



in this edition:

sharing more than dance moves
brain exercises help
'tis the season to be jolly

and much more.

OUR VISION

To be a leader in the provision of quality, accessible and affordable community care services for the general and CALD (Culturally and Linguistically Diverse) communities.

OUR VISION

To be the focal point in Queensland for the promotion and study of the Italian language and culture.



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Welcome to the first edition of Insieme for 2020. We have so much planned for this year - new projects, inspiring community and social events but also in the continued expansion of our organisation.

Our new Centre at Bracken Ridge is well on the way to being renovated and this facility is going to be a wonderful multi-use hub for the community that will incorporate many diverse services.

We were delighted last year to be able to offer a free lunch over the Christmas period at the Kedron Wavell RSL with entertainment for our clients. Over 300 people attended the function that we fully paid for as a thank you for their continued loyalty and support of our organization.

One of our new projects commencing this year is documenting the early migration experience of men to Australia, in particular in Queensland. We are particularly interested in men because not much has been done to document their experiences, especially if they were married by proxy.

If you have an elderly relative who you know has experiences to share, please contact Grace at our office.

Also on the subject of men, our counsellor Antonio has started a Men's social group that brings together men of all ages to eat together, talk, share stories and socialise. Anyone interested in going along to the next meet-up can contact Antonio directly.

We are all looking forward to our annual International Women's Day High Tea in March which be held at the Brisbane Hilton - it is always a popular event so please get your tickets soon as they are selling out fast.

I hope to catch up with some of you there!

Dina Ranieri

SHARING MORE THAN DANCE MOVES

THERE IS MORE TO THE CLASSES THAN JUST DANCING: IT IS ABOUT SOCIALISING, EXERCISING, MEETING NEW PEOPLE, HAVING FUN AND IMPROVING MENTAL HEALTH AND WELLBEING.

In a classroom at the Italian Language Centre (ILC), happy chatter of a number of languages mixed with laughter marked the start of another Latino dance class.

Catering for all ages and abilities, classes run every third Thursday of the month.

Participants were introduced to a variety of Latin dances, including the Samba and Merengue.

Instructors Juliana and Rafael are incredibly good natured, encouraging and patient, breaking the

dances down to the absolute basics before building on with new steps. There is more to the classes than just dancing: it is about socialising, exercising, meeting new people, having fun and improving mental health and wellbeing.

CISS Officer Cintia Paolino's vision for the class is for it to become a melting pot of cultures and generations from a variety of culturally and linguistically diverse backgrounds.

If you are interested in joining the classes, please contact Cintia Paolino on 3624 6100.



Creative Movement Classes

free

3rd
Thursday
of every
month



19 March, 2020 - Dance for Harmony

ALL AGES WELCOME

Professional dance instructors
Wear comfortable clothes and shoes
Water is provided

BOOKINGS ESSENTIAL
CALL CINTIA - 3624 6100



ILC- Italian Language Centre
42 Newbery Street
Newmarket



INTERNATIONAL WOMEN'S DAY

MORNING TEA

10.30am - 2.30pm

MARCH 7, 2020

FASHION PARADE
RAFFLES & PRIZES
PROSECCO
FABULOUS HIGH TEA

*Brisbane
Hilton Hotel*

*Tickets \$65
eventbrite/coasit/WD*

*Credit Card Bookings
07 3624 6100*



BRAIN EXERCISES HELP

It has been shown in numerous studies that older adults who undertook more brain exercises are better protected against Alzheimer's disease. These studies have shown that people may have the same amount of Alzheimer's disease in their brains but that they behave very differently.

One person might be very forgetful, will behave in unusual ways and do very badly on memory tests taken in a doctor's office. Another person with the same amount of damage in the brain might seem completely fine and do very well on the memory tests.

So, why is this? Brain exercise! The scientists found that those people with lots of plaques and tangles, who did not show Alzheimer's symptoms before they died, usually did more brain exercise during their lives.

We had a bit of fun at the Client Christmas party recently doing some brain exercises and learning about how the left side of the brain controls the

right side of the body and vice versa. The guests all had a go at doing a complex coordination exercise that had us all laughing - even on the dance floor!

Everyone's brains were working hard to do the exercises - which, if done on a regular basis, promote better connections between our brain neurons improving our cognitive function, coordination, and most importantly, staving off the effects of brain diseases including dementia.

See how you go with these little exercises:

Brush your teeth with the opposite hand - not that easy is it?
Eat your dinner with the opposite hand - equally as hard?

The good thing is that you get better with practice and these exercises can be beneficial to everyone not just those living with dementia. Best of all, they are a bit of fun if you do them in a group.

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A REALLY FESTIVE TIME



Christmas was a really festive time for Italian residents in the aged care facilities that regularly include our CIAO Program.

John Wesley Gardens, Taigum and Casa D'amore, Coorparoo created a heart-warming Italian Christmas event decked out with colourful decorations. The CIAO officers brought some wonderful Italian activities, Italian entertainment and ensured that the serving of traditional Panettone was part of morning tea.

Well known entertainers One Cappuccino brought huge smiles to the residents as their favourite Italian Christmas songs echoed throughout the home with some residents very keen to show off their vocal ability whilst accompanying the singer.

Co.As.It. volunteer Stefania joined the Christmas celebrations at Arcare, Eight Mile Plains and to share stories of growing up in Sardinia and their unique Christmas traditions.

At Cooper House, Chermside a special Christmas table was organised with morning tea where beautiful memories of food, family and their native home towns were shared by many.

