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Introducing the new President...

As the newly elected President of CO.AS.IT, I take this opportunity to wish you all the very best for Christmas and New Year.

I hope you enjoy your time with your loved ones and that you stay safe during the festive season.

I also want to thank and acknowledge our former President Franca Antonello for her contribution over many years, former Project Manager Luisa Greco for all her fantastic work spanning more than a decade and to the dedicated members of the Board of Management for their commitment to CO.AS.IT. Although it has been a busy year, everyone's past and present support is certainly appreciated.

The CO.AS.IT. office will be moving

in early 2016 and we look forward to being located in our

recently refurbished office in SAIA's Carrington Street premises. More information will be provided once we are settled into our new space.

We also look forward to interacting with you at the Italian Carnevale in February 2016. Please remember to stop by our booth to say 'ciao'.

On behalf of the Board of Management, I wish you all a *Merry Christmas and Happy New Year*.

With warm personal regards,

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



CO.AS.IT.(SA) Inc.
A peak body for organisations supporting older Italian Australians in South Australia.

Our vision is that the older Italian Australian community will have equitable access to culturally appropriate services in South Australia.



Board members supporting PISA at their fundraising event.

New CO.AS.IT. SA Website

CO.AS.IT.SA is excited to announce a revamped website. The website has a fresh and neat look making it simpler for the user to navigate.

One of the highlights of the new website is that it is now in English and Italian. In one click, the website can change from English to Italian and then back again. This makes it accessible to more users.

Another more user-friendly feature is that it will open on any device, for example, Apple or Android phones, Mac, tablet, iPad or computer and can also adjust to the screen size accordingly.

The *Home* page is bright and simple to follow and includes CO.AS.IT.'s Vision, Purpose, Functions, Objectives and list of current Board Members. This *Home* page allows the user to access diverse information by clicking on the links which includes useful resources, volunteer information, the latest news and contact details.

Regular newsletters and the new and exciting 'Ciao' App can also be downloaded.

The *Resources* page includes useful information including:

- * Statistics on the Italian Community in South Australia
- * List of Italian Community Services
- * List of Patronati in South Australia

- * Quick Facts and A Brief History of Italy
- * Maps of Italy
- * Italian National and Festivity Days
- * Italian Feast Days celebrated in South Australia
- * Italian Migration
- * Guidelines to assist those requesting a support letter from CO.AS.IT.
- * CO.AS.IT. Italian Library books available

Other Italian agencies including ANFE, St Hilarion Aged Care, Bene Aged Care and PISA, together with other useful websites are easily accessible via the *Links* page.

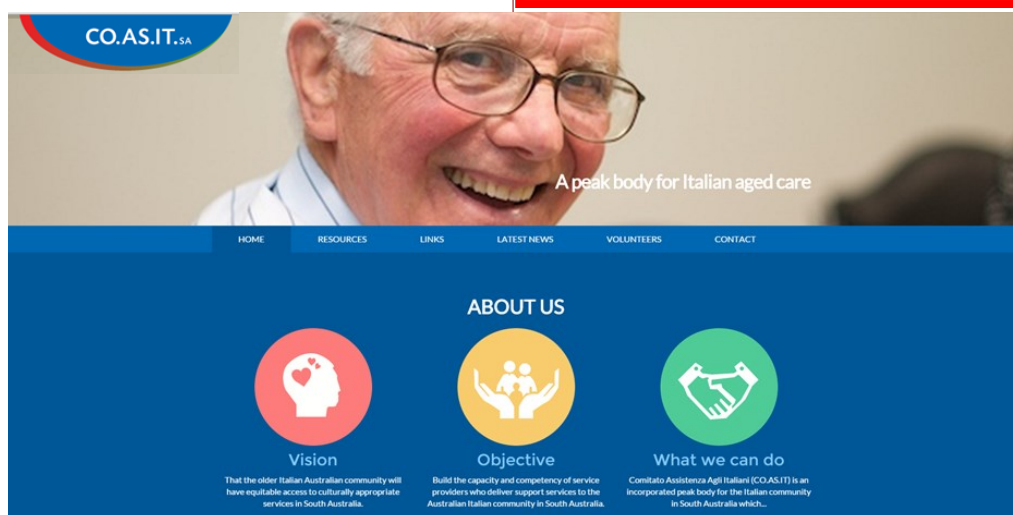
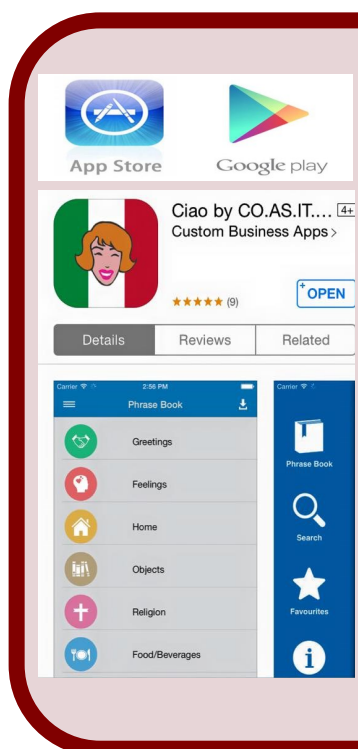
The *Contact* page is easy to follow and includes CO.AS.IT.'s phone number, address and email address. You can send an email directly from this page.

