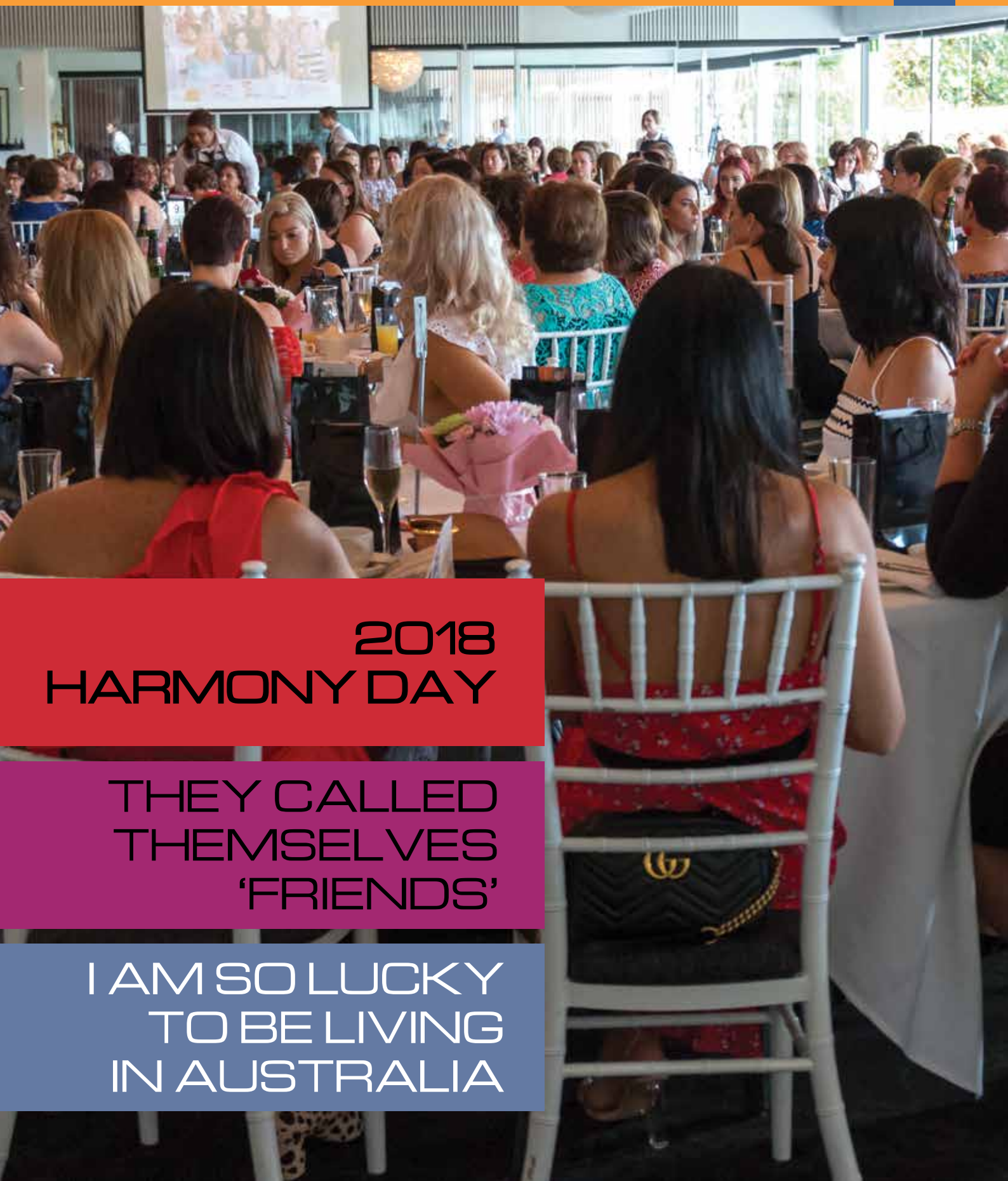




# insieme

02/2018



2018  
HARMONY DAY

THEY CALLED  
THEMSELVES  
'FRIENDS'

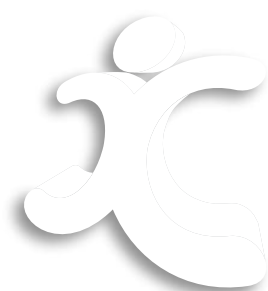
I AM SO LUCKY  
TO BE LIVING  
IN AUSTRALIA

# 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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INSIEME would like to thank and acknowledge the staff and members for their continued support and contributions to this publication.

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2018 is also an important year for Co.As.It. as we commence the preparations of our 40 year celebrations which will take place on the 27th October at the Brisbane Convention and Exhibition Centre.

**a message**  
from co.as.it.'s  
**ceo**



Our International Women's Day event was again a great success.

