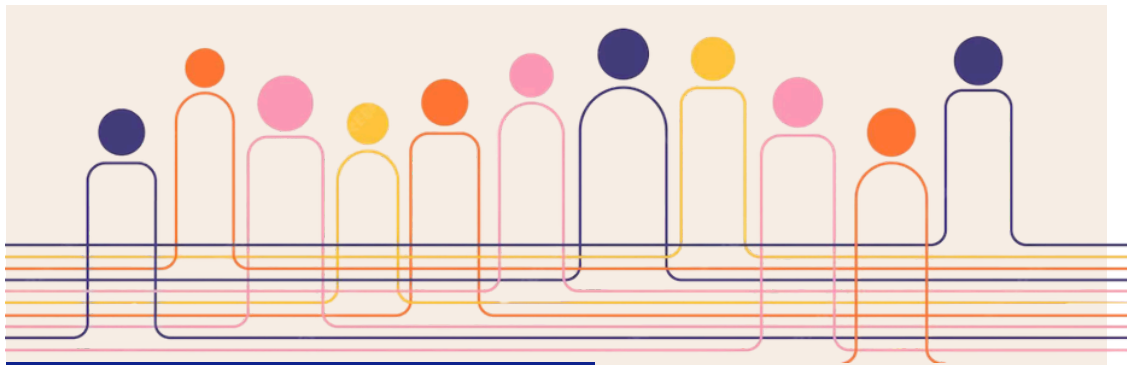


WELCOME TO OUR MONTHLY NEWSLETTER

CULTURAL INTELLIGENCE IN AGED CARE



Welcome to April

As we move into April, Multicultural Aged Care (MAC) warmly acknowledges our members, partners, providers, and communities across South Australia and beyond.

April is a meaningful time across many cultures and faiths, marked by renewal, reflection, and connection. From Easter and Orthodox Easter, to Songkran and Vaisakhi, this month brings together diverse traditions that celebrate new beginnings, gratitude, and community.

These occasions provide a valuable opportunity for the aged care sector to deepen cultural understanding and create inclusive environments where older people feel respected, heard, and connected to their cultural identity.

At the same time, ANZAC Day invites us to reflect on service, sacrifice, and shared history. It is also a moment to recognise the diverse backgrounds and contributions of those who have served, and to honour the many cultural perspectives on remembrance and respect.

Across our communities, older people carry rich cultural stories, traditions, and lived experiences. By embracing these, we not only enhance wellbeing but also strengthen connection, belonging, and dignity in care.

MAC remains committed to supporting the sector with culturally informed guidance, practical resources, and opportunities for learning and reflection. Together, we continue to build a more inclusive, responsive, and compassionate aged care system.

This April, we encourage you to take time to:

- Celebrate cultural diversity
- Listen and share stories
- Create meaningful moments of connection

Together, let us continue to support older people to live with dignity, respect, and a strong sense of belonging.

IN THIS NEWSLETTER:

- A snapshot of cultural celebrations
- Activity Ideas: Dyed Easter Eggs
- Holy Week Through My Eyes: An Orthodox Easter Journey of Memory, Faith and Family
- 25 April - ANZAC Day
- Culturally Relevant Dementia Resources
- 1 Week to Go – Don't Miss MAC's Expo 2026!
- Resource Spotlight - Multicultural calendar 2026
- Resource Spotlight - Library
- Your voice matters - More information!

How to Use This Newsletter:

For frontline staff
For managers
For volunteers
For community members

Subscribe here to receive our monthly newsletters:
<https://mac.org.au/contact/>



Multicultural
Aged Care

A SNAPSHOT OF CULTURAL CELEBRATIONS

4-6 April - Easter (Christian)

It is a time of joy, renewal, and togetherness, celebrating the resurrection of Jesus Christ and the promise of new life.

Beyond its religious meaning, Easter has also become a widely recognised cultural celebration centred on family, food, and shared traditions.

