

Yiayia  
at the  
Market



Yiayia at the Market - **Η Γιαγιά στην Αγορά**

Written by Helen Velissaris  
Illustrations by Oakleigh Grammar School  
Front cover illustration by Rui Lu

A Fronditha Care publication

# **Yiayia at the Market**

## ***Η Γιαγιά στην Αγορά***

### *Dedication*

This book is dedicated to the elderly in our community living with dementia and the people who care for them.

My Yiayia loves to cook. That's how she shows love, my mum says.

But lately, Yiayia has been getting things muddled up.

Η γιαγιά μου αγαπάει το μαγείρεμα. «Έτσι δείχνει την αγάπη της», λέει η μαμά.

Όμως, τώρα τελευταία η γιαγιά έχει αρχίσει να μπερδεύεται.

*Illustration - Rui Lu*



At the market, I sometimes have to guide her.

I've learnt where all the good fruits and vegetables are to help her when she gets confused.

Κάποιες φορές, χρειάζεται να της δείχνω εγώ το δρόμο για την αγορά.

Έχω μάθει που είναι όλα τα καλά φρούτα και λαχανικά και τη βοηθάω όταν μπερδεύεται.



Illustration - Theodore Gavrilesco

“Where are the carrots?” she asks.

“Over here Yiayia,” I say.

The stall holders recognise us now and help by putting the right amount in the bags.

«Που είναι τα καρότα;» με ρωτάει.

«Εδώ είναι γιαγιά» ,της απαντώ.

Οι πωλητές μας γνωρίζουν πλέον και μας βοηθάνε, βάζοντας τη σωστή ποσότητα στις τσάντες.



Illustration - Zoe Pandelias

Despite Yiayia's forgetfulness, she always seems to catch me when I put my hands in the big sacks of lentils and beans.

"Stamata Niko!" she yells before slapping my arm.

Mum chuckles but never says anything. I think she used to do that too when she was my age.



Παρόλο που η γιαγιά μου ξεχνάει πολλές φορές, με πιάνει σχεδόν πάντα όταν βάζω τα χέρια μου στις μεγάλες σακούλες με τις φακές και τα φασόλια.

«Σταμάτα Νίκο!» φωνάζει, προτού μου χτυπήσει το χέρι.

Η μαμά συγκρατεί το γέλιο της αλλά ποτέ δεν λέει τίποτα. Νομίζω πως και εκείνη το έκανε όταν ήταν στην ηλικία μου.



Illustration - Zongyang Huang



I don't like going into the fish and meat section because it's smelly.

I get frustrated when Yiayia pauses or keeps asking the same questions.

"Did we buy snapper?" she asks.

"Yes Yiayia," I reply in a huff.

"Are you sure? I don't see it... let me look," she says as she rummages in the basket.

Δεν μου αρέσει να πηγαίνουμε εκεί που πουλάνε κρέας και ψάρια επειδή έχει μία περίεργη μυρωδιά.

Με ενοχλεί όταν η γιαγιά κολλάει και επαναλαμβάνει τις ίδιες ερωτήσεις.

«Αγοράσαμε φαγκρί;» ρωτάει.

«Ναι γιαγιά», απαντώ ξεφυσώντας.

«Είσαι σίγουρος; Δεν το βλέπω...άσε με να ρίξω μια ματιά», μου λέει καθώς ψάχνει μέσα στο καλάθι.