Almost all of the residents had stories of difficult financial times especially during and after WWII but special occasions such as Christmas always brought families together and somehow money was always found to make delicious traditional recipes that had been passed down through the generations.



21 DAYS TO A NEW HABIT

DID you know that a new habit only takes 21 days to form? Some habits can be good, like saving money or keeping your tools neatly stored but other habits can affect your happiness and the way you live your life.

Our counsellors often come across clients who have a habit of unhelpful thinking styles or negative self-talk which impacts their life. Unhelpful thinking is a little like tunnel vision, like filtering one aspect of a situation and ignoring all the others.

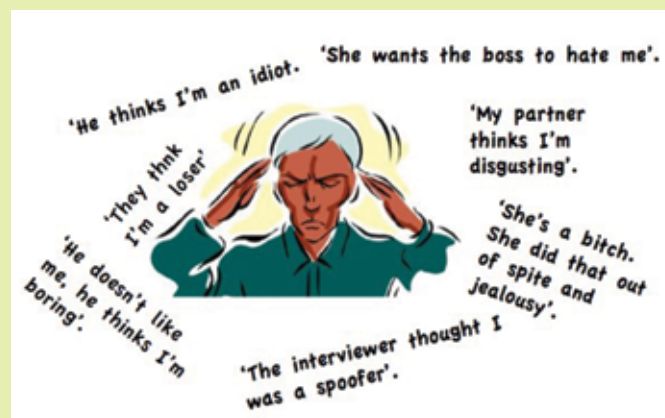
Unhelpful self-talk can become habitual and occur without our awareness and this can cause emotional distress and limit our participation in everyday life.

Take a look at the images on this page. There are a number of self-talk scenarios that we may fall into occasionally but to do so consistently is unhealthy.

How can we challenge unhelpful thinking styles? The good news is that the brain has the ability to adapt and change by forming new neural pathways.

Tools and strategies to rewire your brain include the following: Awareness of your thoughts (practicing present awareness); Mindfulness; Meditation.

There are many apps available to help with these forms of practice. For more information and resources search the www.smilingmind.com; www.beyondblue.org.au and www.headspace.com.



Mind-reading self talk



Must & should self talk



Fortune-telling self talk



All or nothing self talk

JEAN FALCONER

IT'S THE LITTLE THINGS THAT COUNT..



We all often do special little things that bring joy or make our clients happy and especially if they hold something dear to their hearts.

With the festive season on the doorstep, in early December, our CCW Susan had the pleasure of taking her client Jean Falconer on an adventure, heading off to City Hall for the annual Lord Mayor's Seniors' Christmas Party.

The excitement was brewing as many seniors flowed into the auditorium which was adorned with sparkling Christmas lighting, beautiful decorations and refreshments.

The show started with a variety of traditional and contemporary sing-along songs performed by an array of local entertainers who enthralled the audience.

As we had arranged extra service hours there was plenty of time to enjoy the performances and to make sure that Jean missed none of the fun!

She was so delighted to have been able to enjoy this concert and we were equally as happy to enable her to do so.

Susan says: *"I watched the enjoyment this brought not only to Jean, but to our whole community. It indeed was beginning to look a lot like Christmas."*



MRS CONCEPCION “CONNIE” BRAN

Connie is a very active, happy and friendly 82 year old. She moved to Australia from El Salvador 30 years ago with her husband and 3 children. Connie has always been a hardworking person and enjoys good company, great food and music.

However she was unable to continue with the activities she enjoyed as her health deteriorated. Connie was later diagnosed with Alzheimer's disease.

In 2015 she started receiving services from Co.As.It. under the Commonwealth Home and Support Program (CHSP) with our Community Care Worker (CCW) Lucy who was from the same CALD background.

In 2019 her Home Care Package (HCP) was assigned and we were able to increase her services to better cater to her emerging needs.

Now with the support of her CCW Lucy, Connie receives food preparation services twice per week, and her CCW prepares traditional Salvadorian meals for Connie to enjoy with her husband Mario.

Connie is very house proud and was finding it difficult keeping up with her home duties. She was hesitant to accept domestic assistance but after she met another one of our CCW's (Harriet) and started receiving this support every week, life changed once again. Connie has voiced how pleased she is with her and does not know how she did it without her help in the past.

Connie confided that she wanted to interact with her peers but she no longer could go out on her own and her husband or someone else always had to take her. The Coordinator arranged for Connie to start attending Casa Aurelia on Fridays as there are a large number of Spanish clients there on that day.



As Connie lives outside the pick-up zone, we organised for a worker to pick her up in the morning and another worker to take her home in the afternoon.

Initially Connie was confused thinking that she was not home and often asking where her husband was. But soon Connie found longtime friends in the group and she settled well, now she always looks forward to going to the group every Friday. She participates in the activities, especially when dancing is involved and no longer worries about going home.

This is a wonderful example of how much a Home Care Package can improve the life and wellbeing of our clients and their families especially when services are customised to clients' needs and are appropriate to their cultural background.

CORA

Cora was assigned with a Home Care Package only a few weeks ago. Cora had really been struggling to maintain her social connections and even a small social life, she was dealing with strong anxiety, loneliness and often felt isolated.

Cora had nobody to talk to and no friends or relatives nearby. Her niece helped her when she could but does not live close to her aunt.

As a client, Cora attended the Christmas Party in December and what a change this has made. It has revitalised her spirit and introduced new friendships that she is nurturing with love.

She really enjoyed the dancing and the laughter and she told us that for her, "It was like having my life back."

Cora has thrown herself wholeheartedly into attending the weekly social activity group where she meets the same group of people every week.

