



in this edition:

adopt a nonno or a nonna
volunteers' christmas lunch
harmony day
international women's day celebrations
physio to the rescue!

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.



co.as.it. community services ltd.

35 dover street | albion qld 4010
po box 59 | albion bc qld 4010
tel: 07 3624 6100 | fax: 07 3624 6185
mail@coasit.asn.au | www.coasit.asn.au

insieme
edition # one - march 2019

articles + editing | nella alba-calabrese
layout | puntoitalia Pty Ltd [support@puntoitalia.com | www.puntoitalia.com]

Published four-monthly, INSIEME welcomes any contributions from readers and Co.As.It. members. Unless otherwise instructed, submitted articles and photos will not be returned. All rights reserved. INSIEME would like to thank and acknowledge the staff and members for their continued support and contributions to this publication.

DISCLAIMER

Co.As.It. merely provides advertising space in the pages of this publication. While Co.As.It. takes all reasonable care in compiling the advertisements in this publication, it makes no warranties in relation to the quality, suitability, safety or legality of any of the terms or services advertised on these pages. All advertisements are accepted in good faith, however Co.As.It. does not warrant the accuracy or truth of any representations contained in these pages. Co.As.It. does not represent or warrant the items or services, advertised and the reader should make its own enquiries prior to relying on them.



Welcome to a new year at Co.As.It. and to our first edition for 2019!

I personally start each new year with renewed energy and drive and a wish to enjoy both my family and work life and to especially treasure each moment I have with my grandchildren.

We all grow older but I have seen the changes that have occurred across the aged care industry in the past few years and the effect these have had on our community.

The advent the next 12 months just focuses my determination and planning on ensuring we continue to treat the people we serve in the community with compassion and genuine care. I see how important we are as an organisation but more significantly, I see how important we are as people to the clients we serve.

I do not see our service provision as a business and our staff are equally committed to being there not only as workers but as friends and supporters.

Now more than ever it is important for us to receive your feedback in the services we provide, we would love to hear from you.. we see each of your comments as affirmation of the great work we do but also as opportunities for improvements.

I also encourage you to start having discussions with your loved ones about their wishes as they get older, what are the things that are important to them and what will they need in future to keep them at home.

The Co.As.It. Calendar 2019 is now available and members of our organisation and our community are featured - highlighting their stories, histories and favourite recipes. Please contact us to obtain a copy.

Our Italian language classes for adults, after school students and Girotondo - playgroup have commenced and I urge you to think about either learning a new language or perfecting the language of your ancestors. Our Italian Language Centre team awaits you and will make sure your experience in learning our romantic language will be unforgettable.

As International Women's Day draws closer, take the chance to revel in the joyous atmosphere created by our women - an event that emphasises our support for each other as mothers, wives, sisters, friends and workers.

Our special guest speaker will inspire us on "exceptional living". I look forward to seeing many of you at the event in March.

Dina Ranieri



INTERNATIONAL WOMEN'S DAY

MORNING TEA

9th March

10.30am - 2.30pm

Hosted By
Rosanna Natoli
Sunshine Coast
Channel 7
News Presenter &
Journalist

Prosecco
&
Bellini
Cocktails
incl.

celebrate
friendship, life & good food

Harmony & Delights

Victoria Park Golf Complex, Herston

Tickets \$65



Credit Card Bookings
07 3262 5755
eventbrite/coasitIWD



Sponsored By:



It is with genuine pride that we recognise our staff as the nucleus of our organisation. They are our richest resource and their contributions and hard work have continued to enrich our programs whilst supporting our ethos of care.

The improved quality of life in our clients is directly attributable to their skills and we are privileged to have a workforce of capable, enthusiastic and compassionate people who focus on supporting our clients with person-centered care.

Whilst the aged care industry moves into a more commercialised model of service delivery, we

are highly focused on training our people to individualise every facet of the client's care plan to ensure they fulfil the emotional, social, physical and spiritual well-being of the communities we serve.

Our program coordinators keep in close contact with our community care staff who often are the only people clients may see for days or weeks.

Working for Co.As.It. means being proud of making a difference to someone else's life and acknowledging and celebrating their stories, life experiences and personal choices in their care.



Unfortunately not all of our coordinators were available for our office photoshoot, but here are some of our valued staff members.



the community place
20 clark street
kalinga q 4030

from 10am to 12 noon

HARMONY DAY 21 MARCH

a community get together - morning tea

Join us to celebrate Harmony Day
and show a sense of belonging for everyone

food *fun*
entertainment
friendship

an amazing journey
of discovery
towards a greater
level of cultural
understanding,
mutual respect
and friendship.

organised by:



for bookings and information:

co.as.it. community services ltd 3624 6100

the community place 3857 1152

Harmony Day coincides with the United Nations' International Day for the Elimination of Racial Discrimination.

a heartfelt farewell to dr. camussi..



The Italian Consul for Queensland and Northern Territory Dottor Ludovico Carlo Camussi was farewelled after his 3 year posting in Brisbane with a small informal event that recognised the outstanding dedication and commitment during

his tenure in Australia. Organised by Com.It.Es. President Mariangela Stagnitti and Co.As.It. Community Services Ltd, the event was held at the Italian Language Centre and attended by over 100 community members.



