan rupee

**Population:** 20.48 million (2013) World Bank

**Official languages:** Sinhala, Tamil

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Volunteering in the Diep household is definitely a family affair. Linda, Danny and their parents have been volunteering at Sunshine Hospital for over five years. On weekends, they volunteer in the opportunity shop, and during the week they take on library trolley duties.

The library trolley offers patients on the wards free newspapers, books and magazines. Linda and Danny were both born in Australia, but their parents are from Vietnam. "You get to know some of the patients who have been here for a while and they love seeing us each week." But the library trolley service is not just about delivering books and magazines.

"There are a lot of Vietnamese patients on the wards who don't speak English and have no one to talk to during the day because their families are at work. When they realise mum and dad speak Vietnamese, they are so happy to have someone to talk to for a little while."

The family's commitment to volunteering is driven by their strong Buddhist faith and their sense of community. They live locally and feel connected to the broader community by volunteering.

"We love it here at Sunshine Hospital. The staff and patients are so friendly and the volunteer team is great."

Danny is 17 and at school and Linda is studying science at university, hoping to get into the medical field. Linda also volunteers in the Western Health research unit on Thursdays. While their studies and social lives keep them busy, they never miss their volunteer shifts at the hospital.

# OP SHOP

2016 MAY



*Danny and Linda Diep*

### National Volunteer Week (9-15 May)

It's a fact. Volunteers are happier as a result of volunteering. So this National Volunteer Week, give some of your time to volunteer and help make Australia the happiest place on Earth.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1  ORTHODOX EASTER ORTHODOX WHITE SHIRT DAY OVARIAN CANCER RESEARCH FOUNDATION	2  ORTHODOX EASTER MONDAY ORTHODOX	3	4  YOM HASHOAH JEWISH	5 INTERNATIONAL MIDWIFES DAY FREEDOM DAY ETHIOPIA ASCENSION DAY CHRISTIAN ISRA AND MI'RAJ MUSLIM	6	7
8  MOTHER'S DAY	9  WESTERN HEALTH NEW STAFF ORIENTATION - GRAD NURSES	10	11	12 INTERNATIONAL NURSES DAY YOM HA'ATZMAUT JEWISH WESTERN HEALTH VOLUNTEER APPRECIATION LUNCHEON	13	14
15  PENTECOST CHRISTIAN	16  WHIT MONDAY CHRISTIAN	17	18	19	20	21
22  TRINITY SUNDAY CHRISTIAN	23	24	25  DAY OF FIRST NATIONAL GOVERNMENT ARGENTINA	26 CORPUS CHRISTI CHRISTIAN LAG B'OMER JEWISH NATIONAL SORRY DAY	27  RECOGNITION OF ABORIGINAL PEOPLE IN THE AUSTRALIAN CONSTITUTION	28
29	30	31  WORLD NO TOBACCO DAY WHO	24-30 May - National Palliative Care Week - Nationwide - Palliative Care Council South Australia 25-31 May - Exercise Right Week - Worldwide - Exercise & Sports Science Australia 9-15 May National Volunteer week 27 May - 3 June National Reconciliation Week 1-8 May - Motor Neurone Disease Week 22 - 28th May Palliative Care Week			

36.2% of people aged 18 years and over participated in formal volunteering (6.1 million people).

The contribution of the volunteer workforce in Australian is estimated to be \$14.6 billion of unpaid labour.

Western Health has over 600 volunteers and 200 community volunteers across all sites.

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Martina was 11 when the war began in Bosnia in 1992. Her world changed the day her father picked her up from school and said they had to leave. "The war was coming closer to our town and it wasn't safe. I remember saying goodbye to my school friends and crying."

"A few families decided to leave that day, so we drove in a convoy into Croatia but my dad stayed in Bosnia. We stayed in Croatia for a while, but it was also getting unsafe as more and more refugees arrived. At one point, it was so crowded that I had to sleep a mattress on a balcony. But then I decided it was more comfortable sleeping in the car! My family decided to go back to Bosnia for a while, as life seemed to be returning to some normality with schools opening again. Also, we wanted to be with my dad."

