



co.as.it.
community
services

insieme

01/2022

OUR VISION

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

OUR VISION

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



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LETTER FROM THE CEO



I'm also happy to advise that our allied health team has grown and ready to support you in your own home.

We were saddened to hear that a number of vital people who contributed so much to our Italian community passed away recently.

Our thoughts go to the families and friends of Carlo Crocetti, Cav. Guido Canale and H.E. Italian Ambassador Francesca Tardioli, who left an imprint on the communities they served.

On a happier note, we thank all of the wonderful women who participated in our International Women's Day event, at present, our only major fundraiser that helps to fund our dementia support programs.

Your continued patronage of this event is genuinely valued as is the on-going support of our sponsors.

There is so much happening now that Covid restrictions have eased, our community hub Amici House is bristling with activities for the community from yoga to IT to exercise classes and our café is hitting all sorts of culinary highs, such serious talent in the kitchen!

Inside this edition you'll find days and times for many things to do, even Latin dance classes!

I hear that clients have been asking if they can order whole dishes of lasagna from her.

Our office premises is also the venue for many new activities. Adult evening Italian classes operate there with easy undercover parking available on site. Immerse yourself in the language and experience the culture provided by qualified Italian language teachers.

The South Coast clients are really enjoying the new social outings program we have started there. We're now organizing our 3rd trip. These bus trips at the coast and in Brisbane are a highlight for many people.

We've also received lots of interest in the podiatry and physio sessions offered at Amici house. These services cost \$8 per session but bookings are essential. If you're driving, there is plenty of parking on site at Bracken Ridge.

I'm also happy to advise that our allied health team has grown and ready to support you in your own home. If you are an existing client and wish to access physio, podiatry or occupational therapy don't hesitate to contact our office to start receiving these services in your own home at \$15 per session.

Happy reading !

Dina Ranieri

THE RISK OF FORGETTING YOUR MEDS

"You are from Co.As.It, you are good people, you can come in."



Co.As.It has been providing services to Angela for more than 5 years.

Angela is a gentle but strong-willed lady who has struggled with loneliness since the passing of her husband Cesare. She lives with dementia and her short term memory often fails.

Angela regularly forgets to take her evening medication placing her health at risk.

Her coordinator liaised with the family and explained the risks associated with Angela living at home alone.

The family decided that with support provided by us, she could remain in the home she shared with Cesare and where she reared her children. Therefore we have taken on the responsibility of monitoring Angela's medication to minimise health risks associated with her missing her regular meds.

Some people might say that Angela would benefit from entering residential care.

However, her family believes that the trauma of being separated from the home she loves and the memories locked to that home would probably cause more distress than her missing her medications.

When our clinical team leader Shaun attended Angela's home in February, she was unable to recognise him personally although he has visited many times previously.

She did however recognise our brightly coloured Co.As.It. vehicle and said *"You are from Co.As.It, you are good people, you can come in."*

We're very happy that after assessing the risks with her family, we were able to partner with them so that Angela's independence can continue for as long as possible.



MENTAL WELLNESS TEAM

TO START IS HALF THE BATTLE

"For over two decades I was my wife's carer until she passed away. From this event I slowly started to lose purpose in life. I lost my appetite, I isolated myself away from friends and family, and the only activity that seemed to give me joy was sleeping.

My Community Support Officer (CSO) Antonio visited me once a week and invited me to go for walks with him. I would respond to him: "NO!! What part of those 2 letters DO YOU NOT understand? "

Every fibre in my body was telling me to go back to bed; however, my CSO would encourage me again to go for a walk by saying: "Nick, going for a walk is half the battle. And if you win the morning you win the day".

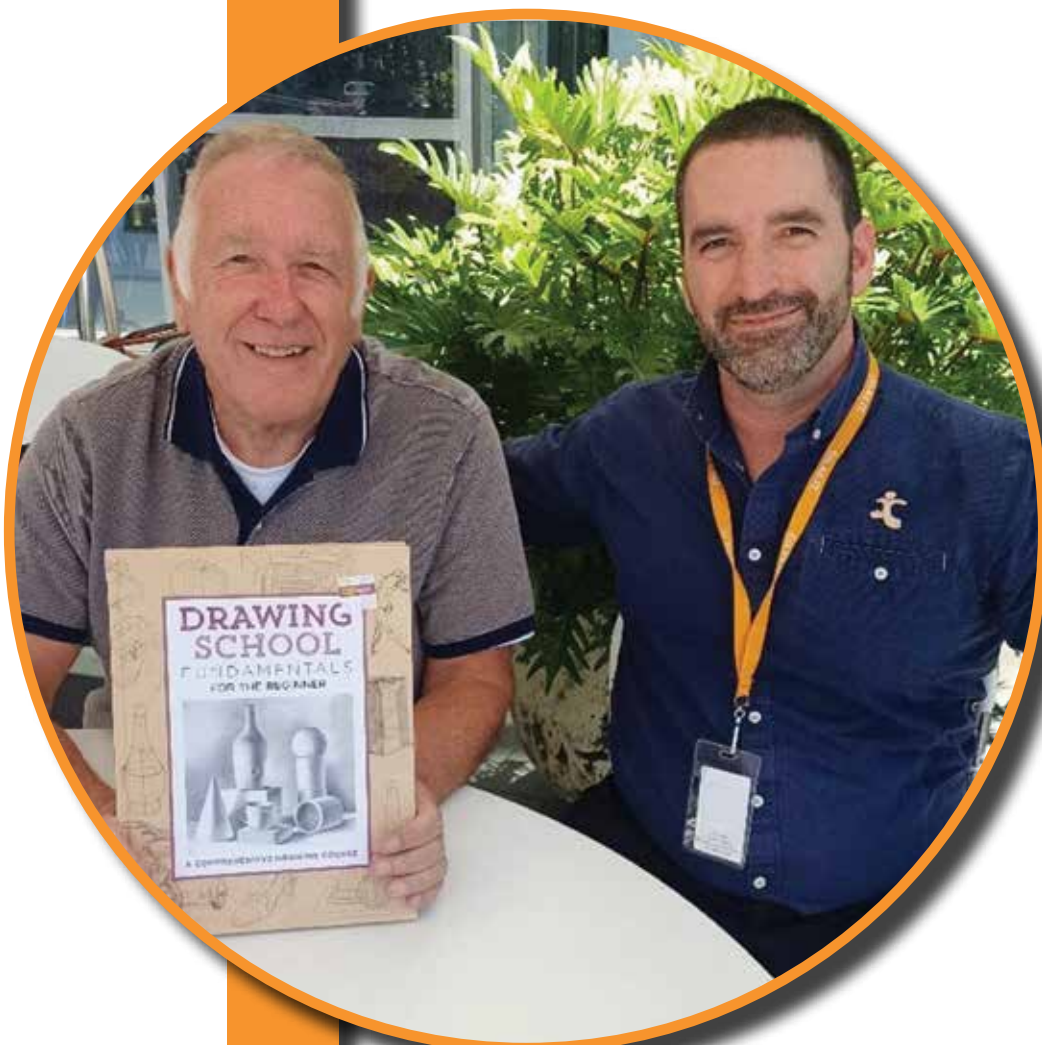
I started my daily walks and in addition I accepted my CSO's suggestions of seeing a nutritionist and joining my local Men's Group. On our drives to these locations I shared with my CSO that I had been an engineer for over 3 decades, and he wrote on his business card the following mathematical equation from Professor Viktor Frankl: "S - M = D (Suffering - Meaning = Despair)"