Common Traditions

- **Church Services:** Many people attend services on Good Friday and Easter Sunday, reflecting on themes of hope, forgiveness, and renewal.
- **Easter Eggs** : Eggs symbolise new life and rebirth. Chocolate eggs and egg hunts are especially popular with families and grandchildren.
- **Easter Bunny** : A well-known symbol in Western cultures, representing fertility and new beginnings.
- **Family Gatherings & Meals** : Easter is often celebrated with loved ones, sharing special meals such as roast lamb, vegetables, and seasonal desserts.
- **Spring Symbolism** : In the Northern Hemisphere, Easter aligns with spring, reinforcing themes of growth and new beginnings (flowers, light colours, fresh starts).

Activity Ideas

Creative Activities

- Decorate Easter eggs (painted, stickers, or paper cut-outs)
- Easter-themed colouring pages or crafts
- Create a communal Easter display board

Social & Fun Activities

- Simple indoor "egg hunt" using large, visible objects
- Easter trivia or quiz (traditions from different countries)
- Bingo with Easter symbols

Reminiscence & Connection

- Group discussion: "What was Easter like when you were young?"
- Share favourite Easter foods or family traditions
- Display photos or cultural Easter items

Sensory & Wellbeing

- Play gentle hymns or familiar Easter music
- Flower arranging with pastel colours
- Baking simple treats (e.g. hot cross buns if appropriate)

A SNAPSHOT OF CULTURAL CELEBRATIONS

14 April - Vaisakhi (Sikh)

Vaisakhi is a significant festival celebrated mainly by Sikh and Punjabi communities, marking both the harvest season and an important moment in Sikh history.

It is a time of:

- Community gatherings
- Gratitude for food and nature
- Cultural pride and identity

Traditions include:

- Visiting Gurdwaras (places of worship)
- Sharing free community meals (Langar)
- Vibrant music and Bhangra dancing

Activity Ideas:

- Watch or participate in simple Bhangra movements (seated version for accessibility)
- Discuss harvest traditions from different cultures (rice harvest, grape harvest, etc.)
- Share stories about food, farming, or family traditions



13-15 April - Songkran- Thai New Year

Songkran marks the Thai New Year and is deeply rooted in cleansing, renewal, and respect for elders.

Traditionally:

- Water is gently poured over Buddha statues and elders' hands as a blessing
- Families gather and visit temples
- It is a time to let go of the past and welcome a fresh start

While widely known today for water festivals, the deeper meaning is about:

Respect Gratitude Spiritual renewal

Activity Ideas (aged care friendly):

- Gentle "water blessing" ritual (symbolic hand sprinkling with scented water)
- Cultural storytelling about New Year traditions around the world
- Play Thai music and discuss cultural celebrations

A SNAPSHOT OF CULTURAL CELEBRATIONS

12-13 April - Orthodox Easter (Greek, Serbian, Russian communities)

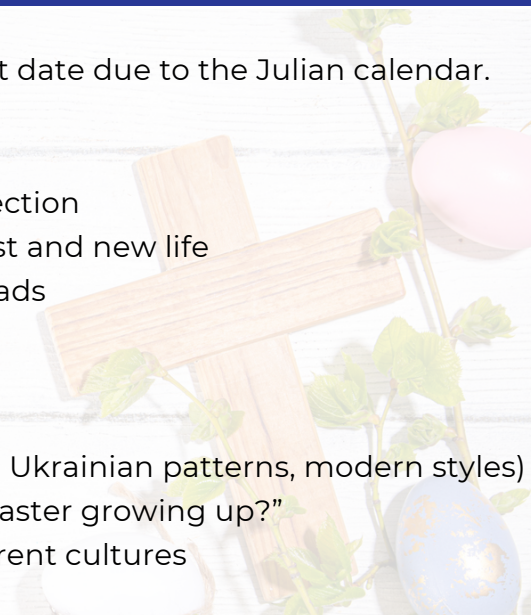
Orthodox Easter is often celebrated on a different date due to the Julian calendar.