This is an outing she anticipates greatly and she thoroughly enjoys the activities, delicious meals and her new friends.

Cora also has regular community care workers who provide valuable services that foster her independence and encourage her to live life to the best of her ability.

Cora stated that life is better since Co.As.It. started providing services for her, she is now enjoying having friends and people around her to talk to, having a coffee or sharing a simple phone conversation.

We feel pretty chuffed to have enriched Cora's life but more importantly, we are relieved to know she has someone she can call on if she needs more support.



PAM AND RON

Pam is husband Ron's full-time carer and both are on a Home Care Package with our South Coast office. Ron was diagnosed with early onset dementia after Pam noticed changes in his cognitive functions and behaviour.

It is a difficult disease to manage as sometimes Pam needs to remind Ron to shower, to eat and of course, she is not always successful in her attempts. This causes frustration and increases her already high level of carer stress. Both clients have been able to take a break through respite and Pam is also receiving support from our Dementia Resource Officer Rita and counsellor Laura to try to understand her husband's changes.

Despite the carer fatigue, Pam wouldn't want Ron to move into residential care. Rather, they try to enjoy life together and want to live at home as long as possible.

Pam and Ron do not manage to go out socialising together much anymore so a wonderful day out at our clients' Christmas party brought joy to both. They loved the wonderful buffet lunch, desserts and entertainment and they especially enjoyed the company of our CEO Dina at their table.

DESPITE THE CARER FATIGUE, PAM WOULDN'T WANT RON TO MOVE INTO RESIDENTIAL CARE. RATHER, THEY TRY TO ENJOY LIFE TOGETHER AND WANT TO LIVE AT HOME AS LONG AS POSSIBLE.



SUCCESSFUL REABLEMENT

The Commonwealth Home Support Program is increasingly focused on the delivery of a wellness and reablement approach in supporting older people within the community. Reablement services are early short-term interventions focused on helping older people improve their functional independence, social participation and quality of life.

Australia, New Zealand and the UK have been at the forefront of developing and evaluating reablement programs since 2000 and it is promising to see positive results from this type of service delivery in Brisbane and on the Gold Coast.

The program focuses on identifying realistic goals that the client wishes to achieve and in collaboration with the service provider, these are addressed by a care plan that may include allied health, clinical services or other elements.

Recently on the Gold Coast, our Allied Health team was delighted to see the physical improvement in one of our clients following a health setback. The team embraced the reablement approach where the client was able to set her own goals and working with the team was able to access physiotherapy at home where a personalised exercise program helped her to become increasingly stronger and more confident to do the exercises independently.

With commitment to her goals and with less pain, she was soon able to join group exercises within the local community.

WHAT GOES AROUND COMES AROUND

It takes a village to not just to raise a child, but to build a community and we are happy to be a small cog in the wheel of community life.

Our lovely client Barbara Prideaux has been receiving light assistance from Co.As.It. Community Services for the past 7 years. This support gives her the energy and time to volunteer for Story Dogs with her two pooches Milli and Fifi. Story Dogs is a school-based reading program where selected children improve their reading by specialised support. The small dogs ease the children's anxiety and increase their confidence in the learning process.

Barbara and the dogs have been 'Story Dogs' participants for the past 4 years, and last year, Barbara volunteered at Caboolture State Primary School.

Barbara's story is just one example of how healthy communities are created. While we support Barbara, she in turn supports little people and this lovely relationship flows onwards from there. It is definitely a case of "What goes around, comes around" or "One good deed deserves another" but we are certainly happy to be involved in assisting Barbara give back to her community in a valuable and meaningful way.

Our clients also do other forms of volunteering, while we support them they have time to dedicate to their special tasks.

Volunteering in their own homes, Mrs Olga Iocco knits and decorates bags with a group of volunteers she meets every Tuesday and Mrs Desley Foote dedicates her time knitting and making beanies for the babies born at the Mater Hospital.

BARBARA'S STORY IS JUST ONE EXAMPLE OF HOW HEALTHY COMMUNITIES ARE CREATED. WHILE WE SUPPORT BARBARA, SHE IN TURN SUPPORTS LITTLE PEOPLE AND THIS LOVELY RELATIONSHIP FLOWS ONWARDS FROM THERE.



‘TIS THE SEASON TO BE JOLLY!

THE OLD ADAGE “THERE IS NO SUCH THING AS A FREE LUNCH” WAS DISPROVED BECAUSE MORE THAN 300 CLIENTS ATTENDED THE FUNCTION - FREE OF CHARGE!



What a festive event it was for the beautiful and generous client Christmas party held at Kedron Wavell Services Club a while ago. Regrettably, we could not include everyone who wanted to attend because of limited seating.

The old adage “There is no such thing as a free lunch” was disproved because more than 300 clients attended the function - free of charge! Funded

by Co.As.It., the event was a formal thankyou to clients for their loyalty throughout the year as well as a wonderful opportunity to celebrate the Christmas spirit amongst friends.

With entertainment provided by Two Cappuccinos, the first person on the dance floor was an amputee in a wheelchair who, accompanied by one of Co.As.It.’s many dedicated volunteers, showed us



all of the best dance moves. What an inspiration he was to everyone and showing no signs of her 94 years, the ever-graceful Maria Alba lit up the floor, dancing like a professional.

The congenial MC Rita Cooney kept the proceedings on track, as guests mingled with members of Co.As.It.'s Board and the Italian consul for Queensland and the Northern Territory Dottor

Salvatore Napolitano. The whole room was avidly interested in hearing Dottor Napolitano speak as he graciously shared his experiences of growing up with his grandmothers and how those relationships helped him become the person that he is today.