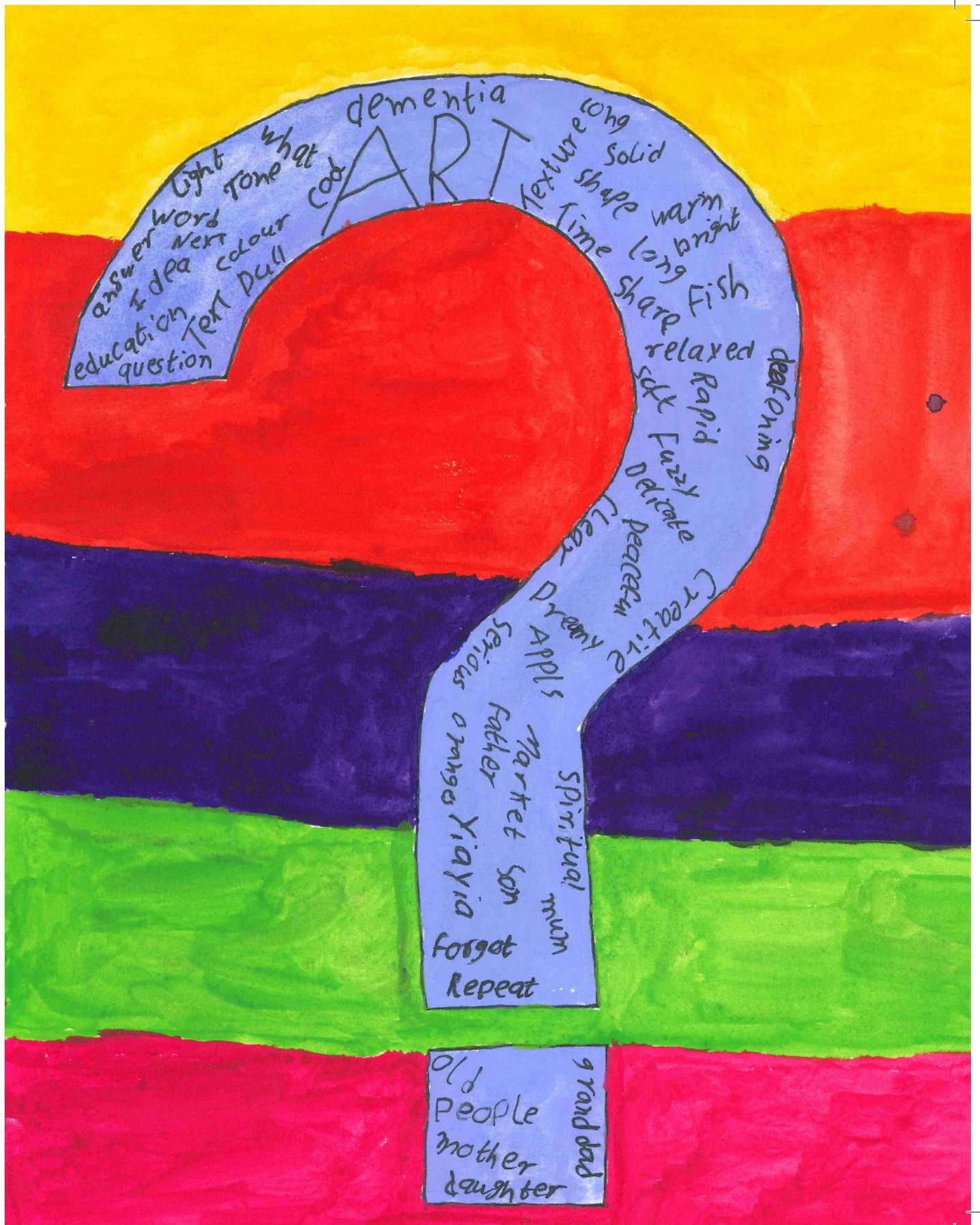


Illustration - Filip Busija



Illustration - Ioanna Ikonopoulos

“Yiayia come on!” I beg.

I just want to get out of there.

Mum pulls me aside and tells me to be patient.

«Γιαγιά έλα πάμε!» την παρακαλάω.

Το μόνο που θέλω είναι να φύγω από εκεί.

Η μαμά με τραβάει στην άκρη και μου λέει να είμαι υπομονετικός.





“Yiayia lives with dementia. It is changing the way her brain works,” mum says.

It causes her to sometimes forget my name or repeat stories she’s told us a thousand times.

«Η γιαγιά έχει άνοια. Η άνοια αλλάζει τον τρόπο που λειτουργεί το μυαλό της», μου λέει η μαμά.

