



co.as.it.  
community  
services

# insieme

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02 | 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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## LETTER FROM THE CEO

Coming up in June is another beautiful event that will be held concurrently to not only celebrate the Italian National Day but also our 45th year of service to our community.



Thank you to all the wonderful ladies (and men) who came to support our International Women's Day event recently.

It is so gratifying for us to see our community rally around our organisation and our efforts to create enduring experiences and events that still celebrate our 'Italian-ness'.

Coming up in June is another beautiful event that will be held concurrently to not only celebrate the Italian National Day but also our 45th year of service to our community.

If we think back to how we started at Petrie Terrace with one tiny office, two workers and a kitchen sink stuck on the outside of the premises, it seems almost surreal that

Co.As.It. is a huge organisation that assists 5000 people per week.

It's a living breathing organism, a testament to the hard work of so many workers who developed our meagre beginnings of an agency to a corporate entity, one of which we are profoundly proud.

Thank you to past, present and even future workers who will carry the heritage of Co.As.It. into the coming decades.

Please support us in sharing this celebration, tickets are now available on Eventbrite for what will be a memorable night.

*Dina Ranieri*

### KATHLEEN

Kathleen progressed to the HCP program where scheduled nursing visits were organised on Mondays, Wednesdays and Fridays.



When we are hale and hearty, we often take for granted our quality of life. For others, there are daily challenges that affect every tiny thing they do. Our clinical team sees this day in and day out. We can't praise our nurses enough for their everyday tasks and how much they improve the quality of life for those clients.

Two years ago, Kathleen was referred to us under the CHSP program. She suffered from chronic skin breakdown to her lower legs which often became infected and produced extensive oozing which caused extreme embarrassment.

This made going out of the home unpleasant for her and she was missing out on a lot of living.

Kathleen progressed to the HCP program where scheduled nursing visits were organised on Mondays, Wednesdays and Fridays. During these visits nurses soak her limbs in a healing solution, gently apply multiple creams and double compression stockings.

This regular treatment has given Kathleen a reason to enjoy her life again. She has full healing of the skin to her lower legs and ongoing treatment ensures that the skin integrity doesn't break down.

As a result Kathleen is now free to escort her husband outside of the home without the embarrassment of oozy and malodorous lower legs which used to cause her great embarrassment.

Kathleen credits Co.As.It. for her new confidence and regaining a normal healthy lifestyle for her.



# COMMUNITY AND INDIVIDUAL SUPPORT SERVICES

## HARMONY DAY 2023

Everyone was invited to bring a plate from their cultural heritage and dress in their national costume.



Harmony Day is celebrated annually on March 21st in Australia. It began in 1999, coinciding with the United Nations International Day for the Elimination of Racial Discrimination. Each year, it is marked by people coming together and participating in local activities with the purpose 'Everyone Belongs'.

Some people have morning teas, others organise a fair and some celebrate by dressing in national costumes. It is about community participation, inclusiveness, celebrating diversity, respect and belonging.

At Co.As.It. - where 85% of staff who speak another language - everyone was invited to bring a plate from their cultural heritage and dress in their national costume. We ended up with 53 dishes, each as delicious as the next and there was a lot of learning as we exchanged information on the dishes and their regional location.

The reading of a short presentation highlighted the need to respect each other regardless of origins, language, and heritage.

All of the questions posed were thought provoking, such as:

How many times have you deliberately asked a Latin-American if he or she used to smuggle drugs or be a part of a drug cartel in their country?

Have many times have you changed sidewalks because an indigenous person was coming towards you?

How many times have you considered moving to a different suburb due to the number of refugees living close to you?

A Muslim man constantly asked if he somehow had any association with the Taliban or Isis?

Words can damage your self-esteem, your mood, your relationships. When accompanied by actions they can destroy your life. Let us remember that "We are one yet we are many, and from all the lands on Earth we come."



## ROSLYN'S "CAN DO" ATTITUDE



With appropriate rehab support and her 'can do' attitude, Roslyn has overcome all these setbacks and continues to demonstrate pleasing improvement in her physical condition.

Roslyn has lived with Osteogenesis Imperfecta her whole life. This genetic condition causes osteoporosis (brittle bones) and hearing loss. As a consequence, Roslyn has experienced more than 100 fractures in her life. For those of us who have never broken a bone, it is difficult to even imagine!

As a consequence, Roslyn has joints that are restricted and muscles that are weaker than optimal and she has to be extra careful not to fall. In spite of these difficulties and hurdles, with her perseverance, the tremendous support of her wonderful husband and now the additional benefit of being an NDIS client, Roslyn is enjoying her life. She has been very productive of late, making a beautiful crocheted rug, diamond dot artworks, painting pictures by numbers and card making.