Traditions are rich in symbolism and spirituality:

- Midnight church services marking the resurrection
- Red-dyed eggs symbolising the blood of Christ and new life
- Traditional foods such as lamb and sweet breads
- Greeting: "Christ is Risen" / "Truly He is Risen"

Activity Ideas:

- Multicultural egg decorating (Greek red eggs, Ukrainian patterns, modern styles)
- Story-sharing circle: "How did you celebrate Easter growing up?"
- Display table with Easter traditions from different cultures



Easter Egg Decorations

There are a multitude of ways we can decorate easter eggs, these can include onion dyed and red cabbage dyed methods. The red cabbage method is a variant of the traditional onion dyed option. See the next pages for two step-by-step instructions on how to create these beautiful decorations.

Our [MAC Library](#) has further resources on [other traditional egg decorating methods](#) from countries all around the world such as Ukraine.



Cabbage Dyed Method



Onion Dyed Method

ONION DYED EASTER EGGS

Materials

WESTERN VARIANT

Large white eggs
Stockings
Assorted leaves, flowers, and stickers
Scissors
Large saucepan
Bowl
Colander/strainer
Slotted spoon
Oil
Paper towel
Brown or red onion skins
Two tablespoons white vinegar and/or
one teaspoon cream of tartar



Directions

1. Wash all of the eggs with soap to make sure they are free of oil or grease.
2. Place an egg in the saucepan and fill it with enough water to cover the top of the egg by at least an inch. Remove the egg.
3. Add the onion skins, press down, and bring to a boil. Boil for 30 minutes partially covered to minimise evaporation, stirring occasionally. The water should be a deep rusty orange.
4. Allow water to cool slightly, and then strain contents over a bowl, pressing skins to remove any remaining liquid.
5. Rinse pan, pour in dye water, cover, and return to low heat to keep warm while preparing eggs.
6. Cut the stockings into 4 to 5 inch lengths.
7. One at a time, place leaves, flowers, and stickers on the egg as desired. Some of the plant materials will stick better if you dip them in water first.
8. Place the toe of the stocking on the top of your fingers and turn it inside out so that it covers your hand. Place the egg in your hand, and gently turn the hose right side out to cover the egg. Make sure your design is how you want it, and then pull the stocking securely and tie into a knot on the back. Repeat with remaining eggs.
9. Return dye to a gentle boil and stir in vinegar and/or cream of tartar.
10. Gently lower the eggs in the saucepan and boil for 20-30 minutes. Check the colour of the eggs at 20 minutes. If not dark enough, boil until desired colour is obtained.
11. Remove eggs with a slotted spoon and place on rack to cool slightly.
12. Carefully cut stockings and unwrap eggs. Discard any remaining plant materials or stickers.
13. Dampen a paper towel lightly with oil and buff eggs until shiny.

ONION DYED EASTER EGGS

Materials

EASTERN EUROPE VARIANT

Large white eggs
Stockings/cloth (approx. 20cm. square)
Rubber bands
Bowl of water
Large saucepan
Colander/strainer
Slotted spoon
Oil
Paper towel
Brown or red onion skins - large as possible
pieces
White vinegar (optional)



Directions

1. Wash all of the eggs with soap to make sure they are free of oil or grease.
2. Wet the egg with water, this helps the onion skins to stick. If using cloth rather than stockings, dampen the cloth as well.
3. Wrap the onion skins around each egg making sure to give each egg good coverage. If cracks or bare patches occur, don't worry as these create lovely patterns.
4. Place the onion wrapped egg into the middle of your square of cloth or stocking. Wrap the cloth snugly around the egg so that the onion skin presses tightly against it. Tie off the top of the cloth with a rubber band.
5. Carefully add each egg bundle to a pot of boiling water. Boil them for seven ,minutes or so, until they are hard boiled. Salt added to the water may help the eggs from cracking. A dash of vinegar added to the water may also help the colour set into the eggs.
6. Carefully drain the eggs and rinse in cold water to cool the eggs down.
7. Remove the rubber bands and unwrap the eggs. Peel off the onion skins and dispose.
8. Wipe the eggs dry. Put a little vegetable oil on a cloth or paper towel and rub onto eggs. This gives them a lovely shine.