.. and a warm welcome to the new consul



The Italian community in Brisbane and in the Northern Territory have been fortunate in the calibre of Italian diplomats who have made Brisbane home.

Dottor Camussi's collaboration, support and presence in the Italian community will be long remembered.

We wish him the best in his new position in Rome.

We now welcome our new Consul Dottor Salvatore Napolitano who has recently arrived to take up his new position.

Born in Vico Equense (province of Naples) on 1 October, 1982, Salvatore Napolitano graduated in 2005 from University Federico II, Naples, Faculty of

Law, and obtained a Master in 'State Management and Humanitarian Affairs' from the University La Sapienza, Rome, Faculty of Economics in 2008.

Salvatore also attained a 'Diplomado Superior' (2010) in Migration and Development from the Latin American Faculty of Social Sciences (FLACSO) in Quito, Ecuador, where he volunteered as an international civil servant with NGO FOCSIV.

Salvatore joined the Italian Foreign Service in November 2011.

He served as First Secretary at the Italian Embassy in Buenos Aires, Argentina, from 2014 to 2018 and took up his post as Consul of Italy in Brisbane on 7 January, 2019.

letters of migration

I am a Professor of Italian Studies at the University of Western Australia. I am interested in studying the letters that Italian migrants to Australia received from their family and friends.

Personal letters tell the story of migration in the words of the migrants themselves. I am working with a PhD student, Lawrence Rhoads, to collect letters around Australia for a new history of migration.

We would be very grateful if you would allow us to include any of your family's letters. With your permission, we would make a copy of the letters and you would keep the originals. All personal details would be treated with the greatest respect and confidentiality.

If you would like to share your letters or if you would like to ask me anything about this project, please contact me at your convenience:

Email: john.kinder@uwa.edu.au

Professor John Kinder
University of Western Australia
Perth WA 6009
<https://www.uwa.edu.au/Profile/John-Kinder>

2019 SEASON IL GRANDE CINEMA



11 FEBRUARY
AMICI MIEI (1975)
Ugo Tognazzi
2h20m



10 JUNE
OVOSODO (1997)
Nicoletta Braschi
1h40m



28 OCTOBER
ITALIANS (2009)
Riccardo Scamarcio
1h56m



11 MARCH
FANTOZZI (1975)
Paolo Villaggio
1h48m



24 JUNE
MANUALE D'AMORE (2005)
Silvio Muccino
1h56m



11 NOVEMBER
QUALUNQUEMENTE (2011)
Antonio Albanese
1h36m



29 APRIL
IL MARCHESE DEL GRILLO (1982)
Alberto Sordi
2h15m



8 JULY
MEDITERRANEO (1991)
Diego Abatantuono
1h36m



25 NOVEMBER
RICORDATI DI ME (2003)
Fabrizio Bentivoglio
2h5m



13 MAY
IL PICCOLO DIAVOLO (1988)
Roberto Benigni
1h41m



22 JULY
IL CICLONE (1996)
Leonardo Pieraccioni
1h33mm



9 DECEMBER
PERFETTI SCONOSCIUTI (2016)
Marco Giallini
1h37m



27 MAY
COMPAGNI DI SCUOLA (1988)
Carlo Verdone
1h55m



30 SEPTEMBER
IL MIO MIGLIOR NEMICO (2006)
Carlo Verdone
1h50m



**CHERMSIDE
LIBRARY
SCHEDULE**



PG may contain classifiable elements such as language and themes that are **mild** in impact

M may include classifiable elements such as language, violence and/or nudity of **moderate** impact that are not recommended for children under 15 years

MA may contain classifiable elements such as language, sex scenes and/or drug use that are **strong** in impact

Venue: Meeting Room 3, Chermiside Library
375 Hamilton Road, Chermiside

Movies start at 9:45am

The movies are in Italian with no subtitles.

For bookings + information:
Alex Favali
Community Services Officer
3624 6100
alex.f@coasit.asn.au



adopt a nonna or nonno in brisbane

Co.As.It. Community Services is looking for volunteers to join their “Adopt a Nonna or Nonno” program, an initiative as part of the Community Visitors Scheme (CVS).

Candidates will be paired with a senior in their area with whom they will spend an hour a fortnight for a minimum of 40 weeks.

The volunteer has the option to choose in-home visits or in aged care facilities.

CVS Coordinator Sarina Campbell said *“the experience is enjoyable for both the volunteer and the person they visit. It is an opportunity to make a new friend, provide social support and possibly even practice Italian language skills.”*

She added that for the volunteer, a relationship forged with an older person could potentially act as a kind of replacement for a missing grandparent.

“You might play cards, cook biscuits together, look at photos, chat or just provide un po’ di compagnia,” Sarina said. *“For people living at home, their mobility might restrict them attending*

social events,” she continued. *“This program brings friendship and language to where they live. Being a community-based project the flow on effect is twofold.”*

The National Ageing Research Institute described the benefits of befriending through companionship.

“It provides seniors with a regular visitor to talk to, which will potentially reduce their loneliness, increase their social support systems, and in turn reduce their depressive and anxiety symptoms,” he said.