Roslyn has received a big boost due to her NDIS funding. She now has a fit for purpose ensuite bathroom, revolution dining chair (so she can join others at the dining table), a suitable walker, electric recliner chair, adjustable bed and now an iPad for doing online courses such as lip reading!

On top of this, Roslyn has been extremely diligent with her exercise program which is paying dividends. Her gait (walking) pattern has improved immeasurably, and she can now pick up some objects from the floor and navigate stairs.

It hasn't been all smooth sailing though: since commencing physio towards the end of 2020, Roslyn has sustained a number of injuries including fractures to her shoulder, ribs, ankle, and knee cap.

Such is the life of those living with Osteogenesis Imperfecta. With appropriate rehab support and her 'can do' attitude, Roslyn has overcome all these setbacks and continues to demonstrate pleasing improvement in her physical condition. She is a shining example of what the human spirit can achieve with determination and support and we will be there enjoying her success with her!





## OUR COMMUNITY

### CENTENARI!!!

1923: l'anno in cui le donne cominciarono ad indossare i costumi da bagno interi. "Il gobbo di Notre Dame", con protagonista l'indimenticabile Lon Chaney, arrivava nelle sale cinematografiche. Veniva inoltre fondata la Warner Bros.

Quell'anno però, è successo qualcosa di molto più importante: il 1923 ha visto la nascita di Gaetana Zumbo ed Angiolina Cupo che, nella bellezza dei loro 100 anni, fanno parte della grande famiglia del Co.As.It.

Gaetana ha spento 100 candeline il 9 febbraio, seguita a ruota (17 marzo) da Angiolina: due compleanni che sono stati super festeggiati dal personale e dagli altri clienti del Co.As.It.

Storie interessanti, quelle di Gaetana e di Angiolina.

Per la famiglia di Gaetana, l'Argentina è stato il primo paese da esplorare. Fu solo dopo diversi anni che per Gaetana, che aveva abbracciato nel frattempo l'arte del cucito, l'Australia divenne la sua casa, dove ha preso parte alla vita di un figlio, tre nipoti ed un pronipote.

Anche la storia di Angiolina comincia in Italia, ma la famiglia decide nel 1955 di approdare direttamente in Australia, dove hanno aperto un negozio di fish and chips per offrire un futuro stabile ai membri del "Clan Cupo". Angiolina? Cinque figli, 15 nipoti e ben 32 pronipoti!

Il segreto della loro longevità, beh, non è più un segreto, visto che si sono confidate con una delle nostre coordinatrici: vivere un giorno per volta senza troppe preoccupazioni, con un sorriso stampato sul volto, e ricordando che *"avere vicino i propri cari dà forza e ci fa tirare avanti"*.

Angiolina e Gaetana, buon compleanno da tutti noi!



Vivere un giorno per volta senza troppe preoccupazioni, con un sorriso stampato sul volto, e ricordando che *"avere vicino i propri cari dà forza e ci fa tirare avanti"*.



### SMILING AND TRUSTING AGAIN

With support and encouragement she has also become increasingly confident in her awareness that she has the ability to make decisions for herself.



The Mind Wellness Team is pleased to report another successful ending to a challenging situation that one of our current clients had faced for many years.

Joanna (not her real name) had disclosed to one of our counsellors that her husband would subject her to ongoing verbal abuse and threaten to harm her. According to Joanna, the abuse had gone on for most of her married life.

A family meeting was arranged with our counsellor, Joanna and her adult children (who were aware of the current escalation of verbal abuse).

Encouraged by her children and supported by our counsellor, Joanna tearfully divulged a life filled with sorrow and fear of physical retribution at the hands of her husband.

There was a profound relief from all who were at the meeting that Joanna had finally taken the courage to externalise her pent up emotions and fears and take her first step towards emotional freedom.

With support and encouragement she has also become increasingly confident in her awareness that she has the ability to make decisions for herself.

The outcome has been that Joanna has felt empowered to no longer live with her husband, and she is now residing in a retirement village, where her adult children support her and see her regularly.

The most beautiful outcome has been that Joanna has learnt to smile and trust again.





## OUR COMMUNITY

### ROCKPOOL APRE A CARSELDINE

Lo sapevate che Rockpool, una struttura per anziani a 5 stelle, ha da poco aperto le porte nella zona di Carseldine?

Questa struttura di lusso non ha nulla a che vedere con simili strutture, incorporando ben sei diverse comunità che sono in grado di ospitare fino a un massimo di 30 residenti ciascuna.

La più piccola delle abitazioni è più amichevole e personale, e al centro di ogni comunità c'è un salotto comune e la zona pranzo.

Questa struttura favorisce la cura ed il sostegno offerto ai residenti, e crea l'ambiente perfetto per rapporti di vera amicizia.

