



# insieme

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03 | 2023

# OUR VISION

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

# OUR VISION

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



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insieme  
edition # 3 - August 2023

articles + editing | nella alba-calabrese  
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# LETTER FROM THE CEO



Our community hub and café Amici House has now been running for two years – there are so many things to do at this community hub that we are running out of room - again.

Welcome to the third edition of **Insieme!**

We are gearing up for some lovely Seniors' Week festivities in Brisbane and on the Gold Coast that celebrate the elders in our community.

Let's always remember that even as we age, we still have the enthusiasm and thought processes of our youth – even if some of us have bodies that don't want to keep up with us physically!

There are two "Euro Concerts" inviting everyone to the Brisbane and Gold Coast events. Check the Save the Date in this edition, contact us for more information or for bookings.

October will be a very busy month as we will also be involved in the National Italian Teachers' Conference, look out for more information on our website and the ILC website: [www.italianlanguagecentre.org](http://www.italianlanguagecentre.org).

The conference will take place on 21st October and anyone interested in the teaching and learning of Italian is encouraged to attend at no cost. The full day program will be available soon on our website.

One of our favourite programs CVS (now called Aged Care Volunteer Visitors Scheme ACVVS) has had a rebranding and change of logo by the federal government recently.

The value of the program hasn't changed so we are always grateful to have people come forward as volunteer visitors for people at home and in aged care homes. Give us a call if you have an hour spare every fortnight, the flyer inside has all the details.

Our community hub and café Amici House has now been running for two years – there are so many things to do at this community hub that we are running out of room - again. With over 350 people using the centre every week, it continues to fill the hearts and souls of its participants in so many ways. Take a look at the pictures of activities in this edition just to see their happy smiles.

The Centre will be hosting dancing activities as part of the Brisbane Festival & Common People Project Party. There are 4 dancing sessions taking place – check dates on our website and at Amici House.

Hoping to see as many of you as possible at our Euro Concerts!

*Dina Ranieri*

## HILDA

Grazie al Co.As.It. i disagi e i lunghi tempi di attesa nei pronto soccorso degli ospedali sono diventati ricordi del passato.



Hilda è cliente del Co.As.It. ormai da circa 2 anni. Ha una storia medica molto complessa e questa situazione richiede una buona dose di attenzione da parte del team infermieristico.

Per circa 12 mesi Hilda si trova a dover fare affidamento su un catetere urinario in quanto impossibilitata ad urinare autonomamente. L'uso del catetere si è rivelato estremamente complicato per Hilda: il catetere si bloccava regolarmente a causa di un accumulo di sedimenti.

Possiamo immaginare lo stress che questa situazione ha causato alla figlia di Hilda che, nella sua qualità di carer doveva frequentare regolarmente il pronto soccorso per sottoporre sua madre ai lavaggi necessari per la rimozione dei blocchi.

Dopo essersi consultati con l'équipe medica di Hilda, gli infermieri del Co.As.It. hanno iniziato a visitare Hilda ogni giorno per eseguire, questa volta a casa, i necessari lavaggi del catetere.

Per fortuna, queste visite quotidiane hanno risolto i problemi di blocco che Hilda stava avendo e di conseguenza la sua vita sta migliorando adesso che non vi è più bisogno di visite di emergenza all'ospedale, che si tramutavano quasi sempre in momenti stressanti e di lunga attesa.

Ora, Hilda viene curata nel comfort di casa sua. Sia la figlia che la famiglia di Hilda hanno tratto beneficio dall'intervento del Co.As.It. in quanto sanno che Hilda è seguita in maniera professionale e che quindi possono continuare a vivere la loro vita senza più grandi timori.

Grazie al Co.As.It. i disagi e i lunghi tempi di attesa nei pronto soccorso degli ospedali sono ormai diventati ricordi del passato.



## CLINICAL SERVICES

# SISTER LENNON HANGS UP HER THERMOMETER!

A farewell dinner with her clinical colleagues shows her delight at the prospect of following her desires.



Long term dedicated nurse Tina Lennon who has been with Co.As.It. for 12 years decided that retirement was starting to look better than working.

She tells us she has lots of interesting things to look forward to in the coming years and she wanted to do these before she got "too old".

Tina has a vivid personality, always has a ready laugh and she loved catching up with her elderly Italian clients.

She shared many stories with her clients and her good humour and nursing expertise will be 'sorely' missed.

A farewell dinner with her clinical colleagues shows her delight at the prospect of following her desires.

We wish you well Tina, and congratulations on your retirement!

Thank you for caring and for being part of the Co.As.It. family.



## EMILY



Her boring life has become a wondrous world that includes animals, friendships and satisfaction in her days.

*"Before meeting Renata, my life was a bit boring. I didn't want to go anywhere. After meeting her, everything changed. I want to explore so much now," says Emily.*

When Emily walked through Co.As.It's door for the first time, she didn't know what to expect. Her introverted behaviour had pushed her away from the basic joys of life, such as eating out, making new friends, or even having pets.

When our support worker Renata crossed Emily's path, Emily's perception of her world tilted dramatically. No longer afraid to experience the new, unknown and challenging, Emily first clung on to Renata's confidence and encouragement before venturing out into new experiences.

Renata believed that Emily could spread her wings and soar and how she has!

Her boring life has become a wondrous world that includes animals, friendships and satisfaction in her days. She loves to snuggle up with her two Labradoodles and visit her favourite horse "Courage" on the weekends.

*"My work with Emily is a reflection on what I give and how we can break down barriers for disabilities and how by doing that, someone else can thrive," explains an emotional Renata.*

What is essential is having close collaboration and communication with Emily and her family.

It's about having common goals and Emily being the director of her own goals – her care, where she wants to go, and why – we just need to support Emily and she will get there!





## AOIFE: AN INSPIRATION TO ALL

Aoife O'Donoghue is a familiar face at Amici House, where she fills the place with her enthusiastic smile and artistic talent.

Part of the Special Olympics Moreton North Team, Aoife competes in swimming and bowling. She reigns in the pools, confident enough to say, *"When the modality is backstroke, I enter a competition to win."*

Questioned on how she handles the pressure before jumping into the pool, Aoife attributes her success to breathing exercises.

In parallel, in the wake of promising results in the pool, Aoife decided six months ago to have a go at her bowling skills. Friday has now become her sacred day to pull a few pins down for the team.

*"My week is really busy with my practice at Moreton North and art class at Amici House. So I have only the weekends to rest now,"* explains Aoife, who also volunteers at the Sandbag Community Centre.

