

# INSIEME



Quarterly Newsletter  
Edition 1 - 2025



# 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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## A Message FROM OUR CEO

*In March* the ILC advanced students attended a guided tour of the 11th Asian Pacific Triennial art exhibits in Italian at QAGOMA.



It has been a busy and vibrant start to 2025 at Co.As.It.!

Colour, music and festivities filled our centres as they celebrated special occasions such as Valentine's Day and St. Patrick's Day among others.

Our International Women's Day celebration was a true highlight, bringing together many remarkable women for a day of joy, recognition and connection. Congratulation to the lucky woman who won the travel voucher for \$2,500 !

Weather conditions of Tropical Cyclone Alfred brought some minor disruptions to our services and group activities but our dedicated team worked tirelessly to ensure support continued wherever possible. Their commitment to ensuring the safety

and well-being of our clients during this period is something to truly be proud of.

Amongst the passion and dedication is a team representing so much diversity which strengthens our ability to serve and connect. And what better way to celebrate this than on Harmony Day where staff come together for a shared lunch of multicultural dishes direct from their home kitchens?

It was an incredible start to the year for all our ILC students, from our little new Girotondo students celebrating Carnevale to our intermediate and advanced students attending a guided tour of the 11th Asian Pacific Triennial art exhibits in Italian at QAGOMA.

Happy reading!

*Tanina Softa*

# Clinical SERVICES

## A NURSE'S DAY ON THE ROAD

*Care is a smile away*



### 7:00 AM: The Morning Huddle

Imagine a team of nursing champions, (minus the trophies) but with some seriously comfortable shoes. Our day kicks off with a staff handover that's part strategic planning, part family reunion.

We're mapping out our patient care like we're planning a military operation—if military operations involved checking blood pressure and spreading smiles.



### 9:00 AM: Medication and Magic

Morning appointments are our time to shine! We're not just checking medications; we're practically wellness wizards.

Each pill distributed, each observation noted is a tiny act of care that says, "We've got you covered."

# Clinical SERVICES



### 10.30 AM: Smooth Sailing

Traffic is light, schedule's looking good, and we're moving like a well-oiled machine. Who said healthcare can't have perfect timing?



### 11:00 AM: Good Health Celebrations

Our client reports are in great shape, and we can't help but do a little internal happy dance. Blood pressure check? More like a high-five for health!

Client visits are our bread and butter. We're not just checking in; we're creating moments of connection, comfort, and care. Our support staff are the backstage crew making sure everything runs smoother than a well-rehearsed Broadway show.



### 12:15 PM: Lunch and Lifelines

Lunch break isn't just about refuelling—it's our command centre moment. Checking devices, staying connected, ensuring no client is left behind. Checking for traffic delays and other multitasking: it's not just a skill, it's an art form.



### 2.45 PM: The Care Continues

Here's the heart of what we do: Our nursing team brings more than a century of combined experience to the table. Each visit is a delicate dance of professional skill and deep human emotion. We're not just managing health; we're preserving dignity, offering comfort, and sometimes - just sometimes - working a little everyday miracle.

### The Bottom Line:

We're nurses. We laugh, we care, we problem-solve, and we do it all with a heart full of compassion and maybe a slightly silly sense of humour. Because healthcare isn't just about treatment. It's about human connection.

*Cheers from the Co.As.It. Nursing Team (Proud providers of care, occasional bad jokes, and 100% genuine compassion)*

## COURAGE UNDER CARE - JOAN AND TERRY

What began as a sudden slip in the shower in December 2022 – a fractured left knee that could have defeated many – became only a challenge to her strength and resilience.

Imagine facing an injury that threatens your independence, your ability to walk, to shower, to simply move through your daily life.

For Joan, this wasn't just a hypothetical scenario, but a challenging reality. The internal fixation surgery was just the beginning of a long and intricate recovery process.

With the dedicated support of physiotherapists, Joan embarked on a meticulous rehabilitation journey.

Manual therapy became her ally, gradually easing pain and restoring mobility to her injured knee. Each carefully designed exercise was a step – sometimes literal, sometimes metaphorical – towards reclaiming her independence.

Today, Joan walks independently with her four-wheel walker, a symbol of her triumph over adversity. Despite ongoing health challenges like chronic low back pain and being underweight, she has achieved remarkable milestones.

Her ability to complete 15 sit-to-stand exercises consecutively is not just a physical achievement, but a powerful statement of her indomitable spirit.

### PARTNERS IN HEALING: TERRY'S OWN ROAD TO RECOVERY

While Joan was battling her physical challenges, her husband Terry was fighting his own health battles – a poignant reminder that caregiving is often a two-way street of mutual support and love.

Terry's health landscape was complex: chronic mechanical neck pain, heart disease, and borderline kidney failure.

His most immediate concern was driving – a critical lifeline for a caregiver supporting his wife through her recovery. The prospect of losing his ability to drive was terrifying, potentially disrupting their carefully balanced support system. But Terry wasn't about to surrender.

Physiotherapy became his pathway to hope. Gradually, he regained a substantial range of motion in his neck, reducing the pain that had been threatening his mobility. Each therapy session was a small victory, rebuilding not just physical movement, but hope and confidence.

Now, Terry can drive with significantly reduced neck pain, with what he describes as "a few good years left" behind the wheel. More importantly, he continues to be Joan's primary caregiver, a role he embraces with dedication and love.

Their weekly physiotherapy sessions at Co.As.It. are more than just medical appointments – they're celebrations of resilience, markers of progress, and moments of shared hope.

Together, Terry and Joan demonstrate that recovery is not just about healing bodies, but about maintaining spirit, partnership, and the will to keep moving forward.

*Care giving is a two-way street of mutual support and love*



## "I DON'T NEED ALL THESE CHANGES"



### A SECOND CHANCE AT INDEPENDENCE

At 86, Bruno's hands told the story of a lifetime of manual labor. Years of work had left him with degenerative joint disorders that made even the simplest daily tasks a struggle. Despite multiple knee replacements, pain remained his constant companion.

Bruno's supportive children took turns staying overnight, their worry growing as they watched their father struggle to get in and out of bed, rise from chairs, and use the toilet. Their increasing supervision stemmed from fear - fear that at any moment, their father might fall.

"I don't need all these changes," Bruno insisted at first, overwhelmed by the thought of transforming the home he knew. His occupational therapist understood, suggesting they proceed slowly, one piece of equipment at a time.

The bedroom presented the first challenge. Bruno relied on his four-wheeled walker, but his queen-sized bed left little room to maneuver.

The toilet was next—too low for comfortable transfers. Bruno had been dangerously grabbing the doorframe and toilet paper holder for support. With the installation of a raised toilet seat with drop-down armrests, this daily challenge became manageable.

As each piece of equipment was introduced—an adjustable bed, lift chair, utility chair, pressure cushion, and non-slip mats—Bruno's confidence grew. So did his independence.