This equation made me reflect on what could I still achieve in my life at my age and I remembered my granddaughter's wedding which is scheduled for the end of the year. I know that my Bride would not only want me to be present at the ceremony but also to enjoy it. Now that I have made my morning walks a daily habit, I have also improved my diet. I was invited by my CSO to consider joining an Art class to keep my mind sharp.

I gladly accepted because if starting my walks is half the battle, the other half will be to be vibrant and eloquent.

I went to art class and later this year, I am going to be present to offer a toast at my granddaughter's wedding!"

Every fibre in my body was telling me to go back to bed; however, my CSO would encourage me again to go for a walk by saying: "Nick, going for a walk is half the battle. And if you win the morning you win the day".



SANDRA AND TOM: A WONDERFUL STORY



When we first met Sandra and Tom in February 2020, Tom was in hospital with another frequent chest infection - something which in the past, put him in and out of hospital a few times a year.

Tom also has Parkinson's disease, which makes him unsteady on his feet so he has to use a walking stick most of the time.

Sandra had experienced a number of falls and wasn't confident enough to leave their unit. When Tom came out of hospital, he found Sandra had been using his walking stick to support her as she moved around their home. This wasn't quite pleasing for either of them and that's when we got involved!

Tom wanted to be able to walk without fear of falling, have fewer chest infections and less breathlessness when walking.

Sandra just wanted her knee to hurt less and to be able to leave the unit with confidence.

Two years on, Tom and Sandra have faithfully continued the home exercise program individualized for them by their physiotherapists.

Tom has not been in hospital with a chest infection for the last two years, feels much stronger and does not use a walking stick inside the house anymore.

Sandra has not fallen in the last 12 months. Sandra also feels stronger, has less fear of falling and is finding it easier getting in and out of the car to go shopping. She can now even get on and off the bus by herself.

Tom and Sandra's new goal is to be able to walk across the road to McDonald's together so that they can have a cup of coffee.

Wish them luck, we know they'll do it!

Our Allied Health Team designed an exercise program for them that was going to make their goals achievable.

OUR COMMUNITY

CARLO CROCETTI (1942 - 2022) ANOTHER LOSS FOR THE ITALIAN COMMUNITY

Well known and respected Italian newspaper correspondent Carlo Crocetti recently passed away at the age of 79 years. He will be missed by many in the Italian community in Brisbane.

Carlo came from a family that has always been involved in the Italian community: his mother, affectionately known as '*Nonna Carolinda*', was an Italian teacher and 4EB radio announcer, whilst his sister Gabriela Corridore has been heavily involved in social and pension support assisting Italians in the Hervey Bay area.

For years Carlo wrote about the events in the Italian community in Brisbane and he was a frequent attendee at many community gatherings on which he happily

reported to Italian newspapers that were distributed Australia wide.

He was a gentleman and an active member of his community, often going out of his way to gather stories that would create journalistic interest for his readers.

Carlo was born in Rome on April 4, 1942 but spent most of his adult life in Brisbane. He passed away peacefully on Monday February 28, 2022, leaving behind his loving wife Elaine and his children Adrian, Gregory, Susan, and their partners. '*Nonno*' will also be sadly missed by his adoring grandchildren Ella, Oliver and Peter.

Our sympathies are extended to Carlo's family.



INTERACTIVE PHYSIOTHERAPY JULIE'S ROAD TO WELLBEING



Julie also looks forward to her regular physiotherapy sessions which are conducted one-on-one in Julie's unit.

Julie is a community dwelling participant of NDIS services, she is 47 years old and proudly lives independently with her flatmate.

Julie enjoys ten pin bowling, keeping her notebooks in order and interacting with others at the Endeavour Foundation where she attends 4 days/week.

In addition, Julie also looks forward to her regular physiotherapy sessions which are conducted one-on-one in Julie's unit.

When our Physiotherapist Leonie started working with her, Julie was not keen on exercising or doing any physical activity, however our fantastic physio created interactive activities catering to Julie's needs and interests.

During these sessions, Leonie created 12 different short physical challenges to complete each week, plus laughter and music!

Julie is always determined to complete all 12 activities and a game board and dice are used to determine the order. Some activities involve equipment such as an aerobic step, dumbbells, ankle weights or a soft ball.

The activities are progressive and involve increasing number of repetitions or weight.

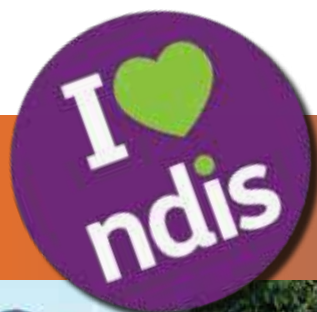
Fast forward to 21 months later with physio and her dedication to completing her exercises, Julie has improved significantly with respect to her walking speed, quads strength, balance and sit to stand speed.

She also now has comfortable and supportive shoes to wear while at work.