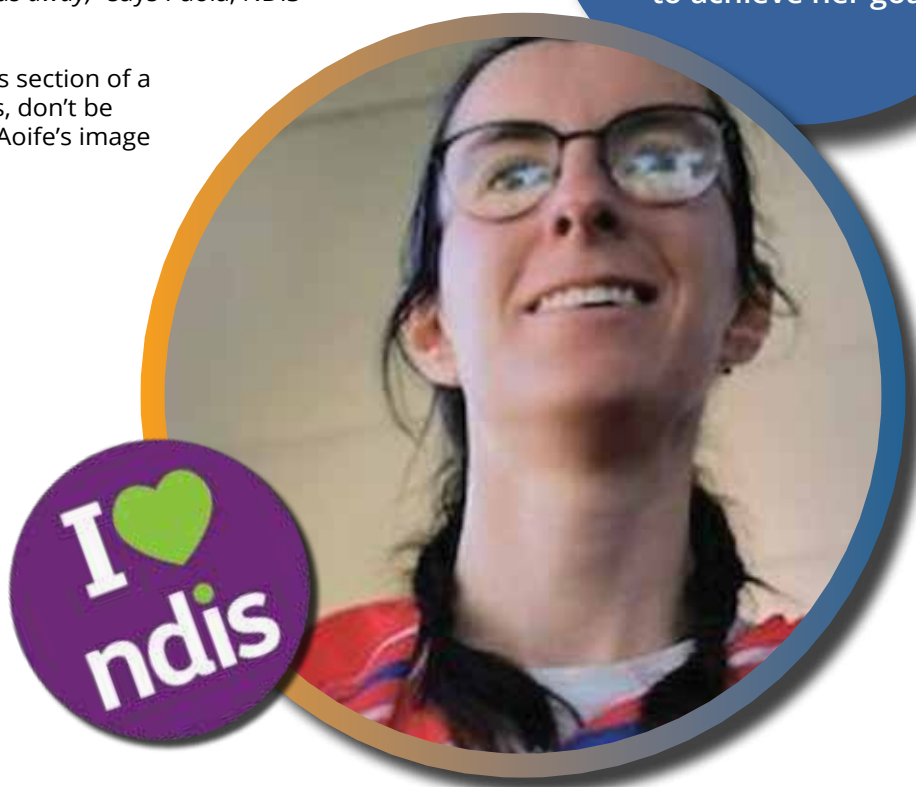
Aoife is supported by the Co.As.It NDIS Team, including community care workers, a support coordinator, an art teacher and a podiatrist, on her quest to achieve her goals.

*"It's rewarding to be part of Aoife's journey as she continues to build her capacity and blow us away,"* says Paola, NDIS Coordinator at Co.As.It.

Next time you open the sports section of a newspaper or watch the news, don't be surprised if you come across Aoife's image holding medals and a trophy.



Aoife is supported by the Co.As.It NDIS Team, including community care workers, a support coordinator, an art teacher and a podiatrist, on her quest to achieve her goals.




I ♥  
ndis


**NEW NDIS  
ACTIVITY!**

*Amici House*

# NDIS YOGA CLASS

Fridays 

12 to 1pm 

Block of 4 Classes = \$240 

Amici House Community Hub  
294 Bracken Ridge Rd   
Bracken Ridge



Bookings Essential: 07 3624 6100  
Email: [ndis@coasit.asn.au](mailto:ndis@coasit.asn.au)  
No walk-ins

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# QUEENSLAND COMMUNITY SUPPORT SCHEME

## WHEN LIFE IS A PUZZLE: CLIVE

It takes an extraordinary amount of patience and a fine eye for detail to complete gigantic jigsaw puzzles, an activity that Clive (51) has been doing since he was a child.

In fact, Clive still has his old "Summer Haven – 1200 pieces puzzle" given as a gift when he turned five years old.

Clive has been a QCSS client of Co.As.It. for about one year. His home is shrouded by hundreds of puzzles: on the walls, on the coffee tables in the living room, on the fridge and stashed in several boxes in two large cabinets.

There is a sense of accomplishment every time Clive completes a new jigsaw – around eight per year.

He is currently working on a 9000-piece puzzle: a ship facing a dreadful storm in the ocean.

*"This is the largest puzzle I have ever built. Usually, I do puzzles containing 6000 pieces, which takes me 40 to 50 days to complete," says Clive.*

*"Puzzles with fewer colours are the most difficult ones to build. This happens because most pieces look the same, and there is no colour pattern to follow, not like the one I'm building now, for example."*

Clive has predicted that it will take him quite a few months to finish his current project so he is hoping to be admiring his latest masterpiece around Christmas.



# STATE ASCOLTANDO O SOLO “SENTENDO”?

Entrando in empatia ed entrando nel mondo di Gianna, siamo stati in grado di identificare e demistificare le preoccupazioni guidate da ansia e angoscia.

Ci sono momenti nella nostra professione in cui quella che sembra essere una situazione catastrofica per il cliente, viene risolta con la “sessione di consulenza gratuita” iniziale.

A volte i clienti si sentono sotto shock, sopraffatti, depressi e spesso hanno bisogno solo di un meccanismo di supporto iniziale per essere incoraggiati a superare la catastrofe.

Gianna, moglie, madre e nonna di 75 anni, ha ricevuto una diagnosi shock di cancro al seno.

Durante l’elaborazione di queste informazioni aveva bisogno di qualcuno con cui parlare, esprimere le sue paure e sentimenti e cercare di trovare una via d’uscita.

Sappiamo tutti che parte di una consulenza efficace è “l’ascolto attivo”.

I consulenti si impegnano in un “ascolto attivo” per raccogliere le comunicazioni verbali e non verbali del cliente. Entrando in empatia ed entrando nel mondo di Gianna, siamo stati in grado di identificare e demistificare le preoccupazioni guidate da ansia e angoscia.

La fornitura di linee di assistenza/gruppi di supporto nella sua zona le ha fornito un’assistenza tangibile e pratica e una strada a cui rivolgersi quando aveva bisogno di maggiore supporto.

Gianna sta attualmente gestendo bene la propria situazione sapendo di poter contare sul sostegno della sua famiglia.



## MENTAL WELLNESS TEAM

### WHEN IMMEDIATE INTERVENTION IS REQUIRED

At times, the counsellors in the Mind Wellness Team are confronted by situations that need an immediate intervention.

Take the story of Mary, a 95-year-old mother of eight children whose ongoing sibling feuding had caused her considerable heartache.

Mary says she requested *"A professional person outside of my family with the ability to listen and guide my lot to remain calm while I express my wishes to them..."*

Unfortunately, our initial intervention did not go as Mary had wished for. Several 'feuding siblings' refused to listen to Mary's plea for reconciliation and walked out during the meeting, threatening and intimidating both Mary and their remaining siblings.

Mary was distraught and profoundly affected by their reaction. She began to disclose a number of emotional and psychological traumas brought on by a few of her adult children which resulted in her feeling an increased fear of retribution, sense of hopelessness and inability to protect herself.

With support from the counsellor and her family, a number of strategies were put in place which would

alleviate Mary's stress and allow her to regain some control over her life.

- Mary agreed to have the locks of her house changed (which gave her the ability to choose who she would allow in.). Non-feuding siblings were able to see their mother regularly.
- Her HCP coordinator increased daily services.
- Details were given for contacting other support organisations such as 1800Respect, Elder Abuse helpline, SLASS (Senior Legal and Support Service).

During our last counselling session Mary stated that her sleep had improved and she was no longer afraid of *"Who would burst in through my front door..."* She is no longer frightened and is fully aware that she has ongoing support.

In Mary's words: *"I love my coordinator and how she takes care of me, I know who to call if I need further emotional support."*





# COMMONWEALTH HOME SUPPORT PROGRAM

## HAPPY 100TH BIRTHDAY!



Jelica Zlatkavis has been with Co.As.It. for 15 years and by all reports her marvellous birthday was a lovely celebration.

Born in Serbia, former Yugoslavia, Jelica landed on Australian soil in 1971 ready to embrace a new and unknown life. Her relaxed way – never too stressed – and her love of homemade food is believed to be her magical formula for longevity.

