



**COMBINED EDITION  
OCTOBER 2020 - MARCH 2021**

## in this edition:

- death as part of living
- staying active after 65
- a true friendship is good for the soul
- safe travel.. no passport required
- and much more

# OUR VISION

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

# OUR VISION

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



CO.AS.IT. COMMUNITY SERVICES LTD.

35 dover street | albion qld 4010  
po box 59 | albion bc qld 4010  
tel: 07 3624 6100 | fax: 07 3624 6185  
mail@coasit.asn.au | www.coasit.asn.au

insieme  
edition # one - march 2021

articles + editing | nella alba-calabrese  
layout | puntoitalia Pty Ltd [support@puntoitalia.com | www.puntoitalia.com]

Published four-monthly, INSIEME welcomes any contributions from readers and Co.As.It. members. Unless otherwise instructed, submitted articles and photos will not be returned. All rights reserved. INSIEME would like to thank and acknowledge the staff and members for their continued support and contributions to this publication.

#### DISCLAIMER

Co.As.It. merely provides advertising space in the pages of this publication.

While Co.As.It. takes all reasonable care in compiling the advertisements in this publication, it makes no warranties in relation to the quality, suitability, safety or legality of any of the terms or services advertised on these pages. All advertisements are accepted in good faith, however Co.As.It. does not warrant the accuracy or truth of any representations contained in these pages. Co.As.It. does not represent or warrant the items or services, advertised and the reader should make its own enquiries prior to relying on them.



Well I'm glad that year is over, someone remarked to me that "We should all ask for a refund on 2020 because that version had a virus."

It is the first time I have been able to smile at something Covid related but I wish it were that easy. As we continue to face down mini-lockdowns, at least we have become resigned to our new sense of 'normal' and have found better coping strategies to deal with the isolation.

Although, last year some successes were celebrated. I wish to share the amazing outcome of our recent Audit undertaken by the Aged Care Quality and Safety Commission.

Co.As.It. successfully met all the 8 Standards and the 42 requirements that form part of these Standards. This is a great achievement and we are very proud of our sterling reputation within the industry. All of our office and community care staff contribute every day to the success of this organisation and I wish to thank each and every one of them for their work excellence.

Regrettably, due to possible ongoing Covid restrictions, we had to cancel our annual International Women's Day event, usually held in March. This was a disappointment for us, however we look forward to a bigger, better celebration in 2022.

Our Migration Brotherhood Calendar 2021 has been recently released and is available at our offices.

Don't miss the funny and sad quotes from the men featured in the calendar. We are now in the process of creating a book that covers more comprehensively the stories of Italian men who migrated to Queensland.

Our social groups have re-opened and the social outings have also resumed. Enquire through our office if you are interested in those activities, we look forward to welcoming you.

Remember that not only does Co.As.It. look after the elderly but we are also becoming well-known for our NDIS services and community support services to those under 65 years of age who live with various illnesses and unable to cope with daily activities.

We also look forward to officially opening our new centre at 294 Bracken Ridge Road, Bracken Ridge.

The centre will be known as 'Amici House' and will provide essential centre-based respite, social activity groups, allied health services and, of course, a community café.

We will keep you informed on the opening dates and come and visit us if you are in the area.

Happy reading!

*Dina Ranieri*

## PASTI CULTURAMENTE ADATTI PER GLI ANZIANI

**I MENU VENGONO OVVIAMENTE  
QUANTIFICATI A LIVELLO DI SPESA,  
RIENTRANO IN PARAMETRI STABILITI  
PER IL NUMERO DI CALORIE, E SONO  
STATI CREATI PER SODDISFARE LA  
MAGGIORANZA DEI RESIDENTI.**

A seguito di numerose richieste giunte da parte delle famiglie degli italiani residenti al Regis di Lutwyche riguardo la scelta dell'alimentazione, il personale del Co.As.It. è stato invitato a prendere parte ad una riunione organizzata appositamente.

Il Regis ospita al momento più di 60 italiani e il Co.As.It. è grato per aver potuto offrire un input sui bisogni di questo grande gruppo allo Chef Stuart e al manager Qi.

Il Regis di Lutwyche ospita anche altri clienti di origine non anglofona, ma il gruppo italiano è senza dubbio il più numeroso e raggiunge il 30% del totale.

Nonostante la dimensione del gruppo, è subito apparso chiaro che cambiare il menu era una impresa praticamente impossibile dal punto di vista logistico.

Stuart ha spiegato al gruppo che, nonostante sia chiaro il bisogno di personalizzare il menu - per venire incontro alle esigenze e ai diritti dei clienti - tutti i menu vengono creati a Melbourne e spediti in tutta Australia.

I menu vengono ovviamente quantificati a livello di spesa, rientrano in parametri stabiliti per il numero di calorie, e sono stati creati per soddisfare la maggioranza dei residenti.

Per apportare cambiamenti a questi menu, ha proseguito Stuart, bisognerebbe ottenere l'approvazione da Melbourne, impiegare personale aggiuntivo e il reperire i vari ingredienti necessari aumenterebbe i costi in maniera esponenziale.

Il gruppo ha quindi deciso di trovare una maniera "creativa" per fare apparire i menu un po' più all'italiana.



La pasta appare nei menu abbastanza di frequente, tenendo conto che a non tutti piace - e il Co.As.It. ha dato a Stuart un libro di cucina italiana. Stuart ha promesso che inserirà ingredienti tipicamente italiani quando possibile.

Intanto, sono apparse sui tavoli bottiglie d'olio con l'aglio, che i residenti possono usare per condire le verdure, che di solito sono lesse.

Stuart sa che per gli italiani il pranzo di mezzogiorno è quello più importante e che qualche cambiamento potrebbe essere apportato.

Il Co.As.It. ringrazia caldamente il Regis di Lutwyche per il loro desiderio di lavorare in cooperazione e speriamo che anche qui, come alla St Vincent's Care di Carseldine, i residenti possano godersi un pranzo all'italiana una volta al mese.



## CULTURALLY APPROPRIATE FOOD FOR SENIORS



Following a large number of requests from the families of Italian residents living at Regis Lutwyche about their food needs, Co.As.It. staff was recently invited to attend a 'Food Focus' meeting at the facility.

With over 60 Italian residents living there now, we valued the opportunity to provide feedback to the Chef - Stuart, Manager - Qi and residents about the cultural food needs of this large group of residents. Regis is also home to many other people from different cultures, however the Italians number over 30% of the total population.

Despite having this large cultural group, throughout the discussions it soon became evident that it was just not logistically possible for Stuart to organise.

Whilst we collaborate to meet the needs of this cultural group as outlined under the Aged Care Act, there are a few limitations.

Stuart explained that although he understood the requests for specialized meals, all of the menus at Regis are planned in Melbourne and these menus are distributed to their facilities Australia wide.

The menus are costed, calorie controlled and are suitable for the majority of residents living in their facilities. To change these menus involves seeking approval from Melbourne, extra staff to cook meals

the Italian way and sourcing Italian ingredients that could blow out the food budget. So we tried to find creative ways to make the existing menu a little more "all'italiana."

Pasta is on the menu as frequently as Stuart can organize it (keeping in mind that not all the other residents like pasta!).

We provided a simple Italian recipe booklet that Stuart says he is happy to incorporate some Italian ingredients wherever possible for his Italian residents.

Best of all, he is going to infuse olive oil with garlic and place bottles on the dining tables so that the Italian residents can season vegetables which are normally steamed.

Stuart is also aware that Italians do not normally have salads for dinner and that their main meal is at lunchtime, things that can be taken into consideration.