We were happy to see our well-known friends as well as new friends who joined us on the day.

This day is celebrated every year as a reminder to us women that we are capable of achieving anything despite the multiplicity of challenges – work, home, health, caring for ageing parents.

Trying to find the middle ground that allows us to cater to all of those things and still be happy within ourselves is the biggest task.

Then I think about the incredible challenges other women around

the world face and it puts things into perspective.

Women who are valued less than a chicken in some countries, girl brides as young as 10, women protecting their children in a war zone or struggling to find food in famine-stricken areas and my issues pale into insignificance.

From now on, I will consider my challenges mere blips in a straight line of privilege!

I wish to express my thanks to my staff for their perseverance, commitment and courage to face the many challenges of a working day at Co.As.It. It has been a particularly difficult period in dealing with the growth of the

organisation and the recruiting of new staff.

2018 is also an important year for Co.As.It. as we commence the preparations of our 40 year celebrations which will take place on the 27th October at the Brisbane Convention and Exhibition Centre.

A special night to reflect on the last 40 years and the difference that our organisation has made in the lives of many in our community.

We ask that you save the date and join us for a fantastic night of entertainment, fine food and wine.

*Dina Ranieri*



## DEALING WITH THE GAMES

With the running of the Commonwealth Games at the Gold Coast recently, it was the perfect opportunity to see how well our service delivery could be adapted to cope with the city's major infrastructure changes.

Having millions of people come into the region for the games, road closures and changes to transport could have affected our programs.

Our office mapped the Community Care Workers (CCWs) to Home Care Package clients who lived in the Games Route Network and we tried to minimise the amount of travelling our staff would need to do during the games.

The Gold Coast's City Council program "Get Set for the Games"



information pack was very useful and following meetings with both Council and our Brisbane office, a decision was made to suspend all Commonwealth Home Support Program services for the games period. Where possible, there was a reorganisation or reduction of services for our HCP clients - as you can imagine, this decision had a huge impact on the amount of work the CCWs had to do.

Clients were very understanding as were our staff and everyone worked collaboratively to reduce stress during the Games period.

Thankfully, in the end it was all quiet on the roads - no doubt due to the State's advertising about using public transport but we were happy to have formulated a contingency plan.

## GC SENIOR'S HEALTH AND LIFESTYLE EXPO

Our Gold Coast office exhibited at the recent Gold Coast Senior's Health and Lifestyle Expo at Palm Beach.

The Expo hosted over 80 exhibitors including those representing residential aged care providers, travel agents specialising in seniors' travel, vision and mobility aids, in-home care providers, legal, home maintenance and allied health consultants. The Expo is a popular annual event with

both seniors and their families accessing valuable information regarding services and how to access them.

The Expo also provided an opportunity for providers to network with other services in the area. Attendance at the Expo is an opportunity for Co.As.It. to showcase the many programs offered on the Gold Coast and in Brisbane as a provider of both CHSP and HCP services.



## WHEN RESIDENTIAL CARE DOES NOT WORK



We are always looking for ways to make life easier for older, frail persons. Only recently a Home Care client moved into residential care whilst her husband remained alone at home.

Both were convinced this was the best option and declined respite care as the gentleman felt that carer stress was too high and the wife was physically unwell so unfortunately this important decision was made too quickly.

After five weeks, they discovered that the nursing home environment was not suitable for her. She did not fit in and could not settle, nor was her husband happy alone at home.

With approval from My Aged Care, we managed to move her out of residential care and keep her package active so that she could receive services immediately upon her return at home.

With increased services from us, the couple is now able to manage well at home and are very appreciative of being able to live together with the help of her home care package funding and his Commonwealth Home Support Program funded services.

## THEY CALLED THEMSELVES 'FRIENDS'

**HOW DISTRESSING WOULD  
IT BE TO FIND ONE OF  
YOUR PARENTS  
OR A RELATIVE  
BEING ABUSED LIKE THIS?**



At the Gold Coast office recently, the staff became aware of a serious breach of trust for an elderly gentleman who had been recently referred to the Home Care Package Program.

This gentleman was living with early stage dementia and his so-called 'friends' and neighbours had been taking advantage of his diminished cognitive capacity by taking him shopping every day to buy their own groceries and to withdraw money from the ATM

with his card for their own personal use. This trusting elderly man had no idea he was being manipulated and was financing this family at his own disadvantage.

Our staff discovered this elder abuse soon after we had started services and immediately contacted his family and the police. Despite identifying this disgraceful behaviour through staff at the supermarket and being captured on CCTV, the police were unable to prosecute them as he

had 'voluntarily' allowed them the use of his card and funds.