Variations

The process of masking using stickers, leaves and flowers can also be used with this method.

Rice and other grains such as barley can also be used to create a mottled effect.

RED CABBAGE DYED EASTER EGGS

Materials

One medium head of red cabbage, sliced
Large white eggs
Four tablespoons white vinegar and/or
two teaspoons cream of tartar
Stockings
Assorted leaves, flowers, and stickers
Scissors
Large Saucepan
Bowl
Colander/strainer
Slotted spoon
Oil
Paper towel



Directions

1. Wash all of the eggs with soap to make sure they are free of oil or grease.
2. Place an egg in the saucepan and fill it with enough water to cover the top of the egg by at least an inch. Remove the egg.
3. Add the cabbage and bring to a boil. Boil for 30 minutes partially covered to minimise evaporation, stirring occasionally. The water should be a deep purple.
4. Allow water to cool slightly, and then strain contents over a bowl, pressing pulp to remove any remaining liquid.
5. Rinse pan, pour in dye water, cover, and return to low heat to keep warm while preparing eggs.
6. Cut the stockings into 4 to 5 inch lengths.
7. One at a time, place leaves, flowers, and stickers on the egg as desired. Some of the plant materials will stick better if you dip them in water first.
8. Place the toe of the stocking on the top of your fingers and turn it inside out so that it covers your hand. Place the egg in your hand, and gently turn the stocking right side out to cover the egg. Make sure your design is how you want it, and then pull the stocking securely and tie into a knot on the back. Repeat with remaining eggs.
9. Return dye to a gentle boil and stir in vinegar and/or cream of tartar.
10. Gently lower the eggs in the pan and boil for 30 minutes. Turn off heat, cover, and let stand for about 3 hours, or until desired colour is obtained.
11. Remove eggs with a slotted spoon and place on rack to cool slightly.
 12. Carefully cut the stocking and unwrap eggs. Discard any remaining plant materials or stickers.
13. Dampen a paper towel lightly with oil and buff eggs until shiny. Remove excess oil with clean paper towel.

Naturally dyed eggs are common in many countries, including Latvia, Lithuania, Poland and Hungary. Some traditions use freshly collected greenery to decorate the eggs with. Fern leaves give the eggs a beautiful lacey look.

Holy Week Through My Eyes: An Orthodox Easter Journey of Memory, Faith and Family

by Vicki Kanakaris

We are in Holy Week.

And as we journey through these most sacred days and nights, my heart is gently carried back to the warmth of childhood, to memories of grandparents, aunts, uncles, cousins, family and friends. I remember attending church, the hush of candlelit services, the scent of incense, and the quiet seriousness mixed with deep emotion. These were days filled with reverence, ritual and love. As I reflect, things have not changed for me and my children.

Holy Week brings with it a profound sense of belonging, not only to family, but to faith, church, culture and shared tradition. It connects us to generations before us through familiar prayers and well-worn customs. These rituals, though repeated year after year, never feel obligatory. They are treasured, anticipated, and deeply welcomed moments that anchor us to who we are.

Palm Sunday, Christ's triumphant entry into Jerusalem, signals the beginning of Holy Week. Churches are adorned with palm leaves, and at the end of the service small woven crosses made of palms are lovingly distributed to all. It is a day of quiet joy. Even though we are still in Great Lent, fish is permitted, and tradition calls for bakaliaros with skordalia (fried cod with rich, garlicky potato mash), shared at the family table.