A great time was had by all, with one client, Robert McKeon calling first thing Monday morning to thank Co.As.It. for providing such an enjoyable event.

STAY ACTIVE PROJECT BEAT THE CLOCK

Co.As.It. applied for funding under the Active Neighbourhoods for Older Australians and received a small grant to run a Stay Active project for this year for people aged 65 years and over.

The sessions run at the Community Place at Kalinga and the first class on January 20 was a resounding success.

Physiotherapist Leonie did some initial assessments to ensure that everyone was able to achieve her planned exercises and then they were off and exercising.



Dumb bells, aerobic steps and leg weights will be used in gentle movements that are designed to:

- Enhance the group's understanding of the benefits of regular physical activity (PA);
- Improve access amongst older people (especially those who are socially isolated and disadvantaged and currently not engaged in PA) through Neighbourhood Houses
- Enable PA to be a regular component of the participants' lives;
- Support older people's engagement in PA at Neighbourhood Houses by developing a peer support program.



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community
services

FREE

WEEKLY EXERCISE
SESSIONS
FOR 65YRS
AND OVER

STAY ACTIVE

Co.As.It. Physiotherapist Leonie will be running an exercise group suitable for people aged 65 years and over.

The program will be aimed at optimizing strength, endurance, balance and flexibility. Enhance your overall wellbeing and delay age-related deterioration.

This program is ideal for those able to mobilize without the use of a walking aid, walker or wheelchair.

Classes will be followed by light refreshments.

Bookings essential
Call Co.As.It. tel: 3624 6100

**COMMENCING
JANUARY 20, 2020**

Mondays

9.30am to 10.15am

**The Community Place
20 Clark Street,
Woolloowin**



Active Neighbourhoods
for Older Australians



CENTENARIANS ON THE INCREASE



As life expectancy increases, so too do our chances of living to 100. Co.As.It. Community Services recently celebrated the birthdays of two clients who joined Australia's elite community of centenarians this year, Mrs Enid Athorn of Chermside and Mrs Anna Barbi of New Farm.

Australian women born in 1950 have a 16% chance of living to 100, while men have a 3% chance. In 2014 there were 3,500 centenarians, and it is estimated that by 2050, 60,000 Australians will have reached 100 years of age or more, with 66% of them being women (Source: Community Care Review 2018).

Both women credit their longevity to keeping active. Mrs Barbi said *"I'm always busy, I have*

plants to take care of, I like being social ... I'm just too busy to slow down".

Mrs Barbi lives on the top floor of a 4-level apartment block, with no lift. Possibly thanks to her regular stairs workout, healthy eating and positive attitude, she doesn't take any medication. *"It's not about looking young,"* she said, *"it's about how you feel"*.

Mrs Athorn agrees, *"I've always had an adventurous life"*. A Co.As.It. staff member noted that Mrs Athorn also has a great relationship with her son, *"there was so much laughter and banter between them when I met them, they are the best of friends"*.

CVS VOLUNTEERING

Volunteering is not for everyone. Much like leadership, it has to come from within and with a sense of purpose and while people volunteer for an endless variety of reasons, it is generally for something they feel passionate about or believe in.

Most people will get on board to volunteer because they believe it makes a difference.

We are blessed to have volunteers who do make a difference and who genuinely care about older, frail and isolated people in the community.

We can never repay them for the generosity of their time and effort visiting community members who live in aged care facilities, in their own homes, or supporting our CIAO program, but we certainly like to make a fuss about them a few times a year!

Christmas celebrations are a great example. Celebratory lunches in restaurants were organised in Brisbane and on the Gold Coast and volunteers were presented with small gifts, and certificates from the Department that acknowledged our appreciation for all that they do.

We know it is never enough but then we also know that they care little for money or gifts, it is the happiness that they bring when visiting that is their true payment in life.



For more information:
Sarina (sarina@coasit.asn.au) or Luisa (luisa@coasit.asn.au)

TO THE CVS AND CIAO VOLUNTEERS OF 2019

THANK YOU!

RESIDENTIAL HOMES VOLUNTEERS

BEHAN, Dawn
BENSEN, Daniela
BIRCH, Myriam
DE GASPERI, Phay
DAL PONTE, Taylor
EMMI, Carmela
FALSO, Candy
FREITAS, Eiros
GOZZO, Milena
HINSCH, Shane
HOWARD, Samantha
LAZDOWSKA, Dominika
MADDERN, Jan
MAZZA, John
MICKLEBURGH, Anna
SUTTON, Mary Louise
RENDA, Danielle
ROBINSON, Natalie
VACCARO, Perry
VECCHIO, Lucy
WARREN, Tiffany
WEISE, Jo
WARD, Carolina
HAINING, Rebecca

CIAO PROGRAM

RACITI, Rose
CROFT, Maria

IN-HOME VOLUNTEERS

ALONI, Carina
BONICA, Carmen
DUGGAN, Kay
CELLA, Umberto
CHURCH, Eyna
DOMANESCHI, Anna
DEGASPERI, Phay
FAZIO, Liana
FAZIO, Carmelo
FIUMARA, Frank
GRECO, Paola
HOLMES, Glenyse
FABISH, Teresa
KLEYNENDORST, Stefania
LYNCH, Eileen
LESER, Elizabeth
LONARDI, Silvia
MACONI, Antonio
MASCI, Maria
MADDERN, Jan
MORRISON, Susan
MURPHY, Vera
NAVE, Renza
ROBINSON, Natalie
SIMONETTA, Rosa
VACCARO, Perry
VECCHIO, Lucy
VETTOREL, Elena

ELAINE

Elaine is supported through the NDIS program. Elaine had originally been accessing services through the Community Care Program with us from 2015 and then moved to the QCSS program with the funding changes in July 2019 before receiving her NDIS funding in August 2019.

