

# ENIEC Newsletter



April 2010, no. 34

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## From the editors

What a great experience it was, our annual meeting in Helsinki.

The organisation was nearly perfect, thanks to the Finnish ladies and (the very popular) Finnish man. There was a lot of variation in the program, we learned a lot about the minorities from Sweden, Russia, Somalia and also the Roma and the Laps. (The exotic music was a joy for the ears.) Outside it was a little bit cold but the atmosphere was nice and warm.

ENIEC is growing and that's a good thing to conclude. People know each other better and also know how to stimulate each other. There were also some discussion points between the members and the board. How to use modern media to communicate the ENIEC-

thoughts and in which countries will we search for new members, are two issues we discussed with each other. In Helsinki we didn't have enough time to have a more fundamental discussion. It may be a good idea if the board creates possibilities to have this discussion in the coming year with (some of) the members. On the other hand there is our newsletter and it's always possible to use this medium as a platform for this discussion. If you have an opinion on ENIEC and its future, don't hesitate and let us know! We enjoy to continue making the newsletter for another year, already looking forward to a fantastic meeting in Goteborg!

Marja, Nicolette and Jan Willem



## Minutes – 18<sup>th</sup> of March 2010

ENIEC General Assembly, during the ENIEC annual meeting in Helsinki

Chairman: Jan Booij, Chairman of ENIEC

### *Election of person writing the minutes:*

Yvonne Witter (The Netherlands)

### *The chairman's annual report*

Everyone agreed with the report.

### *Statement of accounts 2009*

The conclusion was: we did a great job! Frédéric Lauscher (board member) invited everyone to pay on time...

The auditors (Pim Nederstigt was not there but Margot Scholten spoke for him as well and they were both satisfied and agreed with all).

One member (Deniz Ozkanli) of ENIEC had a suggestion to spend some money of the budget to optimize the website. So that it is more interactive. But we all agreed that we need to be 'in balance' (so not to spend a huge amount for that kind of things) and we all see that many members are now on Facebook, LinkedIn and Twitter, connecting there.

### *Budget 2010, incl. Membership fee for 2011*

We received a clear overview of the budget of 2010. We all agreed.

### *Propositions from board and members*

One ENIEC member had two proposals:

a. to write an advisory paper to give answers to the questions the Minister of European affairs asked us during her lecture. Margot Scholten, Wendela Gronthoud, Eve Ternegren will assist Kristel Logghe with this job.

b. Other proposal was to invite next meeting some students from different countries to join the meeting, to share experience and knowledge to each other. This might be sponsored by the programme Youth in Action. Kristel Logghe will try to arrange this. Jay Nanje will go to the UK soon (sponsored by this programme) and will also explore more options to realize this idea.

### *Election of the board*

We thanked Hillka Linderborg of Finland for her huge contribution to the board last year and we all welcomed Ria Lidén from Sweden to the board and wished her a pleasant time next to the three other board members Grete Madsen (Denmark), Jan Booij (The Netherlands) and Frédéric Lauscher (Germany).

### *Election of auditors (statement of accounts 2010)*

The auditors Pim Nederstigt and Margot Scholten will continue to control the finance this year as well. Thanks!!

### *The newsletter and editors for the coming year*

Jan Willem Pijpers, Nicolet van Eerd, Marja van Berkel and Cobie Schippers have done a great job last year by publishing the newsletter every month. They are willing to do this one more year, but only 8 or 9 editions and around the 15<sup>th</sup> of the month instead of the 1<sup>st</sup>. Next year we have to find some new editors (maybe some members of the country who hosted the meeting?) The members are very happy with the newsletter, do read it every time and like to keep receiving it. In general, the editors had not received much input from the members. We all promised to better our lives and to send some information, short articles or interesting reports, booklets, research. If the English language is really a problem (even though none of us is a native, so do not be afraid!), try google translation options! And the editors will also help a bit.

### *Next hosts – annual meeting 2011 and proposals for 2012*

Next year, the ENIEC meeting will be held in Götteborg in Sweden! Eva Ternegren tells us we are very welcome! In 2012 we are welcome in Turkey, according to our Turkish ENIEC-member Sema Oglak. That is good news and we are all happy with those two nice invitations.

### *Status on working groups*

The working groups were not very successful. We will try to continue the groups coming year. The contact persons/key persons will try to keep the working groups alive, to publish in the newsletter some of the results. We all promised to use the social media more

(facebook, LinkedIn, twitter: you can find ENIEC there easily).

*Status on recruitment tasks nationally:*

See below.