As the week unfolds, Holy Week becomes a gentle rhythm of preparation and devotion; candles flickering, incense rising, homes filling with anticipation, and nightly vigils drawing us back to church.

Holy Thursday (Megali Pempti, 9 April) is a day both solemn and tender. Red eggs are dyed - the red symbolising the blood of Christ, the egg itself a sign of new life and Resurrection. Kitchens come alive with the scent of freshly baked tsourekia and Easter sweets. In the evening, we attend church for the Service of the Last Supper. The evening service presents powerful and emotionally charged readings of the Passion and Crucifixion of Christ.



Good Friday (Megali Paraskevi, 10 April) is a day of deep mourning and stillness. We commemorate the burial of Christ. The Epitaphio (the symbolic tomb) is adorned with flowers, and in the evening, we walk behind it in procession through the streets, candles glowing softly as chanters sing hymns that echo with sorrow and hope.

Holy Saturday (Megalo Savvato, 11 April) brings us to the emotional pinnacle of the week: the Resurrection service at midnight. The near darkness in church is quickly dispersed as candles are lit from the Holy Light, which we carefully carry home in lanterns to bless our houses. Before midnight, crowds young and old gather outside the church. Just as the clock strikes twelve, the priest and clergy emerge and proclaim the Resurrection:

“Christos Anesti!” — Christ is risen

“Alithos Anesti!” — Truly, He is risen

In that moment, voices unite as everyone sings the Resurrection hymn together. It is powerful, overwhelming, and impossible to forget. Fireworks burst into the sky as joy replaces grief, celebrating Christ’s triumph over death.

Easter Sunday (Pascha, 12 April 2026) is a glorious celebration of life and togetherness. Families gather for a feast: lamb or pig on the spit, barbecues, seafood, salads, sweets, music, laughter, and full bellies. We share the beloved tradition of cracking red eggs (tsougrisma), playfully competing to see whose egg remains unbroken. Each challenge begins with “Christos Anesti” and is answered with “Alithos Anesti”; a joyful reminder of Resurrection, renewal, and the bonds that hold families together.

Easter Monday (13 April 2026) is a time of rest, sipping coffee, and happily eating leftovers.

Growing up, I was often asked, “Why do you celebrate Easter on a different date?”

Orthodox Easter follows the Julian Calendar, which differs from the Gregorian calendar used in the Western church. Occasionally the dates align, but regardless, Easter for us begins forty days earlier with Great Lent, a time of fasting, reflection, faith and love.

“For me, Easter is the most cherished season of the year. It is faith. It is family. It is memory, tradition, and love passed lovingly from generation to generation.” _Vicki Kanakaris



25 APRIL - ANZAC DAY



ANZAC Day (25 April) is a significant day of remembrance in Australia and New Zealand, honouring the service and sacrifice of all those who have served in wars, conflicts, and peacekeeping operations.

It is a time for reflection, gratitude, and respect, often marked by dawn services, moments of silence, and community gatherings. Beyond remembrance, ANZAC Day also acknowledges the diverse backgrounds of those who have served, including multicultural communities whose contributions are an important part of Australia's shared history.

In aged care and community settings, ANZAC Day can be a meaningful opportunity to support older people in sharing their personal or family stories, fostering connection and reflection across generations and cultures.

Activity ideas:

- Memory-sharing circle: "What does remembrance mean to you?"
- Display a reflection wall with stories, photos, or poppies
- Play gentle music or readings during a quiet reflection session
- Invite culturally diverse perspectives on remembrance traditions
-

ANZAC Day reminds us that remembrance is both personal and collective—honouring the past while strengthening understanding and connection in the present.



Culturally Relevant Dementia Resources

Supporting People Living with Dementia from CALD Backgrounds: Practical Approaches in Everyday Care

(Microlearning session | approx. 18–22 minutes)

This microlearning session explores how culture, language, migration experiences and family roles shape the way dementia is experienced and understood. Focused on practical, everyday care rather than clinical diagnosis, the session highlights simple yet powerful approaches to improving dignity, communication and wellbeing.