Την κάνει πολλές φορές να ξεχνάει το όνομά μου ή να επαναλαμβάνει ιστορίες τις οποίες μας έχει πει χιλιάδες φορές.

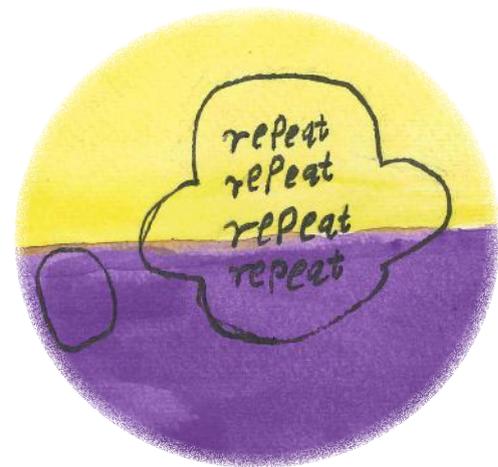
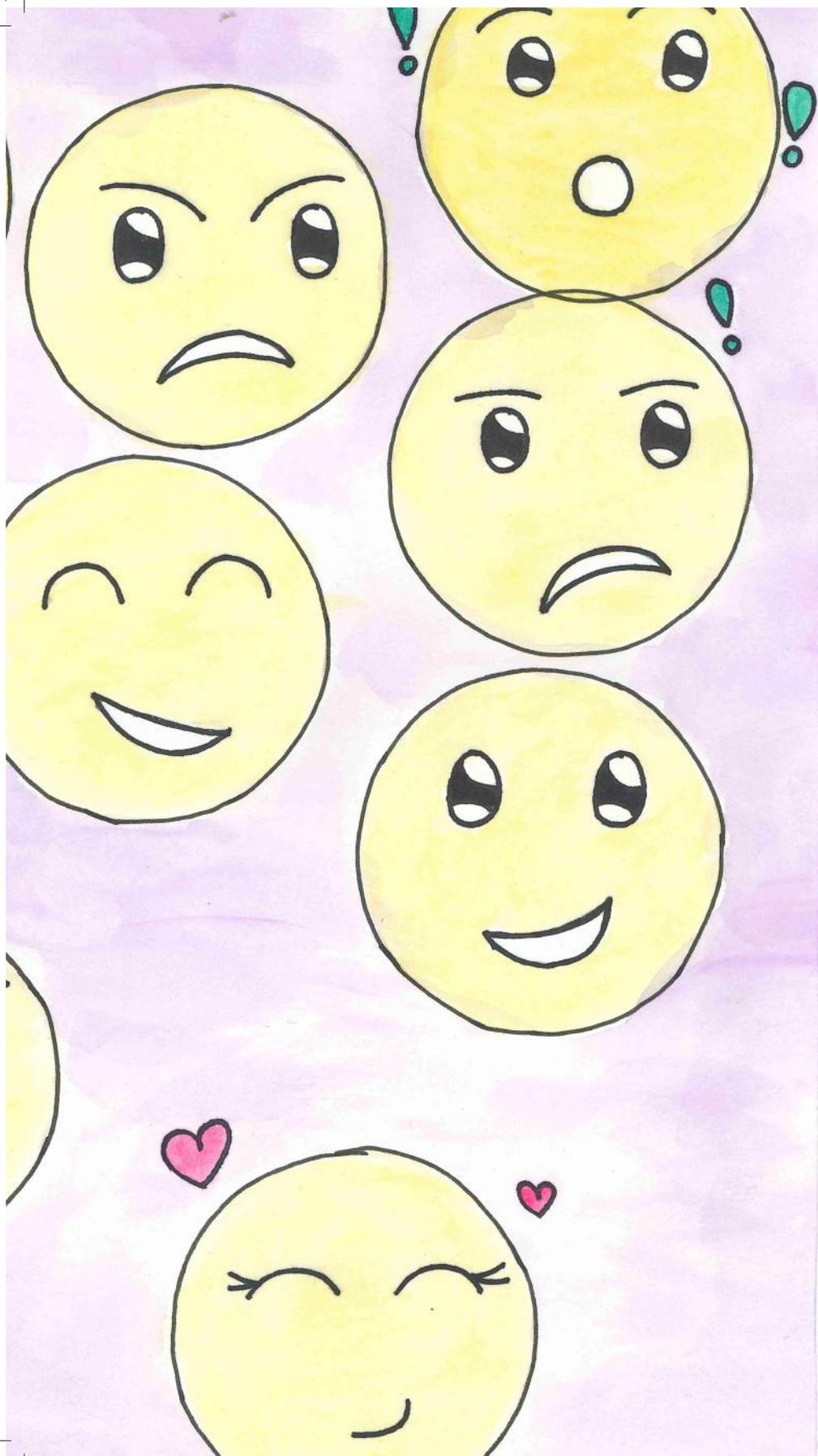