Sarina also said that studies have shown that programs such as this increase mental and emotional wellbeing for the volunteer themselves, who benefits from a sense of giving back to the community, and brightening someone’s day.

Co.As.It. will provide all volunteer training and support, morning tea networking and insights for candidates. Italian language is preferred but not essential and people from all walks of life are encouraged to participate.

For more information:

Sarina (sarinac@coasit.asn.au) or Luisa (luisar@coasit.asn.au)





volunteers' christmas lunch

Christmas was a time for counting our blessings and here at Co.As.It. it is one of the numerous times that we thank the generosity of our Community Visitor Scheme volunteers. We acknowledge and express our gratitude to the volunteers for finding time in their lives to give back to the community to enrich the wellbeing of seniors.

Twenty-one volunteers enjoyed a delicious three course Christmas lunch in the elegant Viale Canova Restaurant organised by the CVS Coordinators Sarina Campbell and Luisa Ruggiero-Foote.

CVS volunteer numbers on the Gold Coast have increased in leaps and bounds, so much so that a Christmas lunch was also planned at Kurrawa Surf Club to thank our South Coast volunteers.

Each volunteer received a gift of panettone, an official certificate and CVS badges awarded as recognition and appreciation for their valuable contribution to the community.

Many volunteers have become friends through being involved in the Scheme and delight in sharing stories and generally supporting each other.

By visiting and providing social support to lonely or house-bound seniors in aged care and in their own homes, volunteers create a sense of belonging and a sense of feeling valued for the resident - which may often be lacking due to poor health, mobility restrictions or other circumstances.

Research in the UK has found numerous benefits for the residents and volunteers as well, such as better emotional and mental wellbeing and it could help older adults live longer and healthier lives.

Co.As.It. was fortunate to receive increased funding to be able to administer and support more volunteers into the scheme. We look forward to an exciting 2019!



greater community inclusion

Co.As.It. has been providing the CALD activity programs at Holy Spirit, Carseldine for many years.

Every month for two hours, the Italian residents at the facility come together with their family members to participate in Italian social recreational activities run by a Co.As.It. CALD Activity Officer.

Last December Fr. Angelo Cagna (Scalabrinian) attended the facility and celebrated Christmas Mass in Italian for the community of Italian residents and many of the residents' families who attended.

It was a very special occasion as the facility only has a monthly Mass service in English. Italian Christmas carols were sung and the residents enjoyed the festive celebration of Christmas.

The facility's staff prepare traditional recipes as part of the CALD activity program with great dedication and present quality Italian meals for the residents and their families on a monthly basis.

These luncheons have become the highlight of the month at Holy Spirit facility - it extends social contact for residents and families, gives a traditional village feel to the gathering and promotes the feeling of greater community inclusion for the Italian residents living there.



technology classes

The weekly computer classes organised by Co.As.It. at the Italian Language Centre have been very popular and well-attended throughout 2018. Classes ended in line with the scholastic year and a get-together was organised in December for the last lesson of the year.

An enthusiastic group gathered once again to share experiences, knowledge acquired during a busy yet fun learning environment and to celebrate, in style, the forthcoming and well-deserved summer break.

The classes have begun again for 2019 at the Italian Language Centre (42 Newbery Street, Newmarket) and at the Brisbane Abruzzo Club (150 Fursden Road, Carina), respectively for the Northside and Southside residents as per the following timetable:

Italian Language Centre:
every Friday from 10 to 12 noon

Brisbane Abruzzo Club:
every Wednesday from 10 to 12 noon

For further information and bookings please call Alex at Co.As.It. on 3624 6100.



sette trucchi per restare al fresco

Mini-guida per sopravvivere al caldo in città senza aria condizionata, senza consumare troppa energia e senza gravare sull'ambiente.

Chi ce l'ha e ne abusa, trasformando la casa in una ghiacciaia; chi non ce l'ha e se la sogna di notte, mentre si rigira nel letto cercando l'angolo più fresco di cuscino: l'aria condizionata, croce e delizia della stagione afosa se non utilizzata con criterio rischia di trasformare le nostre bollette della luce nel conto di un resort a cinque stelle, e di causare un surplus di consumi di energia elettrica.

Come rinfrescare la casa utilizzandola il meno possibile? E come sopravvivere al grande caldo se non possediamo un impianto? Ecco come. Risparmi tu. E risparmi l'ambiente.

1. Abbassate le tapparelle o chiudete le persiane nelle ore più calde del giorno, in modo da creare ombra e riparare la casa dai raggi solari.
2. Dove possibile, montate delle tende o un ombrellone da balcone: tenendole aperte ricaverete un avamposto ombreggiato alle finestre di casa, e nei momenti meno caldi potrete passare qualche ora all'aperto.