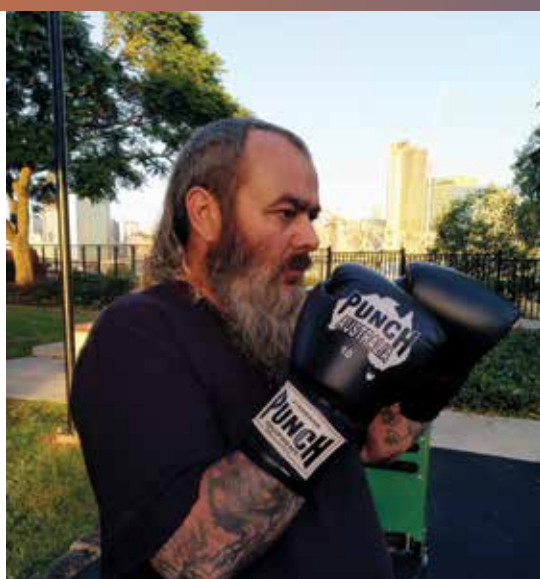
Well done Julie! Keep up your hard work and go-getter attitude.



KEEPING UP APPEARANCES NO MORE



"I used to take it all for granted, but all is falling into place now and I feel I have earned my place, it's been fantastic."



Nicholas has lived with schizophrenia for over 25 years. Under the Community Care program, he became a Co.As.It client in July 2017. Over the years he has been supported by us under 3 different programs. Due to funding restraints he could only receive services fortnightly.

With the right support, consistency and dedication he has slowly but surely worked to become more independent, has increased his health and wellbeing, specifically worked in achieving his own goals of weight loss and muscle strengthening.

What services are you currently receiving and are you happy with them?

"I have my worker visit me on Mondays and Wednesdays and I go to exercise training on Tuesdays, Fridays and Saturdays. Before, I used to go for walks with my worker but now that I exercise 3 days a week, I use my time with my worker wisely and use his visits to go to appointments, go to do my shopping, go for morning tea in the park and enjoy."

How do you feel about your journey?

"I used to take it all for granted, but all is falling into place now and I feel I have earned my place, it's been fantastic."

Do you feel Co.As.It. have contributed to your journey?

"Absolutely!!! Co.As.It. have contributed to my wellbeing, my CCW Ed is great, always helping me and encouraging me, my Support Coordinator Melissa supports me with everything. Initially I was getting to know her so I did not ask for much, but now I know that I can call her and she is

there for me and if I need anything else I can always call my NDIS coordinator."

Do you feel you are achieving your goals?

"Yes and I am very happy! I used to be 123 kg and now I am 105 kg. I am getting to use clothes that have not fitted me for many years. I have gone from XXL to XL and now I need to wear a belt with my jeans."

What's next for you?

"My health and wellbeing, keep at it! Lose more weight, get stronger, do more weight intensity and keep enjoying my life."

How do you feel our support has contributed to your current wellbeing?

"With everything. My attitude is good, my anxiety is not there. My confidence has increased... you see progress in what you are doing and you realise your emotions are better, your quality of life is improving and you are not keeping up appearances anymore. Yes, I am good."

OUR IMPACT WITHIN THE COMMUNITY

NDIS PARTICIPANTS' FEEDBACK

"Dear Paola

Thank you very much for everything. I just wanted to tell you that I am very impressed with the way you work.

I have not had a chance to work with a good NDIS support coordinator like you before. You truly care about disabled people like Andrew and have helped us a lot. I cannot tell you how relieved we are thatw I changed coordinator and you accepted our request to be Andrew's NDIS coordinator.

I just wanted to tell you that Andrew and I really appreciate you and the Co.As.It. Team."

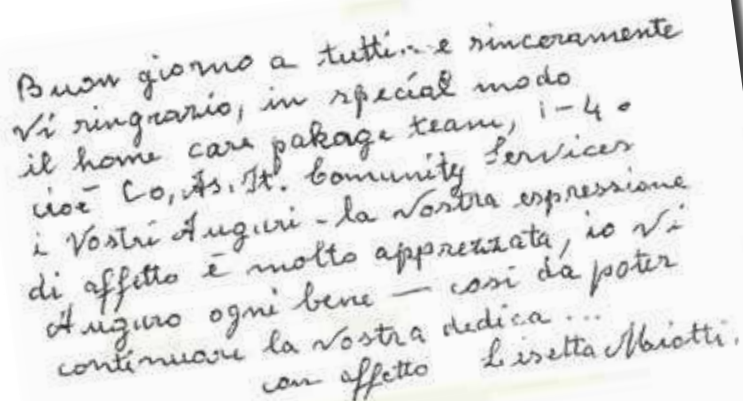
MORE FEEDBACK FROM OUR CLIENTS

"We've just had a replacement cleaner here called Rachel and her work was of such a high standard, we have to compliment her.

I asked her to clean the spare bathroom including the cupboard under the sink as we will be having visitors soon. I'm not exaggerating when I say the bathroom looks like a new one.

The shower screens are so clean, I don't think I'm going to let the visitors use it and mess it up. I'd be happy to look at that lovely clean room all day. I did thank her before she left."

Ray H.



Buon giorno a tutti... e sinceramente
vi ringrazio, in special modo
il home care package team, 1-4 o
cioè Co.As.It. Community Services
i Vostri Auguri - la vostra espressione
di affetto è molto apprezzata, io vi
auguro ogni bene - così da poter
continuare la vostra dedica...
con affetto Lisetta Abiotti.

"Our CCW Julie is the most caring, understanding and lovely woman we have come across, we are so very pleased to have Julie picking Carol up. Carol was in a bit of a state this morning and Julie handled her well. She takes her time with Carol and doesn't rush us. She really is a lovely person".

Peter D

CIAO PROGRAM

CARNEVALE!

The start of the year was challenging as Queensland opened its borders, aged care homes locked down and once again visits were restricted in aged care facilities across the state.

This put the CIAO program on hold until aged care homes were given the all clear about successfully managing newcomers from other states who may not have seen their relatives for almost two years.

Some of the aged care homes with the Ciao program opened up visiting access, and Regis Lutwyche celebrated with a celebration of 'Carnevale'.

With well over 60 Italian residents at that facility, language and culture is something they all share but this was put to music with talented guitarist Walter from One Cappuccino who provided the entertainment which had many residents clapping, toe tapping and dancing.

After many weeks of lockdown, having some new things to do brought many radiant smiles.

At John Wesley at Taigum and Bellevue Care at Ferny Hills, the clients made their own carnival masks and wore their creations with a sense of fun. As Easter approached, they were all quite keen to make their own magic by designing their own Easter cards.