We thank Regis Lutwyche for their willingness to work with us, we hope that like St Vincent's Care Services at Carseldine, with our collaboration, Regis may be able to provide the residents and their family members with a full Italian meal on a monthly basis.

## THE MIGRATION BROTHERHOOD 2021 CO.AS.IT. CALENDAR

A wonderful calendar for 2021 created by the CISS program called the Migration Brotherhood has been recently released that highlights the migration experience of a number of our men clients.

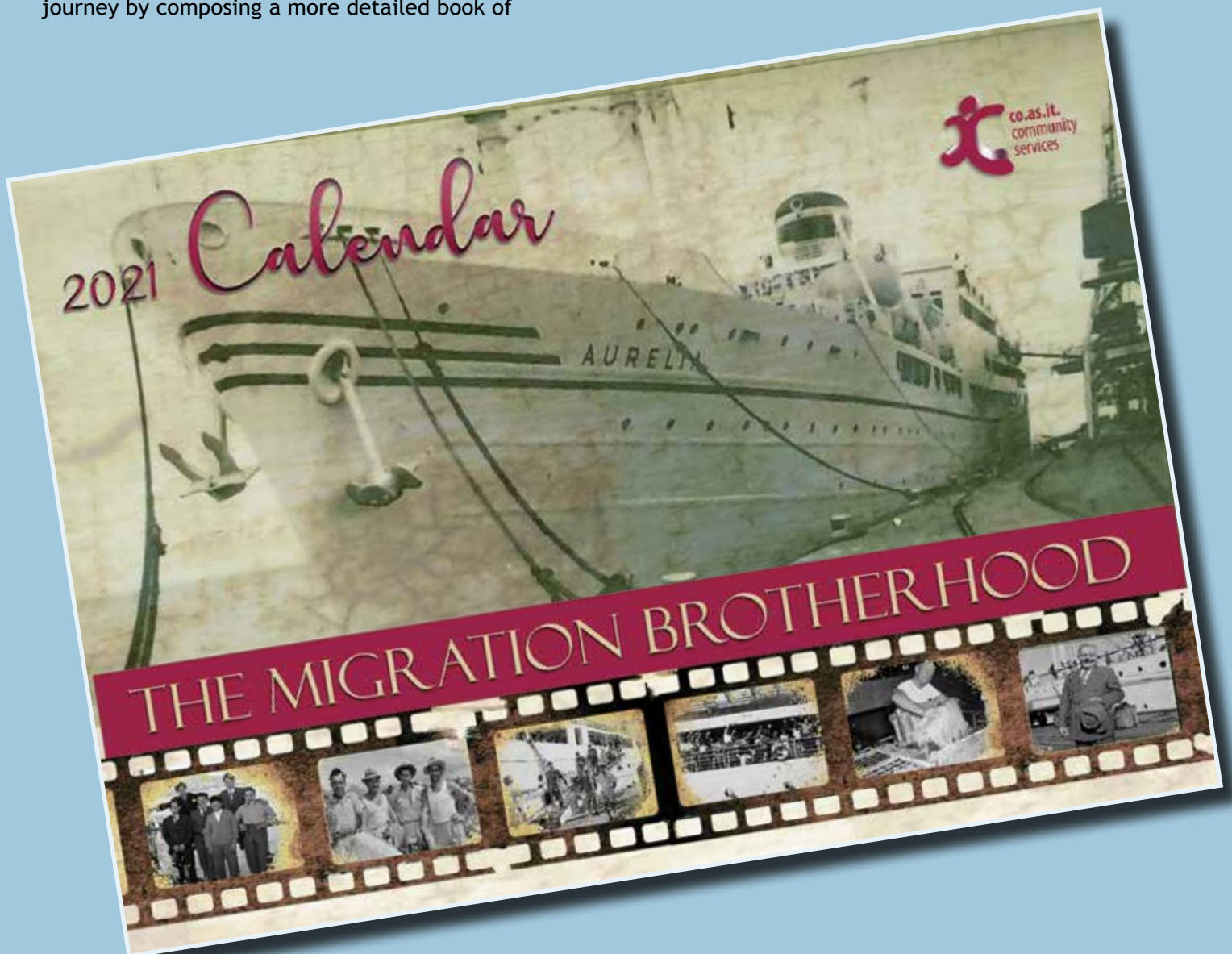
Anecdotal comments, old photos and migration pictures feature in the edition which is currently available at our Brisbane and South Coast offices for free.

This year we are following on their migration journey by composing a more detailed book of

a number of men's migration history and we are looking forward to putting this together.

Despite many men arriving in Queensland well before their wives and families, there is little written history about their experiences, adventures and difficulties in adapting to their new country.

These are stories that we wish to preserve, so stay tuned for this new edition!





## GIROTONDO PLAYGROUP TERM 3 PICNIC!

During the 8-week term of 2020, playgroup teacher Laura took the children through the parts of the day: *mattina, pomeriggio, sera, notte*. During the '*notte*' part a delightful poem learned by the children ended with the words 'stringo il mio orsacchiotto vicino, vicino...'

Of course, everyone then wanted to bring in their very own 'orsacchiotto', and on the last day of Term, all the 'orsacchiotti' were welcomed too and everyone enjoyed a delightful Teddy Bear's Picnic.

As 2020 drew to a close, there was much to celebrate at the final session of Girotondo Italian Playgroup.

Carrying on the tradition which has been going for many years now, the CISS program officer, in collaboration with ILC, arranged for Babbo Natale

(Santa Claus) to make an appearance on the occasion of the end-of-year closure of the playgroup activities. The children performed and sang for a delighted audience of parents, grandparents and teachers.

After the concert the children were told to listen for the clanging bell that heralded the arrival of Babbo Natale who joyfully distributed sweets, gifts and smiles before waving good-bye and promising to return next year.

Girotondo Italian Playgroup runs throughout the year and has resumed in February 2021. It offers an engaging introduction to Italian for children from 3-5 years old.

For further information visit our website at [www.italianlanguagecentre.org](http://www.italianlanguagecentre.org)



# THE CAFÉ - NOT JUST A HANGOUT FOR COFFEE LOVERS

**WHILST THERAPISTS DO WORK WITHIN PROFESSIONAL BOUNDARIES, THE POTENTIAL FOR INFORMAL MEETING PLACES SUCH AS A CAFÉ SEEMS TO HAVE BENEFITS THAT DATE BACK THOUSANDS OF YEARS.**

After Covid-19 restrictions, many of us have a great sense of urgency to get back to our usual habits. Not least of these are coffee shops.

Meeting over a cuppa is a simple and powerful ritual where all manner of relationships are fostered, transacted, broken and mended across the country and indeed the world.

It isn't difficult to understand why some cultures have quite elaborate coffee or tea rituals because the café is not just a new fad of the twentieth century. It has been around for centuries.

In the Middle East when coffee gained popularity, the new gathering places worried some religious leaders as these places challenged mosques as central spaces for socialising and political discussion. In other areas of the globe, the same was happening too. (These worries turned out to be justified when coffee houses served as headquarters for the planning of revolutions in France in 1789 and in Berlin, Budapest, and Venice in 1848.)

Whatever the dimensions of the coffee ritual, there are elements in common that make this fertile ground for spiritual care to occur and practitioners are researching the impact of selecting informal settings when providing counselling and support for clients. The café is a prime example because it is a pleasant spot that encourages relaxation and conversation.

The opportunities and significance of what happens over coffee were not missed by Dr Kate Jones who was studying spirituality in the context of a rehabilitation hospital. At a recent research

webinar, during a focus group with staff, Dr Jones heard about a regular coffee group that speech pathologists were running with patients. They commented that this was the place that deep conversations came up.