Your comments and suggestions for improvement are welcomed. For more information and to view our new and improved website please visit www.coasitsa.org.au.

'Ciao' App **now available on Android**

CO.AS.IT are pleased to announce that the 'Ciao' App is now available to download for free on Android phones and tablets.

You can find the App in the Google play store.



facebook

CO.AS.IT. is now on facebook, please like us if you would like to keep up to date with what is happening with CO.AS.IT. and Italian community services.

www.facebook.com/CoAsItSAInc



Social Networking Physiotherapist Honoured

Adelaide physiotherapist Frank Naso has been helping aged care residents to regain their fitness and has been recognised for his role in bringing people together.

Frank has opened a new gym for residents in two Society of Saint Hilarion Inc Aged Care homes in the western suburbs of Seaton and Fulham that has improved resident's health and become a thriving community centre.

In the last 12 months Frank and Saint Hilarion have created a multi-focused lifestyle and wellness program so that mainly older Italian residents can regain their mobility and sense of being part of a caring community.

Frank has set up a gym to cater for the exercise goals of each resident and now more than 30 residents are active members of the gym which has become a centre for daily socialising.



Frank Naso and Adam Hooper

Frank was one of five finalists in the Individual Distinction category of the 2015 HESTA Aged Care Awards. The awards recognise those in the aged care sector who made an exceptional contribution to improving the quality of life for older Australians.



News from the Coordinating Italian Committee

Finally, after some seven months of demolition, noise, dust and building, our new kitchen is fully operational and ready to be enjoyed by volunteers and staff.

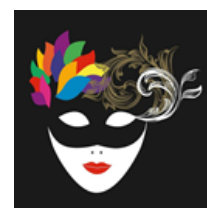
The Tuesday and Thursday programs - which had to be relocated during the renovations - will be back at CIC in January at the start of the program after the Christmas break.

All the programs will commence the third week in January, to give our volunteers the opportunity to have a well-deserved rest; the office will however reopen on Wednesday 6 January 2016.

We take this opportunity to thank all the volunteers who have generously assisted with transport, meal preparation, home visiting, shopping, and helped with the activities of the day centre. We are all well aware that CIC could not do what it does without the support of its many volunteers. We thank them all.

After Christmas, the office will be a hive of activity for Carnevale's final preparations. The traditional event will be held at the Adelaide showground on the weekend of 06 and 07 February 2016.

It is both a duty and a pleasure to thank everybody that in different ways has supported the Coordinating Italian Committee with big and small donations, with their commitment and their availability, as well as all the community members who have participated to our programs.



Carnevale Italian Festival 2016

"Celebrating 40 Years"

06 February - 07 February

www.carnevale-adelaide.com

Community Information Notice Board

COTA'S

Strength for Life Program

On Tuesday 24th August 2015, CO.AS.IT held an information session on COTA's Strength for Life Program.

The Strength for Life program promotes health and well-being amongst people over 50 through strength training programs run by accredited fitness providers. Training programs are developed according to individual needs and ability and participants are supervised by an exclusive instructor with Strength for Life accreditation.

The session was well received with a total of 18 participants attending. A wonderful morning tea and lunch was provided by CO.AS.IT which was enjoyed by all.



Home Support Worker Wanted

The Society of Saint Hilarion Inc Aged Care (SSHAC) has been a valued member of the South Australian community for over 60 years.

Our services have expanded into the community to provide assistance and support to elderly Italian people to live independently in their own home.

Positions are available for casual Home Support Workers to join our team to provide in-home care. Our team plays a critical role in the lives of our consumers and their families.

Applicants should include a resume and a brief cover letter addressing skills and experience in Community Aged Care services.

You will be required to have a Certificate 111 in Aged Care or the equivalent, current Police Check or willingness to obtain prior to commencement.

For further information and or job description please contact

Patrizia Kadis on
8409 1500 or email

pkadis@sainthilarion.asn.au



CO.AS.IT. Board and Staff wish everyone a very happy and safe Christmas.

Best Wishes for the New Year, we look forward in working with you in 2016.

Il comitato e il personale del CO.AS.IT. augura a tutti un Buon Natale e Felice Anno Nuovo.



CO.AS.IT.SA

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CO.AS.IT. (SA) is supported by funding from the Australian Government under the Commonwealth HACC Program.

New CEO Appointment

St Hilarion Aged Care, an Italian specific aged care provider, is excited to announce the appointment of Catherine Willoughby as its Chief Executive Officer since the 2nd November 2015.

Catherine has worked in aged care for over 28 years in various leadership roles with a number of CALD based organisations. She is passionate about making a difference for CALD communities as she understands the core foundations of coming from a CALD background as she arrived to Australia as a Scottish migrant.

Her strong leadership skills, extensive clinical, management and consulting background in the health & aged care sectors, governance experience at a state level, advocacy and stakeholder presentation in state professional associations, faith based and secular not for profit entities as well as for profit community & aged care service providers, makes this an exceptional appointment at a vital time for St Hilarion.

She is passionate about the benefits new technologies can bring to aged care and help the CALD community access broader health care. She is committed to quality healthcare being a right and not a privilege and looks forward to improve the quality of life of the people we care for.