After a while Martina and her family left Bosnia again, this time for Germany. After spending three years moving around, they were finally processed and settled in Australia. "I remember going into year 9 at high school and girls were asking questions like 'Have you kissed a boy?' I couldn't understand what they were talking about. I had just spent three years virtually on the run and trying to stay alive, worrying about whether we had food, water and shelter, and they were talking about boys, fashion and bands. It was a pretty difficult time trying to fit into this strange place."

But after 21 years, Martina and her family finally feel like Australia is home. "My dad even plays lawn bowls! He doesn't speak much English but he loves it. When he first joined, I had to go with him to translate the rules, so now I also know how to play. Dad has become best friends with one of the club members, who has taken him under his wing."



**Martina Franjic** is the Manager of the Performance Unit at Western Health.

#### Refugee week (20-26 June)

Refugee Week is Australia's peak annual activity to raise awareness about the issues affecting refugees and celebrate the positive contributions made by refugees to Australian society.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>SCHOOL HOLIDAYS SATURDAY 25TH JUNE TO SUNDAY 10TH JULY</b> <b>Month of June – Bowel Cancer Awareness Month – Nationwide – Bowel Cancer Australia</b> <b>June 13 – June 19 Men's Health Week</b> <b>27 May – 3 June National Reconciliation Week</b> <b>20–26 June Refugee Week</b>			1	2	3	4
5	6	7	8	9	10	11
WORLD ENVIRONMENT DAY	WESTERN HEALTH GREEN WARD COMPETITION WINNERS ANNOUNCED	RAMADAN BEGINS MUSLIM				
12	13	14	15	16	17	18
SHAVUOT JEWISH	QUEEN'S BIRTHDAY AUSTRALIAN NATIONAL HOLIDAY	WESTERN HEALTH COMMUNITY ADVISORY COMMITTEE MEETING		WESTERN HEALTH NEW STAFF ORIENTATION		
19	20	21	22	23	24	25
	JUNE SOLSTICE SEASON NATIONAL FLAG DAY ARGENTINA					
26	27	28	29	30		

### Bosnia and Herzegovina (Country in the Balkans)

Bosnia and Herzegovina, a country on the Balkan Peninsula in southeastern Europe, encompasses mountainous terrain, medieval villages and Muslim and Christian landmarks. Its countryside is marked by deep gorges, turquoise rivers and lakes, and the Dinaric Alps' forests and crags. It's a popular destination for outdoor sports such as hiking, mountain biking, white-water rafting and skiing.

**Capital:** Sarajevo

**Currency:** Bosnia and Herzegovina convertible mark

**Population:** 3.829 million (2013) World Bank

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The Aboriginal Health Unit provides invaluable services to patients like Hazel. Hazel first met Jacqui Watkins (or Aunty Jacqui, as Hazel calls her) when staff referred her to the Aboriginal Health Unit. The Aboriginal Health Unit supports Hazel with her appointments, coordinating her care and making sure she understands what staff have told her about her health condition. "It's good, because Aunty Jacqui can explain things to me so that I understand better."

Hazel identifies as Aboriginal and Torres Strait Islander and is originally from Cairns. "All my family is up north, so Aunty Jacqui is like my family in Melbourne. I always come and see her for a yarn or a laugh."

Hazel has been a patient at Western Health for over three years and has noticed how more culturally aware staff have become since she first came here. "Every time I come in staff ask me if I am of Aboriginal or Torres Strait Islander decent, and then ask me if it's okay for them to call Aunty Jacqui or her team. Sometimes if Aunty Jacqui or the other staff aren't there, they call the social worker."

Jacqui and her team have worked closely with the social work department to support Aboriginal patients. Because of both past and present events, people from Aboriginal or Torres Strait Islander backgrounds may have a mistrust of the medical system and in particular hospitals. Data indicates that Aboriginal and or Torres Strait Islander patients often present to emergency in a more acute phase and discharge themselves without medical intervention. "On one occasion the staff from ED rang me on my mobile after hours because Hazel wanted to leave. After talking with her I convinced her that it was better that she stayed, because she really needed medical care", says Jacqui.

The Aboriginal Health Unit is located on the ground floor of Sunshine Hospital opposite the pharmacy. Staff, visitors, volunteers and patients are welcome to drop in any time. The Aboriginal Health Unit can also be contacted by email ([aboriginalhealthunit@wh.org.au](mailto:aboriginalhealthunit@wh.org.au)) or by phone (8345 0951).