Under the QCSS program, Elaine was only receiving 1 hour a week of support shared between personal care and domestic assistance, however since receiving her NDIS funding we have achieved much more than was previously possible under the old program guidelines.

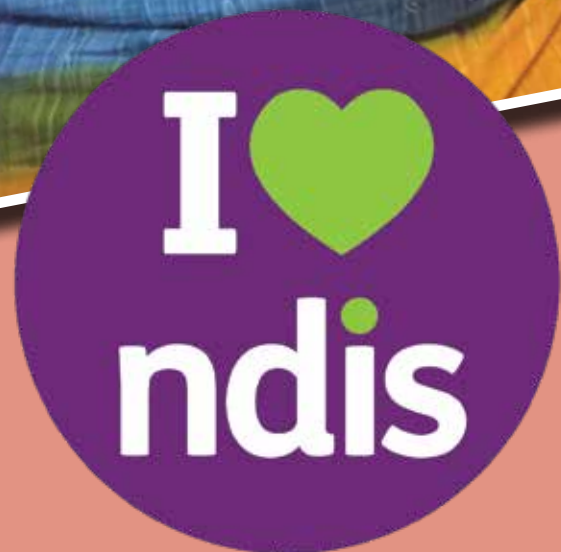
With help from our support staff, Elaine has been able to access:

- De-cluttering support - home is nearly completely de-cluttered now;
- Additional support from another provider for community access and more assistance with her daily life activities;
- More community engagement in social and recreational activities such as macramé classes and shopping;
- Various therapeutic supports including assistive technology.

Elaine's Coordinator has also been fostering a sense of empowerment in her and encouraging her to advocate for her own needs.

Under guidance, Elaine will now begin to coordinate her own support services in the way that she wishes to receive help.

Elaine has spoken glowingly about the NDIS and the positive changes that the funding has brought to her life, she is more vibrant and happy each time that our staff see her and her confidence is growing each day.



STEPHEN



Stephen has been a client with us since 2015 where he transitioned from the Community Care Program to the Community and Individual Support Service Program and finally to the new NDIS program in 2019.

We were supporting Stephen prior to the NDIS services with domestic assistance and respite care, however, now with current NDIS funding, Stephen can access far more support to enable him to live more inclusively in his community.

These include:

- Assistance with personal tasks of daily life
- Community Access support
- Cleaning support
- Consumables
- Respite

- Assistive technology
- Therapeutic support
- Support Coordination

His new Coordinator Polly has gotten to know both Stephen and his brother better since his introduction to the NDIS and in so doing, Polly is better able to support Stephen in reaching his goals and in meeting his unique needs.

Stephen is a keen fisherman and loves to get out on the jetty to haul in a catch.

He has a great support team who are flexible and understanding and they will go out of their way to make sure he enjoys life as an active member of the community - much to the annoyance of the fish!

700 AND NOT COUNTING



Some people like having a job that ends at the workplace door. Others love what they do and see it as a privilege to help make people's lives just a little bit better. It is this dedication and devotion of Co.As.It. staff that ensures the services provided are genuinely client-focused.

Six of Co.As.It.'s wonderful staff members recently spent a Friday night laughing and bonding over a 'never ending' pile of dough, as they made 700 cannoli for the clients and staff at the organisation's venues across Brisbane and the Gold Coast.

In keeping with tradition, there could be no Christmas without cannoli - even if they needed a whopping amount. We cannot even imagine how much frying went on to make 700 of these crisp little delicacies!

Helena, Rosetta and Grace had the very generous idea to make the Italian treats for their clients and Rocchina, Gina and Nadia were quick to volunteer to help.

One very late night and many laughs later, the women were looking forward to seeing the delight on their clients' faces when they would be presented with these delicious treats made with love. They did not disappoint, the clients thought they were marvellous. Thank you ladies, you are legendary! By the way, were there any leftovers?

For information on Co.As.It's award-winning programs, including the social outings groups, or navigating aged care, contact the office on 3624 6100 or mail@coasit.asn.au

SO MUCH TO DO, SO MUCH TO SEE..
WHEN A PICTURE IS WORTH MORE THAN A 1000 WORDS





NEVER-ENDING FUN ON THE SOUTH COAST





CONTINUITY OF CARE

EVERY CLIENT KNOWS THAT OUR ORGANISATION VALUES CONTINUITY AND THEY ARE REASSURED OF WHO IS RESPONSIBLE FOR THEIR CARE, SOMETHING THAT WE TAKE VERY SERIOUSLY.

We aim to provide the same care worker for a client, especially those living with dementia. Continuity and co-ordination is essential for safe, effective and high quality care and it matters to everyone but for older patients, it is fundamental.

Stable, consistent service is critical for serious health conditions and in the modern health care setting, nurses play a pivotal role in serving as a liaison between the many disciplines required to deliver services to consumers.

The clients become familiar with their support worker and they establish trust and confidence in staff. It is also positive for us as we can monitor any changes in health, dietary or other needs things that a new worker who goes into the home each week may not see.

Continuity of care is vital to those with long-term conditions, mental health problems, multiple morbidity (several conditions at the same time), during serious but hopefully shorter term conditions like cancer and during end of life care. Continuity of care makes care more person-centred because getting to know a client as a person takes time, but it is more efficient because less time is spent repeating a medical history or trying to read it from the notes. Continuity of care makes medical practice safer as well.