*"She used to have a garden and harvest her own veggies. Natural food is important for her, and I can confirm that she has never been on a diet," says her daughter, Mary.*

*"My mom is an easy-going person. She loves good company and having food on the table when she receives a visit. Despite the language barrier, she has become friends with an Italian neighbour, and they always have lunch and morning tea together."*

Jelica is an enthusiast about the benefits of socialising – she still goes shopping whenever she can.

Her grandkids also play an essential role in taking her out and about for a sweet cappuccino with crispy chips. Her big family who loves and supports the lovely centenarian numbers three children, six grandchildren and seven great-great-children.

Having reached this fabulous age, amongst other well-wishers, she received congratulatory letters from King Charles, Anthony Albanese (Prime Minister of Australia) and Annastacia Palaszczuk (Premier of Queensland).



# CIAO PROGRAM

## WITH NO TWIST OF LEMON!

In collaboration with Jenny (Life-style Coordinator), the Italian residents at Rockpool created their very own little bakery making what are called '*paste di mandorla*'.

These tantalizing little cookies are made with almond meal, egg whites and sugar and some people grate lemon or orange rind into the mixture before cooking.

Our activity officer Sarina came up with the idea of engaging the residents in cooking – an Italian's second favourite pastime, second only to eating.

Sarina provided Jenny with a list of ingredients and articles they would need to make the cookies and as soon as she arrived, the bakers got to work.

Retired cook Anna mixed the dough, Graziella rolled balls in the icing sugar before passing them to Sarina who crimped them on the baking tray.

Amusingly, no recipe was the same according to the participants – one argued it needed a yolk, another said "*No, it should be all egg whites*" and then there was a serious discussion about whether grated lemon or orange rind was better.

There was outrage when they discovered that neither citrus had been included in that batch! It didn't seem to have any negative effect though because they were barely out of the oven before they were all consumed with gusto – with strong espresso coffee!

With Jenny's help, they will be doing more cooking (and eating) activities soon.

Retired cook Anna mixed the dough, Graziella rolled balls in the icing sugar before passing them to Sarina who crimped them on the baking tray.





# AGED CARE VOLUNTEER VISITORS SCHEME

*(formerly called Community Visitors Scheme)*

## WHAT'S IN A NAME?

The Scheme works with approximately 140 community organisations (auspices) to recruit and support volunteers to visit socially isolated older Australians.



The Community Visitors Scheme (CVS), which has operated for over 30 years with funding under the Commonwealth government, has had a name change but the goals of the program remain the same.

It is now called the Aged Care Volunteer Visitors Scheme (ACVVS), it has a new logo, a new website, and it has a community network portal with great resources for Coordinators.

This scheme still supports volunteer visitors to provide friendship and companionship to older people who receive government-subsidised residential aged care or are living at home and on a Home Care Package.

This includes care recipients approved or on the National Priority System for residential or home care packages is socially isolated.

The Scheme works with approximately 140 community organisations (auspices) to recruit and support volunteers to visit socially isolated older Australians.

Some older people can feel alone for various reasons. This includes:

- feeling isolated from their culture and heritage
- having little contact with friends or relatives
- living with mobility issues that prevent them from taking part in social or leisure activities
- being different in some way.

Regular visits from volunteers can help to improve quality of life and help older people feel less isolated.

If you're interested in becoming a friend to a lonely older person please contact Sarina or Luisa at [sarinac@coasit.asn.au](mailto:sarinac@coasit.asn.au) or [luisar@coasit.asn.au](mailto:luisar@coasit.asn.au)





## ALLIED HEALTH

### GROWING, GROWING, GROWING

The Brisbane Allied Health Team has been kept busy and is growing steadily despite COVID which is now (mostly) in our rear-view mirror.

Led by Allied Health Team Leader Allana Clark, Caleb Sky (Senior Physiotherapy) and amazingly supported by Helen Reay (Admin Guru), the Allied Health Team currently has a total of 23 personnel including admin and STRC staff.

The OTs continue to make our clients' lives easier and their homes a safer space, while the physios continue to conduct the manual handling sessions for timely on-boarding of new in-home support staff, whilst they continue to deliver in-home visits for exercise and mobility equipment.

Whilst the majority of these staff are located in the Brisbane office, very recently the South Coast office welcomed their very first in-house physiotherapist, Liam Muenster, who has come on-board full-time.

In fact, Liam is the first in-house allied health clinician for the South Coast office. This is a significant milestone, as up until now, all allied health referrals

were brokered out. Meanwhile, the Brisbane office has welcomed Sally King as our newest occupational therapist.

Even with this additional staff demand is outweighing supply, particularly for the Brisbane office.

Therefore, we are actively recruiting again. We have received numerous applications and we are anticipating onboarding another three physiotherapists and another two occupational therapists within the next two weeks!

An expanded Allied Health Team means being able to provide more in-house services to more clients, resulting in more consistent and cohesive support to Co.As.It. clients.

It also means we can now look at providing a wider range of services such as dry needling and hydrotherapy. Podiatrists are also now able to provide off-the-shelf insoles for our clients.



## RESPECT AT WORK BILL 2022



The Australian Government introduced the Anti-Discrimination and Human Rights Legislation Amendment (Respect at Work) Bill 2022 (the Bill) which seeks to implement seven of the 55 recommendations from the Australian Human Rights Commission's (AHRC) Respect@Work Report.

Significantly, the Bill seeks to impose a positive duty on employers to *"take reasonable and proportionate measures"* to eliminate, as far as possible, certain discriminatory conduct including workplace sex discrimination, harassment, and victimisation.

The Respect@Work Report's recommendations proposed a new approach spanning government, employers and the community, to better prevent and respond to sexual harassment in the workplace and provide leadership and innovation in addressing this complex and difficult issue.

Australia's Sex Discrimination Commissioner Kate Jenkins, who led the development of the Respect@Work inquiry and report, said, *"The right of workers to be free from sexual harassment is a human right, a workplace right and a safety right. This legislative reform will create a regulatory environment in Australia that is key to the realisation of that right for all Australian workers. The centrepiece of the Bill is the introduction of a positive duty to prevent sex discrimination and sexual harassment."*

We concluded in Respect@Work that a positive duty shifts the burden from individuals making complaints to employers taking proactive and preventative action.

As the positive duty is an ongoing duty, it shifts the emphasis from a complaints-based model to one where employers must continuously assess and evaluate whether they are meeting the requirements of the duty.

In addition to the critical focus on prevention and cultural change that will be brought about by a positive duty, increased clarity and consistency in the operation of sexual harassment laws —including across federal, state and territory anti-discrimination legislation — will help make the complaints process more accessible for individuals.

The Australian Human Rights Commission has also proposed a positive duty and other reforms across all four federal discrimination laws, in its position paper released in December 2021, *Free and Equal: A reform agenda for federal discrimination law*.

The introduction of these reforms in the Sex Discrimination Act 1984 specifically focused on sex discrimination and sexual harassment provides an invaluable pilot for broader reforms that are needed across all areas of federal discrimination law.

For more information go to:  
<https://www.respectatwork.gov.au/respect-work-bill-2022>

## OUR STAFF

### TEN REASONS WHY

Recently we asked our staff what were some things that they loved about being support workers.