*Discussions about future focus points*

ENIEC tries to find some new members from different countries (not The Netherlands)

- It is obvious that ENIEC puts the subject of intercultural care on the agenda of countries (especially the host country)
- ENIEC wants to empower older migrants to speak for themselves and will put this on the agenda of the next board meeting.
- The board also will talk about the focus of ENIEC. Is it getting to 'broad'? Not only intercultural elderly care but also care for pensionados (is this also intercultural care?)
- Some members like to get to know the other members better. During our next meeting, there will be some time for this.

Yvonne Witter

## Recruitment National Task Forces

It was agreed on the annual meeting 2009 that the following country members on a national basis should try to raise members in the below mentioned countries:

*The Netherlands:*

Ireland and UK: not successful. Eva Ternegren and Jay will give it a try.

*Germany:*

Turkey. Yes! We welcomed this meeting our member from Turkey!

*Denmark:*

Spain and Bosnia:. There are some contacts in Spain but they are focused on 'sun seekers', migrants from Western countries. After a discussion we agreed that we should include these organisations as well because it has to do with intercultural care.

*Sweden:*

Poland: not successful and Bulgaria: hopeful, we keep trying!

*Finland:*

Baltic countries (Eva Rönkkö has contacts in Estonia and will give it a try) + Russia

*Norway:*

Iceland: there is a potential member!

*Belgium:*

France. Nothing heard yet.

- Verena promised to try to recruit from Italy and there is a potential member!
- Anne Rose Abendanon has some contacts in Switzerland and tries to reach one new member.
- For some countries (like Baltic countries) the fee is a problem. Some ENIEC members (Harry Moeksops, Johan Groen and Dominique Deguelle will support them.
- The board will discuss very soon the topic if ENIEC is open to members from all countries (also outside Europe).
- Everyone keeps his/hers eyes and ears open!

Yvonne Witter

## Social networking

The ENIEC groups on LinkedIn and Facebook are growing. More members use now this possibility to communicate and to discuss with each other. So that's really a result after Helsinki. It's very easy to make such an account and it's all free.



Harry Mertens made an ENIEC account on YouTube for videos and an ENIEC account on Picasa for photos. Soon every member can find the Helsinki photos there and also the photo's from other annual meetings last years.

And also more followers on Twitter. Go to [www.twitter.com](http://www.twitter.com) and make your own account. It takes no more than 5 minutes.

So you find ENIEC now on:

- Picasa for ENIEC Photos
- LinkedIn for ENIEC Groups
- Facebook for ENIEC Groups
- YouTube for ENIEC Movies
- Twitter for following @ENIEC

Jan Booij

## Impression of the fourth annual meeting of ENIEC

*HONORING THE OLDER MIGRANTS IS WISDOM*

### Spring in Helsinki

'No more snow, please', that is what most ENIEC-members thought when they travelled to Helsinki to join the 4th annual meeting of this international network on intercultural elderly care. But when we arrived and saw the beautiful city completely covered with snow, we all were pleased. The sun was shining, the participants were singing (especially during the evenings...)

### The Finnish way

The Finnish ladies and one Finnish man have organized this meeting very well. All sessions ended in time. The program was very, very interesting. We learned about Ingrian migrants, Somali elderly, the Sami culture, the Roma culture. A lot of humor, a lot of inspiring lectures, a warm welcome at the city Hall, hosted by the City of Helsinki. The Finnish way is a suitable way!



### A learning process

Ms Astrid Thors, Minister of Migration and European affairs, spoke in a personal yet professional way about migrants in Finland. As a Swede, she has a migrant background herself, so she knows exactly what topics are important in relation to care for older migrants. Finland has a relatively young migrant population. The amount of older migrants is small, but increasing. Thors raises the question how Finland can organize services for the people who need it. Language problems are important to include in solutions. Thors thinks it is important to combine the available resources. She has a very good example: one older person was complaining that his doctor was Russian and he could not understand him. Another older person was complaining that his doctor could not speak any Russian...

Thors describes the Finnish health care system as 'static'. It is not possible to choose the community where you like to live if you need some care. Thors is happy that her mother lives close to her, but she knows a lot of people who like to move closer to their families, but cannot because of the system. According to the Minister, loneliness is a big problem, especially for older men.

Finland is in a learning process, she says, and she likes to explore whether the personal budget system (like in the Netherlands) is interesting for their country. (More information: look at the report of Kristel Logghe e.a.)