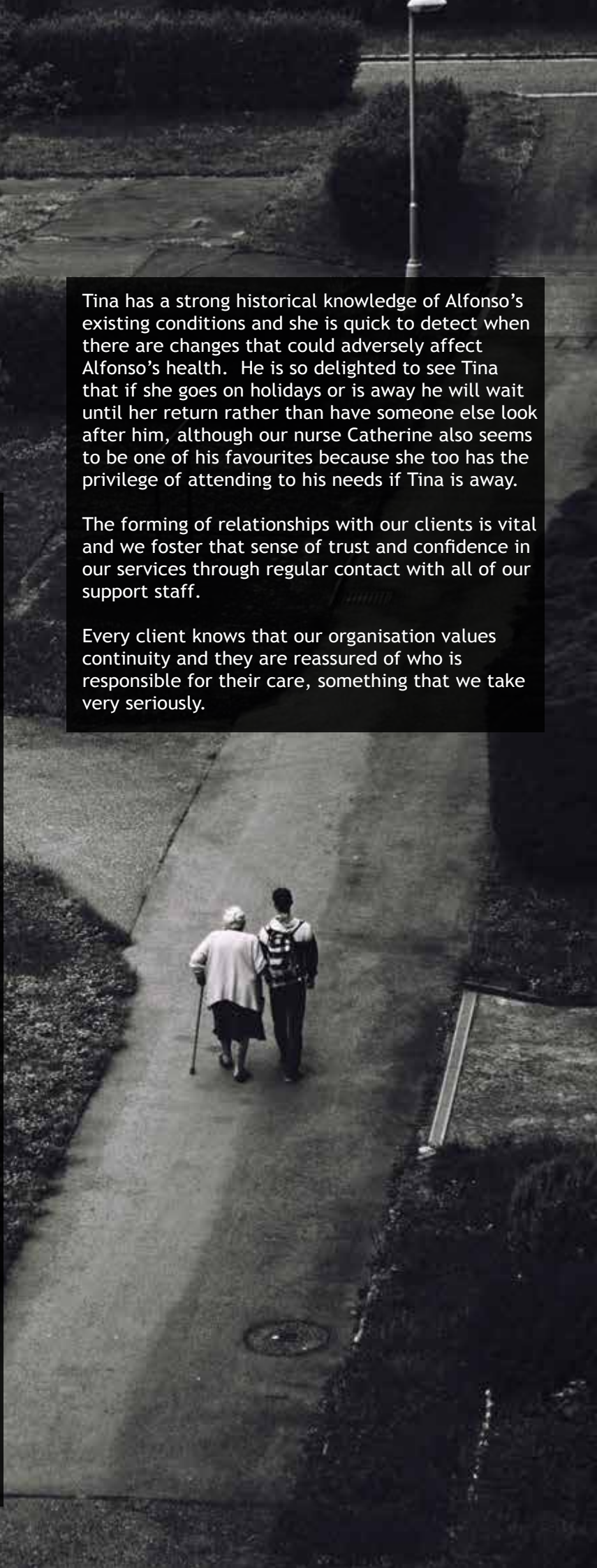
This is recognized by our clients as well who often insist on having the same nursing staff. Our client Alfonso (91) has been on a Home Care Package for five years and has been receiving weekly clinical services from Co.As.It. nurse Tina for years.

Alfonso recently had health setbacks that saw him hospitalized for over 6 months, regrettably soon after he was discharged, he sustained numerous fractures in his leg that necessitated his hospitalization once again. When he finally went home for the second time, he was elated to see Tina who is once again caring for his clinical care.

Tina has a strong historical knowledge of Alfonso's existing conditions and she is quick to detect when there are changes that could adversely affect Alfonso's health. He is so delighted to see Tina that if she goes on holidays or is away he will wait until her return rather than have someone else look after him, although our nurse Catherine also seems to be one of his favourites because she too has the privilege of attending to his needs if Tina is away.

The forming of relationships with our clients is vital and we foster that sense of trust and confidence in our services through regular contact with all of our support staff.

Every client knows that our organisation values continuity and they are reassured of who is responsible for their care, something that we take very seriously.





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CO.AS.IT.'s **MINDTHEMEN GROUP**

CONNECT, TALK, LISTEN, SUPPORT, RELAX



**GUEST SPEAKER:
RENZO ZANUTTINI
TOPIC: RESILIENCE**

**NEXT GET TOGETHER
FEBRUARY 13, 2020 AT 12.30PM**

LUNCH PRICE \$10

**TASTE OF SAFFRON RESTAURANT
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LET'S MEET UP!

When our group went to visit the Albert River Wines at Mt Tambourine, we were surprised to find out that our office in Brisbane had also brought a group to visit. Great minds think alike!

The sheep and sheep dogs are always an interesting exhibition at the station.

The older Italians who were boys when they used to look after the goats and sheep for their families weren't too fussed about them, but everyone else enjoyed the proximity to the woollen creatures.