After many weeks of lockdown, having some new things to do brought many radiant smiles.



QUEENSLAND COMMUNITY SUPPORT SCHEME

HOW WE HAVE HELPED MATT



The QCSS (The Queensland Community Support Scheme) provides supports to people who need a small amount of assistance to live independently at home or to engage more with their community.

There is a strong partnership between the user and the service provider and each has a vital role to play in this partnership to ensure maximum benefit for the client.

It's important the client talks to us as service providers about the challenges they face, the support they feel they need and the outcomes they want to achieve.

Matthew one of our users graciously sent us a few words of praise recently that we'd like to share with you!

Hi, my name is Matthew and I have been with Co.As.It for a number of years. I have found them to be a professional and easy to approach group to be looked after by.

Whenever I have questions or adjustments to my service they have gone out of their way to be as helpful as possible.

My carer Tom and my case manager Melissa are a great team that help with my complex needs from personal care to social support, I have no complaints.

I highly recommend them to anyone looking for a bit of extra help in your daily life. With kindest regards,

Matt P.

COMMUNITY AND INDIVIDUAL SUPPORT SERVICES

HARMONY DAY 2022

Co.As.It.'s Harmony Day celebration is becoming a tradition that we all enjoy at the office. With dozens and dozens of staff from diverse multicultural backgrounds, everyone just loves sharing their cultural cuisine with colleagues.

On March 24, we were lucky to have special guests, Michael and Teagan from QATSIF (Queensland Aboriginal and Torres Strait Islander Foundation) who made a beautiful Acknowledgement of Country before we sampled amazing traditional dishes such as

kangaroo stew and damper bread. They also kindly brought raffle prizes that went to a few lucky staff members!

Our office was decorated with flags from each continent and this colourful display was complemented by some of our staff who wore traditional clothes.

The dishes made by our colleagues were very happily consumed by everyone.



NUTRIRE L'ANIMA - AMICI HOUSE

Nourishing the Soul - Amici House
Come and experience two hours of pampering, wellbeing and friendship.

This is a FREE monthly event run at Amici House on the 1st Wednesday of every month for women aged 16 years and over. The gatherings are held between 10am and 12pm.

Maybe you don't think you can use this time just for you. As women we try to fulfil a wide range of roles and the newly coined occupation of "domestic engineer" doesn't even begin to cover the work we do.

Have a look at the following page! Once you read this we are sure we'll be welcoming you to our next session!

The previous one saw our CSO and mental wellness counsellor Laura engage women in some simple hand massage techniques using non-allergenic oil after a lovely presentation by Laura on "*The intricacies of being a woman*." (Depending on the group's requirements discussions change and evolve each time.)

Best of all is getting together at our Café once we finish – this has the best coffee, most delicious food and it's a beautiful area to relax and have a chat!

We are taking names to create a second session in Amici House, if you're interested please call Cintia on 3624 6100.

Che magnifica occasione per provare due ore di massaggi, salute ed amicizia!

Stiamo parlando di un evento a cadenza mensile, completamente gratis, che si tiene ogni primo mercoledì del mese dalle 10 a mezzogiorno per donne dai 16 anni in su presso Amici House.

Potreste trovarvi a pensare che questi incontri non facciano per voi e che non possiate prendervi un paio d'ore solo per voi.

Come donne, ci troviamo ad espletare una vasta gamma di attività e ruoli, e il termine appena coniato di "ingegnere domestico" decisamente non copre tutti i nostri ruoli. Date una occhiata alla pagina seguente e vi renderete conto di quanto fate, e una volta realizzato, siamo quasi certi che vi vedremo la prossima volta ad Amici House!

Durante l'ultima sessione, la nostra consulente in salute mentale Laura ha terminato la sua presentazione dal titolo "*La complessità di essere donna*" spiegando alcune semplici ma efficaci tecniche di massaggio alle mani usando un olio non allergenico.

Ovviamente, i temi trattati variano da sessione a sessione in base alle necessità del gruppo.

E la giornata si conclude con il raduno dei partecipanti al Caffè, una bellissima sezione del Centro che oltre a servire per rilassarsi e chiacchierare, offre cibo delizioso e un ottimo caffè.

Se siete interessate a prendere parte alla prossima sessione, vi invitiamo a contattare Cintia al 3624 6100.



COMMUNITY AND INDIVIDUAL SUPPORT SERVICES

THE ROLE OF DOMESTIC ENGINEER

Why do we need “*Nourishing the soul*” sessions?

As homemakers, have you ever considered the great responsibilities we carry on our shoulders? If these were paid jobs, who could afford a multi-talented worker who must be able to constantly switch roles like teacher, cook, garment worker, plumber, nurse, secretary, manager, counsellor and advisor (amongst others).

I mean, look at the job description – who in their full faculties would want to apply!

Domestic Engineer

Tasks include:

1. Dusting, scrubbing, vacuuming, polishing (mostly useless items, etc.)
2. Cleansing the family room, bedroom, kitchen area, and restroom is also required
3. Handling computer-based defect-finding systems for anything e.g. malady, trapped possum, etc.
4. Ensuring the good running order of appliances and facilitating repairs or replacements
5. Management of immediate urgent affairs. (e.g. kid advises you of a birthday party at 2pm for a 3pm start – no gift!)
6. Hosting events
7. Managing meals and preparation of raw materials; visiting stores and supermarkets to buy deficits
8. Provide flexible, adaptive services such as fixing shoes, stapling school hem
9. Consulting with the family to develop a domestic duty and childcare schedule (this never works!)
10. Playing alongside youngsters, feeding them, changing nappies, collecting them from uni
11. Accompanying them to the doctor/dentist/

hairdresser for regular checks (mostly under duress)

12. Reponding to immediate maintenance call-outs (swimming gear forgotten at home)
13. Performing transportation services, for sporting events - accept that these could be as far as Dead Cat Gully (NSW)
14. Doing laundry, especially washing clean clothes tossed on the floor after multiple try-ons
15. Serving meals in a timely manner – could be several times in the same night
16. Managing household budgets and documenting expenses (not always successful)
17. Engaging the children in age-appropriate activities (adult kids included)
18. Welcoming, catering and entertaining visitors (cover the sofas!)
19. Relaying messages and answering phone calls (when we remember)
20. Caring for household pets (this is closely aligned to item 11 above, just add snapping teeth)
21. Performing basic garden maintenance, recycling and waste disposal tasks (may involve hazardous retrieval of rancid, smelly socks tossed under the beds)

Be advised that this role doesn't offer individuals any chance of being promoted nor does it extend benefits such as medical health insurance, overtime pay, and retirement plans.