*Hazel, together with Jacqui Watkins, Manager Aboriginal Health Policy and Planning*

#### **NAIDOC week 3-10 July**

NAIDOC stands for National Aborigines and Islanders Day Observance Committee. NAIDOC Week is held in the first full week of July. It is a time to celebrate Aboriginal and Torres Strait Islander history, culture and achievements and is an opportunity to recognise the contributions that Indigenous Australians make to our country and our society.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31	<b>NAIDOC WEEK JULY 3-10</b> <b>National Diabetes Week 10-16 July</b> <b>Donate Life week 31 July -7 August</b>				1	2  LAYLAT AL-QADR MUSLIM
3	4	5	6	7  EID AL-FITR MUSLIM	8	9  INDEPENDENCE DAY ARGENTINA
10	11	12	13	14	15	16
17	18	19	20	21  WESTERN HEALTH NEW STAFF ORIENTATION	22  NATIONAL TREE DAY TREE PLANTING AT SUNSHINE HOSPITAL	23
24	25	26	27	28	29	30

The history of Aboriginal Australians is thought to have spanned 40,000 to 45,000 years, although some estimates have put the figure at up to 60,000 years before European settlement. The Aboriginal Australians lived with a strong dependence with the land, and also the water. Each group developed skills for the area in which they would live – hunting, fishing or gathering.

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**2016** AUGUST

Michael was born in the Indian city of Mumbai, but grew up in Delhi. Coming from a very traditional catholic family, he attended St Columbus High school which was run by the Irish Brothers. There, like most young boys, he loved his sports and played cricket, hockey, soccer, table tennis and badminton. He also did athletics.

Michael's mother was an executive working for IBM. "I remember the times we used to attend Mum's work functions, which were held in the most elaborate and glamorous five-star hotels in the world. I was so awestruck by the hotels and thought to myself, 'This is where I would like to work!' But Mum insisted that I had to first get a degree from university. So I completed a Bachelor of Commerce and got qualifications in Hotel Management at the same time."

Michael's career has enabled him to travel all over the world, working in five-star hotels in India, Austria, Florida, Dubai and Australia. He did his management training on a luxury cruise ship.

Michael remembers going to school with students from Hindu, Sikh, Buddhist and Muslim backgrounds. Having this kind of exposure early in life opened his eyes to the range of diverse cultures and views. But it wasn't until he started traveling that he really understood how culture shapes a person's views and opinions, and how important food is to people's sense of identity.

Now working in a hospital, he has gained a new understanding of the important role food and nutrition play in people's health and recovery. "At first, it was a real culture shock working in a hospital. But then I realised that it's just like a restaurant or a hotel, but our patients are our dinner guests. It's up to us to provide them with a warm and personalised service."



**Michael D'Lima** is the Manager of Food Services for Western Health.

#### **Indian Independence Day August 15**

Independence Day is a day when people in India pay homage to their leaders and those who fought for India's freedom in the past. The sport of kite flying symbolizes Independence Day. The skies are dotted with countless kites flown from rooftops and fields to symbolize India's free spirit of India.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
7	8	9 WESTERN HEALTH COMMUNITY ADVISORY COMMITTEE MEETING	10	11	12	13
14 TISHA B'AV JEWISH	15 ASSUMPTION OF MARY CHRISTIAN INDEPENDENCE DAY INDIA	16	17	18 WESTERN HEALTH NEW STAFF ORIENTATION	19	20
21	22	23	24	25	26	27
28 DAFFODIL DAY CANCER COUNCIL	29	30	31	15 – 21 August - Brain Injury Awareness Week 20-27 August Hearing Awareness Week		

**India**  
*(Country in South Asia)*

India is a vast South Asian country with diverse terrain – from Himalayan peaks to Indian Ocean coastline – and history reaching back 5 millennia. In the north, Mughal Empire landmarks include Delhi's Red Fort complex, massive Jama Masjid mosque and Agra's iconic Taj Mahal mausoleum. Pilgrims bathe in the Ganges in Varanasi, and Rishikesh is a yoga center and base for Himalayan trekking.

