



in this edition:

harmony day 2019
the multicultural queensland chapter
rhythm & sounds 2019
the lasa award - what an achievement!

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 # two - may 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.



Our purpose is to bring a sense of satisfaction and joy to those we care for and the stories in this edition are a perfect reflection of putting purpose back into the lives of our clients.

I particularly loved reading Olga's story and how she has been able to walk again and reach a significant milestone 100th birthday! She is a true inspiration because not once did she focus on her limitations but forged forward to achieve her goals. We all feel privileged to have been part of her reablement into her loved activities. Many of the other stories in this edition show how we support our clients and bring joy to both heart and mind.

We hope you enjoyed your Easter celebrations with family and friends, it is important to cherish these special moments as we tend to forget how quickly life can be taken away from us. Many of our staff touch the lives of so many families, they experience the stresses and frustrations of carers, clients and other family members.

We hope that if you or someone you know find yourselves in need of help that you at least speak

to someone who truly listens or contact us, we will provide you with the information that may assist. There are many members in our community who suffer from loneliness and Co.As.It. unfortunately may not be able to reach out to everyone. So please consider taking the time to speak or check on your neighbours, be aware of elderly members in our community who may struggle with daily tasks and advise them there is help available. There are many Government funded services that elderly can access, they only need to ask.

Recently we were delighted to have been selected as a State Finalist in the LASA Aged Service Awards for our high quality and innovative programs - it was wonderful to add this achievement to our growing list of awards, now requiring a dedicated cabinet to display them!

Co.As.It.'s next major event is the 'Rhythm and Sounds' concert which will be held at Kedron Wavell RSL on 25th August, for more details check the flyer in this edition. We have organised great entertainment and refreshments for the afternoon and would love to see many of you attend.

Dina Ranieri



August Rhythm and Sounds 2019

**sunday 25 august 2019
from 2pm to 5:30pm**

**kedron wavell
services club
21 kittyhawk drive
chermside**



**entertainment:
the debellis band**

multi-instrumentalists,
the debellis band from
sydney will keep the
dance floor alive with
fabulous tunes
for young and old.
enjoy plentiful afternoon
tea delights in great
company, bringing
together our wonderful
community.

join us for an enchanting afternoon
of music, food and community

*seats are strictly limited.
reserve your ticket now!*

high tea menu

scones with jam and cream
choc hazelnut torte
chocolate dipped strawberry
asparagus, cheese and bacon quiche
smoked salmon and dill on blini
ribbon sandwiches
chicken, spinach and beetroot relish
ham, cucumber, seeded mustard mayo
tea and coffee + juice

\$35 pp

for information and bookings:
co.as.it. community services ltd
3624 6100 mail@coasit.asn.au



THE MULTICULTURAL QUEENSLAND CHARTER

CO.AS.IT. PROUD TO BE A CULTURAL ADVISOR

Co.As.It. Community Services Ltd. is proud to be a Multicultural Queensland Cultural Advisor reflecting our state Parliament's commitment to multiculturalism and a unified, harmonious and inclusive Queensland.

Recently, Multicultural Affairs Queensland hosted a number of conferences aimed at promoting the principles of the Multicultural Charter and facilitating these principles within the workplace and the wider community.

Many organisations and corporate businesses have embraced the Multicultural Charter and are actively bringing its principles into their workplaces in recognition that many new Australians face challenges in the employment arena.

The Charter aims eight principles at facilitating successful employment opportunities for people from a diverse cultural and linguistic background and it was encouraging to see how these principles were being applied in a practical sense.

Sara Parrot from Suncorp mentioned that members from her office had created a mentoring group to help new Australians get ready for jobs by assisting with their CVs, submitting job applications and coaching them for interviews.

This was just one initiative that the team at Suncorp had devised to help new Australians integrate and find work quickly.

Co.As.It. is proud to have been actively involved in making recommendations and providing feedback that will create better opportunities for all Australians.



(L-R) Kathleen Forrester, Ian Stewart and Sara Parrott



Mr Chin Tan, keynote speaker

CO.AS.IT. AT SENIORS EXPO



In March Co.As.It. had the privilege of being one of the organisations present during the last Senior Expo organised by Trevor Evans MP.

There was a huge turn out to the event with lots of locals stopping by and doing a meet and greet as well as gathering information to enable them to make more informed decisions about their future care.

The Co.As.It. stand was really popular on the day, people were looking for services, information on future planning or wishing to attend our social events - we had something for everyone!

People who were not ready to become clients were most interested by our "Adopt a Nonna or Nonno" program where they have the opportunity to give something back to the community by visiting older frail people at home or in aged care facilities.

Other attendees were very interested in our weekly free computer and technology classes and our card and board games. It was a highly successful event explaining the correct pathway to receive in-home



services and much needed help for people wanting to continue living independently at home.

We have already heard back from some of the people who stopped and collected information from us and we are pleased they have chosen Co.As.It. as their provider while they navigate the pathway to receive quality services in their own home.

FESTA DELLA REPUBBLICA 2019

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 2 giugno 2019

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

La S.Messa sarà celebrata in lingua italiana
dall'Arcivescovo Mark Coleridge

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

LINDA

Thank you to Co.As.It. for my fabulous new job in the community.

I started earlier this year and was met by a lovely team who have been very caring, professional and supportive. I am thoroughly enjoying my new position and especially the wonderful clients and their families who welcome me in to their home every fortnight.

It has been a pleasure and a privilege to be working in the community again.

On the days that I am not working in the community I work as an Aged Care Trainer and Facilitator and teach new carers going in to the community.

For many of my students, this is a totally new career for them and I have seen their lives transformed with their passion for the industry.

I want to make sure my students are the best carers so working both roles as a carer and a trainer complement each other and help me do this.

The best part however, is meeting incredible people along the way and trying to make a difference in their lives. Helping our clients to remain in their homes and provide the support they need is most rewarding!



“It has been a pleasure and a privilege to be working in the community again.”

LUCY

Anyone who knows me knows I love to talk and help where I can. It is just part of my nature!

I worked for a large corporation in the UK before deciding to emigrate to Australia 8 years ago.

I had decided to take a career break to look after and nurture my two daughters - a job which I found very rewarding. This made me want to find something just as rewarding in my next chosen job.

I knew working within aged care would be challenging but also very rewarding.

I also knew this would be a fabulous opportunity to give back to the community while also receiving back great benefits like friendship, love and having the chance of listening to life experiences and the wisdom that comes from this.