His children noticed the change. The weight of constant worry lifted as they watched their father navigate his home without pain, without reaching for furniture for stability.

"I can do it myself now," Bruno would say with quiet pride, a simple statement that meant everything to him and his family.

In the end, Bruno's story wasn't just about equipment—it was about reclaiming dignity and independence, one careful step at a time.

# SHORT TERM RESTORATIVE *Care*

## HOW IT HELPED ME

My name is Maria, and I'd like to share my experience with the Short-Term Restorative Care (STRC) program and the supportive STRC team..

As someone living alone, I've always valued my independence. I have a wonderful neighbour and family who support me when they can, but recently I noticed I was feeling less confident in myself, especially with mobility and personal care tasks.

My main goal was simple but important: to improve my independence and confidence when moving around and taking care of myself. That's when STRC stepped in to help.

The program connected me with a dedicated team of professionals who truly understood what I needed. My team included a physiotherapist, an occupational therapist, and a community care worker, all working together to support me.

My physiotherapist focused on improving my balance and strength, which made a tremendous difference in how confident I felt moving around.

He recommended a 4-wheeled walker for community outings, which has been incredibly helpful when I go out.

The occupational therapist assessed my home environment and recommended some minor but impactful modifications to my shower, including grab rails and a shower stool. Initially, the team provided standby assistance while I performed my personal care routines.

These small changes and the supportive presence helped me gradually regain my confidence, and now I can manage these tasks independently.

What I appreciate most about the STRC program is that it didn't just help me—it empowered me. I now live with greater confidence and autonomy in my own home thanks to the supportive STRC team.

Thanks to this short-term intervention, I've been able to avoid long-term residential care and continue living an active and fulfilling life in the comfort of my own home.

The STRC program truly understands that sometimes we seniors just need targeted support to regain our independence after facing challenges with illness, injury, or age-related changes.

I'm grateful for this government initiative that has made such a positive difference in my quality of life



# NEW SUPPORT AT HOME *Program 2025*

This fact sheet provides a summary of the Support at Home program that will commence 1 July 2025 and the contributions participants in the program will pay.

### Access

Participants will have quicker access to services. Additional funding over the first two years of the new Support at Home program will shorten average wait times for services to a target of 3 months from 1 July 2027.

### A new classification system

Participants will be assessed into one of 10 new funding classifications. The new classifications improve on the current 4 packages available through the Home Care Packages (HCP) program by better aligning funding to need.

This includes 8 ongoing classifications, and 2 short term classifications – the restorative care pathway and end-of-life care pathway.

Under Support at Home, the highest ongoing classification exceeds the current Level 4 HCP, with a budget of almost \$78,000 per year.

### A defined service list

The program will have a service list which specifies the services available under Support at Home. This will provide clarity for older people and service providers about what can be accessed.

The service list includes clinical care (such as nursing and physiotherapy), support for independence (such as personal care, respite, transport and social support), and help with everyday living (such as cleaning, meals delivery and gardening).

### Quarterly budgets

Participants will receive a quarterly budget that aligns to their funding classification. Participants will work with their provider to choose how to spend their budget across some or all of the services they have been approved to receive.

Participants will be able to save up to \$1,000 or 10% (whichever is higher) of the value of their quarterly budget across quarters, if available.

### Capped prices

Service providers will draw down on participants' budgets after services have been delivered. Prices for each service must not exceed price caps set by the government based on the advice of the Independent Health and Aged Care Pricing Authority.

Contribution rates will be set as a percentage of the price of each service. This means a participant will pay an amount set by their percentage contribution rate, and the government will pay the remainder of the price as a subsidy to the provider. The rate will be based on the type of service received:

There will be no contribution for services in the Clinical category (e.g. nursing and physiotherapy), with assessed clinical care needs to be fully funded by government across the whole aged care system.

Contributions for services in the Independence category (e.g. personal care) will be moderate, recognising that many of the services in this group play an important role in keeping people out of hospital and residential aged care.

Everyday living services (e.g. domestic assistance and gardening) will attract the highest contribution rates, recognising that the government does not typically fund these services for any individual at other stages of life.

	CLINICAL CARE	INDEPENDENCE	EVERYDAY LIVING
FULL PENSIONER	0%	5%	17.5%
PART PENSIONER AND COMMONWEALTH HEALTH CARE CARD ELIGIBLE	0%	Between 5% and 50% depending on income and d assets	Between 17.5% and 80% depending on income and assets
SELF-FUNDED RETIREE	0%	50%	80%

The means tested percentage contribution will be based on the Age Pension means test which considers income and assets. All individuals who have a Home Care Package (a package) on 30 June 2025 will maintain the same level of funding and retain any unspent funds under Support at Home. Individuals on the National Priority System or who have been approved for a package as of 30 June 2025 will receive a Support at Home budget equivalent to their approved package level when one becomes available.

# COMMUNITY *Education*

## Staying Safe in a Digital World: A Senior's Perspective on Cybercrime

I never thought it would happen to me. After handling my own finances for over six decades. I considered myself reasonably tech-savvy for my age.

I was emailing my grandchildren, using online banking, and even ordering groceries through an app. But that phone call changed everything.

The caller identified himself as a representative from my bank's fraud department, saying there had been suspicious activity on my account. He knew my name, the last four digits of my account number, and spoke with such authority and concern. When he asked me to verify my identity by sharing my password, I barely hesitated before telling him.

After all, he was helping me to protect my money, or so he made me believe.

It took only a few hours for my accounts to be drained. The shame I felt was almost worse than the financial loss. How could I have been so stupid?

As I worked with my actual bank to recover any funds they could, I learned this was a common scam targeting seniors.

### I GOT CAUGHT !

This experience taught me that cybersecurity isn't just for the young or tech-savvy—it's even more crucial for seniors like me. Scammers prey on our generation because they assume we're less familiar with technology and sometimes more trusting. In my case they were certainly correct.

If I could go back in time, I would remind myself that legitimate institutions never ask for passwords over the phone. How I fell for the scam still frustrates me. I should have hung up and called my bank directly using the number on my card.

Today, I'm rebuilding my financial security, but I'm also sharing my story with other seniors. We've navigated so many challenges in our lives; cybercrime is just another one we must learn to protect ourselves against.

Remember: question unexpected contacts, verify identities through official channels, and never share your passwords—no matter how convincing the request might seem. We have a lot of experience but in this case a healthy dose of scepticism is a good.

I'm now going to Co.As.It's cybercrime course to be better equipped in identifying a scam.