**Capital:** New Delhi

**Founded:** August 15, 1947

**Population:** 1.252 billion (2013) World Bank

**Prime minister:**  
Narendra Modi

**President:** Pranab Mukherjee

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2016 SEPTEMBER

Kim arrived in Australia in 1981 with her mum, dad and four sisters. She was only seven when her family left Vietnam, but she remembers being on a boat with about 50 other people for five days until they were rescued at an oil rig and taken to a refugee processing centre on a small island off the coast of Malaysia. “When the Communists invaded South Vietnam, a lot of people started to leave. If you were caught leaving, you were thrown in jail and would lose all your possessions to the government. So the day we left it was like a military operation. We couldn’t all leave together, as it would be too suspicious. So we all had to separate and hope that we would all come together that night to meet at the boat.”

After three months on the island, they were accepted to be settled in Australia and were sent to Melbourne. They spent nine months at the Maribyrnong Hostel before moving to Footscray. When Kim started school, she couldn’t read or write English. “so I just used to copy the girl next to me,” she says. “Parent/teacher nights were the best, because my Mum and Dad couldn’t understand what the teachers were telling them, so they just smiled and nodded a lot.”

“Being the first wave of Vietnamese migrants there was a lot of prejudice at school and I would sometimes cry because it would upset me so much. But now I am happy that my kids have never experienced that sort of prejudice. I think that it’s wonderful how accepting the community is now of new cultures and migrants.”



**Kim Pham** is a business analyst at Western Health. Her name means “gold autumn”.

#### **Moon Festival Thursday 15th September**

The Mid Autumn Festival is also called Mooncake Festival. It falls on the 15th day of the eighth lunar month. It is an occasion for family members to get together over mooncakes, fruits and fine tea and have “moon appreciation” sessions. With its association with mooncakes and lanterns, Zhong Qiu Jie is also called Mooncake Festival or Lantern Festival other than Mid-Autumn Festival.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Dementia Awareness Month</b> <b>14-20 National Stroke Week</b> <b>SCHOOL HOLIDAY SATURDAY 17TH SEPTEMBER TO SUNDAY 2 OCTOBER</b>				1  INTERNATIONAL DAY OF OLDER PERSONS WORLD HEALTH ORGANISATION	2  VIETNAMESE INDEPENDENCE DAY	3
4  FATHER'S DAY	5	6	7	8	9	10
11	12	13  EID AL-ADHA FESTIVAL MUSLIM	14	15  AUTUMN LUNAR FESTIVAL CHINESE/VIETNAM WESTERN HEALTH NEW STAFF ORIENTATION	16	17
18	19	20	21	22  SEPTEMBER EQUINOX SEASON	23	24
25	26	27	28	29	30	

### Vietnam (Country in Asia)

Vietnam is a Southeast Asian country on the South China Sea known for its beaches, rivers, Buddhist pagodas and bustling cities. Hanoi, the capital, pays homage to the nation's iconic Communist-era leader, Ho Chi Minh, via a huge marble mausoleum. Ho Chi Minh City (formerly Saigon) has French colonial landmarks, plus Vietnamese War history museums and the Cu Chi tunnels, used by Viet Cong soldiers.

**Capital:** Hanoi

**Area:** 331,210 km

**Currency:** Vietnamese dong

**Population:** 89.71 million (2013) World Bank

**Official language:** Vietnamese

### WESTERN HEALTH

[www.westernhealth.org.au](http://www.westernhealth.org.au)

#### Footscray Hospital

03 8345 6666

#### Sunshine Hospital

03 8345 1333

#### Williamstown Hospital

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#### Sunbury Day Hospital

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Patricia arrived in Australia 27 years ago for a short visit ... and never left. Patricia was born in Argentina, where she met her husband. When her father-in-law, who was already in Australia, sponsored them to come to Australia as part of the family reunion scheme, she was expecting to return to Argentina within two years. But as the economic situation in Argentina declined, Patricia and her husband decided to raise their two children in Australia.

Having studied English at university, graduating as an English teacher, Patricia quickly got a job first as a teacher's first and then as a teacher of newly-arrived migrants. A few years later, she completed a Graduate Diploma in Interpreting, obtained her accreditation as a professional interpreter and worked as a freelance interpreter before getting a job as a Spanish interpreter at Western Health.

Patricia has worked at Western Health since 2008 and loves her job. "I feel that I am doing something worthwhile when I help a patient understand their condition or treatment. You can see that all of a sudden everything makes sense and they feel safer and more confident".