It encourages aged care workers to use culturally familiar activities, involve families as partners, and respond to behaviour as communication, while adopting a culturally intelligent approach that supports inclusive, person-centred dementia care.



[Click here to access our Microlearning session](#)



MindCare – Educator and Participant Resources

- In-language dementia and brain health education resources
- Co-designed with culturally and linguistically diverse communities
- Delivered through bilingual educators and facilitators
- Practical tools to support understanding, engagement and prevention

MindCare is a project focused on dementia prevention, brain health, and community education, with a strong emphasis on culturally relevant and accessible approaches developed in partnership with multicultural communities.

Through co-design with culturally and linguistically diverse groups, MindCare has developed educator and participant resources, including in-language slide packs, facilitator guides, and participant handouts. These materials support understanding of dementia and brain health in culturally meaningful ways, delivered through bilingual educators.

While the primary focus is education and prevention, the principles strongly align with culturally responsive dementia care and engagement across the care journey. Staff are encouraged to explore these resources to support learning and practice.

[Click here for more information about MindCare](#)

WHAT'S ON

1 WEEK TO GO - DON'T MISS MAC'S EXPO 2026!

AGEING, WELLNESS & DIVERSITY

EXPO

2026

FREE ENTRY
FREE ENTRY
FREE ENTRY



Scan the QR code to register
and go in the draw to WIN a
special door prize!



17 APRIL



10:00 AM - 1:00 PM



The Lights Community and Sports
Centre, 244 - 270 East Parkway,
Lightsview SA 5085

Parking available

MAC's Ageing, Wellness and Diversity Expo returns in 2026, bringing together a diverse range of service providers, community organisations, guest speakers, and entertainers.

Come along to celebrate cultural diversity, inclusion and wellbeing within the aged care and community sector.

What to expect

- Learn about a wide range of services available to support older people, carers and families
- Meet the dedicated organisations and professionals working alongside our communities
- Listen to inspiring guest speakers
- Collect helpful resources to support informed choices that suit your needs

At MAC, we are committed to creating inclusive spaces where everyone feels valued, heard, and empowered. This expo is your opportunity to explore services that support your needs and wellbeing.

Please share this event within your community and networks!

Bring your friends, family, and networks along – everyone is welcome!

For more information: phone: (08) 8241 9900, email: macsa@mac.org.au

We can't wait to see you there!

RESOURCE SPOTLIGHT

MULTICULTURAL CALENDAR 2026

Multicultural Calendar 2026

Legend:
National public holiday (Yellow)
State and Territory public holiday (Green)

*Dates in June and October months start at sunset the previous evening.
*Dates may vary from what is listed.
Information contained within this document was correct at the time of publication.

Centre of Excellence In Cultural Diversity and Inclusion

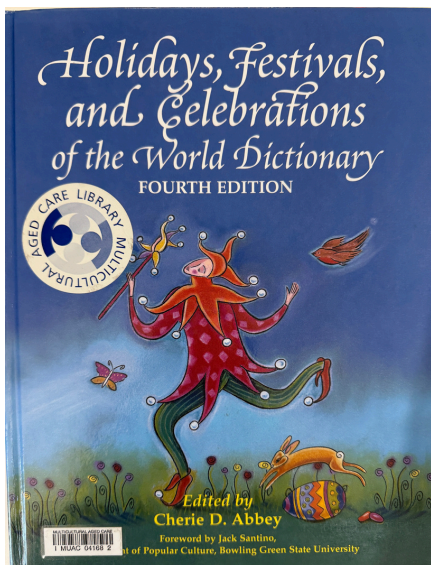
Introducing the Multicultural Calendar, your essential tool for embracing diversity and inclusion year-round! This comprehensive calendar is a vibrant tapestry of dates, celebrating various Culturally and Linguistically Diverse (CALD) events throughout the year. It's designed for anyone working with CALD and multicultural communities, as well as anyone interested in broadening their cultural horizons.