I residenti hanno la possibilità di scegliere la loro stanza fra quattro stili, e Rockpool favorisce il mantenimento della coppia che entra nella struttura per anziani offrendo, laddove possibile, stanze adiacenti.

Se aggiungiamo anche i pranzi da ristorante di lusso, una sala cinematografica, un caffè e un salone, abbiamo davanti a noi la perfetta sistemazione per gli anziani, il tutto avvolto da una atmosfera di cura e supporto.

Se state cercando una sistemazione per voi o per i vostri cari, forse questo nuovo approccio alla cura per gli anziani potrebbe fare al caso vostro.



## FROM Paddock TO AFTERNOON TEA



Naomi was recently referred to us for Social Support. She lives in a small farm house in the middle of a paddock halfway between Brisbane and the Gold Coast.

When Coordinator Belinda arrived for her first visit, she walked up some old wooden but very sturdy steps to a rustic front door. Calling out for Naomi, no-one appeared to be home but the TV was on and there was a distinct rattle of a bowl and spoon somewhere in the house.

When Naomi emerged she happily invited Belinda inside and they sat and chatted for a while before Naomi admitted she hadn't eaten yet and was a bit hungry.

Belinda's culinary skills were greatly appreciated, even though it was only a slice of toast and a cup of tea, Naomi was delighted by the thoughtful gesture (and let's face it – why does food always taste nicer when it's been prepared by someone else?)

Belinda learned that Naomi was intensely proud of her sons' professional achievements but it also meant that they were so busy with their demanding occupations she couldn't see them often. She said she often felt lonely and a bit isolated as she didn't drive anymore and relied on other people coming to visit her.

When she learned that she could use our weekly support services to go out and spend time with a worker to do 'fun' things like go to afternoon tea, go to medical or bank appointments and even participate in social activities again. Naomi showed such gratitude that her emotional response and appreciation made a huge impact on Belinda.

Naomi happily goes out every week now and she doesn't have to rely on her very busy sons as much.

Belinda expressed that *"In the day-to-day running of our tasks in the office, we sometimes get very rushed and very focused on the next task in front of us, but seeing and experiencing firsthand how we can make such a big difference in our client's life with the services we provide reminds us of why we have made the decision to work in this field - and it fuels our motivation... a lot."*



## CIAO PROGRAM

# HOME MADE PASTA FOR EASTER

Easter is a favourite time for Italian families to get together and celebrate Italian traditions and food is always at the centre of all Italian gatherings and events.

Women traditionally spent many hours in the kitchen preparing the family feast and freshly made pasta was always a must-have at family gatherings. It was common for pasta making skills to be passed down from generation to generation and it became evident recently that this tradition is still strong today.

Rockpool Aged Care at Carseldine is maintaining linkages for their residents' Italian culture and language by providing the CIAO program twice monthly.

This month, our Activity Officer Giada facilitated pasta making with the residents and the facility was only too happy to arrange for the ingredients and to cook the pasta for lunch once the residents had finished making it.

Family members were invited to attend and in one family, four generations of women participated in the session, nonna, daughter, granddaughter and great granddaughter!

The pasta made by the Italian residents was served to them for lunch with a glass of red wine to complete the meal. Maria's daughter generously made the sauce for the pasta and there was much discussion about how much flour and eggs should be in the recipe.

With much merriment, the residents took it upon themselves to be Masterchef judges and critiqued the sauce (quantity or lack of) and what cheese would be best (parmesan or pecorino) to sprinkle on the pasta. The only unanimous vote was that the red wine was excellent!

Rockpool Aged Care at Carseldine is maintaining linkages for their residents' Italian culture and language by providing the CIAO program twice monthly.





# COMMUNITY VISITORS SCHEME

## CVS ON AIR AND BLOWING OUR TRUMPET!

The 15 minute live interview took place at the ABC studios at Southbank and CVS Coordinators Sarina and Luisa, together with Colombian volunteer visitor Katherine were guests on the show.



Co.As.It. marketing team arranged a guest interview on the ABC radio's morning show with Rebecca Levingston recently. This was a bit exciting! We were asked to talk about our novel idea of promoting volunteer visiting in the community with our 'Adopt a Nonno or Nonna' initiative that has been promoted under the CVS program.

The 15 minute live interview took place at the ABC studios at Southbank and CVS Coordinators Sarina and Luisa, together with Colombian volunteer visitor Katherine were guests on the show.

Rebecca asked about the importance of human connection and friendship and how loneliness affected an older person's overall well-being. Sarina stressed heavily the urgent need for more volunteer visitors in the community and how demand for 'friends' for older people was always high.

