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FROM THE PRESIDENT

Dear all,

How happy I am to be writing to you all again!

I recently read a short quote by the great American writer Dale Carnegie and it read "If you want to be enthusiastic, act enthusiastic". I thought to myself what a simple message and yet we can often forget to put this advice in to practice. Sometimes we get caught up in delivering messages with enthusiasm, but once the excitement passes we can fail to follow through. Over the last few months the message for all of our staff and volunteers at COASIT has been to put that enthusiasm into action!

Our community information forum titled 'Stay Informed or Rimani Informato' will take place on Tuesday the 8th November at the Carrington Centre. This will be the first of many in an ongoing series of free community forums held completely in Italian, which is where we see our enthusiasm to engage the community translated in to action. 'Rimani Informato' will be broadcast live on Italian radio so if you can't make it on the day make sure you tune in.

On another note, the past few months have also been busy with community representation through various forums. Representation at the 'Italians Down Under Conference' at the Italian

Embassy in Canberra was a motivating experience for all of those who attended. One of the key outcomes being agreement in principle by all attendees to work towards developing a national Italian council. We are interested to see how this progresses over the coming months.

I was also very happy to finally visit our Italian community in Mount Gambier for the first time as President. The AIAPE group welcomed us with open arms and we were also able to visit the Boandik Lodge team to learn a little bit more about their residential aged care activities in Mount Gambier. I would like to thank both AIAPE and Boandik Lodge for their hospitality.

Finally, I am always pleased to hear about the work our community does in bringing people together. I hear the Father's day celebrations at all of our community groups were again fantastic. Well done to all of the Italian community and volunteers that have celebrated special occasions over the past few months.

Going with the theme this newsletter, remember to put that enthusiasm in to action and let's make sure we finish off the year strong!

Gilda Campbell
CO.AS.IT. (SA) President

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Like CO.AS.IT. (SA) on Facebook! www.facebook.com/coasitsa

The peak body for Italian ageing in South Australia - providing information on ageing and culturally and linguistically diverse issues relevant to Italian Australians.

FROM THE PROJECT MANAGER

We've survived the storms and the power is back on! Luckily for us we can get back to work and I mean that sincerely.

It is extremely rewarding to be involved with our community on a daily basis, but quite often we can take things for granted. We may not realise how much we rely on our groups, volunteers and community programs. Sometimes you have to lose something before you realise how much it means to you... ironically just like the power outage we experienced only weeks ago.

This newsletter I want to focus on that very point and rather than taking things for granted let's be proactive. I encourage everyone reading to take some time to reflect. Who is important in your life? Think about how much they mean to you. Take the time to let them know. Maybe even take the time to show them you care.

At COASIT we value our entire community. From our volunteers, our groups, aged care agencies and every member of our community. This extends far further than the Italian community, we value the entire South Australian community. There are a lot of good people out there doing some great work, which may often go unrecognised. One ex-

ample was my opportunity to meet with the AIAPE Italian pensioners group and Boandik Lodge aged care centre in Mount Gambier. Well done to these and all other groups and organisations. We appreciate the great work you do.

I must also pay a special mention to COASIT in both Sydney and Melbourne for their hospitality during my visit recently. They demonstrated to me how strong a unified community can be when we show others we care. The recently launched National Italian Earthquake Appeal is one example of this. I hope you find this newsletter interesting. Just as importantly, I hope my message of appreciating the people in your life stays with you.

Carlo Tropiano
CO.AS.IT. (SA) Project Manager

ATTENTION! ATTENZIONE!

Our newsletter will no longer be posted in hard copy!

We hope that you understand this decision will not mean the community becomes less informed. In fact, we anticipate that this will allow us to spend more time on delivering outcomes and allow us to work towards a greater on-line presence!

In saying this we need your help! If you have received this newsletter in the mail please complete the newsletter request form if you wish to continue receiving the newsletter via email. Please respond to admin@coasitsa.org.au or if you have any queries please do not hesitate to call the COASIT office on 8223 3311 so that we may assist you.



COAST IS ON AIR!

Join us every first Tuesday of the month on RADIO ITALIANA 531 AM from 2.30-3.00pm & every second Friday of the month with Co-ordinating Italian Committee (CIC) on RADIO ITALIA UNO 1629 AM from 4.00-4.30pm.

