

NEWSLETTER WINTER

FROM THE PRESIDENT

It is safe to say that Winter has arrived! Despite the cold weather COASIT has been keeping busy (and warm) with involvement in various events, activities and projects.

Some important celebrations have taken place over the last few months. I was lucky enough to attend the 'Festa della Liberazione' hosted by Com.It.Es, which commemorated the end of the Italian Civil War and the end of Nazi occupation of Italy during World War II. I also had an opportunity to celebrate the 'Festa della Repubblica Italiana' hosted by the Italian Consulate at the Fogolar Furlan Function Centre. Compliments are extended by COASIT on the success of these events and to the wider community that ensures our Italian heritage continues to be celebrated and recognised.

The jewel in the COASIT crown, which has now become the Italian Community Volunteer Awards took place on the 12th May at Sfera's Parkes Suites and Convention Centre. The effort and commitment of volunteers working across the community is truly amazing. This year saw a total of 27 volunteers nominated for either the youth or senior awards, a fantastic achievement. The positive feedback regarding the event has been overwhelming. At COASIT we feel great joy in knowing we have played at least

a small part in giving something back to the volunteers who do so much in the Italian community.

At the grassroots level of the community our staff have been working with Italian groups to spread an understanding of the new processes involved in accessing aged care services. 'My Aged Care' registration remains a key factor in these conversations and future community information sessions are in the works of being organised. Stay tuned!

Moving forward COASIT is committed to tackling ageing related issues on a broader level. The upcoming 'Food is Love' event as part of the Every Generation Festival 2016 is testament to this. We will hear how food has helped build social connections and prevent social isolation in older people from the experiences of some of Adelaide's most high profile chefs. Tickets are now on sale!

I very much look forward to updating you over the coming months with new initiatives and events.

Until then stay warm, be good to one another and keep smiling.

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

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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



What an enjoyable few months it has been since our March newsletter. I have become better acquainted with members of the ageing and wider Italian community and have already learnt so much. The thing that really stands out for me is the effort, commitment and generosity of staff, volunteers and the general public. The unwavering commitment and passion shown by so many individuals really is incredible and something we can all draw from.

In March I mentioned COASIT would be engaging in community consultation and strategic planning to ensure our

resources are utilised in the right areas. The fruits of this process have now come to bare as COASIT will begin taking a broader approach to ageing. What does this mean? In simple terms you can expect COASIT to approach Italian ageing within a whole of life or holistic context. Focus will not just be on aged care services but on ageing as a fundamental and core life issue. Expect to see updates on how this will affect our work in the coming months.

I cannot go further without mentioning the 2016 Italian Community Volunteer Awards at Sfera's Park Suites and Con-

vention Centre. As we have already dedicated some of our newsletter to this event I will keep it short by saying what a fantastic afternoon it was. I am very proud to have been involved in awarding the worthy recipients of this year's awards. Well done to all those nominated and all volunteers across the Italian community.

The next few months will bring with them some exciting collaborative initiatives and events that I hope to tell you more about in our next newsletter. Without saying too much health and wellbeing, community engagement and important strategic partnerships will all carry some added importance.

As always we are continually amazed by the work of individuals in our social support and meals programs. I give special mention to Unley Mensa, St Maria Goretti Social Group, Italian Pensioners and Seniors of Thebarton, the Campania Club and the Casa D'Abruzzo Molise Club who continue to run these fantastic programs.

I wish you all a happy and safe winter.

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

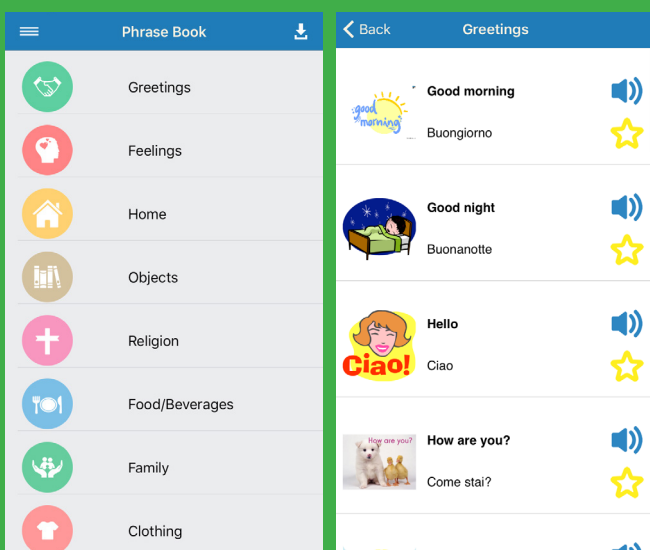
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MY AGED CARE

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.

ITALIAN COMMUNITY VOLUNTEER AWARDS 2016

The 12th annual COASIT Italian Community Volunteer Awards were held on Thursday 12th May 2016 at Sfera's Function Centre. The event was a huge success with around 350 attendees enjoying an afternoon of good food, great music and joyful celebrations for the efforts of our community volunteers.