Katherine visits a Spanish speaking 'nonna' who lives in an aged care facility and she spoke about how they had developed a wonderful connection. She said that her Spanish 'grandparent' idolises Rafael Nadal and even has a large poster of him over her bed and that *"she frequently commented on his good looks!"*

Katherine also spoke about why she decided to become a volunteer. After experiencing isolation during the pandemic being far from her home and family in Colombia, it was particularly challenging for her to maintain connectivity with others.

She felt the acute need to have someone call or visit her when she felt so isolated and lonely and she wanted to make sure her time to visit could make a difference to another person's life.

## ALLIED HEALTH

### THREE HAPPY CLIENTS

Physiotherapy services have been available for Co.As.It. clients at Amici House since 2021. This is a lovely space and many clients take time for a quick coffee and chat at the café after their session.

Just out of interest, we now provide dry needling treatment using acupuncture needles and our clients are feeling genuine relief from pain. If you've got a nagging pain and you have a referral for physiotherapy, give us a call.

Let's meet three happy clients who come to Amici House for treatment.

#### GRAHAM

Graham experiences chronic back pain and sciatica. Following a fall in 2020, Graham's mobility and balance have been significantly impacted. Graham undertook physiotherapy at Amici House, and now currently has no sciatic pain and his back pain has significantly reduced. Graham continues to attend our physiotherapy clinic at Amici House for on-going therapy.

#### GAIL

Gail receives Physiotherapy treatment at Amici House for her neck and back pain. Gail has said that she always feels comfortable discussing any questions regarding her treatment and care. Gail enjoys engaging within the warm social environment of Amici House, and has recently decided to start doing Latin dance classes which are on offer at the centre.

#### RON

When Ron was a teenager, he fell from a roof sustaining a crush fracture to his thoracic spine. Several years later, while playing competitive rugby league, Ron fractured a vertebrae in his neck. As a result, Ron still experiences back pain. Physiotherapy treatment assists Ron in the management of his back pain. After his Physiotherapy sessions, Ron regularly enjoys having a coffee at the Café, within the warm and friendly social setting of Amici House.



# *Italian* **GALA**

**CELEBRATING ITALIAN  
NATIONAL DAY 2023**

**SATURDAY 3<sup>RD</sup> JUNE**

**6.00pm | Plaza Terrace Room**  
Brisbane Convention & Exhibition Centre

**\$230 (Incl. Dinner + drinks)**  
Tickets via Eventbrite or Phone 3624 6100

MC: Rosanna Natoli  
Entertainment by: The Italian Connection Band  
Lounge Suit | Cocktail Attire

under the auspices of the Italian Consulate in Brisbane



Consolato d'Italia  
Brisbane



# QUEENSLAND COMMUNITY SUPPORT SCHEME

## HAMDI



Hamdi was referred to Co.As.It's QCSS program in August 2022 to provide Community Connection Supports.

Unable to speak English, Hamdi also lives with impaired mobility which stops her from safely accessing public transport and participating in activities in her local community.

With QCSS funding, her support worker Deb assists Hamdi with transport to attend social outings and every Wednesday morning she is delighted to be able to go to the local leisure centre where she loves to swim.

This low impact activity strengthens her mobility and physical health and an activity that she specifically requested to do.

Being able to join in wider community activities that interest her has not only been a bonus for Hamdi's wellbeing, it has also fostered greater confidence in her making independent decisions about how she wishes to live her life.

Building capacity in our clients is vital and underpins the aims of the QCSS program. Keep up your amazing efforts, Hamdi!

# 2023 INTERNATIONAL WOMEN'S DAY



Co.As.It. brought an excited community together on Saturday March 11, in a memorable event to celebrate International Women's Day.

The event staged at the Greek Club echoed the fresh colours of the Mediterranean, tables decked out in shades of cerulean blues, citrus yellows, bright reds and verdant greens, as VIPs, guests, and staff honoured the advances and the crucial work carried out by women in the community services industry.

Hosted by well-known TV personality Kim Skubris, the event highlights were the fashion parade, generously staged by Laura Churchill (Brisbane Fashion Month), and the dozens of raffles which always attract great attention and support from our guests.

With proceeds going towards Co.As.It.'s Dementia Support and Mind Wellness Programs, there were many happy winners who received wines, store vouchers and hampers, among other prizes.

In a touching speech, Brisbane's Lady Mayoress, Nina Schrinner, singled out the importance of organisations such as Co.As.It. *"We cannot underestimate the importance of organisations like Co.As.It., they are the white knight coming over the hill to help,"* Lady Mayoress said.

Minister for Education, Minister for Industrial Relations and Minister for Racing, Hon Grace Grace MP reinforced the necessity of 'Embracing Equity' - this year's theme - and praised the work conducted by Co.As.It.