3. Se possedete un piccolo spazio esterno, una terrazza, un balcone o un giardino, specie se sul lato più esposto e assolato della casa, riempitelo di piante e rampicanti, aiuteranno a schermare e assorbire parte del calore.
4. Cercate di non creare ulteriore umidità all'interno della vostra abitazione: fate il bucato e la doccia nelle ore più fresche, per evitare che condensa e vapore peggiorino la situazione.
5. Spegnete tutti gli elettrodomestici che non usate: oltre a consumare energia, riscaldano l'ambiente. Niente phon, forno, luci intense, asciugatrice: fa già molto caldo, non facciamoci del male!
6. Consumate cibi freschi e ricchi d'acqua.
7. Per le tende da interno, preferite il bianco, che aiuta a riflettere i raggi solari.

Se anche con tutti questi accorgimenti non resistete al caldo, optate per un ventilatore portatile o a pale.

Estratto da: www.focus.it/ambiente/ecologia



south coast's christmas celebrations



Celebrations were planned well in advance on the South Coast for the Christmas period - as in all our social activity centres.

The social groups venue was decked out in decorations, holly, festive plates and serviettes and staff and volunteers were the harbingers of fun, jolly activity and laughter.



Our valuable and much prized volunteers were genuinely thanked for their time and their positive contributions throughout the year - the volunteers are a special bunch of people with whom we could not operate - you are appreciated for everything that you bring to our community.



Father Christmas made his much expected appearance in full regalia, minus the reindeers though. They were double booked so Santa came to our event and the reindeers went to another, but no-one complained, last year the reindeer ate all the food!





co.as.it.'s 40th anniversary celebrations

Throughout 2018 Co.As.It.'s 40th anniversary was celebrated a number of times and at the South Coast, a fabulous event for the community recognised the organisation's achievements and its longevity in the industry.

Always eager to participate in whatever is going on, the community came together at the Club, Parkwood Village for a sumptuous feast and entertainment.

Let's hope that this trend continues and that some of us will still be around to celebrate Co.As.It.'s next 40 year anniversary!



Client celebration of Co.As.It.'s 40th anniversary attracts over 400 people



On December 1st the Kedron-Wavell RSL was a happy, happy place for our clients with a free luncheon event organised and funded by Co.As.It. combining the organisation's 40 year anniversary and Christmas celebrations into one exceptional function.

Welcomed by Co.As.It. CEO Dina Ranieri and addressed by the Chair of the Board Cav. Nereo Brezzi, the celebration with over 400 people was well under way in no time.

There were people dancing on the edges of the room to entertaining band Two Timings who performed popular songs in Italian and English and everyone was very excited by the announcement of a 'lucky table' prize of prosecco and panettone sponsored by Italiquore.

This was a much-anticipated celebration for our clients and many travelled from all over Brisbane to attend.

Our MC, Laura Panarello, had the attention of all when speaking about the history of the organisation and what it represents in the community. Laura focused on the importance of wellbeing and positive attitude in helping us to deal with the stresses of life.

Many emails and phone calls were received to thank Co.As.It. and how well the event was organised. They were much surprised to hear that this may be a yearly event!





harmony and delights!

Co.As.It. Community Services Ltd announces its 8th International Women's Day event "Harmony & Delights" on Saturday, March 9th, 2019.

This elegant event will be held at the Marquee Room at Victoria Park Golf Complex in Herston from 10.30am to 2.30pm.

We are delighted to announce inspirational speaker Marcus Pearce, from The Wellness Couch and author of *Your Exceptional Life* as our special guest.

Marcus is about relentlessly challenging people to be their own person, their own "scientific researcher", their own creator of health, so that they can live their life on their own terms and not someone else's and to make the rest of their life the best of their life!

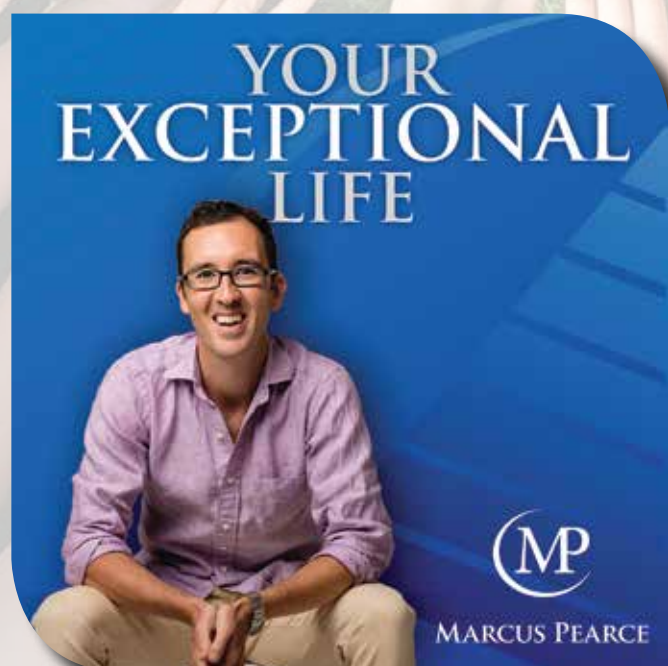
Hosted by Sunshine Coast newsreader Rosanna Natoli, the event offers guests time to spend with friends, learn some tips on resilience and well-being

and enjoy traditional high tea in a stunning event space surrounded by lush gardens. There are fabulous raffle prizes including jewellery pieces valued at over \$2,000. Proceeds from the event will support the people living with dementia, their carers and families through the Dementia and Carer Support Program which is fully funded by Co.As.It.