Guest speakers and special attendees on the day included his Excellency the Governor of South Australia Hieu Van Le, Zoe Bettison Minister for Multicultural Affairs, Rachel Sanderson Shadow Minister for Volunteers, Dr Roberta Ronzitti Consul of Italy to South Australia, Vincent Tarzia MP and Tony Zappia MP. The appreciation shown by the mentioned special guests and other important members of the ageing, multicultural and volunteering community emphasised the value placed on the work done by volunteers in the Italian community.

In all 27 volunteers were nominated for awards, a tremendous effort on be-

half of the Italian community. Pasquale Minichello, Luisa Mirolo, Vera Perin, Peter Rossi and Pasquale Russo also received a recognition award on behalf of both CIC and COASIT for their 30 years of volunteer service.

The Youth Volunteer Award for 2016 was won by Angel Manzella, an inspirational young lady who has dedicated much of her time at Villa St Hilarion since she was 7 years old. Angel has assisted with activities, serving food, taking residents for walks, going on outings and talking and singing to residents in Italian.

The Senior Volunteer Award for 2016 was won by dual winners Peter and Sandra Doyle, who have given up much of their weeks for the past 8 years in volunteering at Bene Aged Care. Their assistance has included transportation, meals, arts and crafts, activities and conversing with clients. Although they do not speak Italian both Peter and Sandra have shown amazing interest

and compassion for the people they work with.

During the event, guests were serenaded by the wonderful sounds of the band 'Friends'. Many people got involved in their performance by showing off their moves on the dancefloor! In addition, the famous COASIT raffle saw around 30 lucky people win prizes donated by our fantastic sponsors. A huge thank you to all COASIT sponsors who made this possible by donating generously. Radio Italiana 531 and Radio Italia Uno Adelaide both broadcast live from the event on the day and COASIT thanks both radio stations for their support.

A final huge thank you to all of our special guests, sponsors, Sfera's Park Suites and Convention Centre, volunteers, COASIT members and everyone else who helped make the day possible. COASIT again thanks all volunteers for their tireless work in the community and we look forward to celebrating again next year!

CO.AS.IT.SA proudly acknowledges and thanks all of our sponsors:

Alfresco Cakes, Campbelltown

Ambrosini's Restaurant, Norwood

Buonasera Italian Restaurant, Glenunga

Café Brunelli, Newton

Carapella Shoes, Newton

Cotto Espresso, Hyde Park

Dolcetti Espresso Bar, Firla

Festival City Wines, Albert Park

Galipo Food Company, Dry Creek

Globe Importers, St Morris

Imma and Mario's Mercato, Campbelltown

L'Abruzzese Pasta, Glynde

La Tombola Italian Restaurant, Parkside

Martini Ristorante, Norwood

Panini Brothers, Newton

Pasticceria Reggina, Seaton

Radio Italia Uno Adelaide 1629 AM, Adelaide

Radio Italiana 531 AM, Adelaide

Rio Coffee, Stepney

Ruby Red Flamingo, North Adelaide

San Remo Macaroni Company, Windsor Gardens

Schinella's Your Local Market, Prospect

Sfera's Park Suites & Convention Centre, Modbury

St George Cakes and Gelati, Trinity Gardens

The Good Guys, Hectorville

Tigani Olive Oil, Seaton

Tony and Mark's, Newton

Vino Ristorante, Unley

Zeea's Eatery, Glenunga

PHOTOS:



'AGEING BETWEEN CULTURES:

The Experiences and Challenges of Italian migrants in South Australia'

COASIT proudly promotes the new book 'AGEING BETWEEN CULTURES: The Experiences and Challenges of Italian migrants in South Australia' published by the Flinders University Italian senior lecturer and researcher, Dr Daniela Cosmini-Rose.

Drawing on the expertise of historians, migration scholars, social scientists and a medical practitioner, this book offers an overview of the origin of the Italian settlement in South Australia and addresses the ageing experience of Italian migrants by revisiting the concepts of health and wellbeing, intergenerational family care-giving practices and the role of language and culture in the ageing process. At a time when the world's population is ageing at a rapid rate, this comprehensive study on an

elderly migrant minority, their families and communities, is a valuable contribution to the literature of migration and ageing and serves as a framework for the development of aged care models for other migrant communities. COASIT is proud to endorse Daniela's work and the message articulated through the book. As an organisation we are dedicated to informing the South Australian community about the challenges faced by ageing Italian immigrants and creating a positive future for this group.

Contributors to the volume include Professor Desmond O'Connor, Professor Diana Glenn, Dr Daniela Cosmini-Rose, Irene Belperio, (Department of Languages and Applied Linguistics, School of Humanities and Creative Arts), Dr Kenneth Goodall (School of Education),

Professor Paul Ward (School of Public Health), Dr Karen Agutter, Dr Daniela Costa, Dr Francesca Bouvet, Dr Lareen Newman and Tony Paganoni.

The volume is available via Toubador Publishing – Italian Studies at: www.troubador.co.uk.



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.



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

For further information, please contact:

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

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