All my clients are lovely and make me feel appreciated, I am very lucky.

The feeling of helping someone else, no matter how big or small, gives me great purpose and satisfaction, something not all people get in their chosen career.

My goal each day is to make someone smile and help them - then I've had a great day!



"I knew working within aged care would be challenging but also very rewarding."



YOUNGER PEOPLE JOIN OUR VOLUNTEER GROUP

With the introduction of the “Adopt a Nonna or Nonno” initiative at the end of 2018, volunteer numbers are steadily on the increase especially from a younger demographic.

These younger volunteers are seeking to connect with an elderly person from their heritage to hear their stories and also to provide company and friendship similar to a grandparent/grandchild relationship.

New volunteer Tiffany has a grandmother overseas and, when she was introduced to her elderly client Krystyna whom she will be visiting on a regular basis, the connection was instantly heart-warming.

Krystyna shared her stories about being a teenager in Europe, being taken to a German slave camp during WWII and then coming to Australia after the war.

Her only son did not have children and as she says “When you reach 93 and three quarters of all your friends have passed away, it can be very lonely.”



Krystyna then asked Tiffany if she could adopt her as a grandmother and hugs and tears then followed. Special moments like these make participants in the CVS program feel genuinely ‘good’ - an emotion we would like to develop more and more.

Want to adopt a nonna or nonno? Get in touch with us - we have some warm and funny older folk waiting to share some touching moments!

OUR CALD ACTIVITY PROGRAM HAS TAKEN ON A NEW NAME!

CIAO - Cultural Italian Activity Options is a program that grows joy and makes connections between our Italian elderly in aged care homes.

As the Italian migrants who came to Australia after WWII enter aged care homes, this culturally and linguistically supported activity program is very important.

Despite entering state of the art aged care facilities, it is the loss of language and culture that creates great difficulties in adapting to their new environment.

The CIAO program provides a vital transition and connection for these residents through regular contact with our activity officers.

Since its launch, four new aged care homes have sought our culturally appropriate program where Italian music, tombola, freshly brewed Italian coffee and the Italian language add enrichment to their life within the facility.

Over the past three months dozens of residents have engaged and participated in the valuable socio-recreational groups and we see that the families are also engaged with what is a real village interaction.

Anyone interested in having this service within their aged care facility can contact Sarina at Co.As.It. on 3624 6100.





7 BENEFITS OF SOCIAL ACTIVITIES AS WE AGE

Think of the importance of social activities for children. They learn to interact with others, build friendships, and keep their brains and bodies healthy as they grow.

For adults, social activities help to counterbalance the stress of work and lead to happy, fulfilling lives. The same principle applies to remaining socially active as a senior, and it is beneficial in the following ways:

MAINTAIN AND BUILD NEW RELATIONSHIPS

The human brain requires social stimulation on a regular basis, and this is an area of need for seniors, especially those who interact with the same people every day. Social activities stimulate the brain and keep those neurons firing, whether it is going to bingo night, joining a book club, taking up bowling, or chatting with a friend. As we age, it is important to meet new people, build new relationships, and enjoy the benefits of a wide-ranging social network.

ACQUIRE NEW SKILLS

Socially engaging activities are a great way for seniors to learn new skills and sharpen existing

talents. It can be studying a new language, learning how to use an iPad, painting, picking up Tai Chi, or taking exercise classes. There is much out there to discover. Social activities can be energetic and active, or they can be quiet and calming. No matter the biological age, there is always an opportunity to learn something new. Seniors can achieve any goal they set their mind to. Learning new skills can build confidence and help them take control of their lives.

STIMULATE THE MIND

It's important to keep busy at any age, but for seniors, it can make all the difference in the world to have something fun and stimulating to do with their time. All social activities, such as signing up for a cooking class, taking up gardening or playing cards with friends, provide some degree of mental stimulation. Each activity keeps the brain and body actively engaged. Not only are social activities enjoyable, but they also keep the minds of seniors sharp and healthy.

STAY CONNECTED

Seniors who do not make a conscious effort to



stay socially active begin to withdraw from the world and suffer physical, mental, and emotional consequences due to a lack of social stimulation. Social activities help lend a sense of purpose, whether it's simply the routine of having a schedule and a place to be or the sense of accomplishment that comes from reaching a goal. Social activities help seniors stay involved and active in the community.

IMPROVE HEALTH & WELL-BEING

Research has shown that older individuals who engaged in regular social activities reported higher self-perception and lower levels of loneliness and life dissatisfaction. Older adults see health benefits including the reduced risk of cardiovascular problems, arthritis, Alzheimer's disease, and mental health issues such as depression when they are socially active.

INCREASE MOTIVATION

Remaining socially active can inspire us to do more and benefit from the enhanced motivation. This can be due to all sorts of factors, including

encouragement from fellow seniors and staff or success in learning a new skill or craft. With increased motivation, seniors will feel more inspired to experience new things and participate in more social activities, which will only further enhance their mental stimulation and self-confidence.

RETAIN INTEGRITY

Seniors don't want to feel old and nor do they have to. With active socialization and participation in various activities as opposed to sitting in front of the television, they'll feel more energized and in control of their own decisions. For example, they can decide to participate in painting classes or gardening. The choice is up to them. Making one's own decisions can have a positive influence. They're able to maintain their integrity, independence and self-assurance while interacting with other seniors who are also energized and active, making for a more wholesome and healthier life.

[excerpt from Qualicare - Canada]

EASTER FUN FOR YOUNG AND OLD!

Our clients must experience some genuine FOMO (Fear of Missing Out) when they don't go to the social groups.

With all of the fun stuff that they get to do, it's no wonder that we have waiting lists for people to attend.

In the past few months, the green colours of the Irish celebration of St Patrick's Day have graced our centres in Brisbane and with our own celebrations of Carnevale, all of the activity centres have been decked out in myriad colours.

Let's not forget that the Coordinators also plan specific food that is in theme for these traditional cultural events.

Then the Easter season kicked off with a visit from the Tumble Tots Child Care centre down the road from Casa Serena.

The clients were in a tither all month creating special little decorations for the toddlers and this year, as in previous years, their Easter bonnets were works of art!

The corpulent Easter bunny never misses an opportunity to make an appearance and there were lots and lots of 'mini-helpers' to distribute the chocolates this year.