So why does this happen?

It seems that the meeting place for a tea/coffee creates an open space that does not require a diagnosis or label in order to qualify for a conversation with a therapist or other relevant person. The café is a place of choice for respectful, attentive listening, possible healing and a neutral place of safety where one can talk and explore, grieve or laugh over connections with self and others.

Whilst therapists do work within professional boundaries, the potential for informal meeting places such as a café seems to have benefits that date back thousands of years.

It isn't unusual to see people having deep and meaningful conversations over coffee or tea, especially between friends, family members, and colleagues.

This robust little arena seems to be fulfilling a number of needs, not solely providing coffee and tea lovers with their favourite brew but also a ritual for shared expectations and a long history of social gathering and contact that brings many co-lateral benefits such as relaxation, connectivity, social contact, and in the past - revolutionary planning.

Anyone for a coffee?

*Extract from Meaningful Ageing*  
<https://meaningfulageing.org.au/september-2020-newsletter-2/>



## A RELATIONSHIP BASED ON IMPARTIALITY AND FAIRNESS



**COUNSELLING OUR CLIENTS HAS BEEN A GREAT HONOUR AND HOMAGE MUST BE GIVEN TO THEM, THEIR OWN STRENGTHS AND INNER ABILITIES TO CARRY ON LIVING WITH CONFIDENCE.**

Here we are ready for another year. 2020 has come and gone leaving us with a renewed awareness of hope for the future.

Our counsellors have personally witnessed the growth of many of our clients whose tenacity and drive to survive through the uncertainties of life with Covid 19 has left them speechless.

Counselling our clients has been a great honour and homage must be given to them, their own strengths and inner abilities to carry on living with confidence. There are many and varied strategies and therapies in the bag of a counsellor, but nothing can ever replace the unique nature

of the therapeutic relationship between client and counsellor which often, unlike relationships we have with our family, friends etc., is based on impartiality and fairness.

To see and watch clients grow into a more loving understanding of themselves, to monitor their progression and acceptance of who they are, despite daily challenges and chronic illnesses is the fundamental reason our counsellors come to work every morning.

Perhaps this can be best expressed in the words of well-known saint St. Francis of Assisi... *"It is in giving that we receive."*

## RESILIENCE IN THE FACE OF ADVERSITY

EVERY HAMPER RECIPIENT WAS TRULY DESERVING OF OUR SUPPORT, BUT WE WERE ALSO HUMBLLED BY THEIR RESOLUTION IN GETTING ON WITH THEIR LIVES DESPITE BEING CONFRONTED BY HARDSHIP.



For most, Christmas is a time to gather with family and reflect on the year that was. For others, it exacerbates loneliness and isolation.

After a year when isolation was the overriding theme, Co.As.It. tried to show some of its most vulnerable clients that they were not alone and that people cared about them.

As people get older, life often brings situations that are challenging and frightening and if they are alone without support, this can be harrowing. We are proud to support these clients who continue to show us the resilience of the human spirit.

Before Christmas, 40 very deserving clients received luxury hampers with contents individually sourced

and packed by Co.As.It. staff. The tears and deep gratitude of most recipients showed that this small gesture made a genuine difference in brightening the festive season for them.

One client had been recently widowed and forced to move to less expensive rental accommodation. As a pensioner, with no family in Queensland and whose only child lived overseas, she was facing a bleak Christmas. While the hamper did not change her isolation on Christmas Day, it reminded her that people were thinking about her over the festive season.

Another client had a daughter who lived in Austria and a son who lived in Hervey Bay. She had daily telephone contact with a brother, but no





face-to-face contact. She was overwhelmed and delighted to receive the hamper because she was going to be spending Christmas day alone.

Unfortunately, for many elderly and disadvantaged Australians, being alone at Christmas is usual.

The humility of some of the clients was overwhelming. One of the recipients had recently been discharged from hospital. He has not seen any family members for more than 40 years and rents with two other men.

He suggested that perhaps we should give the hamper to a “more deserving” client. After being reassured that he was one of the ‘more deserving’, he graciously accepted the hamper.

Another recipient was recovering from two surgeries to improve her mobility. In the meantime, she was also visiting her son in hospital every day.

In his 20s, he had recently been diagnosed with two aggressive cancers but this lovely woman who has been a client since 2015, is always ready with a cold drink and a biscuit for her care workers, conscious that they often spend all day out and about.

Every hamper recipient was truly deserving of our support, but we were also humbled by their resilience in getting on with their lives despite being confronted by hardship.

It is a privilege to be involved with these clients and we wish them all a far better 2021.



## DEATH AS PART OF LIVING

**AS A SOCIETY WE HAVE LOST TOUCH WITH SPIRITUAL CONCERNS SURROUNDING DEATH. WE ARE YOUTH-OBSSESSED AND DEATH-DENYING AND ARE UNCOMFORTABLE DISCUSSING IT.**

Palliative care is one of the most intense services one human can give another. We may try to understand and assist them in their suffering but suffering truly is an individual experience that may have nothing to do with their physical ailments.

Taking time to talk to them and sharing their fears is a privilege denied to many terminally ill patients today because the focus is on medical interventions that often blur the line between prolonging life or prolonging dying.

As a society we have lost touch with spiritual concerns surrounding death. We are youth-obsessed and death-denying and are uncomfortable discussing it. Most members of the public have never seen a corpse and many people have long ignored the spiritual dimension by the time they face the mystery of death.

They are unprepared, and they are scared, and they do not always quite know why, and this adds to their suffering.

Suffering grows out of a person's personal, cultural, economic and social history. The suffering of a dying child in a family which has high cultural expectations for the role of the child in caring for the aged parent may be deepened in a way that may not transfer to other cultures.

Dr Megan Best, a palliative care practitioner and researcher at the Institute for Ethics and Society at the University of Notre Dame Australia, identified the impact of these factors in her patients.

She recalls a Lebanese gentleman in hospital and his distress as he struggled to breathe, every breath a catch of pain as his chest wall pushed against his cancer. She states she would have been confident to say, even before speaking to him, that the cause of his suffering was the pain of his lung cancer.



She was partly correct but she would never have known his true suffering without sitting down to talk to him. She asked the Lebanese gentleman what was the hardest thing for him to bear.

It came to light that it was not the pain or the breathlessness but his loss of authority in his middle-eastern family. No longer the omnipotent patriarch, he found his illness humiliating and emasculating, and he felt his life no longer had purpose. He suffered.

Doctors could have started the morphine and eased the breathing, but it would not have helped his real distress.

The losses experienced by a terminally ill patient can be felt in every human dimension, the unity of body, mind and spirit is such that what affects one dimension will affect the others but these will also be compounded by their life experiences, cultural background, etcetera.

Modern healthcare is based on a bio-psycho-social model of the human being which ignores the spiritual dimension and medical staff may not be able, or may not want, to acknowledge a patient's existential distress.

However, we as family members, friends and workers can grasp the opportunity to talk, share and help support the terminally ill person to live their time in the best way possible.

Ask questions, be aware that it may not only be the physical pain of the illness but that there might be other losses that they cannot articulate. Above all, do not be afraid to share their time with them.

<https://meaningfulageing.org.au/on-suffering/>

## GETTING A GOOD NIGHT'S SLEEP

Nathan, one of our HCP clients, is a lovely man who loves to share his life stories, particularly about starting his own trucking company up North and his many years driving on the road.