With her own experience, Patricia understands the struggle and confusion coming to a new country and not being able to speak the language. "Even though I learnt English at school, I still struggled with the Australian accent. Even now, my kids laugh at my accent. They often try to get me to say 'sheet', except that it doesn't sound exactly like that when I say it! So now I call it 'bed linen', so I don't get myself into trouble. When my husband came to Australia he couldn't speak any English at all. Because he would catch the bus to work each day, the only words he knew to say for the first six months were 'all day ticket!'"



**Patricia Tissera** works at Western Health as a Spanish interpreter and Deputy Manager of the Language Services Department. She loves music and singing and is part of the Western Health Choir.

#### **Day of Respect for Cultural Diversity October 12**

Celebrated on the second Monday of October. Former "Día de la raza" (English: Race day), anniversary of the arrival of Columbus to the Americas. Some indigenous communities and activists consider the arrival of Columbus the prelude of destruction for native civilizations in the Americas, and occasionally stage a protest/mourning holiday on October 11, the "last day of freedom".

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30  DIWALI HINDU	31  HALLOWEEN	23-29 Pastoral Care week 4-11 National Amputee Awareness Week 11-17 Nutrition week 11-17 National Carers Week 12-18 Medicine Wise Week				1  NATIONAL DAY OF PEOPLE'S REPUBLIC OF CHINA
2	3  ROSH HASHANA JEWISH MUHARRAM/ISLAMIC NEW YEAR MUSLIM	4  FEAST OF ST FRANCIS OF ASSISI CHRISTIAN	5	6	7	8  INDEPENDENCE DAY CROATIA
9	10	11  WESTERN HEALTH COMMUNITY ADVISORY COMMITTEE MEETING	12  YOM KIPPUR JEWISH WORLD ARTHRITIS DAY DAY OF RESPECT FOR CULTURAL DIVERSITY ARGENTINA	13  WORLD SIGHT DAY	14	15
16	17  FIRST DAY OF SUKKOT JEWISH	18	19	20  WORLD OSTEOPOROSIS DAY DROP THE JARGON DAY HEALTH LITERACY INITIATIVE	21	22
23  LAST DAY OF SUKKOT JEWISH	24  SHIMINI ATZERET JEWISH	25  SIMCHAT TORAH JEWISH	26	27  WORLD OCCUPATIONAL THERAPY DAY WESTERN HEALTH NEW STAFF ORIENTATION	28	29

### Argentina (Country in South America)

Argentina is a massive South American nation with terrain encompassing Andes mountains, glacial lakes and Pampas grassland, the traditional grazing ground of its famed beef cattle. The country is known for tango, steak and football. Its big, cosmopolitan capital, Buenos Aires, is centered on the 16th-century Plaza de Mayo, lined with stately buildings including Casa Rosada, the iconic, balconied presidential palace.

**Capital:** Buenos Aires

**Population:** 41.45 million (2013) World Bank

**Currency:** Argentine peso

**Continent:** South America

**Official language:** Spanish

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2016 NOVEMBER

Julia's ancestors arrived in Australia in 1852 from Scotland and settled in Victoria's western district. Some of her family still lives in Dartmoor, near Portland, but Julia couldn't wait to move to Melbourne. At the age of 17, she arrived in the city to study podiatry.

"I remember what a huge culture shock it was for me, after living in such a small town. I remember thinking how noisy Melbourne was. On my first day in the city, I almost got hit by a tram!"

Having lived most of her life in small country town with a population of only 500 people, Julia now lives in Footscray and has learnt to avoid getting hit by trams. She enjoys the cultural diversity of Footscray, especially the choice of restaurants.

"When my dad comes to visit, I always take him to a new restaurant in Footscray. He loves it and always tries something new."

But Julia admits she sometimes misses the quietness, solitude and darkness of home. "When I came to Melbourne, I was sad that I couldn't see the stars at night. Now, as soon as I go back home, the first thing I do is go outside and look up at the blanket of stars that covers the sky."

When Julia found out she was going to be Miss November she reflected that Remembrance Day has a special significance for her. In 1915, her great uncle was killed at Gallipoli. She has visited Gallipoli to see his resting place.