It wasn't too surprising to see that a few Easter eggs were consumed or 'lost' well before Easter arrived! We're going to put the blame on those fair 'wee' Irish leprechauns creating some mischief after St Patrick's Day!

No doubt they have added those eggs to their secret pots of gold at the rainbow's end!





FUN, GAMES AND CULTURAL CONNECTIONS!

It may seem that all we do at the social activity groups is full of fun and games- well that is also true but our coordinators go out of their way to include activities that also make cultural connections between clients and staff and also celebrate our cultural diversity.

There are people from many different language groups who attend our centres and activities are always aimed at being inclusive for all of our participants.

The past few months have of course been fun and engaging as we have met each event with great enthusiasm.

Congratulations to our Coordinators for the very fine work, decorations and activities they plan every week.



THE FIRST KISS, ST PATRICK'S DAY AND EVERYTHING IN BETWEEN

At the South Coast social activity groups, the past few months have been filled with hoots of laughter and enjoyable things to do.

Everyone is always very competitive and the opportunity to flatten opponents in a game of indoor cricket, 10-pin bowling, two-up or tennis is eagerly embraced! Everyone 'pitches' in to compete and the rivalry sets off some very funny moments!

In February, Valentine's Day celebrations and outings were exceptionally entertaining when clients were encouraged to share their experiences about their 'first kiss'. This discussion brought about a lot of laughter and sweet memories that were enjoyed by all the groups. Dancing to 'Love is in the air' and other popular love songs was another enjoyable part of this amorous theme.

Carnevale celebrated annually in Italy as a lead in to Easter was also highlighted at the groups - people donned masks and tried to hide their identity as in traditional mediaeval practises, this might have worked had they not spoken excitedly amongst themselves giving themselves away!

Let's not forget St Patrick's Day either where everyone gets the chance to turn green for a week in celebration of the Irish culture.

The outings are also much enjoyed. Two of our groups enjoyed a scenic drive through Surfers Paradise Esplanade to view the sand sculptures before stopping for lunch at "La Porchetta" in Broadbeach. Another two of our groups enjoyed the vista going down to the Coolangatta/Tweed Heads Golf Club for lunch, and the Friday group enjoyed Ten Pin Bowling and lunch at the Ashmore Tavern. In March the International Women's Day theme encouraged clients to talk about any women who had inspired them or played a significant part in their lives. This resulted in interesting stories about grandmothers, mothers, sisters etc. who encouraged and enthused them.

It also brought about conversations regarding the emancipation of women over the centuries.



AT YOUR SERVICE

Our South Coast Office always has a lovely story to tell, the following highlights just how much people rely on us when an emergency occurs.

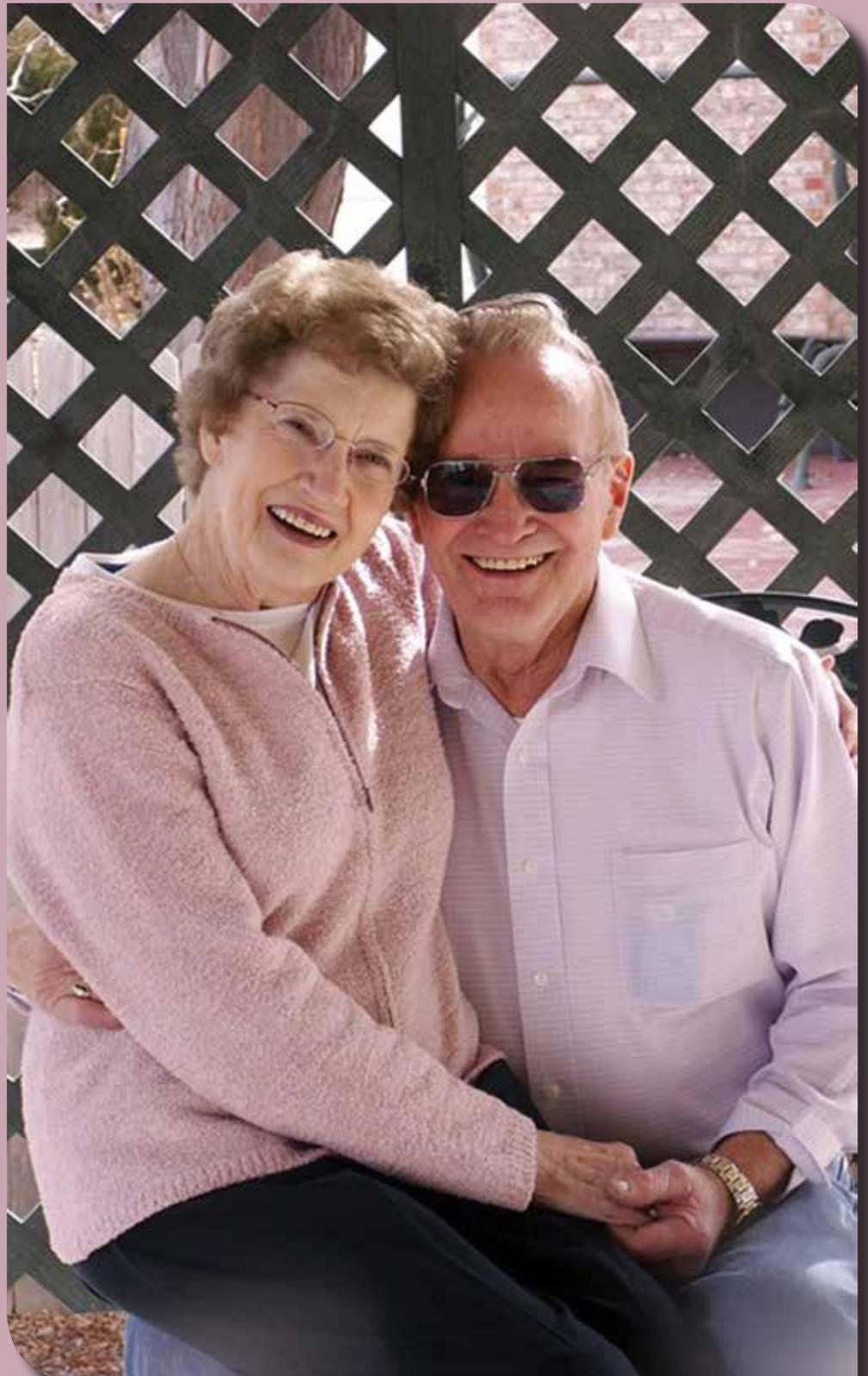
We have a wonderful and loving elderly couple who both receive services through a Home Care Package with Co.As.It. Recently the wife was admitted to hospital to better manage her diabetes. She was very distressed at the admission, not having any local family to assist with his care, her husband who lives with dementia would be left alone at home.