*"We need to continue to embrace equity to be sure women and men have an equitable challenge in life and the ability to grow,"* the Minister said.

Cr Vicki Howard, Central Ward's first female Councillor elected in 2012, affirmed that Co.As.It. stands for the ability to connect people through their language.

*"The organisation has the ability to help people in their own language. This is just so important,"* Cr Howard said.

Through a recorded video, the Consul of Italy in Brisbane, Dott.ssa Luna Angelini Marinucci, regretted not being able to participate in the event but emphasised the strength of women in the 21st century and the importance of the work done by Co.As.It. within the community.

All of these sentiments were echoed by Co.As.It. CEO Dina Ranieri. *"As we are an organisation that looks after the elderly and those with a disability, we attract a lot of females because they are the ones who have that caring nature. With over 400 staff of whom more than 85% are women, it makes us realise we are a force not to be taken lightly."*

*"Today, we celebrate women's incredible achievements and renew our commitment to gender equality. We remember the sacrifices our past strong and determined women made to ensure we would be treated equally and not be put aside and forgotten."*









## ART

All Levels - Block Fee - \$60  
Block of 4 Classes

Mondays 10am-12pm



## LATIN DANCE

Professional Teacher - \$20  
Block of 4 Classes

Wednesdays  
9am-10am  
10am-11am



## STAY ACTIVE

Over 60 years old  
Spare Your Time for Fun

Limited times and days  
Contact us for more info



## TECHNOLOGY

All Levels are Welcome - \$20  
Block of 4 Classes

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

Bookings are  
Essential

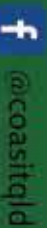
Join Our Classes



# WHAT'S ON?



Annici House  
294 Bracken Ridge Road,  
Bracken Ridge





## NOURISHING THE SOUL

Meet our Women's Group - \$10

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



## COMMUNITY CAFE

Delicious Food for All Tastes

Monday to Friday  
7am-3pm  
Group bookings welcome



Bookings are  
Essential  
Join Our Classes

## WHAT'S ON?



## SOCIAL GROUPS

Over 65 years old  
Gov. Subsidised Contribution Applies

Every Thursday  
My Aged Care Eligibility

*Amici House*



## YOGA

BYO bath towel

Fridays

8:00am-9:00am

10:30am-11:30am

Yoga Chair

BYO Mat

[www.coasit.asn.au](http://www.coasit.asn.au)

07 3624 6100 (Main Office)



# LA DEMENZA



Le persone afflitte da demenza spesso ripetono le stesse azioni, pongono le stesse domande, dicono le stesse cose, senza rendersene conto. Questi comportamenti causati dalla demenza sono purtroppo molto comuni e sono anche causa, spesso, di momenti di frustrazione per chi si prende cura di loro.

Come abbiamo detto, le persone afflitte da demenza non si comportano così per dare noia. Con il progredire della malattia, assistiamo anche ad un purtroppo inevitabile cambiamento a livello cerebrale che a sua volta ha il potere di modificare la personalità, la memoria e gli sbalzi di umore.

Quello che conta comunque è che sono ancora in grado di rispondere agli stimoli e che si ricorderanno sempre come vengono trattati, con amore, gentilezza, e interazioni positive.

Le seguenti strategie potrebbero aiutarvi a gestire meglio questi a volte repentini cambi di comportamento ed umore. Purtroppo, nessuno può garantire che tutte queste idee funzionino: quello che conta è che, nonostante i risultati ottenuti, la risposta da parte vostra sia sempre positiva e non di attacco, visto che un approccio gentile e rispettoso può ridurre drasticamente il livello di ansia e di conseguenza modificare, in senso positivo, il comportamento della persona.

Per ulteriori informazioni vi invitiamo a visionare i nostri video sul canale YouTube del Co.As.It.  
(<https://www.youtube.com/watch?v=BfFg5U3ZwHk>)

### **Andate da qualche parte?**

Vi consigliamo di evitare di parlare di un qualcosa che succederà più avanti nel tempo. Anche se il paziente non ricorderà di cosa si tratta, l'argomento rimarrà nella sua mente, incompleto, e l'attesa potrà essere causa di ansia, agitazione, e perfino paura, tutti sentimenti che verranno esternati dal paziente in domande continue ed altre azioni eseguite per cercare di ridurre il livello interno di stress. Informate la persona dell'appuntamento o della visita al momento giusto, quando ci si dovrà preparare. Non lasciate le chiavi della macchina, borse o regali in vista, in quanto questi oggetti possono essere causa di ansia e generare domande.

### **Usate stimoli visivi**

Per aiutare una persona afflitta da demenza a capire quali attività giornaliere dovranno essere svolte, potreste usare un programma spiegato con immagini – uno stimolo visivo può essere collegato ad una determinata azione, e di conseguenza facilitare la giornata al paziente.

