

# AUGUST 18 2018

## The Upper Spencer Gulf Social Support Initiative

Co.As.It. (SA) is proud to announce that we have commenced a long-term project to develop active social support programs in both Port Augusta and Whyalla, in partnership with the Italian-Australian Society of Port Augusta Inc. (Port Augusta) and Club Italico Inc. (Whyalla).

This region was highlighted as having a high proportion of people that identify as Italian or Italo-Australian and that are over 65 years of age (as per the 2016 Australian Bureau of Statistics Census data recently distributed by Co.As.

It. SA). This initiative aims to increase social support activities that bring isolated members of the community together; to improve access to aged care information and services; and to promote interaction with all other culturally and linguistically diverse (CALD) groups in the region.

Further details regarding the two regional programs are included in this month's newsletter. Any other enquiries regarding our work in regional South Australia can be made by contacting the Co.As.It. (SA) office.

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## Like CO.AS.IT. (SA) on Facebook!

[www.facebook.com/coasitsa](http://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.**



# Italian Community Volunteer Awards 2018

This year's Italian Community Volunteer Awards event was another fantastic celebration of volunteering throughout our community. The day saw a record number of volunteers nominated and two worthy winners in both the Senior and Youth category.

The 2018 youth winner Mr Mario Fimiani, has been volunteering with ANFE for 5 years. His understanding of the community's cultural needs had assisted ANFE in meeting the changing and challenging landscape of the aged care sector. Some highlights of his volunteering efforts included the start-up of ANFE's Home Gardening service and his role as Treasurer on

ANFE's Board of Management. Both ANFE and Co.As.It. (SA) valued his contribution, particularly as a young person who is passionate about serving his community.

The 2018 Senior Volunteer of the Year award was Mrs Rosa Colmagro who had over 30 years experience volunteering with both ANFE and Bene Aged Care. This was not the first time Rosa had been nominated and she has long been admired for her tireless work as a volunteer. Her volunteer roles have included the preparation of meals, language support as well as being a constant pillar of support for staff members, other volunteers and clients.

Co.As.It. (SA) is proud of this year's nominees and award winners. Their dedication remains a shining example not just for volunteers but for all those who assist the Italian community.

We wish to thank all of our volunteers and sponsors for the event, of which there are far too many to name, but we appreciate every one of you. Next year, Co.As.It. (SA) may look at modifying the format of the awards to mark the 15th year anniversary of the event!

Stay tuned in our future newsletters to hear about our plans and on how to make a nomination for next year's awards!





# Building Wellbeing and Resilience across the Ageing Italian Community

Co.As.It. (SA) is committed to addressing the needs of ageing Italo-Australian individuals in areas of psychological, emotional and physical wellbeing. One of the most highly validated programs that covers these relevant areas is the PERMA+ positive psychology program. Recently, Co.As.It. (SA) completed a collaborative project with the Wellbeing and Resilience Centre ('the Centre') within the South Australian Health and Medical Research Institute ('SAHMRI') to address these issues for the benefit of the entire Italo-Australian community.

The Program focuses on the research behind building resilience, interactive activities, and concrete research-based

resilience building skills that participants can begin using immediately.

Skills will include:

- Cultivating gratitude and realistic optimism
- Understanding that emotions and behaviours are triggered by how we interpret events
- Reframing your thinking to take purposeful action
- Understanding purpose and values
- Developing mindfulness
- Capitalising on strengths
- Active constructive responding
- Building social support during adversity and interpersonal problem solving

**If you are interested in finding out more about the PERMA+ program we offer in Italian please enquire with the Co.As.It. (SA) office.**

**This program is offered to Co.As.It. (SA) members, volunteers and clients only.**



## MY AGED CARE

Co.As.It. (SA) 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](http://www.myagedcare.gov.au).**

For further questions on My Aged Care or Italian specific services please feel free to contact Co.As.It. (SA) on 8223 3311.

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Australian Government

myagedcare

### Find the help you need with myagedcare

If you're finding it harder to do the things you used to, you might need a bit of support at home. The Australian Government's myagedcare phone line and website can help you to:

**Access services to support you with:**

- **Transport**  
(e.g. appointments and activities)
- **Household jobs**  
(e.g. vacuuming and preparing meals)
- **Modifications to your home**  
(e.g. hand rails, ramps)
- **Nursing and personal care**  
(e.g. help getting dressed, help shaving)

**Find information in one spot on:**

- **Different types of services**  
(in home support, short-term care, aged care homes)
- **Your eligibility**
- **Your contribution to the cost**
- **Organisations that provide aged care**

Connect with myagedcare on **[www.myagedcare.gov.au](http://www.myagedcare.gov.au)** or **call 1800 200 422**

\*1800 calls are free from land lines; calls from mobile phones might be charged.

Authorised by the Australian Government, Capital Hill, Canberra



# VALE – BRUNO BARILLA

**Deputy Chairman of the Aged Care Board**

**The Society of Saint Hilarion Aged Care Inc.**

It is with a heavy heart and great sadness, that we announce the loss of one of the longest standing Board Members at the Society of Saint Hilarion Aged Care Inc.

Bruno's brilliance, passion, and energy were the source of countless business opportunities that enrich and improve all our lives. His enthusiasm to serve and deep love for the Society of Saint Hilarion Aged Care Inc. will be remembered forever.

His leadership for the Society of Saint Hilarion has been essential for the development of the society and the contribution it continues to make for a vibrant Italian culture. As the inaugural President from 1970 to 1978, and board member / Vice Chair for the last 14 years, he has been pivotal in fundraising significant monies for the development of four aged care facilities, the Saint Hilarion Feast Day and the ongoing financial support to

various not-for-profit Organisations and families.

Our hearts go out to all his family and to all who were touched by his extraordinary gifts. Our thoughts and prayers are with his family and friends during this sad time. Rest in peace Bruno.

**Frank Naso**  
**Co.As.It. (SA) Board Member**



## RIMANI INFORMATO!

Se avete bisogno di assistenza con questa pubblicazione in italiano si può contattare l'ufficio Co.As.It. (SA) su 8223 3311. Aperto Lunedì, Martedì, Giovedì & Venerdì (9.30am - 2.30pm)

## 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 online presence!

If you have any queries regarding this change please do not hesitate to email us at [admin@coasitsa.org.au](mailto:admin@coasitsa.org.au) or call the Co.As.It. (SA) office on 8223 3311 so that we may assist you.

## Co.As.It. (SA) IS ON AIR



Join us every first  
Tuesday of the month  
on **RADIO ITALIANA 531**  
AM from 3:00 - 3:30pm

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**CO.AS.IT.SA**

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