We organised a care worker to go into the home to support the husband for the afternoon, into the evening and then an additional care worker who was very familiar to the client attended to his needs overnight.

When his wife was discharged the following day, she was extremely relieved to return home in her hospital gown to find her husband safe and well. Her husband had had a lovely time throughout the evening enjoying a laugh with his dedicated male care worker before retiring to bed where he slept safely and soundly.

When the Coordinator visited the clients on the day the wife was discharged, she said she was “so happy and grateful for all that we do, she couldn’t do it without us and loves us all.”

It is feedback such as this that makes our jobs so rewarding!!





BELINDA

We recently received a referral for the Wellness and Reablement program for a client who needed support after breaking her wrist and her left foot.

What a difference this injury made to this client. Having always been actively involved in her community, her part-time job and in working as a volunteer, her incapacity stopped her doing everything she loved. With her sudden loss of mobility and independence, she soon became depressed and despondent.

This lady had always been on the giving end of helping and assisting others and had never had to accept any help from anyone. It was both a physical and emotional adjustment that she struggled with but we certainly tried to make the transition to a healthy body as smooth as possible.

Three times a week our care staff would attend to her personal care and she was so grateful to be able

to use a shower and have her hair washed rather than have a sponge bath. Her meals were organised and cooked at home and some domestic assistance was provided to ensure her home was kept in the same clean state as when she could manage it.

With these services in place for 12 weeks, the client was able to still live independently at home and also minimise the amount of time and effort required by her family to see to her needs.

Without the added pressure of personal care and meals, when her family visited, it was to spend quality time with her rather doing chores.

Thankfully, this client has now returned to her part-time job and has gone back to helping others but most importantly, she is back to her bright and bubbly self.

OLGA BELLAMY: 100 AND NOT OUT!



Celebrating a century is a momentous occasion and anyone who has the health to reach this milestone should certainly be celebrated! Our client Olga Bellamy has recently been admitted to that remarkable group of centenarians who have seen many significant changes in their lifetime.

Born on April 6, 1919, Olga was 12 months old when Qantas was established, heard about Bradman's first century at age 9, saw the opening of Sydney Harbour Bridge at 13yrs old.

The introduction of penicillin in 1945 and the launch of Holden in 1948 were also defining moments during her lifetime, which also included the introduction of TV in 1956, an event that would have thrilled her as it did millions of other Australians.

She has lived through the introduction of indoor plumbing and our decimal currency system in the 60s, seen the ravages of the Vietnam War and the construction of the Sydney Opera House in the 70s, and would have been filled with pride at Australia's win in the America's Cup and the introduction of Medicare for all Australians in the 80s.

Other memorable events were the Port Arthur Massacre and the Mabo decision in the 90s and the

20s were full of exploding advances in technology but also the sadness of the Black Saturday bushfires.

Not to be outdone though, Olga has some of her own defining moments. With help from our physiotherapist, Olga regained her mobility after a frightening fall at home to continue her interest.

Her lifetime hobby has been 10-pin bowling, achieving both Queensland State Ladies Champion and Doubles Champion in 1973 and her passion for bowling has resulted in numerous club awards such as 1990 and 1993 Kedron Bowl Club Champion.

She is now also an official member of the 100+ Club and received a congratulatory letter from the Queen commemorating this momentous occasion.

We wish Olga the very best for reaching this venerable age and we hope to be writing about her age again in future editions of *Insieme!*

PROFESSIONALISM AND GREAT RESULTS

Judith is a Psychotherapist, a lecturer and has practiced wellness all her life. Two years ago after friends and family were unable to reach her, her son who lives in NSW contacted the police and ambulance to check on her. Judith had collapsed and had been unconscious in her apartment for three and a half days. The hospital was not able to determine what had happened to her but she was severely dehydrated, was suffering from memory loss, had reduced mobility and was unable to care for herself as she always had. Following this, Judith suffered a series of health setbacks that necessitated in-home support to continue living at home whilst regaining her independence.

Co.As.It. has provided Judith with support services through a Home Care Package Level 2, whilst she concentrates on reacquiring her mobility and health through sessions with our Physiotherapist.

Judith says: *"The professionalism of Co.As.It. was impeccable from the beginning, everyone is so nice. The way you introduce workers to the clients on their first shift is most considerate. You don't send strangers into people's homes and I have never seen that in any other company.*

This has made accepting help after being so independent so much easier. I feel blessed to have your help. All the carers are wonderful and they do everything possible to help me. Your physio has been marvellous, she has helped me with my walking which has been a challenge after my hospital admission. Allison (Physio) told me to practice going up and down the stairs outside my home and it has been a huge improvement. I never thought of doing that and it was just there outside my door."

Judith is preparing to celebrate her 80th birthday like a Royal in May - her birthday invitation is a cheeky indication of her positive attitude!!!

After her party in Brisbane, she will travel to the Gold Coast to celebrate her lifelong friend's 93rd birthday and then travel to Sydney to have a second party with friends who are unable to make the trip to Brisbane. Judith is determined to attend all of

these celebrations - without her wheelchair - and she is well on the way to achieving her goals.

Judith visited her homeopath today and *"he was so impressed at my recovery and how happy I am again. All these would not be possible without all the wonderful help I receive from Co.As.It."*



PIANIFICARE PER IL FUTURO

Pianificare per il futuro significa pensare, scrivere e parlare di cosa ci si aspetta negli anni a venire. Una pianificazione strutturata renderà la vita meno stressante e più gestibile per i famigliari.

A prescindere dalla nostra età, abbiamo tutti delle scelte e preferenze riguardo la salute e la cura personale. È importante pensarci su, discuterne con i famigliari e strutturare un piano di cura in modo che i nostri desideri siano capiti e rispettati nel caso non si potesse più comunicare con le persone accanto a noi.

Questa pianificazione è particolarmente importante per persone anziane, in precarie condizioni di salute, con una malattia cronica, con problemi a livello cognitivo o che stanno per concludere il loro ciclo in questa vita.

La pianificazione comprende:

- la nomina di una persona che possa prendere le decisioni al posto nostro
- la stesura di un testamento biologico (advance care directive)

Il testamento biologico è un documento che racchiude le decisioni e le direttive riguardanti la vostra salute in futuro e diventerà operativo solo nel caso in cui non sarete più in grado di prendere delle decisioni (Queensland Government Publications, 2017).