**Julia Firth** *Is the Manager of Podiatry at Western Health.*

#### **Remembrance Day 11 November**

At 11 am on 11 November 1918 the guns of the Western Front fell silent after more than four years continuous warfare. The allied armies had driven the German invaders back, having inflicted heavy defeats upon them over the preceding four months. In November the Germans called for an armistice (suspension of fighting) in order to secure a peace settlement. They accepted allied terms that amounted to unconditional surrender.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1  MELBOURNE CUP VICTORIAN PUBLIC HOLIDAY ALL SAINTS DAY CHRISTIAN	2  ALL SOULS DAY CHRISTIAN	3	4	5
6	7	8	9	10	11  REMEMBRANCE DAY AUSTRALIAN NATIONAL CELEBRATION	12
13	14  WORLD DIABETES DAY	15	16	17	18	19
20	21	22	23	24  WESTERN HEALTH NEW STAFF ORIENTATION	25	26
27  FIRST SUNDAY OF ADVENT CHRISTIAN	28	29	30	8-15 Spinal Cord Injury Awareness Week 7-13 National Recycling week		

Portland and its surrounding areas are immersed in indigenous history. The area features one of the world's earliest sites of human settlement and society. The cultural landscape of the region is nationally recognised as the Budj Bim National Heritage Landscape and is one of the oldest examples of permanent indigenous settlement. Visitors can be guided to view the remains of stone houses, eel traps and the aquaculture system created by the lava flow.

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Elleni Bereded-Samuel was born in Ethiopia, arriving in Australia in 1995 with her husband and young son to pursue her education at Ballarat University in Victoria. They settled in a small town outside Ballarat. This was a big change for them, having originally come from a country of over 90 million people. Previously, they had lived in a busy, modern city with over four million people. So Elleni was somewhat confused when she arrived in Buninyong.

“We used to do our weekly grocery shopping at what I thought was the local supermarket, but it was actually the local milk bar! Someone asked us how we liked living in Australia we said, “It’s lovely, but the supermarket in Buninyong is very small and expensive. ‘What supermarket?’ they asked!”

Having studied at university, Elleni and her husband could speak English, but they struggled with “the relaxed Australian way”.

“I remember once we were waiting on some money that had not been transferred into our account. My husband went to the bank and explained the situation. The teller replied, ‘Okay, no worries’. ‘Well, I am worried’, said my husband. ‘You don’t understand: it’s Friday and I need my money.’ ‘Sure, no worries, we’ll sort it out.’ ‘But I am worried. I want to speak to your manager,’ said my husband. But the manager also said, ‘No worries!’”

Despite these small incidents, Elleni remembers how welcoming and helpful people were to her and her family. “People welcomed us into their homes and community. It was lovely. I do love Melbourne, but I still sometimes miss Buninyong.”

Elleni has been working to improve education, training, employment and health for culturally and linguistically diverse communities for 20 years. She has been recognised at the local and national levels for her community engagement activities in Australia. She now works for one of Australia’s leading wellbeing companies as Diversity Capability Development Manager.



*Elleni Bereded-Samuel is a Western Health Board member and chair of the Cultural Diversity and Community Advisory Committee.*

#### **Kullubi- Feast of St Gabriel, 28 December**

St Gabriel is the Patron Saint who guards over homes and churches. There is a huge pilgrimage to St Gabriel’s Church on Kulubi hill, which is on the route from Addis Ababa eastwards, about 70 kilometres before Dire Dawa. Many pilgrims carry heavy burdens as penance, children are brought to be baptized, and offerings are made to be distributed to the poor.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SCHOOL HOLIDAYS WEDNESDAY 21 DECEMBER TO MONDAY 30 JANUARY 2017				1	2	3  INTERNATIONAL DAY OF PEOPLE WITH DISABILITIES
4	5  INTERNATIONAL VOLUNTEERS DAY	6	7	8  FEAST OF THE IMMACULATE CONCEPTION CHRISTIAN	9	10
11	12  PROPHET'S BIRTHDAY MUSLIM	13  WESTERN HEALTH COMMUNITY ADVISORY COMMITTEE OPEN ACCESS BOARD MEETING	14	15	16	17
18	19	20	21  DECEMBER SOLSTICE SEASON	22	23	24  CHRISTMAS EVE CHRISTIAN
25  CHRISTMAS DAY AUSTRALIAN NATIONAL HOLIDAY  FIRST DAY OF HANUKKAH JEWISH	26  BOXING DAY AUSTRALIAN NATIONAL HOLIDAY	27  NATIONAL HOLIDAY AUSTRALIAN NATIONAL HOLIDAY	28  KULLUBI FEAST OF GABRIEL ETHIOPIA	29	30	31  NEW YEAR'S EVE AUSTRALIAN NATIONAL CELEBRATION