### **Usate delle distrazioni**

- Se le spiegazioni sembrano non funzionare, tentate di distrarre il paziente con altre cose non associate a quel momento: una camminata, qualcosa da mangiare, una attività particolarmente apprezzata possono "sganciare" la mente dal problema presente.
- Cercate di rassicurare il paziente il più possibile, mostrando un collegamento fra le loro emozioni e dubbi ("cosa faccio oggi?") e le vostre risposte.
- Evitate di ricordare al paziente che a quella domanda è già stata data una risposta – questo creerebbe solamente un senso di frustrazione ed umiliazione.
- Se vi trovate di fronte ad azioni ripetitive, offrite al paziente qualcos'altro da fare di manuale, come ad esempio una palla di gomma di stringere, le mollette da dividere, o dei panni da piegare.

**Ricordatevi comunque che la demenza può colpire chiunque e chiedetevi: come vorrei essere trattato dai miei cari?**



# HOME CARE PACKAGES | BRISBANE

## LLEW

Llew was finding it increasingly difficult to access his home via the back patio and he did not feel safe using the ramp at the front door which had been originally installed for his wife.

After discussing his concerns with his (HCP) Care Services Coordinator, a referral was made for an Occupational Therapist to do a home visit and assess his needs and then recommend options for home modifications that would make it safe for Llew to move around.



The OT recommended custom-made steps and a handrail to assist Llew to enter and exit the patio area, and another handrail was positioned along the front door ramp, so now he is able to hold onto the handrail when going up and down the incline.

Llew had accumulated funds in his HCP package and was able to pay for the Occupational Therapist, assessment and equipment. He stated *"I am very pleased with the equipment which gives me security and now I feel safe to walk outside my home. I am very PLEASED!"*

# GOING THE EXTRA MILE TO KEEP JUNE AT HOME

We are thankful that June is comfortable with her package care and has started to live her life on her own knowing that she has a strong network of support behind her.

When June's husband was taken to hospital, she was sadly told he would not be going home again. After having been married to James for 70 years she knew that life would never be the same once he was gone.

Things were going to change drastically. She didn't know how she was going to manage, but of one thing she was certain - that she wanted to stay in her home.

Preparing for the inevitable, June's family was very supportive and made long term plans with Co.As.It. to ensure a range of supports would be ready for June when she finally needed them.

It was decided that meals would need to be provided to ensure June was eating as there would be little motivation to cook during this tough period. A personal alarm was to be purchased to ensure June was safe when no-one was home.

Weekly shopping trips would not only provide groceries but also give her an opportunity to interact with the wider community.

Above all we wanted to ensure that June would feel comfortable with her support staff so her husband's support workers took great care to form a strong relationship with her, knowing that her confidence would be boosted by having familiar faces around her.

When James passed, we had her home care package accepted, her support staff assigned, and her services in place within 3 days.

We are thankful that June is comfortable with her package care and has started to live her life on her own knowing that she has a strong network of support behind her.





## AGED CARE | SOCIAL ACTIVITY GROUPS

### STRAYA DAY (AUSTRALIA DAY) 2023

It may have been a couple of months ago but our social activity centres went all out to celebrate Australia Day. All of the centres were decked out with Aussie flags and other Aussie icons but at the Gold Coast, preparations began in earnest weeks before!

All of the clients helped to create beautiful decorations, one group was asked to paint a large canvas each, without knowing what it was. They had a blast when we put all of the pieces together - they discovered a colourful Ayers Rock with a tennis court and an Italian flag on top! The others group painted some of Australia's most popular animals such as kangaroos, koalas, platypuses and echidnas to decorate the centre.

Tucker was Aussie BBQs with some delicious sausages and patties and the music reflected true "Ocker" songs in the background, like Waltzing Matilda, Under Southern Stars and Down Under.

But that's not all: in keeping with the Aussie love of sport, an indoor cricket match was held, other centres in Brisbane held bowling tournaments, indoor volleyball games and ball toss competitions. A most popular event was 'Toss the thong into the esky' bout which created hoots of laughter but little success in hitting the esky!

Clients are always game to get into the spirit of the games and it was a very happy week for all!





## GROWING STRONGER

Our delightful Social Group at our newest centre Amici House at Bracken is growing at rapid speed.

When Amici House opened 18 months ago our Social Group consisted of just eight clients who were our original Narangba clients. Today, we are so pleased to say that the weekly attendance on Thursdays stands at 40 clients and is growing in popularity each day.