Chiunque abbia raggiunto la maggiore età e sia in grado di capire la natura delle direttive e le loro implicazioni può redigere il proprio testamento biologico.

Questo documento può contenere istruzioni precise per certe situazioni, come ad esempio l'essere resuscitato o l'utilizzo di strumenti e attrezzature esterne per prolungare la vita.

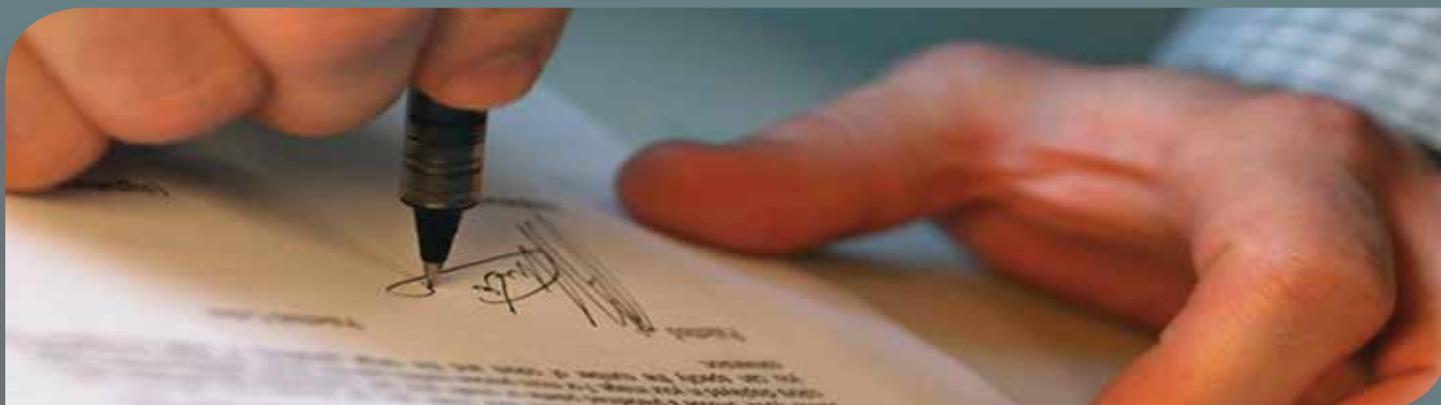
Un dottore dovrà compilare la Sez. 5 del modulo e spiegare qualsiasi terminologia il cui significato non sia chiaro. È importante comunque, prima di compilare il modulo, di riflettere seriamente a tutte le situazioni del caso, tenendo sempre a mente cosa ritenete importante.

Le vostre decisioni potranno essere discusse con famigliari e amici ed il testamento biologico, una volta completato, potrà essere caricato sul portale di My Health Record e da lì sarà accessibile da dottori, specialisti, ospedali e servizi medici di emergenza.

Nel caso si sia persa la capacità di prendere decisioni sulla propria salute, interverrà un nostro sostituto. Questa persona potrà essere:

- un avvocato o la persona identificata nel testamento biologico
- un tutore legale scelto dal tribunale che si occupi delle decisioni relative al trattamento medico della persona
- il primo in ordine di importanza dei seguenti:
 - sposa/o o partner
 - un carer
 - un parente o un amico stretto

Per ulteriori informazioni vi invitiamo a visionare il seguente sito: <http://tiny.cc/2h8m5y> (il link è stato ridotto per facilitare la sua trascrizione)



PLAN AHEAD TO AVOID STRESS

Planning ahead involves thinking about, talking about and sometimes writing down what you want to happen in the future. Planning ahead makes it easier and less stressful for family members.

Whatever our age may be, we all have values and preferences related to health and personal care.

It is important to think about these values and preferences, discuss them and write them down in an Advance Care Directive so that your preferences are understood and respected if you were in a situation where you were unable to communicate them yourself.

Advance care planning is particularly important for people who are older and are frail, or people who have a chronic illness, multiple diseases, an early cognitive impairment, or are approaching their end of life.

Advance care planning involves:

- appointing a substitute decision-maker
- completing an Advance Care Directive.

An Advance Care Directive is a document that states your wishes or directions regarding your future health care for various medical conditions and comes into effect only if you are unable to make your own decision (*Queensland Government Publications, 2017*). In most cases anyone over the age of 18 with the capacity to understand the nature of their directions and the effects of those directions can make an Advance Care Directive.

The Advance Care Directive can give specific instructions about certain medical treatments, such as whether you want to receive life-sustaining

measures such as tube feeding or resuscitation to prolong your life.

A doctor must complete Section 5 of the form and can help to explain any medical terminology that is unclear.

Before completing the form, reflect carefully on the decisions you have to make and consider what is important to you.

Your decisions can also be discussed with family members or close friends. The Advance Care Directive can be uploaded to the My Health Record, which makes it accessible to emergency services, hospitals, GPs and Specialists.

If a person has lost capacity to make decisions about their health care, a substitute decision-maker will make decisions on their behalf.

A substitute decision maker may be:

- an attorney or attorney for an Advance Health Directive appointed by the individual
- A guardian appointed by the Queensland Civil and Administrative Tribunal to make decisions on the individual's medical treatment
- The first of the following (statutory health attorney):
 - a spouse or domestic partner
 - a carer
 - a close relative or close friend

For more information regarding Advance Care Directives or to download the document, please follow the following link <http://tiny.cc/2h8m5y> (link has been shortened for ease of typing)

HARMONY DAY AT THE COMMUNITY PLACE

What a wonderful morning was had for Harmony Day at The Community Place at the old Kalinga Bowls Club on Thursday March 21st.

Together with Co.As.It. Community Services, the morning was shared with friends and new Australians who enjoyed various activities, different cultural food and lively entertainment.

Over 60 guests participated in the celebration that highlights Australia as one of the most successful multicultural countries in the world. Our heritage of migration has provided us with a rich community where we can all enjoy the diversity of culture, language and traditions - right on our doorstep!

Harmony Day was attended by Trevor Evans MP, Member for Brisbane, and the event was all about inclusiveness, respect and belonging for all Australians, regardless of cultural or linguistic

background. Orange is the official Harmony Day colour - many wore orange clothes or ribbons and some guests wore their traditional costume to display their racial, cultural, social and religious diversity.