# FIGHT CYBER CRIME

## SESSIONS FOR SENIORS

Set of 4 classes \$20 pp

**CO.AS.IT OFFICE**  
473 Lutwyche Rd  
Lutwyche  
Classes run weekly  
10am - 12pm

**AMICI HOUSE**  
294 Bracken Ridge Rd  
Bracken Ridge  
Classes run weekly  
10am - 12pm  
(Cafe on site)

Please bring your mobile/laptop/ipad or other device of choice

**Bookings Essential**  
Call Co.As.It. 3624 6100

*\*This Cyber Security Awareness Support for Vulnerable Groups grant activity received grant funding from the Australian Government.\**

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# QUEENSLAND COMMUNITY SUPPORT *Scheme*

## WE ARE DELIGHTED TO SHARE OUR FEEDBACK

Our Queensland Community Support Scheme (QCSS) program provides short-term low intensity support to assist clients to live independently, increase social connections and enable them to participate more in their local community.

It is offered through 2 streams:

- \* Community Connection aims to assist people to connect with services and live more independently.
- \* Direct Care and Support offers basic domestic assistance, assistance to attend appointments and social outings - including transportation.

You may be eligible to receive support through QCSS and Co.As.It. if you:

- \* Are under 65 (or 50 years for Aboriginal and Torres Strait Islander people).
- \* Not eligible for the National Disability Insurance Scheme.

To apply for QCSS support please call the QCSS Access Point on 1800 600 300 or (07) 3028 9360. The QCSS access point will approve eligibility.

Or you can self-register online at: [serviceavailabilityregister.com.au](http://serviceavailabilityregister.com.au)



'Going on social outings with Support Workers through Co.As.It. has opened my life to new experiences I would not do on my own. Having suffered anxiety for years, going to cafés and shopping with Support Workers has improved my social and emotional wellbeing.'

'Having Co.As.It. Support Workers clean my house has made life so much better. Until now with my mental health challenges, cleaning was an extra demand on my life I couldn't cope with. Having a clean house uplifts my happiness and restores my joy in my surroundings.'

"I really appreciate all of the support Co.As.It. provides through its QCSS program. Through having a Support Worker attend appointments with me, I can now focus on spending more quality time with my family to go on social outings together."

# National DISABILITY INSURANCE SCHEME

## BARRIERS? WHAT BARRIERS ?

Warren's journey with Co.As.It. is a vibrant illustration of how personalized support can transform lives.

Since June 2023, Warren has been working towards achieving his most important goals: independence, social connection, and personal development.

With our carefully crafted NDIS support, Warren is redefining what's possible. His goals are clear and meaningful: to step out of his comfort zone, reconnect with beloved hobbies, and develop critical life skills.

Ten-pin bowling and cricket aren't just pastimes for Warren - they're conduits to social engagement and personal joy.

His community support workers have been instrumental in making these aspirations a reality, providing consistent support that goes far beyond mere assistance.

Fortnightly, on Tuesdays and Wednesdays, Warren's support workers accompany him through a carefully planned routine.

From grocery shopping and banking to medical appointments and exploring new experiences like Trevena Glen Farm, each activity infuses growth and

independence.

Healthy meal preparation, activity planning, and organizational skill-building have become key components of Warren's support plan. But beyond the practical assistance, what truly stands out is the genuine connection Warren feels with his support workers.

"I am comfortable talking to them and sharing how I am feeling on the day," Warren shares, highlighting the importance of trust and emotional support.

Warren's story is more than a support plan - it's a blueprint for empowerment, showing how personalized, compassionate care can help individuals not just live, but truly thrive.

Independence isn't about doing everything alone, to us it's providing the right support to do what matters most to our participants.



# AGED CARE VOLUNTEER *Visitors* SCHEME

A heartfelt (and slightly cheeky) thank you to our attendees at the Qld *Uni Expo*

## Listen up, wonderful humans of our community!

We want to take a moment to celebrate the unsung heroes who prove that not all superheroes wear capes—some wear volunteer t-shirts, carry clipboards, and run on pure passion *(and coffee)*.

To everyone who has ever:

- \* Given up a weekend to help others
- \* Raised a hand when we needed support
- \* Sacrificed personal time to make our community better
- \* Believed that small actions can create big changes

## This thank you is for YOU.

We see you rolling up your sleeves, showing up when it's inconvenient, and doing the work that often goes unnoticed. You're the human equivalent of a Swiss Army knife—versatile, reliable, and occasionally surprising.

Some say volunteers are the glue that holds communities together. We say you're more like the superhero duct tape—fixing things, holding stuff together, and making the impossible possible.

Whether you've donated an hour or a hundred hours, whether you're 18 or 78, whether you came with a plan or just showed up and hoped for the best—you matter. Your effort creates ripples of kindness that spread far beyond what you can see.

So from the bottom of our hearts (and with a healthy dose of humour), THANK YOU. You're not just making a difference. You're basically community magic.

With immense gratitude and a standing ovation.  
*(Fueled by appreciation and way too much coffee)*  
Your ACVVS Coordinators.

Want to join us? E: [acvvs@coasit.asn.au](mailto:acvvs@coasit.asn.au)



# AGED CARE VOLUNTEER *Visitors* SCHEME

## Renza Nave's Extraordinary journey of *Giving*



In the world of volunteerism, some stars shine so brightly they illuminate the lives of countless others.

Renza Nave is precisely such a luminous soul – a remarkable woman whose heart knows no bounds when it comes to serving her community.

Since 2011, Renza has been a guardian angel to seniors in residential aged care, transforming moments of potential loneliness into vibrant connections of joy and meaning. Her journey is a masterclass in compassion, weaving together decades of selfless service that began long before her official volunteering with Co.As.It.

## A Life of Dedication

Renza's commitment to community service is nothing short of inspirational. While raising three sons and working as a nurse, she simultaneously volunteered everywhere from church groups to school tuckshops and Meals on Wheels. Her energy seems boundless, her capacity for caring truly extraordinary.

Fourteen years ago, a community event became her calling. The Community Visitors Scheme beckoned, and Renza answered with her whole heart. What began as an opportunity quickly became a profound mission – visiting 2-3 residents every fortnight, bringing warmth, conversation, and human connection to those who might otherwise feel forgotten.

## Beyond Visiting: Cultural Celebration

Not content with simply visiting, Renza has expanded her impact through the CIAO Program at Rockpool, Carseldine. Here, she doesn't just provide companionship – she celebrates culture, language, and heritage, helping Italian-Australian seniors stay connected to their roots.

Alongside fellow volunteer Sonia, Renza has become an integral part of a program that does far more than pass time. They breathe life, laughter, and linguistic memories into aged care facilities across Brisbane.

## A True Community Hero

To call Renza a volunteer feels almost inadequate. She is a lifeline, a bridge between generations, a testament to the power of human kindness. Her work doesn't just fill hours – it fills hearts, restores dignity, and reminds us all of the profound impact one dedicated individual can have.

In a world that often feels disconnected, Renza Nave shines like a ray of sunshine – proving that compassion is the most powerful language of all.