These are just ten comments that make us believe that we continue to select the best people for this role.

*"One positive aspect of my role is how it makes me feel about myself making my clients feel cared for and hearing them tell me how much I mean to them. Also, hearing their life stories, experiences, and knowledge brings a lot to my life."*

*"One positive thing about my role is listening to my client's stories—many to be had and good laughs that follow."*

*"The one thing I like about my role is the interaction I have with my clients. Everyone is different, and I learn a lot from them."*

*"A positive aspect I enjoy about my role is that I am surrounded by our clients' smiles every day."*

*"The things I love in my role are my clients, the flexible working hours, and I love caring and looking after people that really need and appreciate it."*

*"I like to see diverse clients each time because I can learn different cultures or ideas from them. It makes me broaden my thoughts and understanding."*

*"One thing I enjoy about working at Co.As.It. is they are always willing to help and in a friendly manner."*

*"I have too many reasons why I enjoy my role, but I guess the main reason is to assist my clients in achieving their goals and maintaining their independence. I also appreciate their company and the stories they share with me."*

*"One positive thing about my Domestic assistance worker role is that no two days are the same. I am out and about, not stuck in an office building. I meet and form relationships with great people who inspire and teach me things. And another bonus is this job keeps me active. Since doing this job, I feel healthier and happier."*

*"I know my clients are very happy to see me and it truly feels like I am part of their family. This is very rewarding."*







BRISBANE FESTIVAL AND THE QUEENSLAND GOVERNMENT PRESENT

# Free Dance Workshops

with Common People Dance Project

WHERE

**Amici House**

294 Bracken Ridge Road, Bracken Ridge, QLD 4017

WHEN

**Starting 21 July, Friday's at 1:00pm-2:00pm**

**Get ready for the time of your life...**

Common People Dance invites you to join their free community dance workshops. Fully guided by their friendly dance captains, you and your friends will learn some big fun dance routines so everyone can join in and be the main character in the 80s dance movie of your dreams.

Workshop participants will be invited to participate in a special event for Brisbane Festival.

Register with Cintia | 07 3624 6100 | [cintiap@coasit.asn.au](mailto:cintiap@coasit.asn.au)

In collaboration with CO.AS.IT. Community Services Ltd.

**BRISBANE  
FESTIVAL**



Brisbane Festival is an initiative of the Queensland Government and Brisbane City Council

## COMMUNITY AND INDIVIDUAL SUPPORT SERVICES



# Latin Dance Classes

**Every Wednesday**  
**8:45am-9:45am**  
**9:45am-10:45am**  
**\$20 - block of 4 classes**



**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**





## SOCIAL GROUPS

Over 65 years old  
Gov. Subsidised Contribution Applies

Every Tuesdays & Thursdays  
My Aged Care Eligibility

*Amici House*

Amici House is a  
Community Hub part of



co.as.it.  
community  
services



## COMMUNITY CAFE

Delicious Homemade Food

Monday to Friday  
7am-3pm  
Group bookings welcome

# WHAT'S ON?



## ART

All Levels - \$60  
Block of 4 Classes

Mondays  
10am-12pm



## NOURISHING THE SOUL

Women's Group - \$10  
Morning tea included

1st & 3rd Wednesday  
of every month  
10am-12pm



## LATIN DANCE

All levels, no partner needed - \$20  
Block of 4 Classes

Wednesdays  
8.45am-9.45am  
9.45am-10.45am

Bookings  
are  
Essential



Phone: 07 3624 6100  
[www.coasit.asn.au](http://www.coasit.asn.au)



## TECHNOLOGY

Learn how to use your smartphone - \$20  
Block of 4 Classes

Thursdays  
10am-11am  
11:15am-12:15pm



## STAY ACTIVE

Over 60 years old - \$25  
Get your fitness back

Limited times and days  
Contact us for more info



## YOGA

Multi-Level yoga - \$20  
Block of 4 Classes

Fridays  
8am-9am | Yoga Chair  
10.30am-11.30am | Mat Yoga  
BYO yoga mat

**Amici House**  
294 Bracken Ridge Road,  
Bracken Ridge



# HOME CARE PACKAGES | BRISBANE

## AN UNLIKELY DUO

When June lost her husband at the beginning of the year, she was terrified of what her future looked like.

June and James were married for over 50 years and spent every minute together, so June not only lost her husband, she lost her lifelong companion.

Who would she talk to? Who would she spend time with and who would be there for her when she needed support?

Little did June know that we would introduce her to Kallum – her wonderful support worker.

Kallum is not what June expected, he is young, male and for all intents and purposes, should not have anything in common with an elderly woman.

However, Kallum and June have developed a rewarding working relationship and friendship.

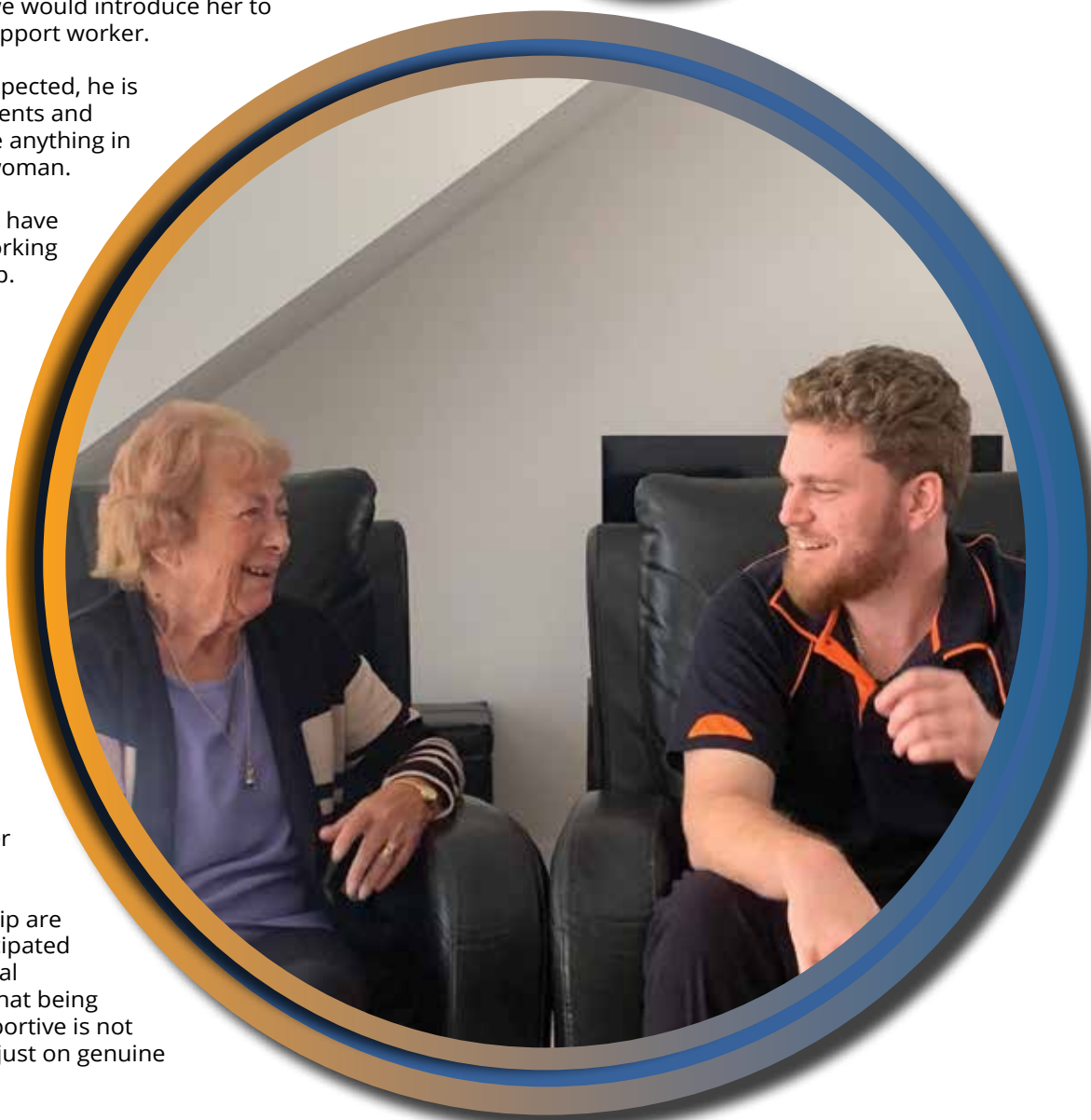
Kallum helps her with her weekly shopping, organises outings and social interactions which are simple pleasures like going to the local coffee shop or for a walk on the beach.