However these days he lives with chronic lumbar spine pain and sciatica which causes many mobility issues in particular, getting in and out of bed independently. He also needed assistance aids like grab rails and a ramp to access his outdoor area.

The HCP coordinator, working in conjunction with our occupational therapist was able to give Nathan greater independence by using the unspent funds in his package to install some minor home modifications.

An electronic bed demonstration was arranged in Nathan's home thanks to Sleep Electric. The beds

arrived in a trailer with friendly supportive staff and Nathan was able to trial them before he found not only his preferred option but one that our OT felt met all of his medical and mobility needs.

Remote buttons for raising, lowering the bed have really made a difference to Nathan. Nearby grab bars from Sleep Electric were also installed that further facilitated movement.

An outdoor ramp was installed so that he did not have to lift his legs over the 12cm threshold and now he can attend to his garden, hang out his washing and reduce his risk of falls.

All of these small yet vital additions to his home have ensured that Nathan can carry on living independently in his own house. Need we say he is delighted?



## MAKING A DIFFERENCE IN OUR ENVIRONMENT

ONE OF OUR OCCUPATIONAL THERAPISTS SHOWS US HOW TO MAKE LIVING AT HOME EASIER.



We'd like to tell you about our client, Amido. We came to know Amido, a 90 year old gentleman, after he had a decline in his ability to walk during Christmas 2019.

When we visited Amido for the first time, two things became clear. First he was supported by his wonderful daughter and son-in-law who would do anything for Amido and second, that despite having devoted carers, Amido would need a lot of extra equipment if he was to remain safe at home with his family.

The OT set to work trialling height adjustable beds and pressure relieving mattresses. These can be difficult to get right.

While an OT can tell you what height and adjustments you need in a bed and what pressure relieving qualities you theoretically need in a mattress - comfort is still a very personal thing.

To make things more difficult, Amido did not speak English. In fact, because of past strokes that affected the language centre in his brain, Amido could not really speak much at all.

Fortunately, his daughter and son-in-law assisted and as a team we made the right selection. Getting the mattress right was an essential ingredient in preventing Amido from getting pressure sores. And we got it right!

After we had this win, we found that Amido was trying to get out of bed by himself at night.

As he wasn't really agile enough, the OT recommended a sensor mat which would alert his devoted family when Amido tried to get out of bed. Additionally, ramps were designed and installed to help access his shower safely.

Over time Amido's mobility deteriorated further and he needed a mobile shower commode so that he could be pushed into and out of the shower without the need for multiple transfers or standing.

We trialled a few different chairs and had another win with a chair that could easily manoeuvre the 90 degree turn between the toilet and bathroom.

But, by far, the hardest thing we did was try to install a bidet on Amido's toilet.

This was not necessarily hard because of clinical issues, but rather because it involved many different parties that needed to be coordinated.

We had issues with the supply of the bidet because Covid-19 and wharf strikes had slowed everything to a halt.

Then the tradesman refused to install the bidet. After five months of trying, we eventually found a trade company that would do the installation and it was installed a few months ago.

One year after meeting Amido and his family, our OT reports that he is doing really well, the bidet, bed, commode, ramps and sensor mats are all working well and Amido's wish of remaining at home has been able to be fulfilled.



# NOW HIRING



## Looking to get back into the workforce and earn an income whilst the kids are at school?

Do you have a genuine caring nature? Are you empathetic and take pride in having values of dignity and respect?

Are you interested or know someone interested in giving back to the community and willing to assist our aged and frail citizens to live independently in their own homes for as long as possible?

Then why not join our team at Co.As.It. and become part of a family who prides itself on the provision of quality support services within the community, specialising in providing services to people from a general and CALD (Culturally and Linguistically Diverse) background.

## Domestic Assistance Workers

### Casual positions available

#### You will need:

- Your own reliable motor vehicle with registration and comprehensive insurance
- Current Australian drivers licence
- National Police Check no older than six (6) months issued by Australian Federal Police (AFP) or one of the ACIC accredited bodies — <https://www.acic.gov.au>
- Be an Australian Citizen or Permanent Resident of Australia
- The ability to speak another language is preferable although not essential

#### What we offer:

- Flexible day/night shifts that suit your lifestyle and/or study commitments across a 5 or 7 day roster
- Uniform supplied at induction
- Access to tax-free fringe benefits (following successful probationary period of 6 months)
- Award wage including hourly travel reimbursement
- A rewarding career within the community sector
- A great team culture

#### What is domestic assistance?

Domestic assistance services is providing household cleaning such as vacuuming, dusting, washing dishes, cleaning kitchen bench tops, laundry and ironing and cleaning wet areas such as bathrooms in our clients' homes.

Domestic assistance may also include meal preparation for our clients and organising shopping lists and collecting groceries for the client.

#### Interested?

PLEASE CONTACT OUR OFFICE FOR MORE INFORMATION

Phone: Brisbane: 07 3624 6100

Email: [recruitment@coasit.asn.au](mailto:recruitment@coasit.asn.au)

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



**FINALIST  
ORGANISATION AWARD  
QUEENSLAND**

Co.As.It Community Services



## TWO TEAMS - LIFE CHANGING OUTCOMES

George has been featured in one of our articles before, but the life changing outcomes that have been achieved by our teams really deserve another mention. George receives support from NDIS and our Allied Health Team and working together, these teams have enriched the lives of George and his wife Mari tenfold.

George needed a suitably qualified Armenian-speaking support worker - not easy to find! We contacted the Islamic Women's Association Australia and we were heartened to find that they were in the process of recruiting someone who spoke Armenian - it wasn't long before both organisations arranged for George and his carer Leon to meet.

The men have formed a lovely relationship, one that inspires and brings genuine satisfaction on both sides. When asked what George gets to do with Leon's support, he tells us that they go on picnics, play board games, take trips on the city-cat ferry and generally that Leon has enabled him to live his life to the fullest - despite his multiple physical limitations.

These limitations have been addressed fully by our Allied Health Team.

George has bilateral foot drop due to nerve damage from diabetes and it is difficult for him to walk he has weakness in pulling his foot up and this causes a loss of balance.

Encouraged to use special ankle braces by one of our physiotherapists, the brace compensates for the weakness by holding his foot up firmly.

George says with regard to the new shoe brace, *"I never used to walk a long distance, but with these*

*shoes, I am no longer falling when I am walking. Usually my toes go down (foot drop) but now, like this I can walk a long distance."*

His wife Mari also acknowledges that it was their physio who identified the problem and proposed the solution. Recommended that he use 'Cubi' Elliptical Pedals, George could not understand the benefits of the devices initially and would become disheartened and frustrated with his exercises.

However, with patience and encouragement, the physio has made a profound difference to George's well-being.

The physiotherapist says " George was falling often so we introduced a walking cane that was met with strong resistance but which now is vital to George's confidence and he never walks without it."

Since starting the physio program three months ago, he has not had any more falls and he now walks slowly but confidently. According to Mari he is much happier and can achieve more in his day to day activities.

He is also firmly committed to his home exercise program that he does twice per day that includes squats, leg lifts, stretches, strengthening and balance components.

When asked how NDIS had improved things for him, George states *"When we came here, I was sad, upset, but now I am much, much better. I have gone from hell to heaven - what more can I ask - I am now doing well, I cannot ask for more."*

George now eagerly waits for Leonie and Leon every week because there is much more good quality living to come.





# NECESSITY - THE MOTHER OF INVENTION

The CIAO Program (CALD diversional therapy activities) in residential aged care was one of the casualties of COVID-19 restrictions last year and as social isolation in aged homes continued, our CALD residents were finding it very difficult coping with the restrictions and isolation.