International Women's Day is an annual celebration of the tireless work of women, especially in the aged care arena.

"We want to acknowledge the contribution of our care workers, the majority of whom are women, and the difference they make in so many people's lives" says Dina Ranieri, CEO of Co.As.It. Community Services.

Be sure to arrive on time for the 'The Mingling Hour' where we will be serving Prosecco and Bellini cocktails.



2019 SEASON IL GRANDE CINEMA



21 FEBRUARY
AMICI MIEI (1975)
Ugo Tognazzi
2h20m



18 JULY
MEDITERRANEO (1991)
Diego Abatantuono
1h36m



28 MARCH
FANTOZZI (1975)
Paolo Villaggio
1h48m



22 AUGUST
IL PICCOLO DIAVOLO (1988)
Roberto Benigni
1h41m



18 APRIL
IL MARCHESE DEL GRILLO (1982)
Alberto Sordi
2h15m



26 SEPTEMBER
IL MIO MIGLIOR NEMICO (2006)
Carlo Verdone
1h50m



16 MAY
COMPAGNI DI SCUOLA (1988)
Carlo Verdone
1h55m



24 OCTOBER
ITALIANS (2009)
Riccardo Scamarcio
1h56m



20 JUNE
MANUALE D'AMORE (2005)
Silvio Muccino
1h56m



21 NOVEMBER
RICORDATI DI ME (2003)
Fabrizio Bentivoglio
2h5m



ABRUZZO CLUB SCHEDULE



PG may contain classifiable elements such as language and themes that are **mild** in impact

M may include classifiable elements such as language, violence and/or nudity of **moderate** impact that are not recommended for children under 15 years

MA may contain classifiable elements such as language, sex scenes and/or drug use that are **strong** in impact

Venue: Brisbane Abruzzo Club
150 Fursden Road, Carina

Movies start at 9:45am

The movies are in Italian with no subtitles.

For bookings + information:
Alex Favali
Community Services Officer
3624 6100
alex@coasit.asn.au



the lucky country | australia day 2019

The social activity groups enjoyed being part of a wonderful celebration about living and being Australian. With many clients having migrated from other countries, the chance to celebrate their adopted country was a welcomed activity.

A number of clients have expressed that Australia was a land of opportunity that provided many prospects, freedom and growth and they have grown to love it as well as their country of origin.

We are indeed the lucky country, despite the heat waves, floods, fires and sharks (only occasionally!)



sheer glamour at the groups

Well really, who would have expected that such glamorous creatures existed and that they would be showcasing their style so effortlessly!

Clients were asked to dress in their finery for “Glamour Week” at Casa Aurelia Social Activity Centre and everyone took to the theme with great enthusiasm.

From seeing regular casual gear that is comfortable for the clients to enjoy the activities, all of a sudden dozens of stylish fashion icons emerged rivalling each other in style, colour and panache. Enjoy a few of these fashionistas here!



christmas all the way

It isn't Christmas without the expected appearance of Santa Claus and the myriad little trimmings that make this such a festive season.

The social activity groups always have something special going on - to celebrate the Christmas period all the centres were fully decked out with lights, baubles, wreaths and of course delectable food.

Let's see what the clients got up to in the so called 'silly season'?



physio to the rescue!

Many times our staff will encounter some concerning situations during their work day and it is a testament to their strong common sense and duty of care that ensures the situations don't become life-threatening.

Only recently, our Physiotherapist Allison arrived at her regular appointment time for a 70 year old client who did not answer the door.

Allison felt something was wrong. The house looked like someone was home, the windows were open and lights were on in the house but it was out of character for the client not to be home for the scheduled appointment.

She checked the premises and everything was locked but the dog was barking very loudly and with a considerable amount of agitation. Allison called out and could hear her client say that she had fallen in the bathroom.

Paramedics were called and in the meantime, a neighbour was able to access the house with a ladder. The poor lady had fallen into the bathtub four days earlier and had not been able to get up despite not having sustained serious injury.

Whilst she could access water, neither she nor her companion dog had eaten for 4 days! This must have been very difficult for both as the heat and humidity had been oppressive.



This story shows how important in-home services are for the aging community. Had it not been for Allison's investigation this client would have been in a life-threatening situation.

Please keep in contact with older, frail people who live alone, be they relatives or neighbours. If you don't see or hear from them, take the time to investigate and don't rely on a telephone call, they may not be able to get to the phone.

Also consider that the client could have been helped days earlier had she had an emergency personal alarm. If you have a friend or relative living alone think about telling them about a personal alarm or speaking with our OT about home safety. It could make a difference in saving someone's life.

pietro e angelina pizzatti

A partire da questa edizione, una volta ogni tanto inseriremo nella nostra pubblicazione delle storie di emigrazione di alcuni nostri clienti.

Questa è la prima, sicuramente molto simile a quella di tante altre persone.

Pietro è arrivato in Australia nel 1951, a bordo di una nave da emigrazione del Commonwealth inglese. Il viaggio durò 40 giorni. Pietro aveva 21 anni e nessun familiare in Australia. Come molti altri emigranti, Pietro ha lasciato l'Italia in cerca di una vita migliore.