Instead, it provides possibilities that can be unlimited to individual development – theirs, not yours!

Applications are being accepted now.

No wonder we need ‘Nourishing the Soul’ sessions.



SUPPORT RECEIVED OVER THE YEARS WAS ABOVE AND BEYOND

She further told the Review Officer that the impact that Co.As.It. has had on her life was evident and assisted her to maintain her dignity and independence.

During a review with one of our CHSP clients, Sandra, she provided valuable feedback about her experience with Co.As.It. and she shared her feelings towards the organisation with the Review Officer.

Sandra stated that the community support staff and the office staff have really been helping her over the years and she described them as 'truly beautiful people'.

Sandra expressed how *"The support received over the years was above and beyond and that the services delivered and quality of interactions between staff and clients was excellent."*

She further told the Review Officer that the impact that Co.As.It. has had on her life was evident and assisted her to maintain her dignity and independence.

Sandra stated that everyone at Co.As.It. had different strengths, values, practical knowledge and skills to improve her life.

For example, one support worker taught Sandra some practical cleaning strategies, another assisted Sandra to learn how to access her emails and another support worker also helped her to download her COVID digital certificate.

Sandra also mentioned that the coordinators assisted her with identifying and organising appropriate services to meet her needs.

The officer found it extremely rewarding to hear how the organisation was able to make a difference to Sandra's quality of life, and to observe the differences and improvements that the client was able to achieve with our support.


Building rapport with clients is essential to deliver an excellent service.

For the Co.As.It. CHSP team this means working together with the client to achieve improvement to maintain the client's quality of life as much as possible and for as long as possible.

Well done, Team!



COMMUNITY CONNECTION



LATIN DANCE CLASSES

Professional Latin Dance Teacher

\$5 PER CLASS
(DD OR EFT, NO CASH)

EVERY WEDNESDAY

9am, 10am or 11am

AMICI HOUSE
294 BRACKEN RIDGE RD
BRACKEN RIDGE

EVERY THURSDAY

3pm to 4pm

CO.AS.IT.
473 LUTWYCHE RD
LUTWYCHE

BOOKINGS ARE ESSENTIAL

NO WALK-INS

CONTACT CINTIA
(07) 3624 6100
mail@coasit.asn.au
www.coasit.asn.au



STAY ACTIVE

FREE
WEEKLY EXERCISE SESSIONS FOR 65YRS AND OVER

SPACES AVAILABLE
Mondays
Tuesdays
Fridays

Amici House
294 Bracken Ridge Rd
Bracken Ridge

Co.As.It. Community Services is running an **exercise** group suitable for people aged 65 years and over.

The program is aimed at optimising strength, endurance, balance and flexibility. Enhance your overall **wellbeing** and delay aged-related deterioration.

Ideal for those able to **mobilise** without the use of a walking aid, walker or wheelchair.

Bookings are essential - book your spot today!
Call Co.As.It. on (07) 3624 6100
mail@coasit.asn.au | www.coasit.asn.au

COMMUNITY EVENTS

CELEBRATING WOMEN, THE HEART IN OUR COMMUNITY



More than 300 guests attended Co.As.It.'s high tea for International Women's Day (IWD), on Saturday 12th March held at the Rose Room at Cloudland in Fortitude Valley.

The theme, celebrating women, the heart in our community, was reflected in a mini documentary outlining the brilliant work done by women who volunteer in our Italian community.

Co.As.It. acknowledged the selfless work of three women who were interviewed: **Ruth Allison** who has been volunteering every Wednesday at Co.As.It.'s Casa

Serena Social Centre for more than 15 years, **Carmela Bozzi OAM** who volunteers for the church and many other organisations in the Italian community, and **Paolina Greco** who volunteers as part of Co.As.It.'s Community Visitor Scheme, attending residential aged care facilities each week for over 10 years.

They talked about the work they do, what motivates them and how their work has helped others.

Speeches by the Hon. Grace Grace acknowledged the leadership by Co.As.It. CEO Cav. Dina Ranieri, and the importance of equal representation of women in



public roles and governance, and Lady Mayoress Nina Schinnerer talked about dementia affecting women more than men, and encouraged all guests to support the fundraising efforts by the organisation.

Guests were treated to a colourful fashion show curated by Laura Churchill from Brisbane Fashion Month featuring local designers Anannasa, Chamani, Red Ridge the Label, Annalisse Designs, Maiocchi, and Jericho Road Clothing.

The collections were modelled by Co.As.It. staff and friends and was enthusiastically supported by guests.

Thanks to the wonderful enduring sponsorship from Cav. Fil D'Arrò from Italicore, guests enjoyed complimentary prosecco, as well as a delicious high tea including scones, hot savoury pastries and gourmet sweets.

Over 43 raffle prizes were won, with proceeds going towards Co.As.It.'s dementia and wellness program.

A fully sold-out event that will stay in the hearts of all who attended.

GARDENING GOES TO A NEW LEVEL

The Italian adage of “Plant only what you can eat” showed so many fruit and vegetable plants - already well on their way to providing fresh produce.



Salvatore has been living with Parkinson's disease for many years, his mobility and independence has worsened lately and he is missing doing his favourite activities.

One of his big passions has always been his garden, especially the fruits and vegetables he and his wife Filippa are so fond of growing themselves.

With the progression of his disease and his ageing, unfortunately Salvatore has found more and more difficulty in being able to tend to his much loved garden.

The high risk of falling means that he cannot bend down anymore, so sadly he pretty much had to give up his hobby.

His daughter Maria asked us if his HCP package funding could help Salvatore with his passion, and suggested a raised garden so that he could

continue spending time on his favourite activity. This would allow him to continue gardening, minimise risks of falling and take less physical effort.

We could certainly see the merit of her idea.

A few months later, after assessments and measurements, Salvatore was the happy owner of an “L” shaped raised garden bed in his backyard, located close so he doesn't have far to walk.

Salvatore and Filippa showed the new garden to their coordinator a few weeks after its installation and it was already full of plants that were flourishing!