TRANSFORMING WINE INTO WATER

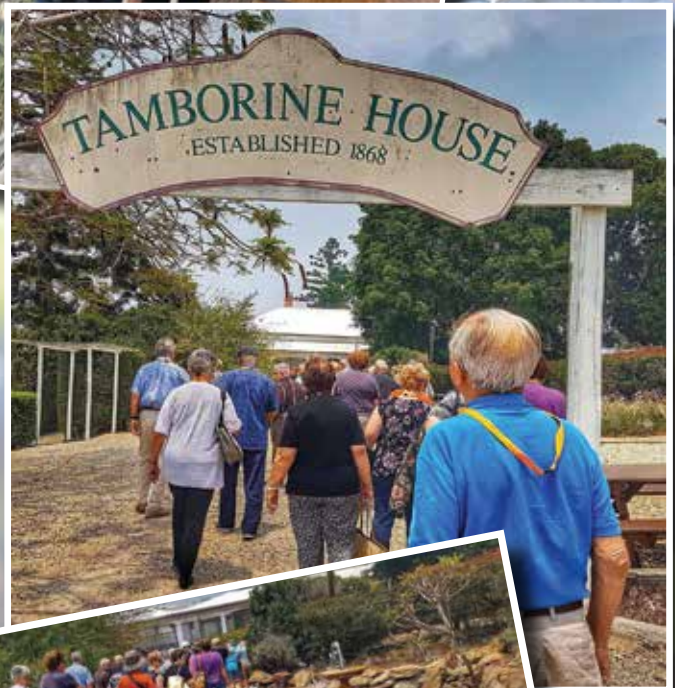
Albert River Winery at Mt Tamborine was only days away from trucking in water, when a group of our clients visited on a recent social group outing. Fires and drought have left their mark on the landscape, with the vineyard losing its grape crop for the year, but Assistant General Manager, Jenny, says they're open for business and visitors shouldn't be put off by the weather.

"Some people have been put off by the fires, but we're definitely still open and want visitors to keep coming. In fact, we have another group with Co.As.It. here today", says Jenny.

Water was being delivered to Albert River Winery, to cater for the many farm animals that delighted the group on its trip. Upon arrival, the visitors were treated to a morning tea of freshly baked scones with jam and cream, followed by a tour of the facility. The property hosts many weddings in a number of converted old Queenslander homes and a chapel, transported from Kingaroy many years ago.

There was much reminiscing, as the visitors chatted about the wineries where they grew up in Italy, the squashing of the grapes in large open vats by feet, and more than the occasional time when they got drunk.

Back at the restaurant, we were treated to fish and chips/salad or chicken schnitzel and fresh ice-cream for dessert, in many cases, washed down with glasses of the local wine.



Co.As.It's social outings program is open and free of cognitive impairment. For

to over 65s who are independently mobile more information, call 3624 6100 or mail@coasit.asn.au

THE REDCLIFFE PENINSULA HAS IT ALL!

The joy of regional museums is seeing the incredible variety of exhibits and the surprise of stumbling across something wonderful. A recent social group outing kicked off with morning tea at Pelican Park, Clontarf, on the Redcliffe Peninsula, before it was off to the Redcliffe Museum.

Participants were treated to an exhibit on the history of wedding dresses as well as a number of other historical displays.

A delicious buffet lunch of seafood with an Asian fusion was enthusiastically consumed at Ariala, Kippa Ring, before the group headed off to Morgan's Seafood to buy some fresh produce to take home. It was a rather diverse outing - fashion to foodie heaven to fish market but we like to keep things interesting!

One of the delights of the social group outings is the opportunity to play 'tourist' in your own town. There are so many attractions in and around Brisbane that residents often are unaware of, the joy of discovering them with a group of like-minded 'adventurers' makes for a great day out.



Dear Dina,

I recently retired, and relocated my elderly parents from Sydney to Brisbane. My father has early to mid-stage Dementia/ Alzheimer's and we were looking for a provider to manage my father's Aged Care Package in Brisbane. I contacted and spoke to several providers before contacting Co.As.It. after discussion with Laura Panarello.

I called the office, and Paola called me and organised a meeting after Christmas. Having previously initiated and dealt with the Aged Care labyrinth over the telephone, and many phone calls with providers in Sydney, I was not looking forward to initiating and re-activating the process in Queensland. Paola punctually arrived at our home and calmly (but very rigorously) worked through and guided my mother and I through the many options available to my father.

We were not aware of everything that was available to us to support my father and mother through this difficult journey, Paola completely understood the My Aged Care system and was able to provide us with the services we were looking for, and more than we thought we could access.

Her knowledge provided my mother and I some comfort that we were pursuing the best path forward for my father, in contrast to the frustration we dealt with in the past.

Paola's guidance and support has exceeded our expectations, and a quantum level better than any other care service provider we have dealt with in Sydney or Brisbane. Furthermore, she followed up with aged care and initiated additional services that were available to my father in the New Year.

I wanted to thank the Co.As.It. organisation and Paola for providing outstanding service and guidance to help us navigate the My Aged Care process.

Kind Regards
George

LOYALTY AND DEDICATION REWARDED



“Family” is the word most frequently used in reference to Co.As.It., its clients and staff. It is not unusual to have clients see us as their extended family and this was evident at the recent staff Christmas party held at the Hamilton Hotel.

There is a significant number of staff who have worked for Co.As.It. for many years and this is a testament to the genuine affection that exists between clients, staff and the executive.

Board Vice President Cav. Antonio Palella and CEO Dina Ranieri presented gifts to staff who have worked for the organisation for 5, 10, 15, 20 and 25 years (of course Dina herself has provided more than 32 years of service!)

In acknowledging the importance of staff in making the organisation what it is, Cav. Palella stated that the organisation’s biggest “problem” is its exponential growth, which is one of the best problems to have.

The recognition of loyalty and the spirit of the season continued in the office the following Monday, with a farewell to a much-loved and valued staff member, Carmen See, who was retiring. Carmen has been Co.As.It.’s accountant for 15 years and will be missed for her friendship as much as her financial skills and knowledge.