The family was not aware that he had deteriorated so quickly and they soon moved him into residential care in their own neighbourhood in Sydney. He is now safe and the family visits on a regular basis.

It is up to us in the community to be vigilant, so please take care to monitor any older persons living alone.





## aged care services south coast



### BUSY TIMES, FUN TIMES.

The Easter period saw a lot of energetic prancing around at the Gold Coast social activity groups, even the Easter Bunny was persuaded to take part in some strenuous Easter egg distribution.

The poor little fluffy thing had to carry such a huge basket of goodies he was soon exhausted!

Just as well the guests had a little more stamina than the rabbit because after a delicious lunch at the Gold Coast Italo-Australian Club, they all got up to do the Chicken Dance!





## community visitors scheme

### CHANGING YOUR LIFE - ONE HOUR AT A TIME

It has been considered one of the most valued assets when applying for work by employers because volunteering in your local community shows commitment, caring and communication skills.

Over the past two decades we have seen a growing body of research that indicates volunteering has individual health benefits.

According to the CNCS (Corporation for National and Community Services) their research 'The Health Benefits of Volunteering: A Review of Recent Research' has established a strong relationship between volunteering and better health: those who volunteer have lower mortality rates, greater functional ability and lower rates of depression later in life than those who do not volunteer.

A common ailment of our modern society is the lack of time due to family, work and social commitments. Surveys have shown many individuals would be happy to volunteer if only "time" was not a critical component.

Co.As.It. has developed a program that requires a commitment of only one hour per week.

The Community Visitors Scheme (CVS) Program provides valuable experiences visiting the elderly, lonely and isolated members of the community and all that is required is a warm and friendly nature, a reliable mode of transportation and a keen interest in being part of a unique volunteering community.

Each volunteer is offered training and support by our inspiring CVS Coordinators.





## CASE STUDY

Gaetano Capone became a part of our CVS volunteering team last year and he was introduced to an Italian resident named Mario who lives in an aged care home.

Mario's knowledge of English is limited so he very much looks forward to Gaetano's regular little visits.

They share a mutual love of upbeat style music such as Latin-American and many visits are spent listening and enjoying music or walking in the gardens of the facility.

When music is not available, Mario delights in retelling his many interesting stories of war, family, friends and life in his younger days.

Laughter is a part of many of their delightful 'chats'.

Interested individuals may contact Co.As.It. Community Services on 07 3262 5755 or visit the Facebook page: Co-As-It Community Services



## I AM SO LUCKY TO BE LIVING IN AUSTRALIA

Australia was first referred to as “The Lucky Country” in 1964 by Professor Donald Horne and ensuing years of economic growth have demonstrated this to be largely true.

According to Quora.com, since the 70s and 80s the Australian governments made some prudent decisions that well-insulated the Australian economy and thus Australians from most external economic shocks, making the Australian economy a record breaker of 26 years of economic growth.

In economic terms we have loads of natural resources that the world will continue to need.

Australia's hard commodity boom is slowly coming to a downturn, however middle class Chinese, Indian and other Asian nation consumers' want more and more of our 'soft' commodities such as beef and lamb, wheat, soy and dairy.

Just recently Giovanni Di Lieto, a professor of International Trade Law at Monash University stated that the US-China trade war gives

Australia the unprecedented chance to expand its economic footprint as it has bilateral free trade agreements with both US and China.

On the other hand rising costs of housing, rising cost of goods and years of frozen wages has led many to believe we are no longer the lucky country. Life seems to be getting harder for many as Australians are working longer hours yet accumulated debt is still a significant stressor.

Indeed it is an interesting question, whether we can still consider ourselves to be living in the “Lucky Country”.

Perhaps the answer is in the heart of our multicultural communities and it is not until we look at a simple moment in time that we can determine if Australia can still considered to be “lucky”. One of the RAS (Regional Assessment

Service) Officers, Zina Hulbert, completed an assessment for a 92 year old Filipino lady living in Brisbane's southern district.

The lady was getting increasingly ill and was in need of care services to help her stay at home with her daughter.

Whilst advising the nonagenarian of some of the services that could be provided, suddenly the lady burst into tears. When Zina asked her why she was crying an unexpected response followed: “I am so lucky to be living in Australia”

Zina then asked what would she do if she was still living in her homeland? “If I was still living in the Philippines I would have to go on the streets to beg.”

It is moments like these where we must say, yes, Australia still is The Lucky Country.