### **Rapidly ageing country**

Ms Päivi Voutilainen, Ministerial Adviser, told us that Finland is ageing (faster than other European countries). Finland is busy designing a new law directed to municipalities in order to make differences between municipalities a bit smaller. The three main topics in public policy are: raising the employment rate, enhancing public service provision and elevating health promotion. In Finland do live 7500 Sami people, 300.000 Swedish speaking persons and around 10.000 Roma people. In relation to care and welfare for older people Finland is trying to implement the national framework for high-quality services for older people which is based on the principle that the various needs and resources of older people (members of various ethnic, linguistic or other minorities) into account.

### **'Honoring the elders is wisdom'**

Ms Päivi Majaniemi, secretary of the association for Finnish Roma people, explained to us that Roma people arrived in Finland in the 1550's via Sweden. Since the 70's they became eligible for municipal housing. Permanent housing opened a way to education, social services and public health care. Respect for old people is the core of their culture. An important saying is: honoring the elders is wisdom ('de patti phuurideske-douva hin goodjiba'). The oral history is important for them. They know a lot of stories (and can even memorize hundreds of family trees!). According to Ms Majaniemi Roma women are very good in reading faces and your hand palm. 'My mother is really good at it. She is a good liar.'

Roma people are not very fond of visiting doctors or hospitals. The majority of older Roma people is uneducated and sometimes illiterate. They are frightened of moving to a residential home, because they would feel isolated. At the moment a project is in course to support Roma elders' home care. The aim is to acquaint elders with public and third party services,

to guide them to use services, to offer education to service providers.



### **Reindeer manager**

Afterwards we saw an interesting film about elderly in Lapp/Sami culture in Finland. There are 3 languages and Lappish people live in the northern of Finland, Sweden, Norway and Russia. Like for other ethnic minorities (actually also for all Finnish people) complicated formulas are a big problem for Sami people. A lot are only available in the Finnish language. We saw a young Sami-man, a 'reindeer manager', who wanted to make an application, but was refused because holding reindeer was not seen as a real profession. No pensions are available for reindeer managers. (Only Sami people are allowed to hold reindeer. For them it is an important profession.) The older people have also problems to express themselves during a medical visit. One older woman could not explain her problems to the doctor and did not understand his instructions.

After the film, a traditional Lappish singer (80 years old, who came to Helsinki for the first time in 20 years) expressed these feelings of the Sami-people in his songs.



### Memory pillows

Helena Miettinen of the Ingrian Cultural association learned us that Ingrian Finnish people moved from Russia to Finland, where they originally came from (they emigrated to Ingria, in the area of Saint Petersburg in the 1700). Ingrian people feel that they have no voice. It is a relatively big minority group. Even in statistics they have no voice, because they are registered as Estonians or Russians but not as Ingrians. Ingrians have Finnish as their mother tongue. During the Stalin era Ingrians were exiled from their homeland to remote parts of the Soviet Union and after the second World war a part of them was evacuated to Finland. At the end of the 1980's there were about 61.000 Ingrian Finns in the Soviet Union. In 1990 Ingrian Finns were invited to return to Finland. Around 20.000-30.000 remigrants have come to Finland, also older persons. They have few contacts outside their group. They do not speak the Finnish language well, even though they are native speakers. They hardly participate and say: we have done our obligations already, voluntary work is for younger people now. ICA organizes reminiscence workshops among Ingrians, like memory pillows, memory dresses and memory boxes. This 'social art' is very helpful to make them feel at home.

### ENIEC on television

Two television channels were interested in ENIEC and the topic, so 'movie stars' Jan Booij, Harry Mertens, Grete Madsen and Ute Bychowski told about older migrants and related issues during the press conference.

### Municipality has to save money

We were warmly welcomed in the Malmi Recreation Centre for unemployed and elderly people, since the '80s in a red manor house. People can meet and participate whenever they like to. There is a wood workshop, a weaving room and handicrafts courses. The centre also offers computer lessons and a lot of other activities like singing and dancing. The activities are free of charge. Fourteen Somali older men meet each other twice a week at the centre. A volunteer calls them to remind them of the meetings, because some do forget when they will meet. They also go out together, to visit museums and so on. But also the Ingrian people meet here in the Centre, to chat, eat and drink traditional food. It is very important to them and prevents loneliness. People come by themselves, in all weathers, to see each other. The municipality of Helsinki pays the Recreation Centre like all welfare organizations but in the near future, this might change. It is becoming too expensive. The Centre will in time look for other possibilities for financial support. We all know this problem!

Finally I would like to thank the Finnish host members, the organizing committee for the hospitality, the great program. And thank you, ENIEC members for the interesting conversations, the humor and the friendship!