In true Aussie tradition, a sausage sizzle kicked off the morning and a long table of different cultural goodies were made available as everyone also adopted another Aussie tradition of 'bring a plate'. Dishes from China, Portugal, Italy, Egypt, Vietnam and many other locations across the globe were enjoyed by all. The event was capped off by participants singing The Seekers' well-known song "We Are Australian" not once but a number of times!

Our thanks to The Community Place and Kylie Woodruff for their support and use of the venue.



TECHNOLOGY CLASSES FOR THE SOUTH COAST!



Following the wave of success with technology classes held at the Abruzzo Club and the Italian Language Centre, our Community Services Officer has expanded the scope of this worthwhile project to the South Coast.

The classes commenced on February 22 and since day one they have run at full capacity.

As requested by the participants, these classes focus primarily on the use of smartphones and tablets. Specific lessons, with practical hints and suggestions, have also covered topics such as safe internet surfing and the various types of internet scams and frauds.

The classes are being held at
Co.As.It.'s South Coast office
(34 Thomas Drive, Chevron Island)
every Friday afternoon
from 3 to 4:30pm.

For further information
and to add your name
to the standby list
please ring 5617 9500.

IWD 2019 - HARMONY & DELIGHTS

Co.As.It. Community Services Ltd. celebrated its 8th Annual International Women's Day event with a "Harmony & Delights" Morning Tea on Saturday, March 9th.

The elegant event was held at the Marquee Room at Victoria Park Golf Complex, surrounded by lush gardens and crowned with sparkling chandeliers.

Each year, Co.As.It. is proud to celebrate International Women's Day.

"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 Co.As.It. Community Services CEO Dina Ranieri.

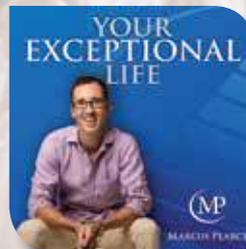
It was also an opportunity to highlight the need to increase awareness in gender equality and fair remuneration. Now more than ever it is important to attract more males in the aged care field.

The event kicked off with a "mingling hour" as guests enjoyed Prosecco Bellini cocktails and canapes. Special guests included Cr Vicki Howard and Trevor Evans MP and Sunshine Coast Channel 7 newsreader Rosanna Natoli hosted the event.

The event was enriched by guest speaker Marcus Pearce who shared insights into longevity and wellness and Co.As.It. Counsellor Laura Panarello held the audience transfixed as she spoke about dementia.

Over 300 guests attended the event and shared in delights that included all of the traditional high tea delicacies as well as fabulous prizes donated by our valued sponsors, community members and individuals. The lucky raffle prize winner took home a stunning diamond ring kindly donated by Crown Family Jewellers - Chermside.

All proceeds from the event went toward the Co.As.It. Dementia and Carer Support Program, a fully self-funded service developed to assist carers and families of people living with cognitive impairment.





WHAT AN OUTSTANDING ACHIEVEMENT!

Co.As.It. Community Services Ltd. was proud to be acknowledged as one of only four State Finalists in the Organisation Award on Thursday 14 March 2019 by Leading Age Services Australia (LASA).

The award ceremony took place at The Star, Gold Coast and was proudly supported by HESTA & McCullough Robertson Lawyers.

The 'Excellence in Age Services Awards' recognise the outstanding achievements of the age services industry and many rising stars from the age care industry in Queensland participated in the event.

The awards celebrate the passion and achievements of organisations, teams, and individuals in the service of older Australians.

Co.As.It. Community Services Ltd. was nominated on the strength of their initiative and innovation of recent programs.

The most notable has been the 'Adopt a Nonna or Nonno' Volunteer Program that connects the wider community and alleviates the isolation and alienation of older people.

People without grandparents have made intergenerational connections and older, isolated clients now have an injection of new friendships, companionship and social contact.

The improvement made on the lives of older people is identical to the benefits derived from volunteer visits under the Community Visitors Scheme program.

Co.As.It.'s Allied Health team members innovated the LASER Program (Library of Assistive Specialised Equipment Register), a free service where clients can trial medical aids, specialised equipment and other technology before purchasing.

Medical aids and equipment are expensive and the team were very concerned about the number of gadgets and devices regularly abandoned by clients. Disadvantaged, they could not return the devices nor afford to re-purchase something else. The equipment is also available for short-term needs



obviating an outright purchase. Clients have continually valued the initiative, making more informed decisions, empowering their right to choose well without risk and expense.

The equipment is also available for short-term rehabilitation, obviating an outright purchase.

The award night was attended by Co.As.It.'s CEO Dina Ranieri, Tony Brown and Nella Alba-Calabrese.

A framed certificate was awarded to Co.As.It. Community Services Ltd. in recognition of their excellent achievements.

Join Our Team !

**WE ARE LOOKING FOR PASSIONATE INDIVIDUALS WHO
SPEAK ITALIAN TO JOIN OUR TEAM**

CASUAL POSITIONS AVAILABLE

We are seeking persons interested in providing direct care and support to clients receiving services in Brisbane and surrounding suburbs. Successful applicants must have a genuine, caring nature and a heartfelt desire to assist aged people living in the community, to enable them to continue to live independently in their own home. Day to day services vary and may include; personal care, transportation to and from appointments, domestic cleaning, meal preparation, respite and emotional and social support.

You will need:-

- Certificate III or IV in Aged Care, Individual Support, Community Services, Ageing and Disability.
- National Police Check no older than six (6) months issued by Australian Federal Police or one of the ACIC accredited bodies, <https://www.acic.gov.au/>
- Own reliable motor vehicle with registration and comprehensive insurance
- Current Australian driver's licence
- Industry experience
- Ability to communicate in Italian

We offer:-

- Flexible day/night shifts that suit your life style and study commitments across a 7 day roster
- Uniform supplied at induction
- Access to tax-free fringe benefits (following successful probationary period)
- Award wage including hourly travel reimbursement
- Rewarding career and great team culture

**PLEASE CONTACT OUR OFFICE
FOR MORE INFORMATION**
Brisbane 07 3624 6100
omara@coasit.asn.au
www.coasit.asn.au



CAPIRE L'NDIS

Cos'è l'NDIS?

Il National Disability Insurance Scheme (NDIS, Regime nazionale di previdenza per i disabili) è il primo regime nazionale australiano per le persone disabili.