Their conversations are interesting, and Kallum says he is learning lots from her generation's perspective.

For her part, June is always delighted to see Kallum and celebrates his youth, energy and enthusiasm in assisting her with tasks.

His company and friendship are something she never anticipated because of the generational differences but we know that being kind, empathetic and supportive is not based on age or gender – just on genuine caring.

For her part, June is always delighted to see Kallum and celebrates his youth, energy and enthusiasm in assisting her with tasks.



### E CANTANDO E BALLANDO, SIAMO A CENTO!

Nel suo paese, quando un giovane era appassionato di una ragazza e voleva corteggiarla, chiedeva a Giuseppe di fare una serenata alla potenziale fidanzata sotto la sua finestra.

Giuseppe Vitale ha compiuto 100 anni in grande stile, circondato dalla famiglia e dai suoi amici in uno dei suoi luoghi preferiti: Casa Serena, il centro di attività sociali di gruppo.

Il centro è stato magnificamente addobbato in suo onore, un mix di palloncini, diapositive video, musica, ospiti vivaci e una gigantesca torta. Tra risate e foto, il festeggiato aveva ancora l'energia per ballare una delle sue canzoni più amate: la danza del pollo, più semplicemente conosciuta col nome inglese, "the chicken dance"!

Abbiamo conosciuto Giuseppe nel 2018 dopo che aveva perso la sua amata compagna. Ogni volta che veniva nel gruppo, era solito sedere in solitudine accanto alla porta d'ingresso di Casa Serena. Ora, cinque anni dopo, sembra ringiovanito.

Grace, coordinatrice SGA, ama dire *"È un vero Benjamin Button"*.

Nonostante la sua veneranda età, l'energia di Giuseppe è contagiosa: il centenario siciliano, arrivato in Australia nel 1937, ama cantare e ballare, passione che ha coltivato fin dalla giovinezza.

Nel suo paese, quando un giovane era appassionato di una ragazza e voleva corteggiarla, chiedeva a Giuseppe di fare una serenata alla potenziale fidanzata sotto la sua finestra. Non sapremo mai quanti fidanzamenti nacquero dalle sue romantiche serenate!

Giuseppe ha anche altre passioni: fra le altre, figurano la pasta e il cioccolato, decisamente in cima alla lista. *"Non sembra un ome, ma mangia sempre"* dice una delle sue figlie.

In riconoscimento del raggiungimento di questa età favolosa, Giuseppe ha ricevuto speciali lettere di congratulazioni da alcune persone molto importanti: Re Carlo d'Inghilterra, Anthony Albanese (Primo Ministro australiano), Annastacia Palaszczuk (Premier del Queensland), e persino Papa Francesco.

A nome del Co.As.It. complimenti per il traguardo raggiunto e auguri ancora, Giuseppe!





# COMMUNITY SUPPORT | NEIGHBOURHOOD CENTRE

## HAPPY BIRTHDAY, AMICI HOUSE!

Amici House proudly celebrated its two-year anniversary recently. The centre offers a wonderful range of programs and services to support the community on the local area.

Since its opening in May, Amici House has been powering along offering respite, art classes, women's groups, technology classes, Latin dancing, and allied health services such as podiatry and physiotherapy.

With more than 350 people attending the centre each week it's definitely become a valued community hub in the local area. Best of all, in the café affordable, delicious meals and sweets are always available and in high demand.

When we asked participants to tell us what they thought about the centre, this is what they said:

*"Amici House has filled a huge hole in my life. I have made new friends and reconnected with old ones, giving me social connections and laughs. The staff is always friendly and super helpful."*

*"Amici House has provided a place of social and well-being for me. It is a venue that has become like a family where I can interact with new friends over a coffee after a class."*

*"It is wonderful to have such a wonderfully happy place in our neighbourhood."*

*"Friendship, relaxation, laughter, wellness talks, and presentation of the room make me feel special. I love coming to the Centre."*





## BACK TO SCHOOL

Recently the South Coast group relived their school days by a visit to the Coombabah State High School. This school is one of many that operate an Italian language program and receives curriculum support through our division ILC.

Welcomed by the year 10 students studying Italian and their teacher Tania Malik, the clients enjoyed watching a video on what the students had done throughout the year.

They were also challenged to play a trivia game with the students who assisted them in answering questions about geography, music and general questions about Italy.

A delicious morning tea was provided before meeting the Year 11 students of Italian where everybody was paired with a student for a one-on-one interview regarding their migration experience to Australia.

Whilst our clients created Italian ribbons to leave with the students during their visit, they were delighted to receive, some weeks later, a customised card from the student who interviewed them.

We hope to be able to repeat these inter-generational visits in the future simply because of the pure joy the clients experienced going back to school!

Who said school was boring??



## AGED CARE | SOCIAL OUTINGS

# THERE ARE NEVER ENOUGH PLACES TO VISIT

### Maleny and Buderim for the Brisbanites

Our enthusiastic travellers ventured out to Maleny and the Buderim Tavern recently. It may have been a twisting and longish journey but well worth the view when we got to the top of Maleny. The bird gardens were a highlight where Coco the talking parrot kept everyone entertained by chatting and singing his favourite song. His other avian friends joined in and made hoopla which was enjoyed by the spectators!