Yvonne Witter  
Aedes-Actiz Kenniscentrum Wonen-Zorg  
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### Elderly care in China

Although China is not a part of Europe, it can still be interesting to see how elderly care is beginning to take shape over there. I can tell you something about that from my own experience in elderly care and its development over the past ten years. Basis of this is the collaboration between a Dutch organization for elderly care and an

organization in Suzhou China (a town near Sja nghai). China is developing rapidly, not only economically but also the health care system is modernizing. With regards to elderly care, people concentrated on systems in Europe and Holland, France and Denmark were visited.

I was involved myself in a long-term project of exchanging knowledge and know-how. It took some time before it became clear how exactly care is given at present. The language barrier mainly had to do with that.

Elderly care historically and culturally rests with the family. Different generations live under one roof and daughters-in-law had the primacy to take care of needy parents-in-law. This is no longer the case in today's China especially not in the industrialized cities in the East of China. The one-child policy of the past 25 years now presents problems, the age structure of the population is off balance. The elderly who need care, are more and more dependent on professional help as organized by the government. Health care systems arise from these needs that are indeed comparable to those in Europe.

What is care like at present?

There is some sort of home care where the District Health Care Centre plays an important role. Organized on a small-scale and accessible for the elderly in the district as well as for people with psychological problems. Doctors are available for consultation and nurses as well as social welfare is within reach. Home care is organized by these centres where necessary.

Next step would be sheltered living with or without care. The Suzhou Social Welfare Home have their own grounds where accommodation can be provided for people in either single or double apartments including some basic care like home help and a cooked meal. There is a lively culture of activities, sometimes with the help of volunteers.

Next to this, there is a service which is comparable to nursing homes in Europe.



Patients get medical and nursing care, the wards are spacious and during the day residents stay in living rooms with about 20 other people. There is a tight daily routine with lots of exercise. Various activities are organized by volunteers or students.

The connection between the old and the young is particularly emphasized.

Differentiation in patient categories is not very clear. Psycho geriatric clients live together with somatic clients. There is a psycho geriatric ward, however, with a very diverse group of people ranging from psychiatric patients to retarded elderly and people who are growing demented.



Treatment and care of demented people does not have a full attention scope as yet and the manner in which they are approached is not aimed at the clients' possibilities. The surroundings are not very inviting and they do not have the best location in the building.

Change will come about, however, people are curious for ways to better treat this group of patients. Working visits of Chinese delegations to Holland, Norway and Germany were aimed at this and already show results.

The Suzhou Social Welfare Home has at its disposal a geriatric hospital. All diagnostics can be carried out there including laboratory tests and x-rays so the inhabitants would only have to go to a hospital for operations.

Doctors in this building are also specialized in the treatment and rehabilitation of CVA patients and this also produces good results.

The SSWH has been in existence for quite some time and has adjusted well to the demands of modern age. Care for the elderly is now more important than for instance care for the homeless. Buildings which are not suitable are being renovated or rebuilt, sometimes completely identical to a nursing home or a rest home in Holland.

The pace at which everything is finished is something to be jealous about. Within a year, a new building is realized.

One problem the Chinese government will have to face, and with them SSWH management, is how to finance the system. Hospital care is mainly being paid for by the government but sheltered living or a nursing home are not. The client himself is responsible to pay for this service. The amount of contribution towards the cost also determines whether it will be a single or a double room, however, rooms which accommodate six persons are also possible (and cheaper). This specifically affects the hospital directly. It gets clogged up as people do not move on to nursing homes due to the cost for the client and his family.

Besides government facilities, private initiatives are being developed and these offer personal care. A number of beautiful buildings were built for elderly people seeking a safe living environment and who want to make sure they have some home help and some nursing care. People are clearly not used to this as many of these buildings are still empty.

These facilities are for people who have a bit more money to spend.

Summarising:

A lot happens in China. The government is trying to streamline the volume of care by building new estates and organizing care more efficiently as well as meet with the demands of modern age.

Els Ruys

## Cohousing in the Netherlands and the USA

Interesting for the ENIEC members: an article about older migrants and cohousing in the Netherlands and the USA.

<http://www.wono.nl/pdf/communities.pdf>

Yvonne Witter

## NOOM

NOOM, Network of organisations of older Migrants have developed two films "Meer dan vergeten" (more than forgetting only) about dementia in the Turkish and Surinam culture.