Una volta sbarcato, Pietro passò circa un mese in un campo per emigranti dove lavorò duramente in cucina. Ma se lo sentiva, Pietro, che quella non era la vita che avrebbe voluto fare.

Assieme ad altri connazionali e come molti altri connazionali, Pietro si trasferì nel Nord Queensland a lavorare nelle piantagioni di canna da zucchero: di giorno a tagliarla e di notte a caricarla sui camion.

Dopo tre anni duri di questa vita, Pietro si spostò a Mareeba a lavorare il tabacco, fino a che riuscì ad avere una somma sufficiente per acquistarsi la propria fattoria, questa volta a Dimbulah.

Il papà di Angelina arrivò in Australia prima della guerra, nel 1937, lasciandosi dietro sua moglie e sei figli. Anche lui decise di partire per l'Australia alla ricerca di un futuro migliore per sé e la sua famiglia.

Angelina aveva 14 anni quando, nel 1949, si mise in viaggio per arrivare in Australia con la mamma, la sorella e tre fratelli. La sorella più grande rimase in Italia assieme al marito.

Una volta arrivati, si unirono al padre a lavorare il tabacco: il lavoro era duro e non c'era tempo per andare a scuola. E fu proprio là che Pietro ed Angelina si incontrarono e si sposarono, in quel lontano 1955.

La vita nelle piantagioni era dura: dall'aratura alla semina, dall'innaffiamento alla raccolta delle foglie, dal loro immagazzinaggio alla preparazione per la vendita, Pietro e Angelina seguivano tutte le fasi, mentre crescevano i loro due figli.

Nel 1972 la piantagione venne venduta e la famiglia Pizzatti si spostò a Wacol dove comprò una piccola fattoria dove piantarono uva e pomodori. Pietro ha lavorato per un periodo alla Rothmans a Rocklea, ma non ha mai fumato.

Il momento di andare in pensione arrivò nel 1990 e da allora Pietro ed Angelina non hanno smesso un momento di prendersi cura l'uno dell'altro.

63 anni dopo, sono ancora assieme e adesso vivono una vita tranquilla a Sunnybank, godendosi ogni giorno e facendo affidamento sui servizi del Co.As.It. che li assiste con la spesa e con la gestione delle medicine giornaliere.

Pietro ed Angelina sono sotto la stessa coordinatrice che controlla costantemente che le cure e l'assistenza fornita dal personale del Co.As.It. siano sempre in linea con le loro effettive necessità.



my name is catherine and i love my job.

My name is Catherine, I am British and have loved Australia since I was a little girl. I am a Care Services Coordinator and joined the Home Care Package Program (HCP) team in early April last year and I have to say it was a great move! The team I work with is one of the best I have been involved with in my working life. The team consists of an Intake Officer (Michelle), six Care Services Coordinators (Kris, Anna, Nina, Jo, Paola and myself) and two Program Support Officers (Sonja and Katie).

I started working in the community as a care support worker in the aged care sector of social services in England. I have seen the difference in aged care service provision here and overseas having moved to Australia in 1995. I first worked in the disability sector for 6 years before returning to aged care and working through the many changes to aged care services here in Australia.

I love working in the HCP section of Co.As.It. because for us, HCP is all about the client. Under a CDC (consumer directed care) arrangement, our clients have greater choice, more autonomy and more say in what services they need to help them live autonomously. At Co.As.It. we care deeply about this: we aim high, and always have the clients' best interests at heart, we listen, we hear and we deliver what each and every client needs to enrich their life.

This may be substantial or minimal support but everything we do is a positive element in their daily life such as sourcing an electrical booster machine to help the circulation in a client's legs to organising a weekly subscription of an Italian newspaper for a client to stay socially and linguistically connected, to changing floor coverings so that a wheelchair is easier to use.

Most importantly, our care staff are genuinely invested in doing the best by their client. One of our care staff, Zahra, is providing services for an Italian CALD HCP client who is living with dementia.

It was very hard to get the client to eat a meal as she did not want to accept any food from her. Dedication and perseverance goes a long way to benefitting a person's wellbeing.

Zahra searched for Italian music on her phone and started to play it for her client who responded very positively. By tapping into a long-forgotten memory Zahra was able to encourage her to eat whilst listening to the music. Now our client thoroughly enjoys the music and eats all food that Zahra prepares for her.

It is positive outcomes like this that makes working in this program so enjoyable and we are fortunate to see the way HCP impacts on our clients' lives.



changing lives for the better



A couple of months ago we signed up a lovely lady for a level 1 home care package whilst she was waiting for her level 3 package to be approved.

She is a social butterfly, has very caring children and lives in an aged care village where weekly social gatherings such as bingo games are organised on a weekly basis.

She also has neighbours and friends she visits but despite her engagement in a number of things and our first impression that she wouldn't need more socialising, this client felt lonely at times.

Her children have their own busy lives, the facility's gatherings are once per week and she visits her friends weekly. The social activity groups came

up in a conversation recently and she expressed her wish to join them. From the first time of her attendance, she has been a very enthusiastic and regular weekly participant.