Illustration - Filip Busija





She gets startled and forgetful in crowded areas, which is why we now help her at the market.

“It’s not her fault,” mum says, “it’s just what happens to old people sometimes.”

But it still doesn’t make sense.

Σαστίζει και αρχίζει και ξεχνάει όταν βρίσκεται ανάμεσα σε πλήθη, γι’ αυτό και την βοηθάμε στην αγορά.

«Δεν είναι δικό της λάθος» λέει η μαμά «απλά κάποιες φορές αυτό συμβαίνει στους ηλικιωμένους ανθρώπους».

Αλλά και πάλι δεν το καταλαβαίνω.

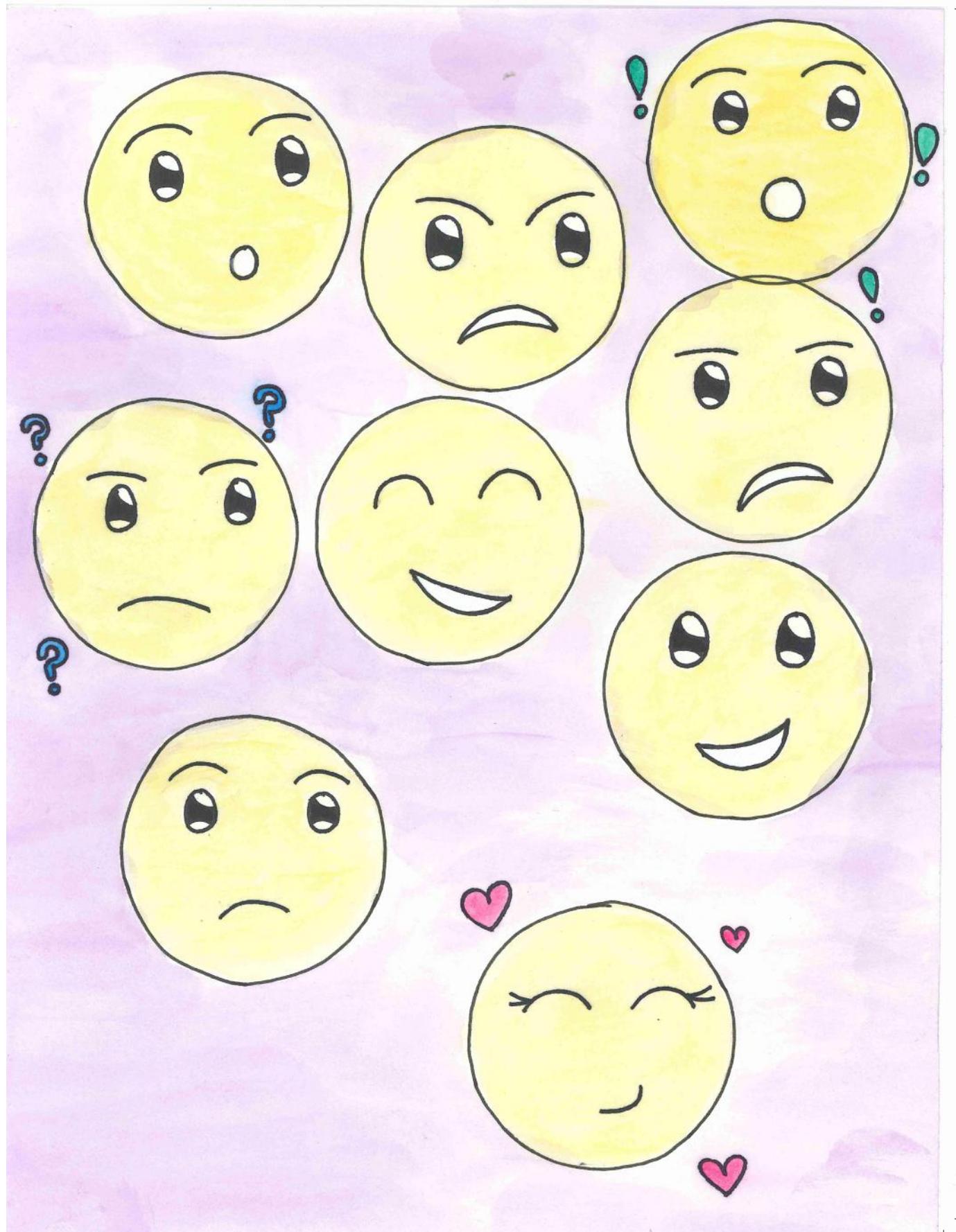


Illustration - Alexia Kotsirilos

“We all forget things,” I say.

“You always forget the car keys,” I tell mum.

“Yes agapi mou, but for Yiayia, her brain works a little differently now,” mum explains.

«Όλοι ξεχνάμε πράγματα», της απαντώ.

«Εσύ ξεχνάς πάντα τα κλειδιά σου», λέω  
στη μαμά.

«Ναι αγάπη μου, αλλά το μυαλό της γιαγιάς  
λειτουργεί λίγο διαφορετικά τώρα», μου  
εξηγεί η μαμά.





We need  
to help her!

“She might forget what the keys are used for, or she might forget the right way to put the key into the lock. She might forget who I am or who you are. That doesn’t mean she doesn’t love us.