# AGED CARE VOLUNTEER *Visitors* SCHEME

**Tired of microwaved meals and silent living rooms? We've got a solution.**

Join our Aged Care Volunteer Visitors Scheme (ACVVS) and befriend a nonno or nonna!  
**BENEFITS:** FREE storytelling, advice and history lessons. **REQUIREMENTS:** Patience. **BONUSES:** shared wisdom and interesting tales. Adopt a nonno/nonna today and transform your life from boring to bellissimo! Make a difference in someone's life, call us on 3624 6100 or email acvvs@coasit.asn.au

#NVW2025

**National** 19-25 MAY 2025  
**Volunteer**  
 Connecting Communities **Week**



*Thinking about volunteering?*

Join us in celebrating National Volunteer Week.  
 Come and meet us and our aged care volunteer visitors at our morning teas on:

**May 20th, 10.30am (Brisbane)**  
**May 21st 10.30am (Gold Coast)**  
**Bookings essential: Call 3624 6100**



Aged Care  
**Volunteer**  
 Visitors Scheme




# AGED CARE VOLUNTEER *Visitors* SCHEME

## PERCHÉ IL VOLONTARIATO FA BENE AGLI ANZIANI E ALLA COMUNITÀ



Il volontariato rappresenta un'opportunità preziosa di mettere a disposizione il proprio tempo, le competenze e l'esperienza a favore della comunità.

In un mondo che cambia rapidamente, il contributo del volontariato può fare la differenza, promuovendo solidarietà senso di appartenenza.

Impegnarsi in attività di volontariato non solo arricchisce chi riceve aiuto, ma porta anche benefici a chi lo offre.

Per gli anziani, partecipare attivamente alla vita comunitaria aiuta a contrastare la solitudine e a mantenere una mente attiva.

Studi dimostrano che il volontariato migliora il benessere psicologico e fisico, stimolando il senso di utilità e di realizzazione personale.

Gli anziani possono contribuire in molti modi: dall'insegnamento di abilità artigianali e artistiche, all'affiancamento nei progetti educativi, fino al supporto pratico nei centri di accoglienza o nelle organizzazioni no-profit.

In ogni contesto, il loro bagaglio di esperienze e conoscenze diventa una risorsa preziosa per il bene comune.

Ogni piccolo gesto di solidarietà può trasformarsi in un grande contributo per la comunità. (Sanacoop.it)

# CIAO IN AGED CARE HOMES

## CARNEVALE - Brings Italian Elders Back to Life

### Behind the Mask

The room transforms as the first sequin catches the light. Eyes that had seemed tired moments ago now sparkle with mischief.

Fingers that sometimes tremble with age now move with surprising dexterity, attaching feathers, glitter, and ribbons to colourful masks.

This is no ordinary afternoon in aged care—this is Carnevale, and for the Italian residents, it's a portal back to the cobblestone streets of their youth.

### A Celebration Centuries in the Making

"Carnevale," whispers Nonna Rosa, her voice dropping to a conspiratorial tone. "It means 'farewell to meat' in Latin, but to us, it meant freedom." Before the austerity of Lent descended upon Italian villages, Carnevale erupted in a final, glorious rebellion against restraint.

For centuries, this February festival has turned Italy upside down, allowing the impossible to become possible—where behind a mask, a peasant could mock a noble, a woman could speak her mind, and the rules of society briefly dissolved into confetti-strewn streets.

### The Transformation Is Palpable

"Watch what happens when we bring out the masks," says a CIAO Program coordinator, her arms laden with supplies. "You'll see people who barely speak suddenly tell stories.

As the residents begin decorating their own masks, the years seem to melt away. One of the residents, normally reserved and quiet, describes the elaborate Carnevale float his village built in 1952.

Across the table, two women lean close, sharing secrets behind their half-finished masks, giggling like the schoolgirls they were seven decades ago.



### More Than Just an Activity

What makes this program extraordinary isn't just the craft materials or the cultural connection—it's the transformation. Behind these masks, residents aren't defined by their age or ailments.

They're conspirators in joy, participants in a tradition that has survived wars, migrations, and generations.

The women particularly delight in the extravagance, insisting on "more feathers!" and "more sparkle!" Their masks remain firmly in place long after the activity ends, a glittering reminder that identity isn't something that fades with age—sometimes it just needs the right moment to reveal itself.

As laughter bounces off the walls and stories flow as freely as the 'vino' once did in Italian piazzas, one thing becomes clear: Carnevale isn't just a festival they remember—it's a celebration they still carry within them, masks and all.

# CIAO IN AGED CARE HOMES



## OUR CLASSES ARE SO MUCH FUN!

### CYBER CRIME IS CLEVER - STAY SMART !

#### Cybersecurity is a safe choice

Everyone who enrolled in our Co.As.It. Cybersecurity for Seniors program now has a working knowledge of how to stay safe online.

When the course launched on 26 March at Amici House, our Information Technology team were delighted to share their expert tips about online safety.

Staying safe from scammers – who are skilled at stealing our money or identity - is a challenge we will all face. The key is to Stop, Check, Protect.

#### Stop:

Do not give money or personal information to anyone if unsure. Scammers will pretend to be from organisations that you trust like the police, your bank, the government or businesses. They will offer to help you verify your identity.

#### Check:

Who are you dealing with? Could the message, link, website or call be fake? Never click a link in a message. Use contact information on official websites to verify. If unsure, hang up or delete.

#### Protect:

Act quickly, if something feels wrong. Contact your bank if you notice unusual activity or if a scammer gets your money or information.

When you report scams to ScamWatch you are helping to stop the scam and warn others.

Keeping different passwords for accounts, changing passwords regularly, setting up multi-factor authentication and activating alerts with banks, adds extra security.

There's no denying that clicking, tapping and surfing the internet has changed our lives for the better.

Staying safe online is the key to making the most of your time online.



*Our Cybersecurity for Seniors program is a Cyber Security Awareness Support for Vulnerable Groups grant activity that received grant funding from the Australian Government.*



## COMMUNITY & Individual SUPPORT SERVICES

### EMBRACING ALL DANCE GENRES:

#### The Australian Spirit

The Australian spirit of embracing diverse cultural expressions shone brightly during our Australia Day Celebration at Amici House.

As Latin rhythms filled the room, our community demonstrated Australia's unique openness to international dance forms.

Clients and staff from various backgrounds came together, moving to vibrant beats in a celebration that overcame cultural boundaries.

This wasn't merely a dance class but a vivid expression of Australia's multicultural identity. The energy was contagious as everyone participated, creating an atmosphere of unity and shared joy.

Our group photo captured not just smiling faces but the essence of modern Australia—where diverse people celebrate their nationality through varied cultural expressions.

The celebration perfectly embodied what makes Australia special: honoring heritage while welcoming new cultural contributions.

Through dance, we strengthened community bonds and created lasting memories that reflect Amici House's commitment to fostering an inclusive environment where everyone feels part of something truly special.



# HOME CARE PACKAGES *South Coast*

## BLOOMING AGAIN - RECLAIMING HER LIFE!



A perfume,  
once  
forbidden, now  
becomes a  
symbol of her  
personal  
renaissance.