Some of the activities enjoyed at Social activity Groups include:

- Chair exercises and games
- Visits from the children from the local kindergarten
- Entertainment by a community choir and a ukulele band
- Card and board games and the very popular bingo

Family members comment on the increase in independence of their loved ones who return home happy to share stories and memories of the day.

One client, Fay, tells everyone how reluctant she was to come to the social activity group initially and has since had some friends join her on the day. She says that group has changed her life and is the highlight of her week.

Another client who lives with cognitive impairment is able to recall her day spent at the group even after one week. Her daughter is amazed that she can now do this.

Our newest client expressed how welcoming the staff and clients are. They are one big happy family!



# AGED CARE BRISBANE | SOCIAL ACTIVITY GROUPS

## EASTER TOGETHER! (AND OTHER EVENTS)

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

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

In the past few months, the green colours of the Irish St Patrick's Day have graced our centres, decked out in clovers and myriad colours of green, quite a lot of green on our clients too actually. All of the clients became bonny 'Paddys' for a day.

Mind you, they had just celebrated 'heart'-en-ing Valentine's Day with pink and red flowers of joy, love and romance, all accompanied by specific food in theme for these traditional cultural events. The foodies were agog!

Then the Easter season kicked off and everyone was in a tither about the big chubby rabbit that doles out those delicious chocolates – thank goodness Diabetes Week is in June – ahem... not a worry this month!

That rotund little fellow with the big ears never misses an opportunity to make an appearance and snag a photo with the clients who eagerly wait for their little egg!





### OH, THE ENGLISH LANGUAGE..



Ever heard an expression and thought “How did they come up with that?”

Well, here are some great little historical facts from the 1500s:

Floors were dirt. Only the wealthy could afford something other than dirt, hence the saying “**dirt poor**”.

The wealthy had slate floors but these would get slippery in the winter when wet, so to help keep their footing they used to spread thresh (straw), adding more thresh as it got old. Unfortunately, when you opened the door all the thresh would start slipping outside so they placed a piece of wood at the entranceway, hence a “**threshold**.”

In those days, they cooked in one pot always hung over a fire. Every day they lit the fire and added things to the pot, they ate mostly vegetables and not much meat.

They'd eat the stew for dinner, leaving leftovers in the pot to get cold and then start over the next day. Sometimes the food may have been in there for quite a while. Hence the rhyme, “**peas porridge hot, peas porridge cold, peas porridge in the pot nine days old**”.

Bread was divided according to status. Workers got the burnt bottom of the loaf, the family got the middle, the guests got the top or “**upper crust**”.

Houses had thatched roofs, (thick straw) piled high. There was nothing to stop things dropping through and this posed a big problem in the bedroom where bugs and animal droppings could easily mess up the beds.

Hence, a bed with big posts and a sheet hung over the top afforded some protection. That's how canopy beds came into existence!

And just for kicks..

You'll remember that you forgot to put the bins out when the garbage truck is two doors down.

Celibacy is not hereditary.

If everything seems to be going well, you obviously don't know what the heck is going on.



# AGED CARE BRISBANE | SOCIAL OUTINGS

## GARDENERS DELIGHT!

We have clients from both the Gold Coast and Brisbane who are avid gardeners, but let's be frank, many of them only plant things they can eat! Practical and nutritious, but not so much for ornamental purposes.

On a recent social outing these gardeners were delighted to run a gimlet eye over the Council's gardening efforts at the Roma Street Parklands recently.

Most of the clients had never been to visit the 11 hectare site and it was a beautiful day to really enjoy the setting.

Of course the gardens were deemed quite acceptable, despite not having any eggplant or zucchini plants nor lemon trees in evidence. Having said that, the clients did agree that the two waterfalls and the small lakes were quite impressive and they were quite relaxing to watch.

We're sure that a client or two will decide to put in a small water feature soon, but hang on, this will no doubt bring birds and animals to drink and then they'll eat the vegetables, so our reckoning is that any water feature will only be a temporary structure.

In any case they thought the Council did a satisfactory job and this appreciation was in full discussion on their way to either the Kurrawong Beach Club or Woody Point for lunch where more discussion ensued about what to plant and eat next season!





### NEITHER SNOW, SLEET OR HEAT

There was some very hot weather a month or so ago but that didn't stop our intrepid travellers from venturing out into the awful humidity. After all, there was still fun to be had or so they thought.

On what seemed to be the most humid, uncomfortable two days of the year we took two buses of clients to Dayboro Bakery in the historic little town of the same name and then onto Bribie Island RSL for a spot of lunch and whatever activity took the heart of the clients.

On arrival at the Dayboro bakery, we enjoyed freshly baked sweets and savouries, together with our much anticipated barista coffee. The humidity was dreadfully

punishing but the clients' enthusiasm to explore the arts and crafts section was rather surprising, we later learned they had discovered the place was frigidly air conditioned. So much for art appreciation!