“You just have to be patient. You have to help her, give her choices so she doesn’t feel forced, and above all, don’t get upset if you have to repeat something over and over again.”

«Θα ξεχάσει για παράδειγμα γιατί χρησιμοποιούμε τα κλειδιά, ή μπορεί να ξεχάσει τον σωστό τρόπο να βάλει το κλειδί στην πόρτα και να ξεκλειδώσει. Μπορεί να ξεχάσει ποια είμαι ή ποιος είσαι. Αυτό δεν σημαίνει ότι δεν μας αγαπάει.

«Πρέπει απλά να είμαστε υπομονετικοί. Πρέπει να την βοηθάμε, να τις δίνουμε επιλογές ώστε να μην νιώθει πίεση και το κυριότερο, να μην αναστατωνόμαστε όταν μας ρωτάει συνεχώς τα ίδια πράγματα».



Illustration - Longyi Fan

I go over to Yiayia and I help her find the fish we just purchased.

“Here’s the snapper Yiayia,” I say.

I can see her relax when I show it to her. I make sure to keep it at the top of the basket in case she asks again.

Mum smiles and pushes forward.



Πλησιάζω τη γιαγιά και την βοηθάω να βρει το ψάρι που μόλις αγοράσαμε.

«Ορίστε, εδώ είναι το φαγκρί, γιαγιά», της λέω.

Τη βλέπω να ηρεμεί με το που το βλέπει και το βάζω πάνω πάνω στο καλάθι, σε περίπτωση που αρχίσει να το ψάχνει πάλι.

Η μαμά χαμογελάει και συνεχίζει.