The Lifestyle Coordinator at Regis Lutwyche (where there are more than 50 Italian residents) was open to doing a trial session on Zoom.

Co.As.It. loaned the facility the tablets which were pre-loaded with the Zoom app and the Activity Officer Sarina Campbell conducted the session from

Co.As.It.'s Albion Office. It was a truly heartening experience. What a shame that we did not have more tablets to use!

After months of isolation the residents loved the planned activities which worked well over the Zoom app and they adapted well to the technology - even singing along with the Activity Officer!

Two zoom sessions were held before the aged care homes resumed face-to-face CALD groups with new Activity Officer Maria Bellamy.





## AUDREY

**ASK QUESTIONS, MAKE SURE THAT YOU UNDERSTAND WHAT VALUE YOU ARE GETTING FOR YOUR MONEY AND IF YOU ARE CONFUSED OR UNSURE, PLEASE, DO NOT COMMIT.**



It is always hard to decide on which provider a client wishes to access support services from, with costs and fees and the confusing breadth of information provided it is no wonder some clients make uninformed decisions that may leave them a little disadvantaged.

Our client Audrey has come over from another provider and we currently help her with individual social support, domestic assistance and other food

services. However, before we started delivering services to her, she struggled to get by financially, physically and emotionally as she was using a service provider she could not afford.

She was very stressed about money as she needed the support but could not see how she could continue to get this support on her current cost structure.

After much searching, Audrey decided to move to Co.As.It. as she felt we would better meet her needs.

Audrey is now able to manage her finances much better and this positively affects her physical and emotional well-being as well.

She looks forward to her fortnightly outing with her CCW and in particular, the iced coffee on their way home from McDonalds. This is her only outing and often, our care worker may be the only person she sees in a fortnight.

She has taken an interest in searching for recipes she can make with her and she loves going to foodbank with her CCW where she says she can get a trolley full of food and other essential items for less than \$70.

This puts a smile on her face. Audrey comments quite often that she has money left over from her pension now that Co.As.It. is her primary provider and that she was even able to lay-by a new mobile phone and tablet.

If you need support services but feel you will not be able to afford them, don't be afraid to contact providers. Ask questions, make sure that you understand what value you are getting for your money and if you are confused or unsure, please, do not commit.

# Latin Dancing Classes

free

Weekly

New  
Class



**Every Thursday**

**2.00pm – 3.00pm**

**+**

**3.15pm – 4.15pm**

**SUITABLE FOR AGE 16+**

Brazilian teacher expert in Latin rhythms.  
We will follow physical distancing guidelines.  
Wear comfortable clothes and shoes and BYO water.

**BOOKINGS ESSENTIAL  
CALL CINTIA - 3624 6100  
(MAX 10 PER CLASS)**



**Italian Language Centre  
42 Newbery St  
Newmarket**





Thank you

Social isolation and loneliness can be harmful to both mental and physical health. They are considered significant health and wellbeing issues in Australia because of the impact they have on peoples' lives.

Loneliness is common in the older age group, leading to increased depression and anxiety. Unfortunately, some of our clients do not have many opportunities to interact with others, therefore the assistance provided by a community care worker can be vital.

Receiving a visit, in some cases may be the only chance for them to socialise and have a chat.

Molly, one of our clients, provided wonderful feedback to us emphasising the important of social contact.

She praised her community care worker and stated that *"She brings happiness to the place every time she visits"*. We know that working as a Community Care Worker can be challenging, but at the same time it can be extremely rewarding.

We couldn't agree more with one of our CCWs Nathania, who replied to a very nice comment from another client by saying that *"Positive feedback is always a bonus to me to know that I'm making a difference, even if it is a small one"*.



## RIMANERE ATTIVI DOPO I 65

Che bello, il nostro programma “stay active” che si è tenuto a Kalinga e Coorparoo l’anno passato ha portato dei risultati estremamente positivi!

Talmente positivi che, nonostante il finanziamento stanziato dal governo sia finito il dicembre scorso, il Co.As.It. ha deciso di continuare questo importante programma e finanziarlo autonomamente. E non solo, quest’anno si parla di espansione, visto che il programma verrà offerto anche presso il nuovo centro “Amici House”.

Il numero dei partecipanti che hanno registrato dei benefici una volta parte del programma ha superato i 50, e tutti hanno seguito con dedizione gli esercizi organizzati e curati da Leonie, la fisioterapista del Co.As.It.

I commenti? Più energia, più mobilità, meno dolori e generale rafforzamento del corpo sono stati i risultati riscontrati al termine delle lezioni.

Una signora ha perfino detto che non ha più bisogno dei braccioli della sedia per alzarsi!

I gruppi si tengono regolarmente a Kalinga e presso l’Abruzzo Club a Carina. Chiunque fosse interessato è pregato di chiamare Eden al 3624 6100.

**co.as.it. community services**

**GRATUITO**  
CLASSI SETTIMANALI  
PER PERSONE  
DI 65 ANNI  
E OLTRE

**RIMANI IN FORMA**

Leonie, fisioterapista del Co.As.It., organizza allenamenti di gruppo per persone di 65 anni e oltre.

L'obiettivo di questo programma è di incrementare la forza fisica, migliorare la resistenza, equilibrio e flessibilità.

Promuovi il tuo benessere e ritarda gli effetti dell'invecchiamento.

Il programma è ideale per persone in grado di deambulare autonomamente senza l'aiuto di bastoni, stampelle o di sedia a rotelle.

**Ogni Mercoledì**  
dalle 9.30 alle 10.15  
oppure  
dalle 10.45 alle 11.30

**Brisbane Abruzzo Club**  
Fursden Road  
Carina

**Prenotazione obbligatoria**  
Chiamare Eden al Co.As.It. al 3624 6100

**co.as.it. community services**

**GRATUITO**  
CLASSI SETTIMANALI  
PER PERSONE  
DI 65 ANNI  
E OLTRE

**RIMANI IN FORMA**

Leonie, fisioterapista del Co.As.It., organizza allenamenti di gruppo per persone di 65 anni e oltre.

L'obiettivo di questo programma è di incrementare la forza fisica, migliorare la resistenza, equilibrio e flessibilità.

Promuovi il tuo benessere e ritarda gli effetti dell'invecchiamento.

Il programma è ideale per persone in grado di deambulare autonomamente senza l'aiuto di bastoni, stampelle o di sedia a rotelle.

**Ogni Lunedì**  
dalle 9.30 alle 10.15  
oppure  
dalle 10.45 alle 11.30

**The Community Place**  
20 Clark Street,  
WOOLLOOWIN

**Prenotazione obbligatoria**  
Chiamare Eden al Co.As.It. al 3624 6100

## SEVEN IN A WEEK!



In what can only be described as a famine or a feast, at the end of last year, seven new volunteers were inducted in one week!

It had been so difficult to recruit new volunteers during Covid, so to have seven newcomers was exhilarating indeed.

We welcomed Anny Grueso, Anne Lampe, Teresa Faraone, Josie Falco, Angela Zavaglia, Grace Contarino and Randal Luxton to the team.

Teresa and Angela will be doing group visits at Regis Lutwyche with three residents each.

The volunteers had a great idea of joining their residents in a larger group to play a game of tombola.

The first group session was a great success with the residents happily playing and singing along to any Italian song in the repertoire, and they sang more in tune than the volunteers!

The winning participants were rewarded with a block of chocolate which they shared together and the volunteers left the residents happily discussing their sweet winnings.





## A TRUE FRIENDSHIP IS GOOD FOR THE SOUL

We do not have many male volunteers on Brisbane's Southside and we are always looking for men who can devote some time to vulnerable older people.