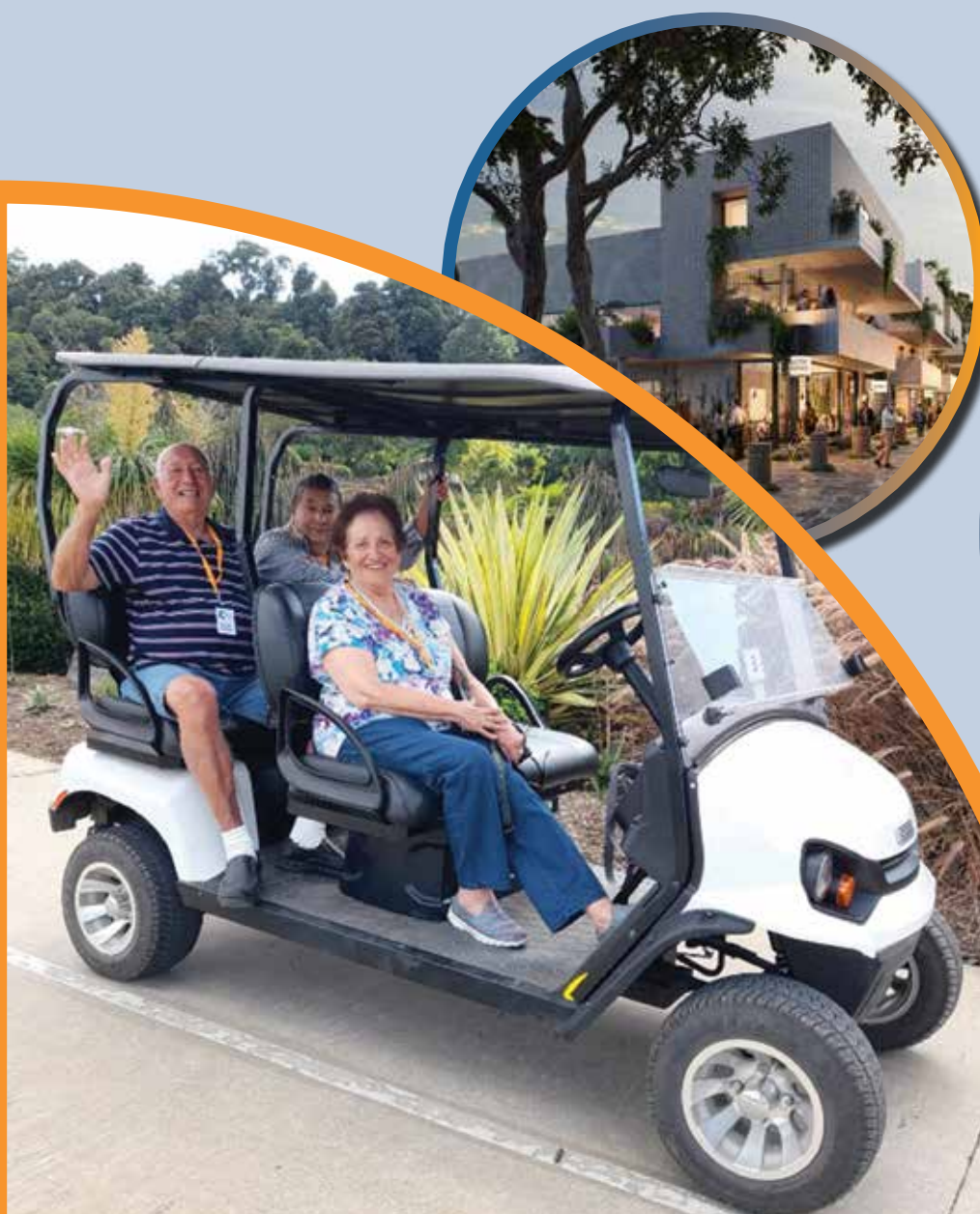
We finally took off to Buderim Tavern, where we enjoyed a stunning view of the ocean and the usual delicious lunch.

### James Street Precinct for the South Coasters!

The Gold Coast group arrived in Brisbane in style, in the big, black, brand new bus supplied by Belbaker for their journey. We were greeted at The Spoon Cafe in James Street with open arms, as staff were thrilled to see such a lovely group of happy and thirsty clients.

Rejuvenating coffees and home-made muffins were the selection of the day before they all ventured out on James Street for some shopping. They returned with many bags in tow and evidence of the satisfaction in some retail therapy.

Off to the Lighthouse Seafood Restaurant for a delicious lunch before heading home to the symphony of gentle snores.





### AWASSI CHEESERY



Many of our early migrants were involved in animal husbandry in their villages, raising livestock and moving the sheep, goats and other small animals from grassy hillside to hillside on a regular basis.

Whenever we plan to go to a farm and it has animals, there is a genuine interest in getting up close to the animals so the visit to Awassi Cheesery and Sheep Farm was greatly enjoyed by everyone.

Located in the Lockyer Valley this working farm is not just about learning how to make cheese, it also involves learning about the milk.

People can go to the farm and see the results from the milking of the sheep, making and learning about cheese, and ending their visit sitting in the avocado orchard, tasting cheese and sampling fresh local produce.

Right up the alley for our clients, as many used to make their own cheese back in the days.

No doubt there would have been some recommendations and suggestions from our home cheesemakers.





## AGED CARE | SOCIAL OUTINGS

### A LITTLE BIT OF ITALY IN THE HINTERLAND

We were lucky to find a quaint B&B on Mt Tamborine a while back. Villa Alessandra still sports the antique furniture, the wall art and the fireplace of this old world premises.

What was even more enjoyable was discovering it was run by an Italian Gloria – who set up morning tea ‘alla Napoletana’ with sweet ‘sfogliatelle’ and a special blend of coffee.

After visiting the little stores along the way, we soon got to the Belvedere Restaurant, where Mario had prepared us platters of hot olives, hams, three different types of arancini, wood fired pizzas, and some delicious local wine.

Many heads were drooping on the way home, but they loved the experience – although not many thought they would dare the mountainous drive on their own...





### A LOT TO DO AND SEE IN JUST ONE DAY

Packed with activity on the one day, our voyagers enjoyed going through the specials in the DFO at Jindalee where a few people scored some great savings - if their shopping bags were any evidence.

With all the excitement of visiting the stores we had to stop for sustenance after we reached Esk. Nash's Gallery and Café was our lunch destination, a quaint pottery studio and café where the owners can indulge their love of creating unique pottery pieces and creating delicious food.

From there it was a short trip to visit Lake Wivenhoe which was teeming with birds and then back home.

Another great day out!



# ITALIAN LANGUAGE TEACHING

## 8TH NATIONAL CONFERENCE FOR TEACHERS OF ITALIAN IN AUSTRALIA

The Settimana della Lingua Italiana is a global celebration of the Italian language which takes place during the third week of October.

Established in 2001, the event is held under the patronage of the President of the Italian Republic.

It is organized by Italian diplomatic-consular networks in collaboration with Italian Cultural Institutes and language promotion partners.

This year, the organising committee is chaired by Valentina Biguzzi (Director of the Educational and Cultural office at the Embassy of Italy, Canberra), and Co.As.It. CEO Dina Ranieri is a member of the committee.

Each year, the 'Settimana della Lingua' is dedicated to a different theme and this year's is *"L'italiano e la sostenibilità"*

In Australia, one of the many events marking 'La Settimana della Lingua' is a Conference held in a different State Capital each year.

This year's 8th National Conference for Teachers of Italian in Australia will be held in Brisbane on Saturday 21 October at All Hallows' School.

**ILC**  
ITALIAN  
LANGUAGE  
CENTRE





# ITALIAN LANGUAGE TEACHING

## SCHOOLS WELCOME THE ITALIAN CONSUL

Tuesday 30 May dawned bright and sunny as it always tends to do on the Sunshine Coast. At Talara Primary College an excited group of students who study Italian waited in anticipation for the arrival of a very important person who was visiting their Italian classrooms.