At home, Yiayia always feels the best when she's in the kitchen. She has taught me how to peel potatoes and cut celery for the fish soup we like to make on market day.

Now mum says it's time for us to remind her of what we learnt.

"Yiayia, would you like me to show you how I like to cut the carrots?"

Στο σπίτι, η γιαγιά πάντα αισθάνεται καλύτερα όταν βρίσκεται στην κουζίνα. Μου έχει μάθει πώς να καθαρίζω πατάτες και να κόβω το σέλινο για την ψαρόσουπα που μας αρέσει να μαγειρεύουμε όταν επιστρέφουμε από την αγορά.

Τώρα η μαμά λέει ότι είναι η σειρά μας να της υπενθυμίζουμε όσα έχουμε μάθει.

«Γιαγιά, θα ήθελες να σου δείξω πώς μου αρέσει να κόβω τα καρότα;»



*Illustration (left) - Alexander Barnard*

*Illustration (right) - Eleni Pantelidis*

# Dementia Explained by HMSA

**Dementia** is a group of diseases that affect the brain and how it functions.

People with dementia can have trouble with memory and other brain functions.

Most people are older but even young people can develop dementia. Most commonly it happens after 65 years of age.

There are lots of different types of dementias. Alzheimer's is one type.

There are other conditions that can present like dementia for example deficiencies in hormones or vitamins, other brain conditions and medication side effects. This is why it is important to obtain a thorough medical examination with appropriate tests as soon as possible so that the person can obtain the right sort of help early.

Most cases of dementia are not inherited. There are theories of why some dementias occur but we do not yet know the full reasons.

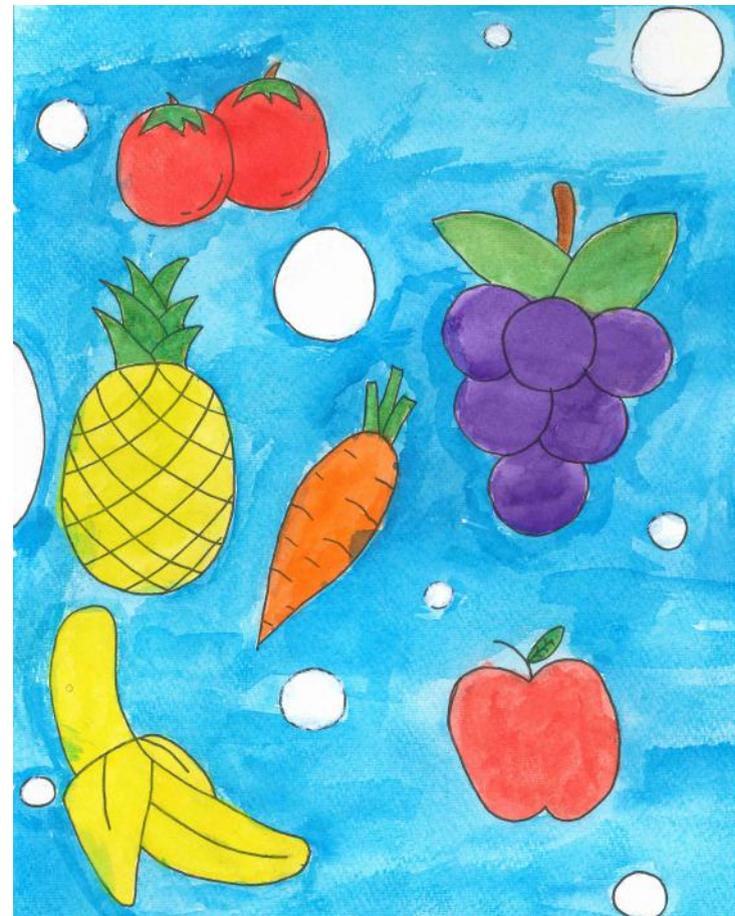
## **The early signs of dementia can be-**

1. Memory loss which slowly but consistently gets worse.
2. Personality change.
3. Withdrawal from social activities.
4. Inability to perform activities that were previously able to be performed.