Wikipedia states that some of the reasons Australians consider themselves lucky to live here are:

- never had a civil war
- only invaded twice in 50,000 years
- pretty good weather
- fantastic beaches
- abundance of natural resources
- abundance of food, even in years of drought and flood
- very stable political system
- mostly egalitarian society
- clean and healthy environment
- good education system
- good to excellent infrastructure
- affordable higher education
- excellent health system available to everyone
- good social security
- tradition of freedom of speech
- low corruption
- fair court system



## GENITORI ANZIANI - COME GESTIRLI SENZA STRESS

*(Estratto da [repubblica.it](http://repubblica.it))*

Una sfida al femminile che porta le donne a diventare madri dei propri genitori muovendosi come acrobati tra casa, figli, lavoro, medici e pratiche burocratiche per l'accesso alle cure.



Le donne sandwich si trovano ad affrontare una sfida difficile: fare da madre ai propri genitori e ai propri figli. Una condizione comune nel nostro Paese.

Assieme agli esperti parliamo di tutte le problematiche del caso, cercando di trovare insieme una vita d'uscita (e la serenità).

Imparare a prendersi cura di chi prima si prendeva cura di noi: è la sfida che devono affrontare le cosiddette "donne sandwich", quelle che sono contemporaneamente coinvolte su due difficili "fronti" come quello di assistere un anziano genitore e di accudire un figlio in età evolutiva o adolescente.

Una sfida al femminile che porta le donne a diventare madri dei propri genitori muovendosi come acrobati tra casa, figli, lavoro, medici e pratiche burocratiche per l'accesso alle cure.

Come conciliare le esigenze della propria vita con i bisogni dei genitori che invecchiano e spesso sono malati (quando non più autosufficienti)?

### **Una 'nuova famiglia'**

Per l'anziano non è facile accettare la vecchiaia, soprattutto

se nel corso della vita è sempre stato indipendente e d'aiuto per gli altri.

L'anziano evidenzia due tipi di bisogni crescenti: necessità di dipendenza fisica (a seconda delle sue condizioni di salute), e bisogno di conservare un'identità adulta (bisogno di autonomia).

Il conflitto tra questi due bisogni segna profondamente il significato delle relazioni tra genitori e figli.

Questo nuovo evento mette alla prova tutto il sistema familiare.

L'anziano che non è autosufficiente va a vivere con il figlio, quindi bisogna creare uno spazio per il nuovo ospite in famiglia, ridefinendo anche la struttura della casa, dando ad esempio una stanza al genitore malato, sacrificando uno spazio ai figli.

Questa nuova ridefinizione potrebbe creare disagi alla "nuova famiglia", bisogna dunque riuscire a mediare con tutti i membri presenti.

### **Accettare un aiuto esterno**

Spesso l'idea di farsi aiutare non viene presa in considerazione perché vissuta come una sorta di "scarico" delle responsabilità

e anche perché si è convinte di farcela da sole. "Ma accettare un aiuto non vuol dire abbandonare il proprio genitore. Un aiuto è una risorsa all'interno della famiglia. Chi non lo accetta è costretto a sacrificare la propria vita, i propri impegni e quelli dei figli creando così un disagio all'interno del nuovo sistema familiare" avverte l'esperta.

Potrebbe nascere un accumulo di tensioni che la famiglia non riesce a sostenere, quindi ricorrere ad aiuti esterni, come ad esempio una badante in determinate ore del giorno, oppure programmi educativi e di sostegno per la famiglia con un anziano, possono aiutare a non cambiare del tutto la loro vita quotidiana.

"Il senso del dovere nei confronti del proprio genitore malato non deve prevalere sulla nostra vita perché si rischia di trascurare i figli e il partner creando disagi".

### **A chi chiedere aiuto?**

Non sempre i figli riescono a prendersi cura dei genitori specie se vivono e lavorano in un'altra città o se hanno a loro volta dei problemi di salute.

Chiedete aiuto al Co.As.It. chiamando il 3262 5755



## THINGS TO DO FOR SENIORS IN BRISBANE

There are so many free or low-cost activities for seniors to do in Brisbane that it is almost a crime to stay home and not take advantage of what is available to us in the community.

### **50 Plus Centre**

The 50 Plus Centre offers a variety of budget priced activities. It is open to residents in South East Queensland who are seniors, pensioners or benefit receivers (excluding unemployment benefits).

Activities are held in the basement level of Brisbane City Hall, 64 Adelaide Street, Brisbane. The Centre is open Monday to Friday from 9am to 1pm excluding public holidays.

### **Membership**

Membership is free. You will need to provide some identification such as a driver's licence or pension card when you lodge an application form.

For membership enquiries contact the Activity Centre Reception on 07 3403 4319 (business hours) or at [fiftypluscentrebrisbane@gmail.com](mailto:fiftypluscentrebrisbane@gmail.com).

Here are some rather inspiring ideas from their website:





### **CLOGGING**

Clogging is a type of folk dance in which the dancer's footwear is used musically by striking the heel, the toe or both against a floor or each other to create audible percussive rhythms, usually to the downbeat with the heel keeping the rhythm.