It was interesting to see what motivated one of the recent CVS volunteer recruits. Angelo Citro, who migrated from Salerno in 1989 decided to volunteer with us because he was inspired by a past experience.

Angelo was working in construction where he met a 94 year old lady who lived next door to the site he was working on in Sandgate.

She used to wait for him by the fence line every day until he finished work and they would sit and

chat over a cup of tea. She reminded him of days spent with his mother who remained in Italy and her history and their common love of music fascinated him. They went on to develop a sweet friendship that was good for their souls.

After she passed away, this friendship continued to inspire him and he decided he wanted to volunteer and develop another enriching friendship with an older person. He saw our ad on Facebook which prompted him to contact us, and the rest is history!

We're pleased to say he is now one of our valued visitors for older people.

Do you have a story about why you volunteered? Tell us about it for our next edition.





## TRAINING “DOPO COVID” E COLAZIONE!

Finalmente, con l’allentamento delle restrizioni verso la fine del 2020, siamo riusciti a riprendere i momenti di socializzazione e di sviluppo professionale per i nostri volontari.

Il periodo di isolamento deve avere creato un interesse particolare, visto che ben 20 volontari si sono ritrovati presso gli uffici dell’Italian Language Centre a Newmarket.

Laura Panarello ha condotto egregiamente una discussione di gruppo sulla demenza, sullo stress vissuto dai carers e sulle pressioni emotive causate dal Covid, che dovremo considerare e vivere come la nuova realtà.

Laura ha trattato anche lo sviluppo di strategie per ridurre ed evitare gli effetti legati all’isolamento, sia per i carer che per i loro clienti, prima che il gruppo si ritrovasse assieme per la colazione e per chiacchierare fra di loro. Come ai vecchi tempi.



## CVS END-OF-YEAR CELEBRATIONS

The end of the year was a significant celebration for our CVS volunteers who were put under quite a bit of stress in trying to maintain contact with their clients throughout a difficult year.

On and off again restrictions and non-physical contact became something of a dodge sport: dodging the virus while still trying to foster meaningful interactions was a task that they carried out very well!

Lunches in Brisbane and on the Gold Coast were held for 40 volunteers as a thank you for their perseverance and willingness to adopt new processes for visiting such as telephone and tablet technology.

Their efforts could not be appropriately rewarded but small gift bags and Appreciation Certificates handed out by the Coordinators were a small token of our gratitude.





## CHRISTMAS CELEBRATIONS WERE A LITTLE DIFFERENT...



We could not have a big-splash celebration for Christmas with all of the social activity groups together, but that did not mean they could not have their own smaller but just as festive celebrations on their own.

Each of the centres was able to provide a lovely Christmas event for our clients with fabulous food, drinks and entertainment, and the joy that these little parties brought for the clients was a pleasure to see.

For all our social activity groups it was all about Christmas celebrations with family and friends and the centres were decked out in all their festive glory for the enjoyment of both clients and staff alike.

In the last week of attendance, each group was invited to celebrate a special Christmas lunch with clients for each separate group came together for the first time since Covid-19 restrictions were introduced.

There was much merriment and laughter and of course, lots of food. Our prized and valued long-term volunteers were also invited to join us. They rarely miss coming to help even during a very 'different' year.









## HAPPY 100TH, EDUARDO!



We can certainly say that people are living longer these days! Compared to 2014 when there were only 35,000 centenarians, in 2050 there will be 60,000 Australian centenarians and 66% will be female. So what's the secret to this rare life expectancy?

When asked about their secret to a long life, researchers in the Sydney Centenarian Study got a range of responses, including self-discipline, avoiding takeaway food and not wanting what other people have. They must be doing something right because when they were born, the life expectancy was 60 years.

The latest Centenarian to join this auspicious group is our long term client Eduardo Bernedo.

Even though it hasn't been possible for him to attend our social groups we didn't want to miss out on the celebrations with him - so some of our staff took the party to his place!

It was a joy to see Eduardo's face light up when he saw Coordinators Helena and Grace walk in with balloons and a photo board.

He spent most of the time looking and smiling at the photos and pointing out pictures of the times he spent at Casa Serena.

Eduardo's personality is larger than life and you can see he has embraced life with gusto. Originally from Peru, he and his wife joined their daughter Cecilia in Australia after they both retired.

Regrettably his wife died a number of years ago, but living with his daughter and her family, Eduardo continues to enjoy life and the love showered on him by his family.

Best wishes for a healthy and safe 2021, Eduardo.



## GEPPINA

Social distancing restrictions brought upon us by Covid meant that Co.As.It.'s social activity centres were one of the first services to close in 2020. For many clients, these centres offered much needed opportunities for socialising and respite. Although the coordinators called clients on a regular basis to check on them and provide some form of social contact, this wasn't the same as a physical visit.

Our clients also missed the festivities and the celebrations of Casa Serena especially since the coordinators are so committed to ensuring the planned activities are enjoyable and memorable experiences for everyone.

Our long-term client 96 year old Geppina is full of fun and she tells us that she is just older not old! She is however grateful for the wellbeing telephone calls she received from coordinator, Barry.

*"Barry is such a caring person. He always makes sure we have a great time at the social group and really looks after us in the best way possible."*

Geppina kept herself busy cooking, often using family recipes from Italy that she has used all her life. She particularly loves making savoiardi biscuits.

What follows is her old and trusted recipe.



### Ingredients

10 eggs  
2 cups of vegetable oil  
2 ½ cups of caster sugar  
1 kg of self-raising flour (may need a little extra)  
Vanilla essence  
Lemon zest or lemon essence  
Icing sugar to coat

### Preparation:

Mix eggs in a bowl with electric mixer until frothy  
Add sugar, lemon zest, vanilla and mix  
Add oil and mix  
Add flour gradually and mix  
Place icing sugar in a bowl and take 1 teaspoon of the mixture and roll it  
Place it on to a tray  
Cook for 10-15 minutes in the oven at 160-180°C



## WHAT WE DID AND WHAT WE ARE DOING



Covid has continued to wreak havoc on the community but we are certainly blessed that we have been able to resume some of our activities for our clients.

The social activity groups at the South Coast have been operating with restricted numbers each day (12 clients) and we have had to assign some clients to attend on a fortnightly basis. Even our buses have had to be half empty.

The much loved social outings were a great day out for the attendees. In the past few months we have been to Ten Pin Bowling, lunch at the nearby Tavern, made a trip to Kingscliffe and also visited Albert River wineries - always a winner!

The Horse Racing Spring Carnival was once again celebrated in traditional style with races and appropriate activities as well as partying and 'Fashions on the Field'.

Celebrating the Festive season was the primary goal for December. We kicked off the festivities with the choir entertaining us at the group and we had a client Christmas party at the CSI club, Southport for over 150 clients.

The function was a great success with entertainer Fortunato getting everyone up and dancing.

Gifts were presented to our volunteers who continue to support our programs throughout the



year. Despite having had to close for a few days in response to isolated Covid outbreaks in the community, our clients are delighted to be able to return to the groups.

All staff at the Centre have undergone Covid-19 training, received flu vaccines as recommended by Government authorities, and have adhered strenuously to the cleaning and hygiene protocols introduced at the Centre and on the buses.

Our clients have become adept at hand washing and greeting each other with elbow bumps and waves. The clients have noticed and commented on the improvements to our Centre.

They are really happy to be able to see their friends, even though the tables have been arranged to comply with social distancing guidelines.