The Italian adage of “Plant only what you can eat” showed so many fruit and vegetable plants - already well on their way to providing fresh produce.

The new veggie patch enables Salvatore to continue tending to his passion, without bending and having to walk all around his backyard.

HOME CARE PACKAGES | SOUTH COAST

WE ARE TECH GURUS, TOO!

They keep telling us that technology can make life easier, but we all know the frustration and irritation that a device causes when it all of a sudden decides that "Today – nope – I'm not going to work! I'm going to fritz my electrodes, dislodge my battery or just be cranky!"

Let's face it, sometimes even IT specialists cannot work out why devices go rogue. Trying to get support on the phone is like waiting for the lottery – am I going to be next... oh hang on... is that a ping... no... ohhh...not yet.. sigh... good heavens....

It's a response and a human at the other end! I've won!!! Don't be deceived, even after waiting 40 minutes and going through all the troubleshooting you may not be any better off – and if English is not your first language you are in serious trouble indeed!

We have a lovely French-speaking couple, George and Colette. They love to use their Apple Mac computer to talk to family on Skype, they both have Android mobiles, SBS on demand and a talk-to-text machine on their home phone.

Many times they will call for our assistance as they are not able to work their mobile phone, can't watch their French television or their voice-to-text machine is not working properly. They both do their best to contact the relevant support to rectify problems but difficulty

with hearing and Australian accents often causes more problems than fixing them.

We can all sympathise with how frustrating technology is to reset and adjust.

So we have honed our IT skills. Our Coordinator goes to their home, resets the mobile, retunes the television to SBS on demand, restarts the talk-to-text machine and provides general support on the delinquent devices.

Both clients love the support and time they receive, however we now have some wonderful external assistance with an agreement set up with Basic Tech.

We have organised Claire to go in and meet with our clients to ensure their ongoing issues are rectified, our clients are taught in simple steps how to overcome the technology hurdles they face and hopefully, will have a smoother experience with their general communication and other devices.

In view of the complexities of reading instructions in another language, Basic Tech services will be a frequent attendee at many clients' places in the future.



COMMUNITY VISITORS SCHEME

RAPID ANTIGEN TEST KITS HELP

With the introduction and availability of RAT kits in many aged care homes, we are all working hard to facilitate volunteer visitor attendance.



Since the start of the year the CVS program has been in full swing with 8 new match introductions in a 3 month period.

Volunteers join for various reasons, and these are some of their stories.

Michael contacted the CVS coordinators after seeing the Co.As.It. minibus driving around his area and he was excited to give back to the community.

Katherine and **Giuljana** were looking for 'nonnas' to visit as theirs are overseas.

Frank wanted to meet an older Italian to share the Italian language and culture.

Ranald is learning Italian and will be travelling to Sicily for a month later this year so he was excited to meet Alfio who is originally from Sicily.

Jenny's family is also overseas and she was introduced to a widowed 'nonno' who is isolated and lonely.

Lina is keen to learn some Italian language and wisdom on how to have a joyful life and met her energetic, bubbly dance loving Italian 90 year old client.

We are all aware of the valuable social contact and emotional support visitors provide for residents.

With the introduction and availability of RAT kits in many aged care homes, we are all working hard to facilitate volunteer visitor attendance.

Thankfully and to the joy of the residents, these kits have enabled our new visitors like Michael to go to Casa D'Amore Coorparoo and Katherine to go to Palm Lodge New Farm - all eager to commence their volunteering journey.



We are always looking for new volunteers to join us in making an older person's life more fulfilling.

If you are interested in donating your time or require more information on our CVS program, contact the office on 3624 6100 or send us an email (mail@coasit.asn.au)



TECHNOLOGY CLASSES

**Every Friday
10am to 12pm
Secure your place**

Cost \$5 per class (DD or EFT no cash)



**Bookings are Essential
No Walk-Ins
T: Cintia (07) 3624 6100
mail@coasit.asn.au**

**Co.As.It. Community Services
473 Lutwyche Road
Lutwyche
www.coasit.asn.au**



TECHNOLOGY CLASSES

**Every Thursday
10am to 12pm
Secure your place**

Cost \$5 per class (DD or EFT no cash)



**Bookings are Essential
No Walk-Ins
T: Cintia (07) 3624 6100
mail@coasit.asn.au**

**Amici House
294 Bracken Ridge Road
Bracken Ridge
www.coasit.asn.au**

SAN VALENTINO IN COMPAGNIA A CASA SERENA

Come ormai saprete, c'è sempre qualcosa di organizzato per i partecipanti ai nostri gruppi. San Valentino è senza dubbio una ricorrenza particolarmente apprezzata da tutti e, anche quest'anno, ci siamo veramente divertiti!

Nel mese di febbraio i nostri centri sono stati addobbati per l'occasione: cuori rossi sulle pareti, cuori che penzolavano dai soffitti, cuoricini di carta sui tavoli e, ovviamente, cioccolatini a forma di cuore.

Si può tranquillamente affermare che San Valentino è una giornata che sta a cuore a tutti..

I clienti sono stati incoraggiati a vestirsi come se stessero andando ad un appuntamento galante e a portare con se una foto di una persona a loro cara.

Vi potete immaginare l'atmosfera, con discussioni sul tema "amore" e qualche annuendo a corteggiamenti e amorini!

A Casa Serena di Stafford, i bambini del Tumble Tots si sono presentati a fare visita agli anziani del gruppo, regalando una piccola rosa di carta fatta da loro alle signore presenti, ovviamente felicissime del regalo e del pensiero.

La gioia è stata veramente tanta, ma mai quanta ne hanno generati gli esercizi ai quali hanno partecipato sia gli anziani che i bambini.

È incredibile vedere l'agilità e l'elasticità dei bimbi a quella età, cose che per alcuni di noi fanno ormai parte del passato. Ma è ancora più incredibile vedere la gioia e la positività che i bambini portano ai gruppi ogni volta che passano un po' di tempo con i nostri anziani.



AGED CARE BRISBANE | SOCIAL ACTIVITY GROUPS

MALTESE COOKING CLASS AT AMICI HOUSE

Our beautiful premises Amici House at Bracken Ridge is becoming a 'go to' facility for community groups that have limited operational funds.

We are always happy to provide support to other not-for-profit organisations and as a community hub we recognise how important it is to support fledging organisations that care for other cultural groups.