## **What treatments exist?**

Some medications may help with the symptoms of the condition but there is no cure.

Support of the person and they family is important. There are many services available to assist.



*Illustration - Alexia Kotsirilios*

# HMSA Hellenic Medical Society of Australia

## Vision statement

To enable doctors to promote better health for all Australians including those of Hellenic descent.

## Mission statement

Unite medical professionals with the community to achieve better health and inspire lifelong advancement in knowledge.

## Core values

Excellence: advocating for quality, cutting edge, evidence based practice.

Integrity: promoting ethical, transparent and accountable, professional care.

Compassion: aiming for patient-centred quality care.

Collaboration: facilitating unity, mutual respect and professional leadership.

Innovation: striving for continuous improvement, lifelong learning and research.

## HMSA Aims

Promote excellence in medical practice by:

Advancing, sharing medical knowledge and experience and promoting the science and art of medicine .

Providing expert information and public health advocacy, student and doctor mentoring and support.

Facilitating networking and fellowship links or synergies between medical and health professionals, community and government .

Promoting medical education and research in Australia and Greece and both nations as bilateral medical tourism and medical conference destinations.

Sharing and promoting Hellenic and Australian culture, heritage, language and the lands which formed the basis and origins for modern medicine and its ongoing advancement .

Promoting connecting links between medical and similar organisations internationally.

Supporting Philanthropic missions locally and internationally.



**HMSA**  
Hellenic Medical Society of Australia

## A tradition of love and care

With a rich tradition of love and care, Fronditha Care has been providing aged care services for elders and their families in Australia since 1977. Our bounty of care ethos drives us to go beyond physical and health needs to embrace a culturally rich environment that inspires celebration, fosters belonging and enhances wellbeing. With exceptional residential facilities and community services, we provide choices and tailored care plans to empower elders to live the way they want, and enjoy what they love.

### Caring for dementia patients in a residential care environment

Fronditha Care offers a bounty of care services to elderly Greek Australians throughout the Melbourne area.

Our Memory Support Units (MSUs) are designed to foster a calm and caring environment that nurtures belonging. Residents are able to roam freely, with visual cues to help residents feel safe and comfortable.

Nurses and care staff receive regular specialised training to cope with added difficulties and the sensitivities of the job.

Fronditha Care is a not-for-profit organisation providing a bounty of residential and community care services to Greeks and CALD elders. For more information on our services, to become a volunteer or explore your career options with us please visit [frondithacare.org.au](http://frondithacare.org.au) or call (03)9552 4100.

Respect

Do Right

Bring Joy

Inspire Better



## Culturally appropriate dementia care

For many living with dementia, it is common for them to revert back to their mother tongue even if they had been speaking English for decades.

Residents of our care homes are able to communicate and be understood because of the culturally appropriate environment and model of care Fronditha Care has pioneered.

Our residents feel understood because they can communicate in Greek and follow along with activities in their language. They are able to eat the food they're culturally accustomed to through our Mediterranean menu. Our culturally sensitive lifestyle and activity program is specifically designed to cater to those who live with dementia and have a Greek cultural background.

## Secure but not restrictive

Our Memory Support Units have unique layouts. Fronditha Care has consulted Dementia Australia on creating an environment with circular pathways and wide corridors, with soft fall ground in outdoor areas, encouraging residents to walk around freely where residents are able to roam freely and securely. Resident rooms have photos of patients on doors to help them navigate back to their rooms.

## MSUs

Clayton (GALINI) 33 beds  
Thornbury (ANESI) 30 beds  
St Albans 3 beds

*(in 2021 the St Albans facility will provide 30 beds)*

## Dementia services in the community

Fronditha Care's Community Services support those still living at home with dementia and offers respite to their carers.

**Social Support Groups** are regular weekly catch ups within a culturally appropriate environment where elderly Greeks can expand their social circle, participate in activity and laugh and relax over a meal or a coffee. They are designed to promote physical and emotional wellbeing while encouraging independence and active ageing. The groups also provide much-needed respite for carers.