For over five decades, Iris lived under the shadow of coercive control, her world carefully circumscribed by limitations and restrictions.

Every choice—from what to wear to what to eat—was meticulously controlled, suffocating her sense of self and personal agency. It was cruel, beyond imagination that anyone could subsist in a stifling environment like that.

Thank goodness for our care worker who has been the stimulus for Iris to now live her life in total freedom for the first time in 50 years.

Everything changed when Brigitte, her Community Care Worker (CCW) from Co.As.It., entered her life. With gentle guidance and unwavering support, Brigitte became the catalyst for Iris's remarkable transformation.

"I was never allowed ice cream," Iris shares, her eyes sparkling with newfound joy. "Now, I not only eat it, but I savour every single bite." It might just be ice cream, something we all take for granted, but this simple pleasure symbolizes something far more profound—her reclaimed freedom.

The journey of rediscovery wasn't just about food.

Iris learned to manage her own finances, make independent decisions, and most importantly, to socialize and express herself.

A perfume, once forbidden, now becomes a symbol of her personal renaissance. "I can choose what I want to wear," she says, proudly displaying a bottle of fragrance she purchased during a cruise—an adventure she almost missed.

With Brigitte's encouragement, Iris embarked on a family cruise she had initially declined. The trip became more than a vacation; it was a celebration of her newfound independence. "I've become the person I was always meant to be," Iris declares.

Iris' resilience is a story that shines with incredible hope. Her journey is a narrative that speaks to the transformative power of compassionate support and the right to personal, emotional and financial independence.

It's a powerful reminder that it's never too late to reclaim your life, to bloom, and to rediscover the vibrant person within.

Iris you are a tribute to resilience, and the human spirit's incredible capacity for transformation.

# HOME CARE PACKAGES *Brisbane*

## HOW ONE MOMENT CHANGED EVERYTHING

Sometimes, life's most significant transformations begin with the smallest of actions.

For Kim, that moment came during a routine visit to the Brisbane Care Expo.

A Co.As.It. coordinator's simple decision to stop at a Lymphatic Care stall would become a turning point in Kim's health journey. What seemed like a casual interaction would soon prove to be nothing short of miraculous.

Living with complex medical conditions including lymphedema, heart issues, and diabetes, Kim had been struggling with significant fluid retention.

Traditional treatments had provided limited relief, leaving her feeling frustrated and hopeless.

The information gathered at the expo led the Allied Health Team to investigate and establish a brokerage with the lymphatic care specialists.

The result? A dramatic transformation in Kim's health and quality of life.

Lymphatic drainage treatments, now conducted several times a week, have been nothing short of revolutionary.

Kim has lost an astonishing 25 kilograms of fluid, dramatically improving her heart function and overall well-being.

A custom lymphatic suit is now being created to further support her ongoing treatment.

"We got onto this company, and my coordinator took the time to explore," Kim reflects. Her gratitude is palpable, a reminder of how professional curiosity and commitment can create life-changing opportunities.

Supported by care workers from Co.As.It. and armed with innovative medical interventions, Kim's story is a powerful illustration of holistic, compassionate healthcare.

Sometimes, the most important discoveries happen when we least expect them.



Kim has lost an  
astonishing 25  
kilograms of  
fluid, dramatically  
improving her heart  
function and overall  
well-being.

# COMMONWEALTH HOME *Support* PROGRAM

## THE UNSTOPPABLE AUDREY- Redefining age at 92!

Meet Audrey - a 92-year-old force of nature who defines independence on her own terms. In a world that often underestimates the potential of seniors, Audrey is writing her own remarkable story.

Living independently and receiving domestic assistance from us, she recently asked us to put this service on hold. "While I can do it myself, I would like to keep doing it!" she declares—a statement that encapsulates her spirit of self-determination. We will always be there to support Audrey and to step in when she needs assistance again but we are pleased to see her managing things so well on her own too!

Her constant companion is Miss Honey, a pampered feline who has her own room and "eats like a queen." But Audrey is the true royalty here—a queen of

independence who navigates life with remarkable

vigour.

Her weekly adventures are nothing short of inspiring. Audrey confidently walks to the tram, travels to Helensvale, hops on a train to Brisbane, and meets a girlfriend for lunch. Their favorite post-lunch activity? Hitting the shoe shops together, of course!

No walking aids, no limitations—just pure, unadulterated zest for life. Audrey proves that age is truly just a number. She loves a good chat, enjoys a hearty laugh, and continues to live life on her own terms.

Some people grow old. Audrey? She's simply growing sassier!

*While I can do it myself, I would like to keep doing it!*



# COMMONWEALTH HOME *Support* PROGRAM

## CARE IS MORE THAN PHYSICAL ASSISTANCE

Joanna's experience began with an unexpected challenge. A serious injury that left her with a broken pelvis became a turning point in her life, transforming her understanding of support and companionship.

Confined to a hospital bed and facing the daunting prospect of recovery, Joanna's world seemed uncertain.

But hope arrived in the form of her GP, who orchestrated a support network that would prove transformative.

In 2024, Joanna was introduced to domestic assistance services through Co.As.It., with a strong reputation in dedicated essential care for individuals navigating health challenges - perfect.

### An Unexpected Friendship

Meet Jan, a care worker whose warmth and genuine passion for her work would soon become a lifeline for Joanna.

More than just a service provider, Jan embodied the true essence of caregiving—bringing not just practical assistance, but emotional support and genuine human connection.

"Jan was different," Joanna recalls, her eyes lighting up. "She was consistently cheerful, incredibly reliable, and approached her work with a remarkable work ethic." What set Jan apart was her deep, personal commitment to her job.

Jan's motivation stems from a poignant personal history. She shared with Joanna the story of her grandmother, who lived a full life until the age of 96.

This experience instilled in her a profound respect for the elderly and a genuine desire to make a meaningful difference in their lives.

What began as a professional relationship quickly evolved into a genuine friendship. Jan wasn't just helping Joanna with daily tasks; she was providing companionship, understanding, and a burst of positivity during a challenging period of recovery. For Jan, her work is more than a job—it's a calling.

"Every interaction is an opportunity to bring joy and comfort," she explains. "Working with individuals like Joanna reminds me why I chose this path."

Joanna's story is a powerful reminder that care is about more than just physical assistance. It's about human connection, empathy, and the extraordinary bonds that can form when compassion meets genuine dedication.

## Beyond Service A Human Connection



# COMMONWEALTH HOME *Support* PROGRAM

## GEOFFREY pilots his challenges.

Geoffrey is a former private pilot, a dedicated father of 3 and grandfather of 4 who initially joined Co.As.It. for podiatry services. After facing the challenges of a stroke in 2006 and then 2024, Geoffrey had to relearn basic skills like walking and talking, but his strength and determination did not stop him from continuing to live his best life. Geoffrey is now accessing a range of other health and support services to make sure he maintains his strength, independence, and most importantly, can continue enjoying the things that are important to him, such as, meeting new people, talking about world affairs and investment. Geoffrey credits Co.As.It. with delivering helpful, friendly and responsive support to help him achieve this with a simple comment: 'Co.As.It. has been wonderful'.