She has made new friends and has become a close friend of another HCP client who only just started attending. That client is blind but also very social and both ladies have a wonderful and fulfilling time at the groups.

Both lives have changed for the better thanks to our services. HCP not only provides support at home, it also promotes and facilitates opportunities for clients to go out, do new things, make new friends and remain active community participants, regardless of age or health issues.

una gita a stanthorpe con amici, balli e ciliegie

Il 14 dicembre scorso un folto gruppo di clienti del Co.As.It. è partito di buon'ora alla volta di Stanthorpe, dove avrebbero trascorso i due giorni a seguire. Lo scopo della gita, oltre a quello di passare un paio di giorni assieme, era quello di andare a raccogliere le ciliegie, in abbondanza e mature al punto giusto in questo periodo nella zona di Stanthorpe.

Il viaggio è stato tranquillo e divertente, spezzato da una sosta di circa 40 minuti per un caffè ed una merendina. Poco prima di mezzogiorno il pullman è arrivato, in perfetto orario, all'International Club di Stanthorpe.

Là li attendevano Frank Maugeri e Fortunato Isgrò che hanno allietato con la loro musica il pranzo a buffet organizzato per i gitanti: antipasti, pasta, prosciutto cotto, pollo, patate arrosto, insalate, dolci, caffè e ovviamente vino bianco e rosso.

Anche Babbo Natale ha fatto la sua apparizione e ha consegnato ai gitanti dei piccoli doni mentre tutti si scambiavano gli auguri per le feste natalizie che si avvicinavano.

Grazie alla musica di Fortunato e Frank, molti si sono gettati sulla pista da ballo per seguire chachacha, tarantelle e balli tradizionali italiani. La giornata si è conclusa con una buona pizza per cena. Finita la colazione la mattina dopo, il gruppo si è diretto verso il frutteto dove le ciliegie aspettavano impazienti di essere raccolte.

Le espressioni sui loro volti sono bastate per capire il livello altissimo di contentezza e di sorpresa nel vedere - e poi assaggiare - i frutti del loro raccolto.

La mattinata è proseguita con una visita guidata ad una nota azienda vinicola della zona, dove molti hanno avuto modo di assaggiare i vini locali. Verso mezzogiorno il gruppo si è diretto verso il ristorante, ultima tappa prima del rientro a Brisbane: cannelloni, arancini, carne, contorni - perfino funghi ripieni! - il tutto ovviamente seguito, a chiusura, da cassata e caffè. Una occasione perfetta per scambiarsi ancora una volta gli auguri per un buon Natale.

Il gruppo, stanco ma contento, è tornato a Brisbane nel tardo pomeriggio: due giorni - ed una notte - veramente indimenticabili.

Un grazie particolare deve andare alla Italian Australian Welfare Association (Granite Belt), al suo presidente Vince Catanzaro, Sarina Bau, Franco Arcidiacono e David Hansen per il loro aiuto nell'organizzare questa fantastica gita.





in barca per rinfrescarsi



Certo che partecipare ad una gita in barca con il caldo afoso che ci perseguita non è proprio una cattiva idea!

La brezza leggera che arrivava dall'acqua è riuscita a rinfrescare il nostro gruppo di marinai in erba che hanno preso parte alla gita in barca per godersi di quell'angolo di paradiso che è la Gold Coast.

Il pranzo offerto è piaciuto moltissimo. A giudicare dalle espressioni contente dei gitanti, si sono tutti divertiti nonostante il pericolo della pioggia che avrebbe potuto rovinare la giornata.





co.as.it.
community
services



technology classes for over 65

FREE computer
and technology
courses

FREE WEEKLY LESSONS

BOOKINGS ESSENTIAL

LIMITED SEATS AVAILABLE

3 venues to choose from!

Italian Language Centre
42 Newbery Street
Newmarket

**every Friday
10am - 12noon**

Bookings and information:
Co.As.It. Community Services
mail@coasit.asn.au
3624 6100

Abruzzo Club
150 Fursden Road
Carina

**every Wednesday
10am - 12noon**

Bookings and information:
Co.As.It. Community Services
mail@coasit.asn.au
3624 6100

Co.As.It. South Coast
34 Thomas Drive
Chevron Island

**commencing
Friday 22 February
from 3.00 to 4.30pm**

Bookings and information:
Co.As.It. Community Services
gcreception@coasit.asn.au
5617 9500

northside

southside

south coast

a positive difference. a healthy attitude.

Our rostering officer Elisa Cancilleri has long admired one of our clients to whom she talks on a daily basis. This lady has such strength and resilience that she is an ongoing inspiration, so much so that Elisa requested to meet this formidable lady in person.

Elisa says:

"I really want to acknowledge this client for her positivity and magnificent strength. Her name is Mrs Catena Arcodia.

Jade or I call her every time the CCW's shift is due - to check she's okay and that the CCW is there for her service. It has been several months now and as we are getting closer to her she expects our call every day and is happy to hear from us.

Before an upcoming public holiday, I was speaking to her and she confessed to me that she was sad that her social activity group was falling on a public holiday and she couldn't go.