A differenza del precedente sistema di sovvenzione in blocco per le agenzie e le organizzazioni comunitarie, questo assegna le sovvenzioni ai singoli individui.

Ci sono circa 4,3 milioni di australiani disabili. Una volta implementato in modo definitivo, l'NDIS sovvenzionerà **aiuti e servizi** a circa 460.000 australiani di età inferiore ai 65 anni affetti da **invalidità permanente e significativa**. Per molti, sarà la prima volta che riceveranno il sostegno per disabili di cui hanno bisogno.

L'NDIS può fornire informazioni a tutte le persone disabili e metterle in contatto con servizi presenti nelle loro comunità tra cui medici, associazioni sportive, gruppi di sostegno, biblioteche e scuole, oltre a informazioni sul tipo di sostegno fornito da ciascun governo statale e territoriale.

NDIS - Che cosa significa?

N – National (Nazionale)

L'NDIS viene introdotto progressivamente in tutti gli stati e territori.

D – Disability (Disabilità)

L'NDIS fornisce sostegno a persone che presentano i requisiti e che sono affette da disabilità intellettiva, fisica, sensoriale, cognitiva e psicosociale. Possono essere forniti anche servizi di sostegno di **intervento precoce** per persone con disabilità o bambini con ritardo dello sviluppo.

I – Insurance (Previdenza)

L'NDIS offre a tutti gli australiani la tranquillità che se loro, il loro bambino o il loro caro nasce o acquisisce una disabilità permanente e significativa, otterranno il sostegno di cui hanno bisogno.

S - Scheme (Regime)

L'NDIS non è un sistema di sussidi. L'NDIS è progettato per aiutare le persone a ottenere il sostegno di cui hanno bisogno in modo che le loro capacità e la loro indipendenza migliorino nel tempo.

PAROLE CHIAVE NDIS:

Invalidità permanente e significativa

Disabilità permanente significa che è probabile che la tua disabilità duri tutta la tua vita. Una disabilità significativa ha un impatto concreto sulle tue capacità di completare le attività quotidiane.

Sostegno e servizi

Assistenza o prodotti che aiutano una persona nella vita quotidiana e la aiutano a prendere parte nella comunità e a raggiungere i suoi obiettivi.

Intervento precoce

Fornire sostegno a una persona, sia questa un bambino o un adulto, il prima possibile al fine di ridurre l'impatto della disabilità o il ritardo dello sviluppo e per far sì che sviluppi le sue capacità e la sua indipendenza.

“

Grazie all'assistenza dell'NDIS per superare gli ostacoli quotidiani che devo affrontare, sono in grado di concentrarmi sulla crescita della mia attività senza preoccuparmi delle difficoltà finanziarie quotidiane legate alla disabilità”.

LAURA, PARTICIPANTE NDIS E PROPRIETARIA DI UNA PICCOLA IMPRESA



Cosa fa l'NDIS?

Fornire sovvenzioni a persone che presentano i requisiti in base alle loro esigenze individuali

L'NDIS fornisce sovvenzioni **ragionevoli e necessarie** alle persone affette da disabilità permanente e significativa per accedere al sostegno e ai servizi di cui hanno bisogno per vivere e godersi la vita.

Ogni **partecipante NDIS** ha un piano individuale che elenca i suoi obiettivi e le sovvenzioni che ha ricevuto.

I partecipanti NDIS utilizzano le loro sovvenzioni per acquistare sostegno e servizi che li aiuteranno a raggiungere i loro obiettivi. Ognuno ha obiettivi diversi ma alcuni esempi potrebbero essere: ottenere e mantenere un lavoro, fare amicizia o partecipare a un'attività della comunità locale. I partecipanti NDIS controllano il sostegno che ricevono, quando lo ricevono e chi lo fornisce.

L'NDIS non può sovvenzionare un sostegno che sia:

- di pertinenza di un altro sistema governativo o servizio comunitario; o
- non inerente alla disabilità del partecipante.

Sostenere le comunità per includere tutti gli australiani disabili

Le persone che non presentano i requisiti per l'NDIS, possono tuttavia ottenere assistenza per accedere alla comunità e ad altri servizi governativi. L'NDIS può fornire informazioni e aiutare le persone disabili, le loro famiglie e i loro accompagnatori a mettersi in contatto con i servizi comunitari e altri servizi governativi. Per molte persone, questo sarà tutto il sostegno di cui hanno bisogno.

Chi sta aiutando a implementare l'NDIS?

National Disability Insurance Agency (*Ente nazionale di previdenza per i disabili*)

- Il National Disability Insurance Agency è l'ente governativo indipendente che gestisce l'NDIS.
- L'NDIA decide se una persona presenta i requisiti per prendere parte all'NDIS e, in caso affermativo, quante sovvenzioni riceverà. La decisione è presa in base alla legislazione chiamata *NDIS Act 2013* (Legge sull'NDIS del 2013) che stabilisce quali aiuti e servizi sono considerati ragionevoli e necessari per ricevere sovvenzioni da parte dell'NDIS.

Collaboratori Early Childhood Early Intervention (*Intervento precoce per la prima infanzia*)

- Il Early Childhood Early Intervention (Intervento precoce per la prima infanzia) (ECEI) aiuta i bambini di età compresa tra 0 e 6 anni che hanno un ritardo dello sviluppo o una disabilità.
- I collaboratori ECEI impiegano coordinatori ECEI che aiutano i bambini e le loro famiglie ad accedere a sostegno e servizi creati su misura in base alle esigenze del bambino.
- I coordinatori ECEI li aiuteranno inoltre a mettersi in contatto con altri servizi tra cui servizi sanitari comunitari, gruppi di gioco o altre attività disponibili nella zona.

Collaboratori del Servizio di coordinamento locale

- I collaboratori del Servizio di coordinamento locale impiegano i Local Area Coordinator (LAC, coordinatore di zona) che aiutano le persone a comprendere e accedere all'NDIS. Collaborano anche con i partecipanti NDIS affinché possano sviluppare e utilizzare il loro piano NDIS.
- Il LAC sarà il principale punto di contatto per NDIS per le persone di età pari o superiore a sette anni.
- Un LAC metterà in contatto le persone disabili con aiuti, servizi, attività nella loro comunità e altri servizi governativi. I LAC lavorano anche nelle comunità per aiutarle a diventare più accessibili e inclusive per tutte le persone disabili.

Come posso trovare il mio partner ECEI O LAC della zona?