### Ethiopia (Country in Africa)

Ethiopia, in the Horn of Africa, is a rugged, landlocked country split by the Great Rift Valley. With archaeological finds dating back more than 3 million years, it's a place of ancient culture. Among its important sites are Lalibela and its 12th-13th century rock-cut Christian churches, and Aksum, the ruins of an ancient city with obelisks, tombs, castles and Our Lady Mary of Zion church.

**Capital:** Addis Ababa

**Population:** 94.1 million (2013) World Bank

**Currency:** Ethiopian birr

**Life expectancy:** 62.97 years (2012) World Bank

**Official language:** Amharic

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## Patient rights

The Australian Charter of Healthcare Rights are your rights as a consumer using the Australian Healthcare system.

### You have the right to:

- Health care you need
- Safe high quality care
- Be treated with respect, dignity and consideration
- Clear understandable information
- Ask questions about your treatment
- Say what happens to your personal information
- Give positive or negative feedback or make a complaint
- Ask for an interpreter if you need one.

If you would like a copy of the Charter of Healthcare Rights, please ask a Western Health staff member.

## Get involved

### If you would you like to:

- Become a consumer representative and help us improve our services
- Become a volunteer
- Share an event or occasion
- Be featured in next year's calendar

### CONTACT:

**Assunta Morrone**

Manager Consumer Partnerships, Equity and Diversity

Tel: **8345 1302** Email: [assunta.morrone@wh.org.au](mailto:assunta.morrone@wh.org.au)



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1  NEW YEAR'S DAY NATIONAL HOLIDAY	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26  AUSTRALIA DAY NATIONAL HOLIDAY	27	28
29	30	31				

## OUR VALUES

### Compassion

Consistently acting with empathy and integrity

### Accountability

Taking responsibility for our decisions and actions

### Respect

For the rights, beliefs and choices of every individual

### Excellence

Inspiring and motivating innovation and achievement

### Safety

Prioritising safety as an essential part of everyday practice

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### FOOTSCRAY HOSPITAL

Gordon Street  
Footscray VIC 3011  
Locked Bag 2  
Footscray VIC 3011  
8345 6666

### SUNSHINE HOSPITAL

Furlong Road  
St Albans VIC 3021  
PO Box 294  
St Albans VIC 3021  
8345 1333

### SUNSHINE HOSPITAL RADIATION THERAPY CENTRE

176 Furlong Road  
St Albans VIC 3021  
8395 9999

### WESTERN CENTRE FOR HEALTH RESEARCH AND EDUCATION

Sunshine Hospital  
Furlong Road  
St Albans VIC 3021  
8345 1333

### SUNBURY DAY HOSPITAL

7 Macedon Road  
Sunbury VIC 3429  
9732 8600

### WILLIAMSTOWN HOSPITAL

Railway Crescent  
Williamstown VIC 3016  
9393 0100

### DRUG HEALTH SERVICES

3-7 Eleanor Street  
Footscray VIC 3011  
8345 6682

### HAZELDEAN TRANSITION CARE

211-215 Osborne Street  
Williamstown VIC 3016  
9397 3167

Western Health  2014 Premier's Health  
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Produced by Western Health, in recognition of the cultural diversity of our catchment, staff, patients and community.

**Authors:** Assunta Morrone, Meg Polacsek

**Directorate of Community Integration, Allied Health and Service Planning**

**Sources:** [www.ourcommunity.com.au](http://www.ourcommunity.com.au), [www.timeanddate.com](http://www.timeanddate.com), [www.interfaithcalendar.org](http://www.interfaithcalendar.org)

*The information in this publication is provided as a guide only and every effort has been made to ensure its accuracy.*

*Together, caring for the West*

[www.westernhealth.org.au](http://www.westernhealth.org.au)