**Home Care Packages** service elderly Greeks throughout the Melbourne area, many of whom live with early signs of dementia. Carers visit clients numerous times during the week to help with domestic tasks and other needs, promoting independence and wellbeing.

**The Host Home Program** provides invaluable respite for carers of elderly Greeks with early stages of dementia or cognitive changes. The group is run out of an ordinary home in Melbourne and aims to provide a culturally familiar environment away from home, while giving the participants' carers a well-deserved break.



## The illustrations in this book were created by Year 10 students from Oakleigh Grammar

Oakleigh Grammar is an Independent K - 12 Christian School located in the south-eastern suburbs of Melbourne, in the bustling epicenter of Oakleigh. Our School is truly a multi-cultural mecca with a host of innovative educational initiatives, and high-quality teachers with a forward thinking and global outlook.

### Teacher Testimonial

“As an International Baccalaureate World School, our aim is to develop inquiring, knowledgeable and caring young people who help create a better world through intercultural understanding and respect. This outreach project with Fronditha Care and HMSA has encouraged our students to become active and compassionate learners, in relation to building cultural and intergenerational awareness within their community. Students have been able to transfer their learning to real life contexts. They have valued not only the benefits achieved through their acquisition of skills and knowledge, but the rewarding insight their illustrations will provide others. Dementia is a difficult situation many of us will experience in our lives, and of which some of our students currently face. Communication via illustrations and story-telling is a wonderful means to raise awareness, and Oakleigh Grammar has enjoyed being involved.”

**Tracy Sarroff - Teacher of Art**



## Student Testimonials

Taking part in illustrating a children's book on such a difficult topic was such an amazing experience. I am very grateful to be a part of it. From this, I learned a little more about dementia than I already knew, and also how to explain such a hard topic to children. I loved being able to explore ideas that relate to both dementia and Greek culture. This will also be a great addition to my CV and future folios.

**Eleni Pantelidis, Year 10**

I have enjoyed helping to create a story book for children to understand dementia. It sheds more light on the topic for a better understanding. I have enjoyed creating ideas for my part of the storyline. I had the opportunity to learn different ways to draw and paint through this experience. I got to see the way my peers approached the story, and I learned more about dementia than I did before.

**Ioanna Ikonopoulou, Year 10**

Fronitha Care has provided opportunities for us to add another dimension to our progression as young artists. I also thank the support from my teacher in promoting my art to a wider audience. I value the public, specifically children reviewing my illustration, which has added a further level of credibility to my work.

**Chloe Abbott, Year 10**

Working on this book has been a pleasure. Using a children's book to cover a difficult subject was not easy. This book can inform and help children understand the difficulties of dementia. I learned and developed my drawing skills in cartoon style with the aim of engaging a child's perspective. It was interesting.

**Theodore Gavrilesu, Year 10**

In this project, I think my biggest gain is that I learned how to discuss ideas with others. I think the most interesting part of the whole process was trying to paint it in a way that I have never done before. The most useful thing about this project is that it gives us more experience about how to draw children's book illustrations and how to try something new.

**Rui Li, Year 10**



**Student Illustrators (left to right):** Alexander Barnard, Longyi Fan, Rui Li, Alexia Kotsirilios, Eleni Pantelidis, Chloe Abbott, Pichchornay Lim, Theodore Gavrilesu, Ioanna Ikonopoulou, Zongyang Huang, Zoe Pandelias

Yiayia at the Market is the story of a boy trying to make sense of his grandmother's changing behaviour, brought on by dementia.

FronDitha Care has published this bilingual children's book to raise awareness in the community on dementia and its impact.

We thank both Oakleigh Grammar and the HMSA for their contributions.

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[hmsa.org.au](http://hmsa.org.au)



[frondithacare.org.au](http://frondithacare.org.au)



[oakleighgrammar.vic.edu.au](http://oakleighgrammar.vic.edu.au)