In farewelling Carmen, Dina again expressed her gratitude to staff and shared her personal dilemma with wanting the organisation to grow, but regretting that such growth makes it impossible for her to know every staff member and client as she used to when the organisation was smaller.

Dina paid tribute to Carmen’s handling of her much expanded role, which now incorporates a plethora of reporting requirements for various government funding, increasing compliance hurdles and mountains of red tape. We wish Carmen the best in her retirement.

YR 6 GRADUATION AWARD CEREMONY

Bulimba State School was established in the mid-1800s and recently celebrated its 150th anniversary. It is a school of over 800 students and in its own words: *“A creative and clever school built on quality educational programs that provide opportunities for students to be innovative, confident and capable learners and become active and informed citizens of the world.”*

These qualities were evident at the ‘Year 6 Graduation Awards Ceremony’ held on December 10, where the achievements of graduating year 6 students were recognized and celebrated.

The Italian Language Centre (ILC) has enjoyed a fruitful relationship with Bulimba State School for over thirty years, providing support for the Italian language program which is taught from Prep to Year 6.

Teachers of Italian Connie Harley and Adriana Morgante deliver an engaging program and during the speech of the two school captains, many

memorable moments of Italian learning were remembered.

Principal Michelle D’Netto congratulated the Year 6 students on their graduation before the awards presentations began. ILC representatives Marzia Mauro and Rosella Dermedgoglou were called up to present the Italian Award which is sponsored by the Italian Language Centre.

Teacher of Italian, Adriana Morgante, informed the audience that the Italian award ‘recognises the achievement of our school’s best student of Italian’. The recipient of the award was Kaitlyn Aspinall for her conscientious commitment to the learning of Italian.

ILC proudly supports the teaching and learning of Italian at Bulimba State School and warmly congratulates the recipient as well as the Principal and Italian teaching team for delivering such an engaging Italian program.



ILC
ITALIAN
LANGUAGE
CENTRE



ILC HOSTS THE 2ND ITALIAN LANGUAGE QLD STATE CHAMPIONSHIP 2019

Learning a second language extends the capacity to communicate and develops understanding of and respect for diversity and difference. School students across Australia have the opportunity to engage in learning a second language thanks to the new Australian Curriculum Languages which allows for the study of a second language from Prep through to Year 12.

Language teachers utilise a wide range of strategies to help their students constantly improve reading, writing, listening and speaking skills. To help students reach fluency and become competent speakers, teachers prepare them for participation in events such as Language Speaking Competitions.

These permit language students to express their ideas, display their language skills and gain confidence in using the language they are studying.

During the month of August, Queensland Regional Language Speaking Competitions were held in Brisbane, Gold Coast, Sunshine Coast, Townsville and Cairns.

Those students participating in the Year 10 - Year 12 categories were then invited to compete in the 2nd Italian Language Queensland State Championship held at the Italian Language Centre in Brisbane on 20 October.

Students from far north Queensland were welcomed to a 'meet and greet' event on Sat 19 October where they met the Brisbane families who hosted them overnight and accompanied them to the Championship the following day.

The Qld State Championship is supported by the Italian Embassy in Canberra and the Consulate of





Italy in Brisbane. The championship was held in October to mark the 'XIX settimana della lingua italiana nel mondo', a global celebration and promotion of Italian teaching and learning.

Students of Italian competing in the Qld State Championship were required to present a speech on the 'settimana della lingua' theme: 'L'italiano sul palcoscenico'.

The event was officially opened by Cav. Nereo Brezzi, President of Co.As.It. Community Services-Italian Language Centre, who warmly welcomed dott.ssa Anna Rita Tamponi from the Italian Embassy in Canberra, and Dott. Salvatore Napolitano, Italian consul for Queensland and Northern Territory.

Judges Prof Daniele Donati (Campus Magnolie Castelraimondo MC), Bernadine Leon (Dante

Alighieri), Sara Visocnik (Griffith University), Laura Zanichelli (ILC), Gabriella Fiore (Ryan Catholic College), Giovanna Amatruda (ILC) had a difficult task selecting the winners as the standard of spoken Italian was extremely high.

All participants received certificates and a memento bag of Italian products. Winners placed 1st, 2nd and 3rd were awarded sparkling trophies reflecting the green, white and red colours of the Italian flag.

The Italian Language Centre (ILC), a division of Co.As.It. Community Services, has a long tradition of teaching, supporting and promoting Italian language and culture across Queensland and is proud to be associated with the successful outcome of the Italian Language Queensland State Championship.

The ILC (Italian Language Centre) a division of Co.As.It Community Services Ltd not only organises invaluable professional development sessions for teachers but also offers Italian language classes from beginners to advanced as well as Italian for special purposes for the corporate sector.

For more information:

www.italianlanguagecentre.org | enquiries@italianlanguagecentre.org | phone 3624 6100 | facebook: ILC Brisbane

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Il Co.As.It. Community Services fornisce assistenza alle persone anziane e ai giovani dal 1987 e il nostro personale esperto e qualificato è capace di prestare un servizio culturalmente e linguisticamente adeguato.

La maggioranza del nostro personale è bilingue e capace di assistervi nel vostro ambiente familiare in casa vostra.

I nostri gruppi sociali offrono un pasto casalingo e la possibilità di incontrarsi con gli amici e chiacchierare dei tempi andati.

Attività di arti manuali, canzoni e balli, tombola e gite fanno parte del nostro programma giornaliero.



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