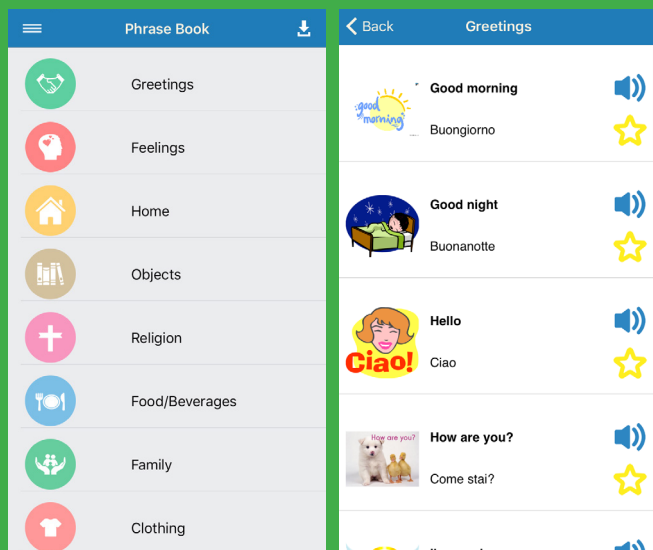
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COASIT – STAY INFORMED! RIMANI INFORMATO!

We are proud to announce the long awaited launch of our COASIT community information forum to be held on Tuesday 8th November!

As a community it is important that we stay informed and so what better title to use than 'stay informed' and 'rimani informato'. The commencement of the 'Stay Informed' forums are the outcome of community consultation used to assess each of the issues that require addressing in our ageing Italian community. The topic we will cover in the first forum will be 'navigating the aged care system' and we hope to address the changes in accessing services as well as My Aged Care.

Don't miss out on this important information and so we look forward to seeing you on the day!

CO.AS.IT.SA

STAY INFORMED! RIMANI INFORMATO

Keeping the Italian community informed on topics related to ageing, welfare and health.

Mantenere la comunità italiana informata su tutte i temi legate all'invecchiamento, il benessere e la salute.

TOPICS INCLUDE: "NAVIGATING THE AGED CARE SYSTEM" "La navigazione del sistema di assistenza agli anziani"

ALL INFORMATION TO BE PROVIDED IN ITALIAN!
Open to the entire community at no charge
Question and answer opportunities
Free Italian coffee and continental cakes!

TUESDAY 8TH NOVEMBER
10 - 11:30AM
THE CARRINGTON CENTRE
262 CARRINGTON STREET ADELAIDE

CAN'T MAKE IT? DON'T WORRY!
We will broadcast the session live on both Italian radios. Tune in to either RADIO ITALIANA 531 AM or RADIO ITALIA UNO 1629 AM so you don't miss out on any information!

ITALIANS DOWN UNDER CONFERENCE

COASIT was privileged to attend the 'Italians Down Under' conference at the Italian Embassy, Canberra. Our representation on behalf of the South Australian ageing Italian community gave an opportunity to liaise with some of Australia's leading Italo-Australian academics, business people, politicians and community representatives. Issues relevant to our community were discussed across sectors such as business, language, culture and welfare, with national strategies developed to address gaps that may exist. The most notable outcome being the agreement in principle to support the development of national Italian body.

We extend a warm thank you to Italian Ambassador to Australia, His Excellency Mr Pier Francesco Zazo and the Italian Embassy in Canberra for their hospitality and effort in organising the event.



THE ITALIAN CONNECTION: 'Every object tells a story'

COASIT, Flinders University and the Migration Museum invite you to join us in exploring your migration journey on Monday 7th November by bringing an object that awakens a memory.

Objects have the power to carry and evoke all kinds of emotions. They have a unique ability to open pathways to the past and elicit feelings such as love, sacrifice, sadness and happiness.

This collaborative pilot event aims to develop a program that will allow Italian seniors to explore their emotional attachment to treasured possessions. The University of Sydney 'Treasured Possessions' project and an array of other research shows that exploring this concept in seniors can have a positive impact on cultivating emotional literacy and improving emotional intelligence. Success of this pilot event will allow us to develop an ongoing program that addresses the issue of social isolation common across our community.

The Italian Connection

Monday 7 November 2016
The Migration Museum:
82 Kintore Avenue, Adelaide 5000
10am - 11:30am

"Ogni oggetto racconta una storia"
Every object tells a story



Co.As.It. (SA), Flinders University and the Migration Museum invite you to explore your migration journey...

Bring an item that awakens a memory, tells a story, shares your personal migration history and its connection to the present.

You can bring along an item that may make people laugh or may make them cry: we welcome the happy and the sad.

Bilingual Tour (Italian and English) of the Migration Museum and a shared morning tea will be provided.