Everyone is using the new exercise circuit and the centre is alive with spring colours and a festive atmosphere.

So many clients would love to be able to attend on a weekly basis with a full contingent of group participants at the one time but they are very understanding and patient and we hope to be able to fulfil their wishes as best as possible soon. In the meantime, we will continue to plan activities that bring joy and fun for them.



## DALLAS

Dallas, her husband Darryl and their little dog Maxie live on the Gold Coast in a beautiful home surrounded by thriving gardens which are lovingly cared for by Darryl.

Dallas was originally referred to the Commonwealth Home Support Program (CHSP) for nursing. During the initial intake process, however, it was noticed that she had been assigned a Home Care Package (HCP) which she had decided not to activate.

The couple felt overwhelmed and daunted by the application process and weren't sure who to approach or where to start. They were also confused about the differences in benefits between CHSP and a HCP.

Rather than accept a package which would not cope with their identified needs, our Care Services Manager was able to arrange a visit to explain the differences between the packages, what services they could access as well as suggest some ideas on what support would assist them both in maintaining their health, wellbeing and independence.

Since accepting the Home Care Package, Dallas is now attending our social activity group and she looks forward to the lively activities and meeting with her new friends.

She is also able to access ready-made meals, which has taken the pressure of cooking for both of them and they also receive cleaning and social support service each week.

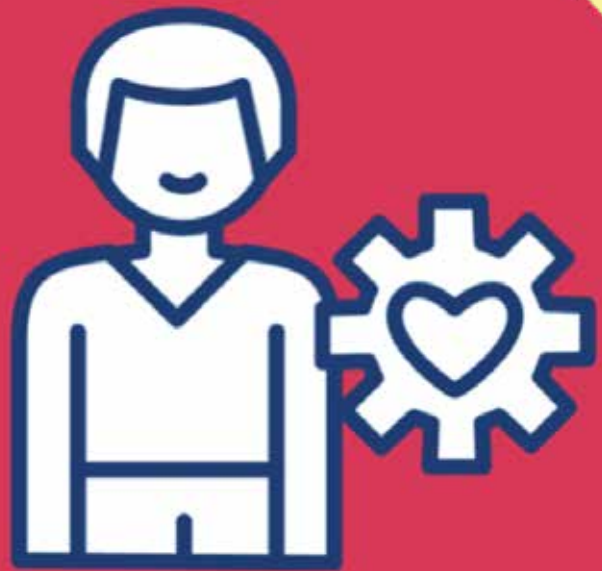
The HCP has made a genuine difference to the couple's quality of life. Had we just accepted their request for a CHSP, they would have missed out on many other support services.

We are happy that our staff take it upon themselves to delve deeper when providing care.

Co.As.It. offers quality care to the community which is a vitally important in helping people reach their full potential and continue living a life of purpose.



## MARIE



Many of our clients will be aware that there have been new Government standards introduced on how organisations can best cater to the needs of older people receiving support services.

The standards may seem rather vague and a little overwhelming but the example below actually shows how these standards are applied to ensure our clients receive the best service for their wellbeing.

**Standard 1 - Consumer dignity and choice.**  
**Encouraging social interactions with friends and/or attendance at social outings.**

Marie lives on the Gold Coast and she drives within her local community, she particularly enjoys her weekly outings to the Seagulls Club at Tweed Heads.

Seagulls is located just south of the Queensland border but due to Covid-19 restrictions, Marie had not been able to get out and about for over 8 months.

She dearly missed socialising with her friends who reside south of the border but she couldn't see how she would be able to resume her activities.

When visiting with Marie, one of our staff suggested she could apply for a border pass since she was residing within the 'border bubble'. Marie replied "Yes, but I don't have the internet."

With a little help and our obtaining a few small details, we were able to apply for a border pass and Marie is now back at the club with her friends, enjoying a little flutter on the pokies, a meal, and some fun socialising.



## THINGS DON'T HAVE TO BE BLEAK!

Morris is 71 years old and lives with his wife Betty. In the past few years, Morris' mobility has deteriorated and this has impacted his independence significantly.

Although Betty is beside him constantly to offer support, Morris had lost his confidence and his zest for life. He particularly loved planning and travelling the country with Betty and their campervan but this seemed to be too hard now that he had limited mobility.

A few months ago Morris experienced a bout of depression, he stopped having regular personal care and spent most of the day in bed, even refusing Betty's attempts at planning another campervan adventure for them.

Neither Betty nor their children were able to lift Morris' spirits and Betty decided to call her husband's care package coordinator to ask for suggestions to help him. Following the meeting, the Coordinator arranged for Co.As.It.'s social worker to visit Morris, physiotherapy treatments were organised and in-home support hours were increased including personal care and social

support. One of our care staff was given the task of taking Morris out to visit places that he used to enjoy regularly.

Despite having more people and more services, Morris' depression was not improving and he was hospitalised and placed in respite in a nursing home for a number of weeks. For Morris, being away from home and being admitted to hospital and a nursing home was not an experience that he enjoyed.

Morris soon realised that despite his limited mobility, he was still able to undertake many activities. This realisation was the impetus for his renewed interest in life.

Confident that with Betty and with assistance from Co.As.It. he could still achieve some independence, Morris took control of managing his depression and gradually he has returned to his old self.

Since then, Morris has found his smile again, Betty is also happier, and they are thriving. They are both thankful for the continued support given by our care staff and are looking forward to more campervan trips in the near future.



## SUCCESSFUL REABLEMENT PROGRAM



The concept of reablement is a positive approach to assisting clients to regain function and maintain independence with activities of daily living.

Recently a South Coast client who had undergone a knee replacement demonstrated what can be achieved through our reablement program.

Alberta\* was referred through CHSP to access physiotherapy intervention following her knee replacement.

The client was experiencing pain, had reduced mobility and strength and was using a four-wheel walker both in the home and in the community.

In collaboration with our physiotherapist, realistic goals were identified and a six week physiotherapy program was developed and exercises were also designed for Alberta to do at home between the physiotherapy sessions.

Alberta was diligent with her exercises and combined with sessions from her physiotherapist her knee pain has been resolved and she is now mobile without the use of her walker.

When we last contacted Alberta to review her progress, she was at the shops and was delighted to be able to walk around without pain and without having to rely on a walking aid.

(\*Name changed)



## CELEBRATING ITALIAN AT BULIMBA SS

Bulimba State School runs an excellent Italian program from Prep to Year 6. During the last week of the 2020 school year, ILC was invited to a prize-giving ceremony where the two best Year 3 students in the lower school were awarded the 'Ciao Bella' prize.

Prep-Year 3 teacher of Italian, Connie Harley, called up the deserving students who then addressed the assembly in perfect Italian.

End-of-year celebrations also included the much anticipated 'Gelato Day'. Dressed as an Italian-themed ice-cream cone with a FRAGOLA, MENTA, VANIGLIA 'flavoured' headdress, teacher Connie Harley asked her students to practice their Italian.

Asking 'Un gelato per favore' each student was rewarded with a delicious ice cream cone.

What was the general consensus? 'Mmmm... BUONISSIMO!'



**ILC**  
ITALIAN  
LANGUAGE  
CENTRE

## SAFE TRAVEL - NO PASSPORT REQUIRED

Towards the end of 2020, ILC introduced a new event: CANZONI A TEMA, an activity which alternates quarterly with BOOK CLUB ITALIANO, offering adult students the opportunity to perfect their Italian through songs.

With the theme 'Si parte!', the first 'Canzoni a Tema' event promised to take participants on a journey to visit famous Italian cities through songs like 'Acqua alta in Piazza San Marco', 'Le notti di Genova', 'Roma Capoccia'.