The trip to Bribie Island was cool, after all the bus was also air conditioned and on arrival at Bribie everyone relaxed with a refreshing lunch and then went off to play pokies, board games or cards.

The heat was oppressive but some spirits were still willing so a few more energetic souls took a brief walk - to nowhere it seems because they soon returned as if they were escaping the fires of hell.

The pavement was undulating in heat waves and there was evidence some of them had left melted soles on the asphalt, another typical summer day in Australia.

On the way home, we sang and talked about our younger days when going to Bribie meant large baked pasta dishes, 'cotolette', wine and big watermelons the whole family got stuck into, truly blessed memories.

Despite the dreadful lethargy caused by the intense heat, everyone was still asking about the next trip. Antarctica is looking very appealing at the moment, we're told.



# ITALIAN LANGUAGE TEACHING

## PASQUA CON GIGI!



I bambini che hanno preso parte alle giornate finali del primo trimestre il 27 e il 3 marzo hanno scoperto che il "Coniglietto" aveva fatto loro visita e che aveva lasciato dei regali per tutti.

Prima che questi venissero distribuiti, i bambini e la loro insegnante Francesca hanno avuto tempo di completare diverse attività pasquali. Il tempo è letteralmente volato, e il trimestre è giunto a conclusione.

Prima di andare via, i bambini hanno ricevuto in regalo una borsina con dei regalini di Pasqua e un libretto, in italiano, dal titolo *"Gigi, è Pasqua!"* che racconta le fantastiche avventure di Gigi il coniglietto.

Molti bambini erano così contenti che non vedevano l'ora di andare a trovare i nonni per leggere assieme le avventure di Gigi.

Per maggiori informazioni, vi invitiamo a visitare il nostro sito:

<https://www.italianlanguagecentre.org/girotondo-italian-playgroup/>





## ITALIAN WINE AND CHEESE NIGHT



Friday 31 March saw everyone at ILC in a flurry of activity preparing for the inaugural Easter Wine and Cheese event.

President of Co.As.It. Cav. Nereo Brezzi opened the proceedings welcoming Co.As.It.-ILC CEO Cav. Dina Ranieri as well as Cav. Fil d'Arrò from Italiquore who presented the wines available for sampling.

Soon the over 70 guests present were enjoying renowned wines like Corte Camari Nero d'Avola (Sicily), Poggio Maru Vermentino Salento (Puglia), Castello di Radda Chianti Classico (Tuscany), Valdobbiadene Prosecco Superiore (Veneto).

The wines were perfectly matched with delectable cheeses like Grana Padano, fontina and gorgonzola.

Toward the end of the evening the "colomba" – the traditional Italian Easter cake - was served with an exquisite sweet red wine Conterro Brachetto di Aquir (Piedmont).

The next wine and cheese event will be held in November.

Keep consulting the ILC website [www.italianlanguagecentre.org](http://www.italianlanguagecentre.org) for updates.

# ITALIAN LANGUAGE TEACHING

## VISIT FROM THE ITALIAN AMBASSADOR

On Monday 20 February 2023, ILC proudly welcomed to the Lutwyche head office, His Excellency Paolo Crudele, Italian Ambassador to Australia.

Thanks to funding received from the Italian government (MAECI - Ministero Affari Esteri e della Cooperazione Internazionale) Co.As.It.-ILC has long been involved in supporting the teaching and learning of Italian language and culture in Queensland schools.

Accompanied by Consul of Italy for Queensland and Northern Territory, Dott.ssa Luna Angelini Marinucci, the Ambassador met with Co.As.It.-ILC CEO Dina Ranieri, President Nereo Brezzi, the Board of Directors as well as the ILC Team.

ILC staff members were keen to convey to the distinguished guests the latest developments regarding the funded ILC program which supports Italian programs in over 70 Queensland schools where over 27,000 students study Italian language and culture from prep through to Year 12.

The Co.As.It.-ILC and MAECI partnership has successfully promoted the dissemination of Italian language and culture throughout Queensland for over 40 years - long may it flourish.





# Servizi comunitari per anziani e giovani bisognosi di sostegno.

**Avete bisogno di aiuto nei lavori domestici?  
Avete bisogno di aiuto per cucinare?  
Volete incontrare nuovi amici?  
Assistete qualcuno a domicilio e  
avete bisogno di aiuto?**

Il Co.As.It. Community Services fornisce assistenza alle persone anziane e ai giovani dal 1987 e il nostro personale esperto e qualificato è capace di prestare un servizio culturalmente e linguisticamente adeguato.

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

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

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



Contattate il nostro centro al

## 3624 6100

per ulteriori informazioni



Australian Government  
Department of Health and Ageing

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