## CENTENARIAN - Murielle

When Co.As.It. CHSP client Murielle celebrated her 100th birthday in January we were delighted to present a congratulatory bouquet of flowers and admire letters from both the King and Queen! and other dignitaries!

A mother of 2 and a Navy veteran, Murielle was acknowledged as one of the Navy Women Qld sub-section's oldest living members at her birthday party at HMAS Moreton, Bulimba.

All our best wishes to Muriel and a joyous year filled with love and laughter.



## GLENYTH'S Pain floats away

Glenyth has been receiving support from Co.As.It. since 2023 and can now enjoy life and her favourite hobbies again – gardening, sewing and crafts. Having had a double knee replacement and hand surgery due to arthritis, Glenyth's worsening pain left her looking for extra support, including access to her much-loved hydrotherapy. Glenyth says that "Co.As.It. has been absolutely remarkable with personalised, efficient, coordinated services that I would also love to see other people receive. It was a delight that following Co.As.It.'s STRC, I was able to then obtain support through the CHSP. 'I cannot thank Co.As.It. enough for facilitating access to physiotherapy and hydrotherapy, which I absolutely enjoy.'



# MIND *Wellness* TEAM

## A MUM'S RECOVERY

We want to tell you about Laura, a single mother who discovered strength through compassion when she needed it most.

Facing an unexpected series of life-altering events, Laura found herself navigating a tumultuous storm of financial strain and emotional complexity.

Single-handedly raising two children, she was struggling with the weight of mental and economic challenges that threatened to overwhelm her.

The emergency relief program became more than just a financial support system. It offered Laura a comprehensive approach to healing, combining practical assistance with emotional support.

Regular counselling sessions provided a safe, non-judgmental space for Laura to process her experiences and begin her journey of recovery.

Using innovative therapeutic approaches, including imagery interventions and Cognitive Behavioural Therapy (CBT), the counsellors worked with Laura to rebuild her sense of self.

The focus was not just on surviving, but on personal growth and rediscovery. Each session was carefully designed to help Laura recognize her previous accomplishments and ground herself in her life experiences.

"Your regular support and respectful approach did make a difference at a very crucial time in my life," Laura shared, her words a testament to the transformative power of compassionate care.

What she has also recognised is that healing is not just about overcoming challenges, but about rediscovering one's inner strength and potential and she has achieved this with tenacity and determination.

As we wrangle life's challenges, cope with traumas, or just feel a little lost, along the way, we may realise that the most important journey is the one back to yourself.

If you are struggling with everyday challenges, contact our Mind Wellness Team on: 36246100.

*Single-handedly raising 2 children, she was struggling with the weight of mental and economic challenges.*



# INTERNATIONAL WOMEN'S

# Day

## Butterfly Wings and Fierce Minds

### *Marching Forward*

The Brisbane Convention Centre transformed into a kaleidoscope of feminine power on March 1st, with multi-coloured butterflies fluttering throughout the space and women buzzing with collective energy! This year's International Women's Day wasn't just a gathering – it was a magnificent, spirited festival under the "Marching Forward" theme that declared, "Nothing can hold us back!"

The venue sparkled like an enchanted sanctuary of empowerment. Butterflies in every imaginable hue adorned the space, each representing the remarkable journey of transformation – because if anyone knows about evolving and adapting, it's women! Imagine stepping into a room where every colour and wing symbolizes, "I've overcome, I've grown, and I'm ready for whatever comes next!"

Compered by Media and television personality Kim Skubris a number of VIP guests also attended. The Honourable Fiona Simpson, Minister for Women and Women's Economic Security, Minister for Aboriginal and Torres Strait Islander Partnerships, and Minister for Multiculturalism, set the tone with her powerful presence.

Cr Vicky Howard from the Central Ward added local perspective, while international representation was beautifully embodied by the Italian Consul for Queensland and the Northern Territory, Dott.ssa Luna Angelini Marinucci, and Sandra Micallef, the Honorary Consul of Malta. An inspiring speech by Sandra was resoundingly welcomed by everyone present. The event was also supported by Rosie Vecchio, President of Com.It.Es.

But the real magic behind the glamour was the heartfelt mission to fundraise in support of the Mind Wellness Team that is helping community members navigate the complex worlds of dementia and mental health challenges.

One fortunate attendee even walked away with a \$2,500 travel voucher – because celebrating women means honouring their adventures too!

Generous sponsors like Italiquore proved that backing women's initiatives isn't just admirable – it's essential. The atmosphere crackled with laughter, inspiration, and that special electricity that happens when purpose meets possibility. When women unite, they don't just exchange business cards – they create webs of support, encouragement, and unbeatable determination.

As the day demonstrated, "Marching Forward" isn't just a catchphrase – it's a movement. These remarkable women weren't simply walking; they were practically soaring toward tomorrow, leaving trails of inspiration behind them, ready to reshape the world one brilliant moment at a time!

Here's to the women who gathered, spoke up, and continue lifting their communities. Who ever said changing the world couldn't be a joyful adventure? Certainly not these ladies – that's for sure!

Butterflies of change trailing behind them, ready to transform the world one fabulous moment at a time!



# INTERNATIONAL WOMEN'S

# Day



# INTERNATIONAL WOMEN'S

# Day

## Our Special Guests



# OUT IN THE COMMUNITY

## BRISBANE DISABILITY CONNECTION

Our NDIS team had a busy time at the Brisbane Disability Connection Expo at the Brisbane Convention and Exhibition Centre from 21-22 March.

We enjoyed meeting NDIS participants and their carers and family, who stopped by our Co.As.It. display during the 2-day expo. Our expertly trained staff deliver support coordination and care that goes above and beyond to support your health, lifestyle and social goals.

Through our diverse range of services we tailor the NDIS participant's care new or existing plan as their needs change.



## THRIVING MULTICULTURAL COMMUNITIES

We enjoyed meeting new graduates at Thriving Multicultural Communities Careers Expo 2025 at Southport.

Co.As.It. was delighted to connect with many job seekers who stopped by our information expressing interest to join our team.

It was a pleasure sharing valuable information about our employment opportunities to provide direct care and support to clients in south-east Queensland.

If you're interested in joining our team, send your resume to: [recruitment@coasit.asn.au](mailto:recruitment@coasit.asn.au) or find out more at [www.coasit.asn.au/employment](http://www.coasit.asn.au/employment)



## GOLD COAST SENIORS HEALTH & LIFESTYLE EXPO

We had a fantastic day at the Gold Coast Seniors Health & Lifestyle Expo at Robina on 27 February!

Co.As.It. was delighted to connect with many people who stopped by our information hub expressing interest in our programs.

It was a pleasure sharing valuable information about our in-home support, social activities and care services for clients in south-east Queensland.