As a FIAT 500 drew up painted in the green, white and red of the Italian flag, the group of students got into position and burst into song whilst demonstrating the extraordinary skill of flag throwing in unison.

The special guest, Luna Angelini Marinucci, Consul of Italy for Queensland and the Northern Territory, was warmly welcomed by Principal Stephen Adams and the Italian school captain and vice-captain. Addressing the Consul in Italian, the two captains accompanied her to the Year 3 Italian class taught by teacher Silvia De Paulis. The Consul took part in a fun activity with the Year 3 students demonstrating their knowledge and understanding of prepositions.

The visit was organised by Sonia Baldissera who represents the Italian Language Centre as language liaison officer across the entire Sunshine Coast area.

The main reason for the visit was for the Consul to observe the success of Italian programs in schools which are supported through funding from the Italian Government's Ministry of Foreign Affairs.

An Italian visit would not be complete without a coffee break and the Consul was delighted to sample an espresso from the newly installed Italian coffee machine. This was followed by a visit to the Year 6 Italian class taught by teacher Courtney Warnett. The Consul was most impressed with the high standard of Italian - clearly the result of effective language teaching strategies.

All too soon it was time to say 'arrivederci' and carry on to the second visit at Siena Catholic College where the Consul was met by Italian teacher DeLynne Wight and

preservice teacher Alessandra Scalco. The welcoming delegation also included Acting Principal Patrick Toohey as well as Rhiannon Shaw, Languages Education Officer at Brisbane Catholic Education. After a tour of the school, the Consul had the opportunity observe the Year 10 Italian class in action and again was most impressed by the high standard.

Over an excellent lunch, there was general discussion about the benefits of maintaining language programs in schools and in particular, the appreciation of Italian Government funding which enhances the teaching of Italian and contributes to the success of Italian teaching and learning in Queensland.

There was general agreement that the success can also be attributed to the close collaboration between supportive Principals, motivated teachers, and the support provided by the Italian Language Centre through Italian government funding.

Each party plays a crucial part in the positive outcome, and it is hoped this will continue long into the future.



# ITALIAN LANGUAGE TEACHING

## PROFESSIONAL DEVELOPMENT FOR TEACHERS OF ITALIAN



ILC organises several opportunities for teachers to attend PD sessions throughout the year in partnership with MAECI (Ministero degli Affari Esteri e della Cooperazione Internazionale).

During the month of May, there were two events on offer, one hosted by Brisbane Catholic Education (BCE) and the other at ILC Lutwyche.

Teachers attending had the opportunity to reflect on language, enrich proficiency, enhance language teaching strategies, and enjoy the opportunity to network.

Feedback surveys indicated a high level of satisfaction from teachers who were delighted to take away with them: *"Piu' lingua, nuove idee, motivazione, gioia, condivisione!"*

The next opportunity for Italian teachers to meet, greet and mingle will be at the National Convention for Teachers of Italian to be held in Brisbane on Saturday 21 October to mark the XXIII Settimana della lingua italiana nel mondo.



## ITALIAN LANGUAGE TEACHING

### CO.AS.IT GOLD COAST AND ILC AT COOMBABAH STATE HIGH SCHOOL



Wednesday 31 May will be remembered as a 'first' in several ways: the first time Co.As.It. Community Services and its Italian Language Centre division were collaboratively involved in attending a morning tea hosted for the first time by students of Italian at Coombabah State High School.

Italian teacher Tania Malik, together with Juny Spagnolo, Co.As.It. (Gold Coast) Social Group Activities Organiser, came up with the idea of hosting a morning tea and welcoming the group of mature Italian migrants to meet and mingle with the Year 10 and Year 11 students studying Italian.

The Italian program at Coombabah State High School has been growing successfully and is one of the programs supported by ILC through Italian Government Funding.

Principal Chris Kern warmly welcomed the Co.As.It. (GC) social group and complemented Italian teacher Tania Malik on her initiative in bringing together the two groups.

The opportunity allowed students to interview the guests (in Italian) and gather information on migration experiences as research for one of their assessments.

It was truly an unforgettable event which hopefully will be the start of further collaboration between Co.As.It., ILC and teachers of Italian in Queensland schools.

In the words of Italian teacher Tania Malik: *"We aim to promote intercultural understanding, empathy and an appreciation of language through memorable experiences."*



# ITALIAN LANGUAGE TEACHING

## BENVENUTA, ORNELLA!

The Italian Language Centre is delighted to welcome **Ornella Roveda** to the team in the position of Education and Training Officer.

Ornella brings with her a vast skillset in the field of language teaching and learning and will be managing the funded support ILC provides for Italian programs in Primary and Secondary Queensland schools. Here is Ornella in her own words:

*"I was born in Verona where I spent the first 20 years of my life and where my family still lives. I moved to Milan to complete my tertiary studies and afterwards stayed on in this wonderful and complex city for several years.*

*To consolidate my fluency in German, I also lived and worked in Munich and Berlin for approximately three years.*

*Longing to experience life in a different Italian province, I then moved to the beautiful city of Parma in Emilia Romagna where I resided and worked for nearly 10 years.*

*Further language teaching qualifications I have obtained include: a post-graduate master's degree in Teaching Foreign Languages (German) from Modena University; a Bachelor's degree with Majors in German and English from IULM University (Milan); a Certificate in teaching Italian as a foreign language from Ca' Foscari University (Venice).*

*In Italy, I served as the Head of the Interculture Department, where I organised and managed intercultural programs and Italian language courses for foreign pupils in public schools and for the Parma Education Department at the Parma Council. I also trained secondary Italian language teachers at Parma University in Italy.*

*Throughout my career, I have continuously pursued professional development opportunities. I have undertaken courses offered by the Queensland Curriculum and Assessment Authority (QCAA), which cover topics such as exam endorsement, curriculum planning, assessment design, inclusive education, and the unpacking of external and internal exams in European languages.*