Visita www.ndis.gov.au o chiama il **1800 800 110** per trovare il tuo partner ECEI o LAC di zona.

PAROLE CHIAVE NDIS:

Ragionevole e necessario

Per "ragionevole" si intende qualcosa di giusto e per "necessario" si intende qualcosa di cui una persona ha bisogno. L'NDIS sovvenziona aiuti e servizi in relazione alla disabilità di una persona per aiutarla a raggiungere i suoi obiettivi e a soddisfare le sue esigenze.

Partecipante NDIS

Le persone che possono accedere all'NDIS sono chiamate partecipanti.

Collaboratori

I collaboratori nella comunità sono organizzazioni comunitarie che collaborano con l'NDIA per fornire l'NDIS. I collaboratori forniscono servizi ECEI o servizi LAC; alcune organizzazioni forniscono entrambi.

JOINING A BOOK CLUB IS FUN AND IF IT'S ALL IN ITALIAN, EVEN BETTER!

There are many good reasons to join a book club: you discover new books that you might have overlooked, it gives you a reason to find time to read before the next meeting (even with a busy schedule), you can have respectful debates about something other than politics, you can read exciting fiction that deals with social issues or hearing other readers' ideas might get you to re-think yours.

These are all positive outcomes to which the Italian Language Centre added one more. Book Club? Yes! For all the advantages mentioned above. But Book Club in Italian? Well, what a fine way to improve your mastery of 'la bella lingua'.

Members of ILC's inaugural Book Club Italiano have been improving their Italian through reading the novel 'Scontro di civiltà per un ascensore a Piazza Vittorio' by the author Amara Lakhous. Set in one of Rome's most multiethnic areas, the story begins with a murder. As each of the neighbours is questioned by police, a colourful story unfolds exposing social realities we often tend to ignore.

This bittersweet comedy, winner of the prestigious Flaiano prize for fiction, was read, studied and discussed at Book Club Italiano meetings over February and March 2019. Led by experienced ILC teacher Giovanna Amatruda, Book club Italiano members have judged the meetings 'a great success'.

"My spoken Italian has improved hugely," said one delighted member. *"Being able to combine the joys of reading with improving my Italian has been a joyful experience. I can't wait for the next one!"*

Teachers of Italian have also participated and one happy teacher said: *"The hours attending Book Club Italiano help boost the required hours of continual*

professional development I need to complete annually."

All students and teachers of Italian are welcome.

The next series of Book Club Italiano meetings kicks off on Saturday 18 May with the book 'A ciascuno il suo' by Leonardo Sciascia.



For more information:
www.italianlanguagecentre.org
enquiries@italianlanguagecentre.org
 phone 36246100
 facebook: ILC Brisbane

CI SI PREPARA PER PASQUA

La prima settimana di aprile i due gruppi di bambini del Girotondo Italian Playgroup hanno partecipato ad una divertentissima “Caccia alle uova di Pasqua” per festeggiare l’arrivo imminente delle festività pasquali.

Essendo lunedì il 1° aprile, questo gruppo ha anche imparato la tradizione italiana del “pesce d’aprile” e i bambini si sono divertiti ad attaccare pesci di carta sulle schiene dei loro genitori, vittime ignare di questo scherzo.

Dopo aver cantato la canzone “ciao buongiorno!”, apertura di tutti gli incontri del playgroup, i bambini hanno ricevuto un pacco pasquale contenente un coniglietto di cioccolato e la storia illustrata di un coniglietto, che l’insegnante Laura Zanichelli ha letto ad alta voce in classe.

Dopo la gradita lettura i bambini hanno cominciato la caccia alle uova di Pasqua che erano state precedentemente nascoste in tutte le aule e nella cucina dell’Italian Language Centre.

Le uova sono state raccolte in un unico cestino e imparare i numeri è stato facile e divertente quando ogni bambino ha dovuto contare 10 uova da mettere in un sacchetto di carta, precedentemente decorato dai bambini stessi.

Il tutto è proseguito con una esilarante gara dell’uovo sul cucchiaino che si è rivelata un grande successo sia tra i bambini che tra i genitori. In conclusione i bambini hanno formato un cerchio tenendosi per mano e hanno cantato “giro giro tondo” prima di scambiarsi gli auguri di Pasqua.



Girotondo Playgroup runs throughout the year and offers an engaging introduction to Italian for children from 3 to 5 years old.

For more information:
www.italianlanguagecentre.org
enquiries@italianlanguagecentre.org
 phone 36246100
 facebook: ILC Brisbane

Book Club Italiano

MAGGIO - GIUGNO

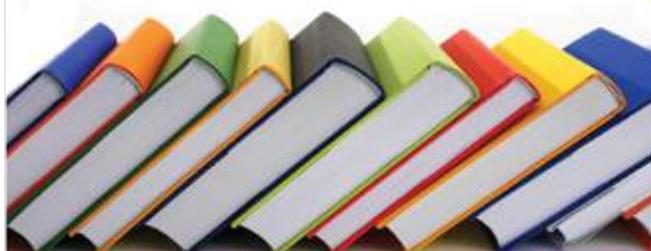
Libro : *A Ciascuno Il Suo*
Autore: *Leonardo Sciascia*



LOCATION

Level 1
42 Newbery St
Newmarket Q
4051

Studenti Adulti
Livello: Avanzato



\$85

Sabato 9:30-11:30am

18/05
08/06
22/06

Introduzione al libro e all'autore
Dialogo sulla prima metà del libro
Dialogo sull'intero libro - conclusione

Insegnanti di italiano

I partecipanti devono acquistare il proprio libro da Book Depository o Amazon

PERSONAL INFORMATION:

Mr/Mrs/Ms/Miss Surname: _____ Name: _____

Mob _____ Email: _____

Address: _____ Suburb _____ P/Code: _____

STUDENT: Studied/Studies/Teaches Italian at _____

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. REFERENCE: "ILC" followed by your surname.

BANK: Westpac (New Farm)

ACCOUNT NAME: Co.As.It. BSB: 034-065 ACCOUNT NUMBER: 142021

CREDIT CARD - Please complete the credit card details section below or call our office 3624 6100. (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 3624 6185. Please **DO NOT** send it by post or e-mail.

ENQUIRIES: Marzia Mauro
Ph: (07) 3624 6100
Fax: (07) 3624 6185
enquiries@italianlanguagecentre.org

OFFICE USE ONLY

Amount Paid: _____

Date Received: _____

Receipt Number: _____



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