Delighted participants received their attendance certificates at the last lesson as well as a souvenir booklet of the songs sung during the course.

To find out more about the Book Club Italiano: <https://www.italianlanguagecentre.org/book-club-italiano/>





## A NIGHT AT THE MOVIES

ILC pizza/movie nights have been held regularly over the past few years to provide a relaxed venue for teacher networking and an ideal opportunity for students to listen to authentic Italian.

Unfortunately, these opportunities to meet and greet had to be postponed during lockdown but once the measures were lifted, ILC lost no time in arranging the screening of 'Quanto Basta' at the New Farm Cinemas on 24 September 2020.

This heart-warming 'feel good' movie tells the story of Arturo, a well-known chef who ends up having to do community service to atone for his anger management issues.

He is sent to teach a group of Asperger Syndrome sufferers how to cook. One of his students Guido aspires to compete in a 'master chef' type competition and begrudgingly Arturo has to accompany him as an unwilling mentor. The experience changes each of them unexpectedly leading them to a life fulfilled in ways they never could have imagined.

Ninety eight students and teachers filled two cinemas (to allow for social distancing) and thoroughly enjoyed an evening of Italian and good cinematography.





# THE ITALIAN SPEAKING COMPETITION PREVAILS OVER THE LOCKDOWN

The new Australian Curriculum Languages is designed to enable all school students across Australia to engage in learning a second language. This not only extends the capacity to communicate but develops understanding of and respect for diversity and difference.

The aim of Language Speaking Competitions is to allow language students to express their ideas, display their language skills and gain confidence in using the language they are studying.

Language Speaking Competitions are always eagerly anticipated events - especially the ILC Italian Speaking Competition which has been running annually since 2016.

Each year, students studying Italian at schools across Queensland have the opportunity to show off their linguistic skills at five regional Speaking Competitions organised across the State.

Imagine the disappointment when it seemed that the stringent lockdown measures were threatening to cancel the events!

That's when the Italian Language Centre in Brisbane thought outside the box and decided to go ahead and hold the Italian Speaking Competition - but with a twist!

Instead of the ILC Centre in Brisbane welcoming students, teachers, parents and friends to a wonderful weekend display of Italian poem reciting and speaking, the performances were filmed by teachers at school and the video clips sent in to ILC for judging.

The ILC Centre was swamped with 160 entries showcasing the wonderful Italian spoken in Italian classrooms across Brisbane and surrounding areas.

Students were judged on their delivery, fluency, pronunciation and grammatical accuracy by judges experts in the teaching of Italian to speakers of other languages. Medals and certificates were sent to all the deserving winners in categories from Year 2 through to Year 12.

Dina Ranieri, Chief Executive Officer of Co.As.It.-Italian Language Centre (ILC), firmly believes in supporting the promotion and teaching of Italian in Queensland and was pleased to retain the Italian Speaking Competition despite the lockdown.





## ITALIAN DAY AT JUBILEE PRIMARY SCHOOL

The Italian program at Jubilee Primary School was introduced two years ago. Once a year the school celebrates Italian Language and culture on 'Italian Day' when the entire school is decorated with green, white and red paper chains or ribbons.

The Italian Arts Alive Competition is always a popular event attracting artwork with an Italian theme which is put on display in the library.

The artworks are judged and students in each year level are awarded prizes at Assembly.

The day started with much excitement as students and staff streamed into school dressed in Italian themed costumes which were shown off in a costume parade at the Italian Assembly.

Students enthusiastically sang 'Io ho un amico che mi ama il suo nome è Gesù'\* as well as 'Ti voglio bene' which was followed by prayers in Italian.

After assembly students participated in a variety of activities: making pasta necklaces, Italian coloured bracelets, paper plate spaghetti and meatballs, paper plate pizzas as well as folding real pizza boxes!

Other activities included a variety of mosaics, making the Leaning Tower of Pisa and completing digital art image collages.

Prep - Yr 5 students also had the chance to watch a wood fire pizza demonstration and pizza tasting.

Students also enjoyed fragola, cioccolato and vaniglia gelato-tasting where they had fun practicing, 'Ti piace il gelato?' and 'Sì, mi piace il gelato!'

The day ended on the oval with students making a human Italian flag! Che bella giornata!

\*<https://www.youtube.com/watch?v=dj7XRnLphzc>









## ILC END-OF-YEAR CELEBRATIONS

ILC had much to celebrate at the end of 2020. It was a year of challenges which saw teachers having to upskill smartly in March to commence teaching online classes via Zoom during the lockdown.

By second semester, relaxed measures allowed ILC to return to face-to-face teaching. As semester 2 ended, classes celebrated the last lesson with panettone and prosecco generously provided by ILC-Co.As.It. management.

With the complete relaxation of social distancing measures in early December it was decided to end the year in style with a PizzaFest organised in the BCFC beer garden downstairs from ILC premises.

Decked in Italian colours, students and teachers mingled while enjoying arancini, calamari and pizza. It was soon time to toast (with prosecco, naturally) the students who were awarded prizes

for having attended every single lesson with no absences throughout the semester. A fine effort indeed!

The evening ended with 'tacco e punta', the Italian line dancing, and the Christmas carol 'Tanti auguri di Buon Natale', drawing the evening to a close.

Celebrations did not only happen for adult students, but for Playgroup and After School classes as well.

During the final lesson, each group performed songs and Christmas carols in Italian for delighted nonni, parents and friends who were invited to the 'Concerto di Natale'. There was also a special surprise in store when 'Babbo Natale' arrived (special thanks to Antonio and Omar from Co.As.It.).

The children were delighted to receive 'auguri' and a little gift from such jolly Santas!



# PROFESSIONAL DEVELOPMENT REACHES EVERYONE DURING COVID

The Italian Language Centre (ILC) (a division of Co.As.It. Community Services Ltd) supports teachers of Italian by providing professional development (PD) opportunities throughout the year. The PD events deliver welcome upskilling in engaging strategies to jump-start listening skills, boost understanding and foster the confidence to speak.

With 2020 social distancing regulations, ILC could not deliver traditional face-to-face PD opportunities and workshops to the hubs of Cairns, Townsville, Sunshine Coast and Brisbane. Thinking outside the box, ILC decided to continue its teachers training but adjust the presentation mode to online webinars via the Zoom platform.

The first one was presented by Giovanna Amatruda. Over a period of 4 hours, participants listened to presentations followed by an interactive workshop.

Teachers accessed the webinar from all over Queensland and feedback indicated a high level of satisfaction. *"It was a day immersed in the Italian language,"* said a Brisbane teacher, *"the strategies to improve listening and speaking skills have*

*boosted my motivation to invigorate my Italian classroom."*

The successful outcome prompted ILC to offer another webinar during the "XX settimana della lingua italiana nel mondo" in October.

In partnership with the Italian Embassy in Canberra, the webinar was hosted at Co.As.It. head office in Albion and chaired by Anna Rita Tamponi, Italian Embassy Education Director.

Over 5 hours, presenters from Australia and overseas were expertly admitted to their time slots by the Co.As.It. IT team. One 150 teachers of Italian from all over Australia joined the webinar and again, the feedback indicated an extremely high level of satisfaction as indicated by a teacher who said: *"Excellent opportunity to update skills. We don't have enough of these moments."*

During the webinar, the names of 20 participants were drawn and each received a copy of the latest and very relevant illustrated children's book by Francesca Cavallo (one of the presenters) *"Dottor Li e il virus con in testa una corona"*.





# 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

Funded by  
  
Queensland  
Government