### **ZUMBA GOLD**

This specialty course is designed to teach active older adults and addresses the anatomical, physiological and psychological needs specific to this population. It will also prepare students just starting their fitness journey and who want to join the fitness-party for the first time. The Zumba Gold program also includes a Zumba chair workout.

### **OLD TIME BALLROOM DANCING**

This activity includes old time and new vogue traditional dance. It includes a social dance each Thursday that is widely attended across all activity groups.

### **SQUARE DANCING**

Square dance is a dance for four couples (eight dancers) arranged in a square, with one couple on each side, facing the middle of the square. Square dances were first documented in 17th century England but were also quite common in France and throughout Europe. They came to North America with the European settlers and have undergone considerable development there. In some countries and regions, through preservation and repetition, square dances have attained the status of a folk dance.

These are just some of the things we can do – for more information go on to the council website:

<https://www.brisbane.qld.gov.au/community-safety/community-support/seniors/50-plus-centre>



**aged care  
services**

**social activity  
groups  
brisbane**

## NEW IPAD TECHNOLOGY BEING TRIALLED AT ACACIA RIDGE

When you have cognitive impairment, sometimes being away from home can be very unsettling.

At our Sunshine Groups at Casa Aurelia in Acacia Ridge, we have some beautiful people who are confused and find it hard to calm down when they are brought into the centre.

They may have been there many times before but may not recall the premises or the friendly faces who greet them. Any number of things can distress them, too much noise, bright light, unfamiliarity with the environment or just not knowing where they are.

It is as distressing for them as it is for our staff who try to settle and comfort them as soon as possible.

We will be trialling the use of ipads with wireless headphones to encourage engagement with activities in their own language, hear music or watch interesting snippets on the devices.

If the pilot project is successful and finds our clients have enjoyed the interaction, we will be supplying all of the Sunshine Groups with ipads to use with agitated and anxious clients.

We will keep you posted on future developments!





**aged care  
services**  
**social activity  
groups  
brisbane**



Ah la Pasqua, uno dei nostri periodi preferiti. Magari non per il coniglio, che cerca di scappare da chi vorrebbe portargli via tutte le sue uova!

I nostri gruppi riescono sempre a trovare qualcosa di interessante per i clienti, qualcosa che diventi una attività da completare con successo.



I piccoli dell'asilo nido dirimpetto a Casa Serena non vedono l'ora di tornare a trovare i loro "nonni".





## INTERNATIONAL WOMEN'S DAY 2018

Co.As.It. Community Services is a strong supporter of women and their valued contributions to the economic, social and cultural framework that binds our society.

In the past five years it has advocated for the celebration of women and their achievements through an annual International Women's Day event that always attracts over 300 people.

This year International Women's Day was on Saturday, March 10 at The Victoria Park Golf Complex.

Hosted by Ch7 news presenter and journalist Rosanna Natoli, it was a community event not to be missed.

This year's event was attended, among the many guests, by the Lady Mayoress Ann Quirk, Teresa Gambaro MP, Mariangela Stagnitti President of Com.It.Es Qld & NT and Michelle Smith, Manager of Community Care PHN Brisbane North.

International Women's Day was the perfect opportunity to shed light on the global issues affecting women and fostering a wider interest in women's problems worldwide.



This event was aimed at helping women become more aware of gender parity, increase awareness of employment issues, create an opportunity for information exchange and nurture younger women to take positive action in support of other women.

This year's theme 'Press for Progress' encapsulated the essence of the event in that it sought to inspire a collective strength of women supporting gender parity.

The event was a celebration of women by women and included a high tea with a delicious selection of the finest sweet and savoury treats.

Returning recently from her attendance at New York Fashion week, Miss Global Australia - Sophia Harris spoke about her experiences, whilst volunteers models presented fashions from Petrol Boutique where participants enjoyed viewing a wide range of on-trend styles beautifully coordinated by Laura Churchill, Director of Brisbane Fashion Month.

The excitement continued with numerous fantastic raffles, a genuine thank you is extended to the many valued sponsors and generous individuals who donated products for these raffles.

Co.As.It. is greatly appreciative for their continued support and that of the dedicated staff who volunteered to make the event so successful.