The week after that, she missed the group again as she was in hospital. The following week she announced "Anche se mi trascinano con una barella, io ci voglio andare e far sentire la mia voce!" (Even if they drag me there with a stretcher, I want to go and let them hear my voice.)"

And then: "It was one of those mornings when I just felt negative and tired, I called her as usual and she was expecting my call. On answering, she said with the cheekiest voice "Ciao Elisa, sono

ancora viva!" (Hi Elisa, I am still alive!). She then continued to say that she really appreciates what Co.As.It. does for her and her only way to say thank you is by being positive!

This is exactly what we want, to provide help and support to elderly people, to make them feel more comfortable and more reassured about staying in their homes. Lately she's been in and out of hospital, has had a blood transfusion and has been feeling pretty sick for 2-3 days.

During another recent phone call she said to me: "Non ho la forza di alzarmi dal letto, oggi mi sento come se voglio andare via da questo mondo. (I don't feel strong enough to get out of bed today, I feel like leaving this world....) On hearing this my heart was in pieces, but she continued ... "Ma sono ancora qui che mi bevo il coffi!" (but I'm still here drinking coffee!). I felt her enormous strength again and this made me fall into happy tears.

I think she's a very special person. I have never met anyone like her. I will never forget her words and when I talk about her, I think my eyes sparkle.

I hope she can be an example for everybody who suffers and make everybody understand that a positive attitude helps mind and body cope with any obstacle.

Jade says she has an infectious laugh that brings out an enlightening air, a good thing to have to end the work day."



As you can see here, Elisa and Catena eventually met face to face and they continue to share a very special bond. During Elisa's visit they also discovered they come from the same town in Italy!

Mrs Arcodia made a wish during the visit: she wished to have palliative care in her own home, not go into hospital. She was not aware that this was possible and her coordinator Nina was able to grant this wish for her. She is currently still in her own home accessing the palliative care she needs and inspiring others with her positive attitude.

getting ready for the new year

Mastery of a foreign language is more easily attained if students have the opportunity to be exposed to an environment where they are reading, writing, listening and speaking in the target language.

This summer, the Italian Language Centre provided such an environment to high school students studying Italian in Years 10 - 12.

The Summer School series of classes was designed to provide students the opportunity to improve, maintain and consolidate their level of Italian just before the start of the new school year.

Over the week 21-25 January, students attended daily lessons designed to enhance their Italian language skills. From the moment they walked into the Language Centre, they found themselves immersed in reading, writing, listening and speaking Italian.

The final day culminated in a cooking activity during which students learned to make gnocchi di ricotta which were cooked and served to everyone at the celebratory end-of-course lunch.

Many friendships were forged during the intense week immersed in 'la bella lingua' and the day ended with a tearful 'Arrivederci' and a promise to meet again at the next ILC Summer School in 2020.



italy, here we come!

Marzia Mauro and Rosella Dermedgoglou won two scholarships to attend a prestigious professional development event in Macerata, in the Marche region.

We are all looking forward to their return with lots of new “idee e strategie” for learning “la bella lingua”.





ENQUIRIES: Marzia Mauro
Ph: (07) 3262 5755
Fax: (07) 3262 9985
enquiries@italianlanguagecentre.org

LOCATION :

First Floor
42 Newbery Street
Newmarket Q 4051

Book club Italiano

Studenti Adulti

Livello: Avanzato

Insegnanti di italiano



Sabato 9:30-11:30am

23/02 Introduzione al libro e all'autore

16/03 Dialogo sulla prima metà del libro

30/03 Dialogo sull'intero libro - conclusione

\$ 85

Libro : Scontro di Civiltà per un ascensore in Piazza Vittorio

I partecipanti devono acquistare il proprio libro: tra \$15-\$20 da Book Depository (inclusa spedizione) Autore: Amara Lakhous

PERSONAL INFORMATION:

Name: Mr/Mrs/Ms/Miss _____ Ph 1: _____

Email: _____ Ph 2: _____

Address: _____ Suburb _____ P/Code: _____

STUDENTS: studied/study Italian at _____ **TEACHERS:** teach at _____
School name School name

PAYMENT INSTRUCTIONS

Payments can be made by:

• **CASH/ EFTPOS** - In person at 35 Dover Street, Albion.

• **DIRECT DEPOSIT** - Please attach a print-out of your transfer receipt to this page.

BANK: Westpac (New Farm Branch)

ACCOUNT NAME: Co.As.It.

BSB: 034-065

ACCOUNT NUMBER: 142021

REFERENCE: "ILC" followed by your surname.

CREDIT CARD -Please complete the credit card details section below or call our office on 3262 5755. (Sorry, we cannot accept AMEX cards). For security reasons please make sure that you send the enrolment form with your credit card details to ILC's fax number: 07 3262 9985. Please DO NOT send it by post or e-mail

Name on card: _____ Card number : _____

Date of expiry: ____ / ____ CCV code: ____ Amount: \$ _____

OFFICE USE ONLY

Date Received: _____

Amount Paid: _____ Receipt Number: _____

co.as.it.'s major sponsors



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

3624 6100

per ulteriori informazioni



Australian Government
Department of Health

Funded by

Queensland
Government