CO.AS.IT.SA | Flinders University | Migration Museum

VOLUNTEERING SA 'WeDo' APP:

**Download it today and
start volunteering!**

COASIT proudly supports Volunteering SA&NT and the recent the launch of WeDo, a unique app which is making volunteering easy. The WeDo app allows you to search hundreds of different roles in South Australia with a large number of organisations to find your perfect match.

You can express your interest, connect with organisations directly, and a match made by the app based on your profile means you'll also be notified of opportunities that are an ideal fit. The WeDo app promotes the Volunteering SA&NT mission to promote and advance volunteering across the entire community.

Funded by the State Government, WeDo can help you find short, long-term or even just a one-off opportunity that takes your interest.

Please download WeDo now from the App Store or Google Play and get involved as a volunteer today!

Please contact the COASIT office on 8223 3311 with any questions regarding the Italian Connection, but please be quick as spots are limited!



FOOD IS LOVE – IL CIBO È AMORE

Tuesday 18th October, 1pm – 3pm. The Carrington Centre, 262 Carrington St, Adelaide.



The Italian community have enhanced our culture in more ways than we can imagine, but probably no more so than through food. These distinctive, regional cuisines are the glue that holds generations of Italian families, and generations together, with every special occasion marked with a meal.

Your host is ROSA MATTO – Food Writer, SA Life magazine, celebrated chef and cooking teacher. Rosa's family hails from Campania in Southern Italy where the regions food is celebrated in song & poetry and is full of imagination and inspiration. LAURA CASSAI was the 2014 Runner-up in Master Chef Australia. Hailing from the Tuscany region, Laura was always fascinated by food and learnt the basics from her Nonna's - Maria and Rosa - and her

mum Anita. Whilst studying for a Bachelor of Health Sciences at Flinders University in 2013, Laura decided to apply for Master Chef...and the rest is history. Laura is now based at the award winning Andre's Cucina.

Cibo Espresso has become a South Australian institution. Co-founder of Cibo Ristorante Pasticceria, which spawned the Cibo Espresso franchise, SALVATORE PEPE now finds himself back at the stove in his new venture Pepe Cucina. Calabrian born and Tuscany raised, Pepe arrived in Australia at age 26. He is a passionate champion of fresh & local produce, which is always reflected in his seasonal menus.

The Chefs will discuss their love of Italian food and recreate their favourite dishes on stage. These conversations build the foundation for understanding how food builds social connections across all generations and works against keeping people socially isolated. There will be free sfogliatelle for everyone - thanks to Tony & Mark's - and tastings courtesy of PISA Home Cooked Italian Meals.

Join us in this special event jointly presented with COTA SA as part of the COTA SA Every Generation Festival.

Tony & Mark's have kindly donated free sfogliatelle for everyone. For over 35 years this close-knit team have been providing South Australians with the finest, fresh produce available. It is a business built on strong family values as reflected in the personal service and friendly atmosphere that fills the store everyday.

EST 1978.

TONY & MARK'S

A FAMILY TRADITION

Tickets: \$8.00 for COTA members and \$10.00 public from:
www.trybooking.com/MCWY.

MY AGED CARE

COASIT is committed to informing the Italian community on how to access aged care services.

The My Aged Care website has been established by the Australian Government to help individuals navigate the aged care system. 'My Aged Care' is part of the Australian Government's changes to the aged care system which have been designed to give people more choice, more control and easier access to a full range of aged care services.

My Aged Care is made up of a website and a contact centre. Together they provide information on aged care for yourself, a family member, friend or

someone you're caring for. You can call the My Aged Care contact centre on 1800 200 422 between 8am and 8pm on weekdays and between 10am and 2pm on Saturdays. The My Aged Care contact centre is closed on Sundays and national public holidays. The My Aged Care website is:

www.myagedcare.gov.au.

For further questions on My Aged Care or Italian specific services please feel free to contact COASIT on 8223 3311.



For further information, please contact:

COTA SA

P: (08) 8232 0422

E: cotasa@cotasa.org.au

CO.AS.IT

P: (08) 8223 3311

E: admin@coasitsa.org.au

To see the full 2016 Every Generation Festival program, please visit www.cotasa.org.au and click on Every Generation Festival.



CO.AS.IT.SA

TONY & MARK'S



Il Cibo e' Amore

Tuesday 18 October, 1pm - 3pm

The Carrington Centre: 262 Carrington St, Adelaide

Tickets available at trybooking.com/MCWY
\$8 for COTA members and \$10 for public!

Like CO.AS.IT. (SA) on Facebook to stay up to date with the latest news & events!
www.facebook.com/coasitsa

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