So we welcomed a different group recently that wanted to hold a Maltese cooking class. Needless to say the experience for our Facility Coordinator Barry was a delicious one!



OOT AND ABOOT!



In Brisbane the outings have been a welcome return to normality for many of our clients.

Our clients have again started going “oot and about” as one of our Scottish friends says.

Most exciting was the first social outing organised for the Gold Coast from Brisbane, despite the early start of 6.15am for our staff!

Their arrival at the Gold Coast at 7:30am was greeted by about 20 clients eagerly waiting for them to arrive and take them on their very first social outing organised from the Brisbane office.

Introductions were made and instantly we could see many new friendships forming.

First stop was Mt Coot-ha Botanic Gardens where the staff were waiting to serve fresh scones and a much needed cup of coffee before we went to see the magnificent gardens. Some clients told us that even after so many years in Australia, they did not know that certain plants existed!

Then it was a stomach bursting seafood buffet lunch at the Redbank Plains Tavern where the food was incredibly delicious and the drinks were bottomless, not to mention the desserts. (They must have known Italians love to eat!)

When we had finished playing pokies, chatting and eating everyone boarded the bus for our return trip to the Coast. With Italian music that our bus driver found and the bus rocking us to sleep, it was a battle to stay awake.

Our coordinator says she could hear the chatter and discussions of how much fun they had enjoyed that day with many wanting to book their next trip immediately.

We're looking forward to many more trips with them soon!

(The best thing about our bus driver is that he is named like the famous Italian brand 'Gucci' so we always feel a little special with such a distinguished name in our midst!)

AGED CARE SOUTH COAST | SOCIAL OUTINGS

MAKING THE MOST OF THE WEATHER

The weather is turning cooler so we are going to be going out a bit before it turns too cold.

Last month the south coast groups took a walk on the wild side by going to see the farm animals at the Historic Rivermill Cafe in Mount Nathan.

Our clients had the chance to mingle with the lamas, deer, turtles and even a giant porcine fellow that must have weighed as much as a car!

They also ventured out for a pub lunch at the Boardwalk tavern at Hope Island where views of the sea, squabbling seagulls and the scent of the ocean mist all added a distinct seaside appeal to the menu!



GUIDO CANALE (1933 - 2022) A PILLAR OF THE ITALIAN COMMUNITY



It is with genuine sadness that in this edition we also farewell Cav. Guido Canale, who died peacefully surrounded by his family on April 29, 2022 at the age of 88.

He had been battling with lung cancer for 6 months.

Mr Canale is survived by daughter Annemarie and son Steve, and pseudo-daughter Maria who worked alongside him at Canale Travel Services for more than 30 years.

Mr Canale had been a member of Co.As.It.'s Management committee in the early years of our establishment, always ready to support any initiative that benefitted our community.

He was always generous, affable, a people person and a true gentleman, and he will be remembered for his significant contributions to our organisation's development.

Born in Cervaro (Frosinone) Lazio on 29 September, 1933 Mr Canale migrated to Australia under the Assisted Migration Scheme in 1952.

His career would span from cane cutting in north Queensland to being the owner of a pub in Mourilyan, to being a grocery store owner in Innisfail and then to being a real estate agent, taxation agent and real estate agent in Brisbane.

He was an astute business man. His enterprises, learning of these skills and acquiring the licenses to operate them were no doubt generated to meet the early needs of the Italian community members with whom he was in constant contact.

From his early beginnings with Ital-lines travel in 1961 he soon bought his travel agency located in Fortitude Valley before finally moving to Lutwyche in 1984 where Canale Travel Service remains today.

Mr Canale was also strongly involved in advancing our football footprint in Australia, overseeing the construction of the club's then state-of-the-art \$1M grandstand which still operates today.

He was acknowledged by Football Queensland for his efforts in transforming the club into a "powerhouse" and taking it to the national football leagues.

Throughout his lifetime he received numerous awards such as:

- Cavaliere dell'Ordine della Stella della Solidarietà Italiana (1971)
- British Empire Medal (1979) for Service to the Community
- Order of Australia Medal OAM (2014).

He was a member of numerous associations:

- President Brisbane City Football Club – Azzurri (Life Member - over 30 years)
- Football Queensland Board Member for over 30 years
- Co.As.It. Committee member
- Member of the Italian Chamber of Commerce
- Member of the Three Saints Committee

His presence will be missed within the Italian community.

OUR COMMUNITY

AUSTRALIA'S LOSS



It was with genuine sadness that in February we learned of the sudden death of the much respected diplomat H.E. Francesca Tardioli, the first female Ambassador to Australia.

Our own Australian Ambassador to Italy, Margaret Twomey described H.E. Tardioli as *"a brilliant colleague and one of Italy's greatest gifts to Australia"*.

She joined the Italian National Diplomatic Service in 1991, beginning her work in Australia in September 2019.

H.E. Tardioli had returned to her home town Foligno in the Umbria region for a brief holiday and was tragically found after having fallen from her home's third floor balcony.

Our sincerest condolences are expressed to her family, friends and colleagues.

EASTER AT THE GROUPS



What a loot of Easter eggs there was at the South Coast social activity groups last month.

That Easter bunny must have been working overtime distributing those goodies because it looked a little anorexic this year! It can't have been eating too many of its own chocolates that's for certain. Happily, our clients enjoyed the spoils that were distributed by this frazzled mammal.

The centre was decorated with bunnies and chicks, some of our clients helped to paint Easter eggs and many made Easter cards for their friends and relative, all while they consumed the chocolate loot.

There was a lot of fun competing in the egg and spoon races and we enjoyed some Easter music dancing which made us hungry again so we could eat more chocolates.

We are all now on restricted calorie intakes.

HOME CARE PACKAGES | SOUTH COAST

MEET JOE: BEFORE AND AFTER



John MacKenzie became one of the South Coast's HCP level 3 clients in October 2021. John likes to be called Joe.

Scooting about in his bright red mobility 'rocket' he is very well known in his local area, something that he likes as he doesn't have immediate family on the Gold Coast.

Joe is a very independent man but he is genuinely appreciative of the support he is receiving through us.

We coordinate his medical and hospital attendance and organise his transport to appointments – it's easier than parking his little red rocket!