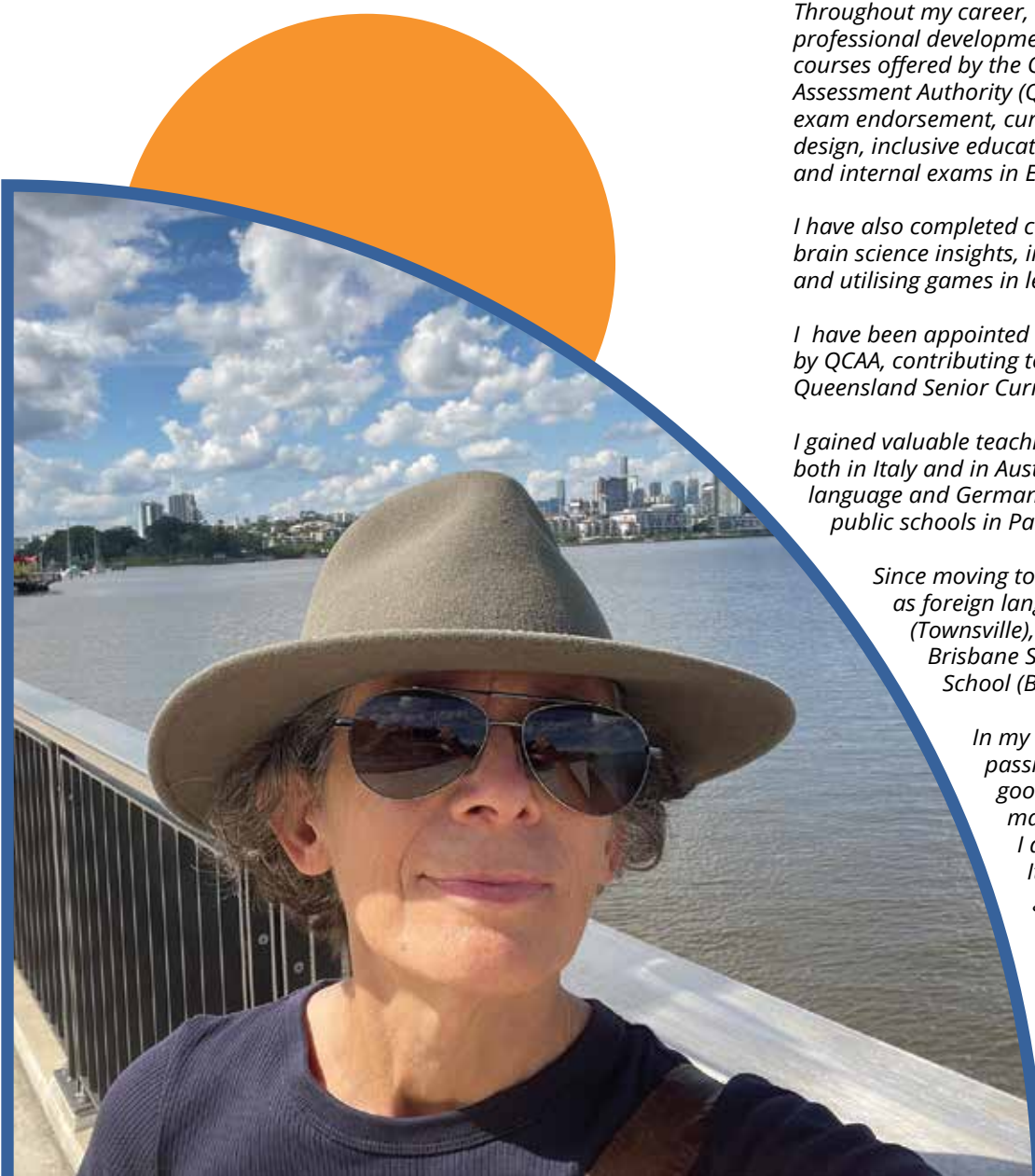
*I have also completed courses on teaching methodologies, brain science insights, instructional design for e-learning and utilising games in learning.*

*I have been appointed as a confirmer and endorser by QCAA, contributing to the assessment process of the Queensland Senior Curriculum.*

*I gained valuable teaching experience in secondary schools both in Italy and in Australia. I taught Italian as a second language and German as a foreign language in Italian public schools in Parma for nearly nine years.*

*Since moving to Australia, I have taught Italian as foreign language at Ryan Catholic College (Townsville), Townsville Grammar School, Brisbane State High School, and All Hallows' School (Brisbane).*

*In my spare time I indulge my strong passion for baking: I bake different goodies with natural yeast (pasta madre) and perhaps, one day, when I am grown up, I will open a little Italian coffee shop with my baked goods on offer!"*





# ITALIAN LANGUAGE TEACHING

## CELEBRATING THE END OF SEMESTER 1

**Apparecchiamo... si mangia! (Set the table... let's eat!).**

This was the theme running through the After School Italian activities during the first Semester of 2023. At the final session on Wednesday 21 June, students were eager to show off their knowledge of language related to food, drinks and meals.

They easily recalled vocabulary while playing *'Tombola della colazione'* and remembered to use appropriate phrases during role-play *'al mercato'* buying *'frutta e verdura'*. The session ended with a rousing rendition of the song *'Il caffè della Peppina'*.

Course coordinator Marzia Mauro was present to call up students who proudly collected award certificates for their excellent efforts. As the students streamed out, they wished their teachers Paola Giannini and Francesca Cerniglia *'buone vacanze'* and *'arrivederci'* until the start of Semester 2 which commenced on 19 July.

**Pizza Movie Night:** On Friday 23 June the Scala Room at ILC was transformed into a Cinema where students from ILC's Adult Italian Classes celebrated the end of Semester 1 with a welcome glass of Prosecco on arrival, followed by delicious pizza and pasticcini before enjoying the hilarious comedy *"È per il tuo bene"* (translated as *'Three perfect daughters'*).

Nine students received awards for 100% class attendance throughout the semester. The night ended with people wishing one another *'arrivederci'* – see you again in Semester 2!



# ITALIAN LANGUAGE TEACHING

## PROGETTO 2023

Italian Government funding for the 'Progetto 2023' permits ILC's Italian Program Liaison Officers (IPLOs) and Italian Language Resource Officers (ILROs) to work closely with teachers of Italian in State and non-State, Primary and Secondary schools in Brisbane, the Sunshine Coast and the Gold Coast.

Teachers may request excursions, incursions, in-class and curriculum assistance to provide students with the opportunity to enhance their exposure to Italian language and culture.

Some of the schools which requested this support:

- **Kelvin Grove State College** Year 9 and Year 11 students had an excursion to ILC Lutwyche where they experienced an authentic Italian cultural immersion and participated in activities to consolidate their vocabulary. In the words of one Year 9 student who wrote an article for the school news magazine: *'The time we spent at the ILC was amazing. As the ILC teachers delivered their*

*instructions in Italian, I was surprised to realise just how much I could understand. It was an uplifting reminder of how much we've learnt but also how much we still have to learn. I'm so grateful for the excursion to ILC. Listening to native Italian speakers is wonderful and an essential part of learning the language. Each Italian lesson is about more than just memorising the grammar (though we sure do a lot of that too!) - it's learning about the culture and exploring things outside the classroom that sparks our interest.'*

- Students from **Mango Hill State Secondary College** also had an excursion to ILC where they had the opportunity to interview the young Italian staff members of Co.As.It. Community Services regarding their migration experiences to Australia. This was an ideal opportunity to enhance the use of language in an everyday situation.
- During their excursion, students from **Stretton State College** dressed up for a genuine Italian immersion, exploring adjectives and nouns related to the fashion world. The experience was marked by elegance and style as the students showed talent on the catwalk.
- The Year 10 and 11 students of **Villanova College** had an incursion at their school where ILC provided an Italian experience allowing them to delve deeper into their classroom topics through engaging and interactive activities. One of the highlights was a stage performance where the students practised an Italian dialogue, while their classmates served as 'judges' and cast their votes.
- At **Mt Alvernia College**, ILC organised an incursion for students to be immersed in the language of technology and social media used daily by their Italian counterparts.
- Year 11 and Year 12 students at **San Sisto College**, **All Hallows' School** and **Siena Catholic College** also had the opportunity to practice speaking Italian in preparation for their exams when ILC teachers were invited to provide in-class support.
- At **Talara Primary College**, **St Martin's School Carina** and **St Columba's School Wilston**, teachers requested ILC to deliver Italian immersion opportunities for their students. The theme *'il mio stile'* allowed the students to use all the language related to fashion and clothing which they had learned throughout the term.





# Euro Concert

SAVE THE DATES



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**GOLD COAST – 11 OCTOBER 2023**

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