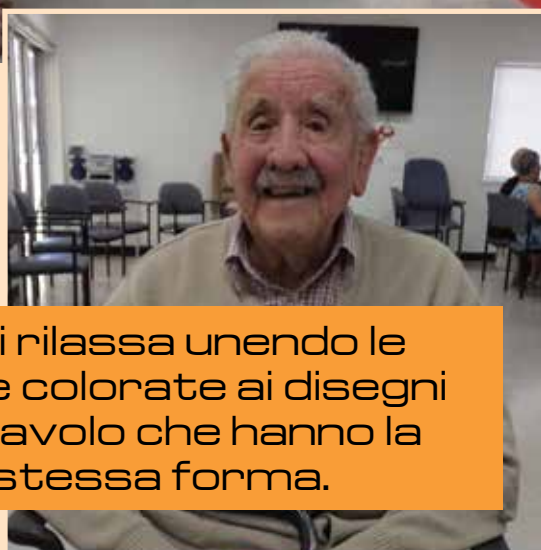








Pallavolo col palloncino  
è uno sport molto  
competitivo! Meno  
male che i bastoni  
sono fatti di plastica  
morbida, altrimenti  
potrebbe diventare  
uno sport pericoloso.



Ci si rilassa unendo le  
figure colorate ai disegni  
sul tavolo che hanno la  
stessa forma.



Altri invece si rilassano  
giocando a bocce.



# FESTA DELLA REPUBBLICA 2018

Il Consolato d'Italia per il Queensland e Northern Territory, assieme al Com.It.Es. Queensland e Northern Territory, invita la comunità italiana a partecipare alla

## **Santa Messa per la Festa della Repubblica**

**Domenica 3 giugno 2018**

Chiesa di Holy Spirit  
Villiers Street, New Farm  
con inizio alle ore 11.

La S.Messa sarà celebrata in lingua italiana

Al termine vi sarà un rinfresco nella sala  
direttamente dietro la Chiesa.



CONSOLATO D'ITALIA  
QUEENSLAND E  
NORTHERN TERRITORY

**com.it.es.**  
queensland + northern territory

## 2018 HARMONY DAY

This year Harmony Day coincided with the monthly CALD Activity group at St. Martins Nursing Home, Taigum.

The group was fortunate to participate in the colourful and lively event the facility had planned for their residents.

Belly dancers entertained the residents with their exotic music and costumes and an Italian singing duo sang familiar songs which encouraged many residents to dance to the upbeat tunes.

The atmosphere was one of joy, laughter and celebration and the residents enjoyed clapping along to the music.

Harmony Day is celebrated annually on March 21st in Australia. It began in 1999, coinciding with the United Nations International Day for the Elimination of Racial Discrimination.

Each year, it is marked by people coming together and participating in local activities with the purpose 'Everyone belongs'.

It is about community participation, inclusiveness, celebrating diversity, respect and belonging.

Communities themselves decide how they would like to come together to mark the occasion – some have morning teas, others organise a fair and some celebrate by dressing in national costumes.

More than 7.5 million  
people have migrated to  
Australia since 1945







Community service providers must ensure their workers are safe while they are working in your home. They will work with you to make your home a place where workers can continue to assist you safely.

How you can help community workers work safely in your home:

- work together to check that your home is safe and fix any problems
- tell someone (e.g. community worker, family) if you think something is not safe
- check with the service provider if you would like the worker to do any extra jobs
- act on advice given about how to make your home safer (e.g. moving furniture or home modifications).

## What you can do to make your home safe for your community worker

### Outside the home

- make sure your home number is visible from the street
- install an external light for night visits
- keep hallways, stairs and other access areas clear of clutter
- fix any broken steps
- consider installing security doors on your front and back doors.

### Pets

- keep pets under control before and during the visit.

### Chemicals/hygiene

- make sure all cleaning products are in their original containers
- provide soap and a clean hand towel (or paper towels) so that community workers can wash their hands.

### Inside the home

- have your bed positioned so that your community worker can work around both sides
- tell your community worker if there is anyone else in your house
- have adequate ventilation (e.g. in the bathroom) during hot summer months
- have smoke detectors installed and check they are working
- check that all equipment used for home care is right for the task.

### Smoking and alcohol

- do not smoke or allow others to smoke during the visit
- do not drink or use illicit drugs before or during the visit.

### Electricity

- check that your electrical equipment is safe to use
- have safety switches installed and check they are working.





# aged care services

## social outings brisbane

### OUT AND ABOUT!

One needs to take vitamins to maintain their stamina with the constant goings on in the social outing groups.

With an energy that belies their senior years we are almost finding it hard to keep up with these adventurers!

Since our last magazine edition, in Brisbane full bus loads have taken off to bigger and better attractions, visiting Caloundra, Thunderbird Park, The Summit Outlook at Mt Coot-ha and we wouldn't be surprised to see them bungee jumping, parachuting or driving go carts soon!

We already had a senior take to the skies in a small plane at the Gold Coast so nothing is too demanding.

If you would like to join these gallivanting seniors contact us on 07 3262 5755.





Staff training and strong communication skills are vital in an organisation as large as Co.As.It. A new approach to training was shared with the team by way of enlisting a motivational speaker Bruce Sullivan.