Thank you to everyone who visited us!



# AGED CARE *Social* GROUP ACTIVITIES

## WOOD-FIRED PIZZA AND 'MASCHERE'

The last week of February transformed into a vibrant celebration of Italian tradition at Co.As.It.'s South Coast social activity groups, as Carnevale burst into life with music, merriment, and mouth-watering cuisine.

The highlight of the festivities was a choir performance that turned an ordinary Thursday into a celebration of culture and community.

Adults students from the Dante Alighieri Italian School, brought the spirit of Carnevale directly to our social group community.

The performance was a carefully crafted journey through musical memories. Traditional favourites filled the room, with lyric sheets encouraging clients to sing along. But this was no ordinary concert—it was an interactive experience.

Between melodic numbers, clients were invited to dance, filling the space with movement and joy.

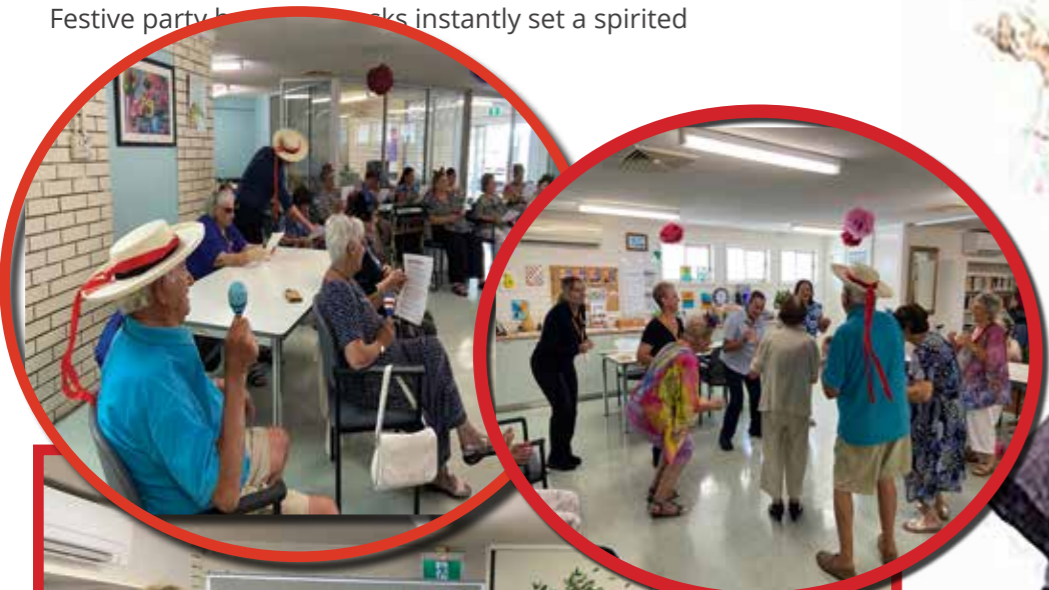
Festive party masks instantly set a spirited

tone. Lucky door prizes added an element of excitement, with raffle tickets distributed to eager participants. Who doesn't love the chance to win a prize?

The musical magic was complemented by a culinary delight. Bruno from Neapolitan Pizza Catering created a feast that was a celebration in itself.

Wood-fired pizzas, cooked on-site, tantalized taste buds. The piece de resistance? A dessert pizza featuring Nutella and whipped cream that drew delighted smiles from everyone.

The result was pure magic—a room filled with smiles, laughter, and the infectious joy of Carnevale.



# AGED CARE *Social* GROUP ACTIVITIES

## SAN VALENTINO

***"Le rose sono rosse, le viole sono blu, Buon San Valentino!"***

Questo è stato il messaggio condiviso da tutti a Casa Aurelia in occasione dei festeggiamenti per San Valentino.

Per celebrare questa giornata speciale, i nostri ospiti hanno creato delle bellissime scatole regalo di cioccolatini.

C'è chi ha trascorso questo momento romantico con la persona amata, partecipando insieme agli eventi di Casa Aurelia e chi invece ha apprezzato la compagnia di amici e amiche e i bei momenti offerti dal loro gruppo sociale.



# AGED CARE *Social* GROUP ACTIVITIES

## IL 103° COMPLEANNO DI VALENTINO

Nel mese di marzo, a Casa Aurelia si è respirata un'atmosfera di grande festa per il 103° compleanno di Valentino, uno dei clienti più amati e stimati del Co.As.It.

Valentino rappresenta un autentico simbolo di longevità e vitalità: è infatti il membro più anziano di tutti i nostri gruppi di attività sociali, un vero orgoglio per la nostra comunità.

Circondato dal calore di tanti amici e amiche, ha celebrato questo straordinario traguardo con gioia ed emozione, in un clima di sincero affetto.

Il momento del taglio della torta, accompagnato da un sentito "Tanti auguri", ha reso la giornata ancora più speciale per tutti i presenti.

Durante il suo toccante discorso di ringraziamento, Valentino ha voluto condividere con tutti un pensiero profondo: l'onestà, ha detto, è stata il valore guida che ha reso la sua lunga vita così ricca e appagante.

A Valentino, veterano della Seconda Guerra Mondiale, vanno i nostri più sinceri e affettuosi auguri per un compleanno memorabile e per un altro anno colmo di serenità, amore e felicità

Scopri qui gli straordinari traguardi di Valentino:  
<https://www.coasit.asn.au/category/your-stories/>

*Auguri*



# AGED CARE *Social* GROUP ACTIVITIES

## LOADS OF FUN FOR ST PATRICK'S DAY

Everyone loves a St Patrick's Day party, especially our social groups.

Our social activity centres were ready to celebrate everything Irish with Irish inspired décor from bright green table mats with four-leaf clovers to balloons and leprechaun decorations to make St Patrick's Day loads of fun for everyone.

A sea of green at our social groups met clients who happily arrived in their finest green attire, complete with sparkling hats, feathery scarves and adornments.

Morning tea cup-cakes covered in green icing were devoured in the spirit of fun with many displaying bright green lips until lunch time when a traditional Irish Stew was presented to their delight.

For our clients, it was yet another wonderfully happy get-together at their social group as they embraced the Irish blessing:

May your blessings be more and nothing but happiness come through your door!

It was an awesome day and we wished everyone a happy St Patrick's Day.

*May your blessings be more and nothing but happiness come through your door!*



# AGED CARE *Social* GROUP ACTIVITIES

## SEVENTIES GROOVE ! Dancing Through Memories

The recreation room filled with the unmistakable opening beats of 70's and 80's dance music.

Faces that moments ago had appeared distant suddenly lit up with recognition of the carefully curated playlist of 70s and 80s hits that had once formed the soundtrack to their younger years.

Staff members gently guided people to the centre of the room, where some began to sway immediately, muscle memory taking over where other memories had faded.

Music from their formative years tends to remain accessible even when other memories become difficult to retrieve.