Both movies try to break through the taboo that still exist around dementia. It shows the struggle of the family members about taking care of their demented parent; the feelings of guilt, the feelings of incapability, but also it shows the love for their parent. The movies can be used during meetings. [www.netwerknoom.nl](http://www.netwerknoom.nl)

Yvonne Witter



*Spring is in the air*

## Statistics

For those members who are interested in stats! Here you can find some information about visitors on [www.eniec.eu](http://www.eniec.eu).

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## New ENIEC-members

**Nies van Grondelle**, the Netherlands  
*Pharos Knowledge and Advising Centre on Health for refugees and migrants, Utrecht*  
Nies is a drs. and has done research on informal care with refugees and on palliative care with refugees. Pharos developed a course for elderly refugees and informal caregivers to grow acquainted with the Dutch way of getting older and organising the help and care. She is also working on an intervention on preventing depression for older war victims and refugees.

### **Cindy Vos**

*Steinmetz de Compaan, Rotterdam*

Cindy is a Manager Zorg & Organisatie+. She works with mentally handicapped persons and she wishes to extend her knowledge further in intercultural processes with elderly migrants in order to develop intercultural work in her organisation.

**Nera Jerkovic**, Tilburg, The Netherlands  
Nera is involved in developing programmes to recruit and to educate migrant women as volunteers or professionals. One of the objectives is to create fora where migrants can obtain information on important subjects like dementia etc.

**Maaïke Zweers** from the Netherlands.  
Maaïke is a drs. and works at a magazine called "Skipr Magazine", that writes on a frequent basis about elderly care.

Welcome to ENIEC!

Grete Madsen

## Presentation of an ENIEC member



## Cindy Vos

### **Born:**

Rotterdam, the Netherlands

### **Home:**

Hellevoetsluis, the Netherlands

### **Profession:**

Manager of care and organisation at Steinmetz de Compaan; an organisation supplying care for mentally, physical and multiple handicapped people and people with brain damage caused by an accident (NAH).

Presently I manage 7 teams for the mentally handicapped; four so called "ambulant" teams spread over Rotterdam Zuid, Hoogvliet, Hoekse Waard and Zuid Hollandse eilanden. Here we offer care to people living by their selves and to families where at least one member of the family has a mental handicap.

Also one day care activity team in the centre of Rotterdam, one 24/7 team in Rotterdam Zuid and I am setting up a 24/7 location in Spijkenisse for so called LVG youngsters, lightly handicapped youngsters from the age of 18 and onwards. This brand new location will open its doors in May 2010.

Personally I have always had a passion for cultural diversity. Working in the city of Rotterdam where over 50% of the population is other than Dutch, I see a great need of interculturalisation within organisations. For my organisation I participate in a project group on Cultural diversity and in a knowledge network on the subject. As a representative of my organisation I participate in the project "samen verder in de gekleurde wereld van Rotterdam" (onwards together in the coloured world of Rotterdam). In my spare time I am a member of the board of the Vrienden van Kameroen ([www.vriendenvankameroen.nl](http://www.vriendenvankameroen.nl)) - friends of Cameroon- my specific task is to manage the network and relations.

#### ***Relation to ENIEC:***

I came to know of ENIEC's existence via Jan Booi. I know Jan because he held a presentation for our organisation in the past.

#### ***Thoughts about ENIEC:***

I am still a very new member but from what I have seen so far I highly appreciate the way ENIEC is gathering and spreading information on cultural diversity. It was so inspiring for me to meet so many people interested in this subject. The network I can build via ENIEC is surely going to be helpful to me initiating and moving ahead on interculturalisation.

I hope that ENIEC will take further action on the formation and expansion of the working groups, so we will continue our

contact and exchange between the yearly congresses.

#### ***Something about your personal situation:***

I have lived together with my Cameroonian partner since 2002. Since January 2009 his 2 (also Cameroonian) children (boy of 12 and girl of 10 years old) live with us. The past year was a year that took us all a lot of adaptation! Luckily we have already come a long way.

I am by character somebody seeing the positive side of things, who sets goals and works hard to achieve them, persistent, curious, responsible, enthusiastic, convincing and looking for connections.

Hobbies: salsa dancing, belly dancing, zumba, listening to world music ,nature, fitness, reading, organising cultural events (African fashion show, African atmosphere).

#### ***Where will you be in March 2011?***

Well I must say I hope to be in Goteborg!!

#### ***Invitation:***

#### **Anne Rose Abendanon**

Apart from her warm personality I am very interested to know more about what she is doing at Cordaan.

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Send your items for the next ENIEC newsletter before May 1<sup>st</sup>, 2010 to

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