The session held a week ago had staff laughing their way through a wonderful workshop that highlighted the dynamics of relationships at work and at home. Of particular importance was Bruce's ability to share his experience and thoughts on how to be the best we can be no matter what situation faces us AND with the energy of a four year old!

The workshop used two important messages that of 'intent' and 'impact' and demonstrated that whilst we may not purposely intend to offend or hurt others, we often miss the impact that our behaviour has on other people. This is especially true when confronted by small doubts, insecurities and niggling

annoyances e.g. no milk in the fridge for our coffee.

His solution was practical, sensible and effective: take responsibility to make the changes, such as go get the milk, put the toner in the photocopier, take it upon ourselves to be in the situation which is favourable for everyone.

Another important message was to acknowledge that when we enter relationships at home or at work, we have said "yes" to our partners, managers or team members. The key in the message is to honour the "yes" agreement.

Bruce engaged and inspired us to do what it takes to be the best that we can possibly be in a world where change is constant and relationships are fragile.

It was eye-opening and informative. He shared an incredibly moving story about his own daughter Hannah who has Down Syndrome.

## LIFE IN PERSPECTIVE

By the age of 8 or 9 years, his daughter was no longer invited to attend birthday parties. This was not due to an intent to exclude her but it was something that just happened over time. As she grew older, fewer friends would engage in Hannah's life.

On her 18th birthday Bruce didn't want Hannah to miss out on the importance of this milestone so he asked his Facebook friends to send Hannah a card for her birthday – the request went viral and global. Hannah received in excess of 20,000 cards for her birthday.

Voted Australian Keynote Speaker of the Year by the National Speakers Association of Australia, Bruce Sullivan was also presented with the Paul Harris Award in Rotary District 9640 for his contribution to RYLA as a presenter for more than 20 years.





# It's flu season, are you prepared?

- Last year, people aged 65 years and older accounted for more than 90% of all deaths related to flu.<sup>1</sup>
- Residents aged 65 years and older and those with certain existing medical conditions under the age of 65 years can receive a free flu shot under the National Immunisation Program each year.
- This year there are new vaccines available to provide better protection for people aged 65 years and older.
- Visit [health.gov.au/immunisation](http://health.gov.au/immunisation) to learn more.

1. National Notifiable Diseases Surveillance System (NNDSS) – [www.health.gov.au/nndssdata](http://www.health.gov.au/nndssdata)

## Flu vaccine safety

The flu vaccine does not contain any live virus, so you cannot get the flu from the vaccine.

Common side effects may happen within one to two days after flu vaccination. These may include soreness, redness, discomfort and swelling at the injection site, tiredness, muscle aches and low fever. These side effects are usually mild and go away within a few days, normally without any treatment.

It is safe for people with an egg allergy, including serious allergic reactions (anaphylaxis), to have flu vaccines.

If you have experienced any of the following talk to your vaccination provider before getting a flu vaccine:

- a serious allergic reaction (anaphylaxis) following a previous flu vaccination
- a serious allergic reaction (anaphylaxis) to any flu vaccine ingredient (excluding eggs).

### You are encouraged to report any concerning event following the flu vaccine to:

- your doctor or vaccination provider
- pharmacists from NPS MedicineWise on 1300 134 237
- the Therapeutic Goods Administration (TGA) through the 'Safety information' link on the TGA website, or
- state or territory health departments.

## Other ways to stop the spread of flu

Practicing good personal hygiene is also an important way to prevent the spread of flu in the community and shared facilities. This includes:

- Washing your hands regularly with soap and water before and after contact with others, and before handling food. If available, use alcohol-based hand wash if washing facilities are not nearby.
- Staying at home when you are sick.
- Covering your nose and mouth with tissues or your elbow when you sneeze or cough. Make sure you throw tissues away and wash your hands immediately afterwards.
- Not sharing personal items such as cups, plates and cutlery.

Experts recommend that aged care facilities have easily accessible internal policies and procedures on infection control and have a comprehensive outbreak management plan in place, including notification of outbreaks to local state and territory public health units. If you work in residential aged care, talk to your employer to learn more about the policies, procedures, and plans that are in place for your facility.

For more information about infection control in residential aged care, see the infection control pocket book for aged care workers/staff at <https://agedcare.health.gov.au/tools-and-resources/encouraging-better-practice-in-aged-care-ebpac/infection-control>.

## To find out more about flu and the National Immunisation Program:

- call the National Immunisation Hotline: 1800 671 811
- visit the Department of Health's new immunisation website at [health.gov.au/immunisation](http://health.gov.au/immunisation)

If you have any questions about the flu vaccine in your state and territory or infection control, please contact:

ACT	02 6205 2300	SA	1300 232 272
NSW	1300 066 055	TAS	1800 671 738
NT	08 8922 8044	VIC	1300 882 008
WA	08 9321 1312	QLD	13 HEALTH (13 43 25 84)

All information in this fact sheet is correct as at 19 March 2018. It is valid for the 2018 influenza season.