[Download our Multicultural Calendar 2026 here](#)

RESOURCE SPOTLIGHT

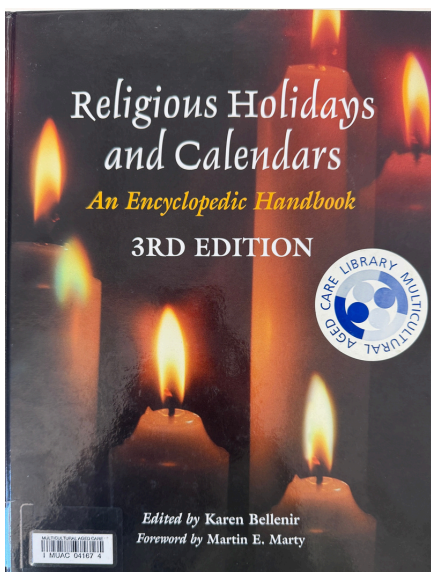
MAC LIBRARY

To access our library or borrow our books, [click here](#)



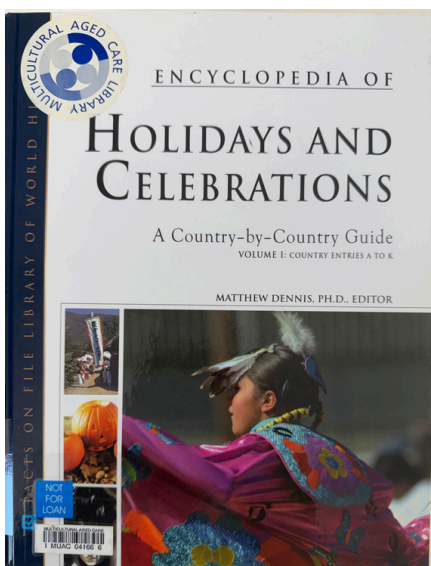
Holidays, Festivals, and Celebrations of the World Dictionary. Edited by Cherie D. Abbey

This dictionary offers a broad and accessible overview of thousands of celebrations from cultures around the globe. It includes both religious and secular events, ranging from internationally recognised holidays to local festivals, seasonal observances, and traditional rites. Each entry provides concise information on the origin, purpose, and customs of the celebration, highlighting how special days and seasons have been marked throughout history as a universal expression of cultural identity and community life.



Religious Holidays and Calendars: An Encyclopedic Handbook. Edited by Karen Bellenir

This authoritative handbook explores the major religious calendars and sacred timekeeping systems used by faith traditions across the world. It provides detailed explanations of significant religious holidays, fasting periods, and holy days, along with their spiritual meanings and associated rituals. The resource also helps readers understand how different religions calculate dates, such as lunar, solar, and lunisolar calendars, making it especially useful for planning inclusive events and developing cultural awareness.



Encyclopedia of Holidays and Celebrations: a country-by-country guide. Edited by Matthew Dennis (3 volumes)

This comprehensive, multi-volume encyclopedia provides an in-depth overview of holidays and celebrations observed around the world, organised by country. It includes public, religious, cultural, and regional celebrations, with attention given to the most prominent ethnic and religious groups within each nation. Entries often outline the historical origins, cultural significance, traditional customs, and contemporary practices associated with each celebration, making it a valuable reference for understanding

YOUR VOICE MATTERS!

We'd love to hear from you! Share your family traditions, favourite recipes, or special cultural stories so we can feature them in next month's edition.

Callout for ideas:

- Tell us how your family celebrates!
- Share your recipe or story for next month's edition.
- Email us at macsa@mac.org.au with your ideas.

Subscribe here to receive our monthly newsletters:

<https://mac.org.au/contact/>

MORE INFORMATION

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Multicultural
Aged Care

Website

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PICAC
alliance

Partners in Culturally Appropriate Care