The familiar rhythms and melodies can unlock something profound.

Researchers have found that music engages areas of the brain often spared by cognitive impairment, allowing access to emotional memories that might otherwise remain buried. The physical movement of dancing also increases circulation and releases endorphins, improving mood and cognitive function temporarily.

For this brief interlude, the music had reconnected these individuals with their younger selves and with each other, proving that some rhythms remain ingrained in the soul, unforgettable despite dementia's progression.



# AGED CARE *Social* GROUP ACTIVITIES

## FRANCOIS - Our groups will miss you.

A heartfelt thanks to Francois, whose kindness and generosity has brought so much joy to our social group clients at Casa Aurelia for many years.

At a special gathering on 19 March, clients farewelled and celebrated Francois's incredible contribution, his energy and radiant smile were always welcomed by clients and staff alike.

We will miss Francois but are very grateful for bringing 5 years of warmth, friendship and joy to our clients.

Wishing you the the very best Francois in your next chapter, may it be filled with family, friends, travel and happiness.



# OUR STAFF CELEBRATING *Diversity*

## HARMONY DAY

Harmony Week (18-24 March) is all about inclusiveness, respect and belonging - and what better way to celebrate than by sharing food and culture.

The Co.As.It. team enjoyed a special lunch together, each bringing in a dish from their heritage or of importance to them.

Stories and traditions were also shared, strengthening the bond and diversity of our team.

With 85% of our staff speaking another language, Italian, Portuguese, Greek, Japanese, Arabic and many more, Co.As.It. is proud to reflect Australia's diversity and this isn't celebrated for just one week, it's part of who we are - every day!

We are delighted to share photos from our lunch held in the lead up to Harmony Day on 21 March to acknowledge and celebrate Australia's diversity.



# *Italian* LANGUAGE TEACHING



## ILC STUDENTS VISIT QAGOMA



On Monday 4 March, ILC students of the Advanced and Intermediate levels, accompanied by ILC teacher Paola, were excited to attend a guided tour of the 11th Asia Pacific Triennial of Contemporary Art, all in Italian!

The students thoroughly enjoyed the morning excursion, immersed in the Italian language with their classmates.

It was a unique opportunity for them to experience authentic Italian language 'in action'.

The knowledgeable guide Elena spoke with clarity and passion, making it interesting and fun for the students.

Given the positive feedback, ILC and QAGOMA (Queensland Art Gallery/Gallery of Modern Art) have agreed to establish an ongoing collaboration for future guided tours in Italian.

ILC offers a wide range of Italian courses as well as exciting events and opportunities to be in touch with Italian language and culture - see the ILC website for details <https://www.italianlanguagecentre.org/>



ILC and QAGOMA (Queensland Art Gallery/ Gallery of Modern Art) have agreed to establish an ongoing collaboration for future guided tours in Italian.

# Italian LANGUAGE TEACHING

## CARNEVALE AT ILC AND SCHOOLS WHERE ITALIAN IS TAUGHT

ILC's Aperitivo di Carnevale on 22 February was a vibrant celebration of Italian culture, featuring lively entertainment, delicious food, and traditional maschere.

Sponsored by Italiquire, the event delighted guests with chiacchiere and fine wines. Special guest Luna Angelini Marinucci, Italian Consul for QLD and NT, embraced the festivities dressed as Arlecchina, adding to the fun.

At ILC Playgroup, little ones explored Carnevale through crafts, puzzles, and colorful Arlecchino artwork, making masks with foam, sparkles, and pom-poms.

St Martin's School hosted an engaging Carnevale event, with Year 6 students presenting Commedia dell'Arte characters. Consul Luna shared insights on Carnevale traditions, while students paraded in artistic masks before enjoying a thrilling pasta-eating competition.

At St Columba's, creativity took centre stage with imaginative cardboard costumes, including a Ferrari, Vespa, and Mona Lisa. Consul Luna Angelini Marinucci was met with enthusiastic chants of "Viva l'Italia!" celebrating a day full of culture, community, and fun.

From schools to ILC, Carnevale 2025 was a joyful showcase of Italian heritage.

We can't wait to celebrate again next year!

*Teachers of Italian*

See the ILC webpage to access funded support services available throughout the year for the teaching and learning of Italian in Queensland schools.

<https://www.italianlanguagecentre.org/supporting-italian-in-queensland-schools/>



# Italian LANGUAGE TEACHING

## CARNEVALE AT ILC AND SCHOOLS WHERE ITALIAN IS TAUGHT



# Italian LANGUAGE TEACHING

## IMMERSION CLASSES - Brisbane & Sunshine Coast

ILC's Italian Immersion Days are in full swing this school year, bringing the rich Italian language and culture to primary and secondary schools across Brisbane and the Sunshine Coast.

Recently, Year 5 and 6 students at Sunshine Beach State School explored La Scuola (School), practicing Italian vocabulary and phrases to navigate their school environment.

Meanwhile, St Joseph's in Nundah focused on comparing Italian and Australian school systems. When learning that Italian primary students wear a grembiule and have lots of homework, students agreed: "We're lucky here in Australia!"

Year 8 students at Mount Alvernia College were fascinated by Italy's relaxed school dress code — no school uniforms, and girls can wear makeup and jewellery.

The Year 10 students delved into 'Travelling to Italy', learning about major Italian cities, landmarks, and typical dishes while practicing essential Italian phrases for an imaginary trip to Italy.

Senior students, Year 11 at Mount Alvernia College and Year 12 at All Hallows' School, tackled the challenging congiuntivo (subjunctive mood) to express opinions on topics like friendship, volunteering, and socialization.

This Italian enrichment program is supported by the Italian Ministry of Foreign Affairs, MAECI, making these immersive experiences possible.

For more details, visit ILC's webpage 'Supporting Italian in Queensland Schools': <https://www.italianlanguagecentre.org/supporting-italian-in-queensland-schools/>



# Italian LANGUAGE TEACHING

## PLAYGROUP KIDS CELEBRATE ITALIAN FATHER'S DAY

On Monday 17 March, children attending Playgroup at the Italian Language Centre celebrated Father's Day, called La Festa del Papà in Italy.

This special occasion, on Saint Joseph's feast day (La festa di San Giuseppe), was marked with activities honouring 'papà e nonni' (Dads and Grandads.)

The children created placemats featuring AUGURI PAPÀ! (Best wishes, Dad!) as well as colouring in a 'best in the world!' trophy to be awarded to their dads.

To conclude, the teacher read 'Ti voglio bene, Papà' (I Love You, Dad), a heart-warming story about a father-child bond.

The celebration immersed children in Italian culture while fostering gratitude and love for their dads — a joyful, creative day to cherish.

Playgroup runs at ILC throughout the year and parents can enrol their children aged 3-5 through the link <https://www.italianlanguagecentre.org/girotondo-italian-playgroup/>



# INSIEME



Quarterly Newsletter  
Edition 1 - 2025