## INAUGURAL PIZZA/MOVIE NIGHT AT ILC

The informal gathering on Friday 16 February 2018 was the ideal opportunity for Italian teachers and students to meet, greet and chat in the beer garden at the Brisbane City Football Club in Newmarket.

MLTAQ Italian Convenor Connie Lammertsma was excited by the idea of kick starting the new school year by celebrating 'Evviva la lingua italiana' at ILC's Pizza/Movie Night.

From 5:45pm onwards delicious wood-fired pizzas began arriving as guests mingled enjoying a glass of wine.

Everyone then made their way upstairs to watch the thought-provoking comedy 'Se Dio Vuole'.

Explosive sounds of laughter clearly indicated people were having a good time!

ILC pizza/movie nights will be held regularly in 2018 to provide a relaxed venue for teacher networking and an ideal opportunity for students to listen to authentic Italian.

Italian movies are shown with English subtitles. Friends and family aged 15+ welcome. No prior knowledge of Italian required!

### **For details on bookings and payments**

see the movie flyer on the website

[www.italianlanguagecentre.org](http://www.italianlanguagecentre.org)

contact ILC on 3262 5755

email: [enquiries@italianlanguagecentre.org](mailto:enquiries@italianlanguagecentre.org)

or look up [www.facebook.com/ilc.brisbane](https://www.facebook.com/ilc.brisbane)

## 4º 'ALL LANGUAGES EVENT' A BRISBANE



Il corso di aggiornamento annuale per insegnanti di lingue straniere ha avuto luogo il 26 e il 27 febbraio scorso all'O'Shea Convention Centre di Brisbane.

Talmente hanno avuto successo i due eventi precedenti, che l'associazione 'Independent Schools Association' e il reparto d'istruzione delle scuole cattoliche di Brisbane (Brisbane Catholic Education Office) hanno deciso di ripetere l'evento.

Le rappresentanti dei due settori, Natalie Horrobin e Bernadette Barker, hanno organizzato l'evento al quale hanno partecipato 150 insegnanti di lingue straniere

provenienti da tutto lo stato del Queensland.

Il primo giorno è stato dedicato alle lingue asiatiche, mentre il secondo, a quelle europee.

Il workshop per l'italiano è stato organizzato dall'Italian Language Centre di Brisbane.

Altri workshop per le lingue europee sono stati organizzati dal Goethe Institut per il tedesco, l'Alliance Française de Brisbane per il francese e l'università del Queensland per lo spagnolo.

Il workshop italiano è stato presentato da Marzia Mauro e

Rosella Dermedgoglou dell'Italian Language Centre.

Il programma presentato dalle due docenti ha offerto ai partecipanti degli spunti didattici per arricchire l'input, fissare l'apprendimento di strutture e funzioni linguistiche e spronare tra gli studenti la produzione della bella lingua.

Al termine gli insegnanti partecipanti al workshop italiano hanno espresso un alto livello di soddisfazione.

Questo workshop italiano è stato ripetuto presso la sede dell'ILC sabato 3 marzo scorso.





IN ADDITION TO SUPPORTING ITALIAN PROGRAMS IN QUEENSLAND SCHOOLS, ILC ALSO OFFERS ITALIAN LANGUAGE COURSES FOR ADULT STUDENTS, ITALIAN AFTER SCHOOL HOURS FOR SCHOOL STUDENTS AND GIROTONDO ITALIAN PLAYGROUP FOR 3-5 YEAR-OLDS.

FOR MORE INFORMATION:

[WWW.ITALIANLANGUAGECENTRE.ORG](http://WWW.ITALIANLANGUAGECENTRE.ORG) | [ENQUIRIES@ITALIANLANGUAGECENTRE.ORG](mailto:ENQUIRIES@ITALIANLANGUAGECENTRE.ORG)

TEL: 3262 5755 | [WWW.FACEBOOK.COM/ILC.BRISBANE](https://WWW.FACEBOOK.COM/ILC.BRISBANE)





# Servizi comunitari per anziani e giovani bisognosi di sostegno.

**Avete bisogno di aiuto nei lavori domestici?  
Avete bisogno di aiuto per cucinare?  
Volete incontrare nuovi amici?  
Assistete qualcuno a domicilio e  
avete bisogno di aiuto?**

Il Co.As.It. Community Services fornisce assistenza alle persone anziane 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.

Contattate il nostro centro al

## 3262 5755

per ulteriori informazioni



Funded by



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