Our support staff help Joe stay independent by also providing assistance with personal care, social connectivity, domestic assistance and making nutritious meals.

Our nurses also conduct regular well-being checks with Joe and we have brought allied health and dietitian services when these were needed.

Joe takes all of this attention to his care with great enthusiasm!

Recently we took Joe out for a haircut, it had been quite some time since his last trim and he was very pleased with the distinguished gentleman look he is now sporting.

He tells us that we have made such a difference to his quality of life and that he loves having us there to support him... aw shucks, thanks Joe!



STEPPING OUT OF THE COMFORT ZONE

Barbara has been a client of Co.As.It. since 2017 when we began helping her with domestic support and shopping.

Sadly, Barbara became a widow early last year when her beloved husband of 62 years passed away. Naturally, her life changed dramatically: whenever she called our office she was always sad and she often expressed how lonely she was.

Having always done things together with her husband, it was hard for her to consider coming to one of our social activity groups but we managed to convince Barbara to give 'The Social Club' a go.

Stepping out of her comfort zone, Barbara decided to try coming along to see if she liked it.

What a change this has made to her life and we are so happy that she is now a regular attendee at our Monday group.

She now has something to look forward to each week and she greatly enjoys the socialisation, the activities organized and best of all, she has made some close friends with the other clients in her area.

Nowadays, when Barbara calls the office, she is always calling to see what activities are planned for Monday and we are so glad that she is not as lonely as she was.

It's been great to be part of a positive change in someone's life.



ITALIAN LANGUAGE TEACHING

FIRST PROFESSIONAL DEVELOPMENT FOR 2022



ILC
ITALIAN
LANGUAGE
CENTRE

In partnership with MAECI (Ministero degli Affari Esteri e della Cooperazione Internazionale), the Italian Language Centre (ILC) supports teachers of Italian in Queensland by providing professional development opportunities throughout the year.

The PD events deliver welcome upskilling in language proficiency as well as presenting engaging strategies to jump-start listening skills, boost understanding and foster the confidence to speak.

The 2022 school year started with a PD opportunity offered in February at the new Co.As.It.-ILC premises in Lutwyche.

Thirty teachers from State and Catholic schools attended the event and another fifteen from Far North Queensland and Stanthorpe participated remotely via Zoom.

Over a period of 5 hours, participants listened to presentations by Giovanna Amatruda and Sonia

Baldissera. The topics covered were: keeping motivation high in the Italian classroom; teaching curriculum through the Disney-Pixar film 'Luca' and finally a cultural component comparing Italian and Australian celebrations.

The presentations were followed by an interactive workshop in the room, with those from remote areas interacting via Zoom with Marzia Mauro monitoring the chat lines.

Teacher feedback indicated a high level of satisfaction. "Very happy with today," said a Brisbane teacher, "I feel very much supported by ILC." Another added: "Thanks for always presenting a resourceful PD for all levels of teaching. Dynamic presenters ensured a great day for everyone."

During one of the breaks, the names of six participants were drawn and each received an Italian resource for use in the classroom kindly donated by Intext Books that were present on the day exhibiting a wide range of Italian teaching resources.

SUMMER SCHOOL AND FIRST SEMESTER 2022 AT THE NEW ILC PREMISES IN LUTWYCHE



Learning a new language is often on the list of New Year resolutions and 2022 was no exception.

In January ILC staff was thrilled to see many students jumping at the opportunity to either start or continue their language learning journey before the end of the school holidays.

With morning and evening classes for adults, and afternoon sessions for school kids from Prep to Year 1, students were able to experience the beauty of the Italian language and culture in a fun and engaging atmosphere despite Covid restrictions still in place.

At the end of the summer program many enthusiastic participants enrolled in one of the 18 courses offered throughout the first semester.

New and returning students alike love the new premises in Lutwyche, which offer a comfortable learning space and include a resource room filled with a wide range of materials, from new textbooks and board games used in class, to Italian novels and magazines that students can borrow to continue their learning at home.

ITALIAN LANGUAGE TEACHING

BOOK CLUB AND CANZONI A TEMA 2022

By popular demand 'Book Club Italiano' and 'Canzoni a Tema' resumed in 2022 and the new Movie-clip club is starting soon!

BOOK CLUB ITALIANO and CANZONI A TEMA resumed in March 2022 -a great way to learn the language and also to socialize.

ILC now offers both opportunities on the same days. Every second Saturday ILC is filled with students who enjoy either songs or books while sharing the love for Italy with like-minded people.

The first book chosen for 2022 was '*Lessico Familiare*', a classic by Natalia Ginzburg. Readers enjoyed the story of the author's family, described through the colourful words that characterized each family member: the grumpy father, the cheerful mother, the anti-Catholic grandmother just to name a few.

Jane, one of our regulars, said: *"I have often been told by teachers of Italian that reading is the best way to improve my vocabulary. After several enjoyable and stimulating book club experiences I can only agree. Guided by our enthusiastic Giovanna, I have discovered many aspects of Italian life and culture, in addition to a widened vocabulary. I highly recommend joining a book club at ILC".*

The first edition of CANZONI A TEMA, '*For your eyes only*', explored songs and idiomatic expressions related to the eyes, such as *"gli occhi sono lo specchio dell'anima - the eyes are the windows to the soul"*.

At the last session, held on Saturday 2 April, participants received their well-deserved certificate of attendance.

If you are looking forward to learning new Italian songs, the next edition of CANZONI A TEMA will explore the topic *I colori e il fascino dell'arcobaleno*.

A new exciting Saturday course is starting, called *"MOVIE-CLIP CLUB, Ciak s'impara!"*

Designed for students with intermediate-advanced Italian and for school teachers this course will take you on a language journey to some of the most beautiful cities in Italy.

The first movie, *Pane e Tulipani*, set in Venice, celebrates the happiness found in the simplicities of life.

To find out more and enrol online visit the ILC website by clicking on the following link
<https://www.italianlanguagecentre.org>

Newcomers are welcome too! No need to be an existing ILC student to participate.

Spread the word, invite family and friends to join ILC's Saturday mornings clubs CANZONI A TEMA or MOVIE-CLIP CLUB.



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 e ai giovani dal 1987 e il nostro personale esperto e qualificato è capace di prestare un servizio culturalmente e linguisticamente adeguato.

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

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

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



Contattate il nostro centro al

3624 6100

per ulteriori informazioni



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