

MARCH 19 2022

INSIDE THIS ISSUE:

**ITALIAN COMMUNITY
VOLUNTEER AWARDS 2019** 2

**EXERCISE FOR LIFE
PROGRAM** 3

**INTERNATIONAL WOMENS
DAY** 4

MY AGED CARE 4

Elder Abuse Prevention Information Session

Co.As.It. (SA) is dedicated to addressing the needs of ageing Italo-Australians in all aspects of life.

Older South Australians have the right to feel safe and to be treated with dignity and respect.

Decisions about their lives, finances, where they live, health care, lifestyle and relationships are important and older people have the right to make these decisions as they wish.

Recently, after attending a 'Train the Trainer' seminar hosted by ARAS (Aged Rights Advocacy Service), Co.As.It. (SA) delivered an Elder Abuse Prevention Information Session. The session aimed to prevent the abuse of older people through education and invited all members of the community to attend. We provided attendees with knowledge and information about defining elder abuse and what some of the potential warning signs

may be. By attending this workshop, we hope attendees will be more prepared to identify elder abuse warning signs and know which are the competent authorities to contact for further information.

Importantly, Co.As.It. (SA) has designed the elder abuse prevention information session and its resources to be made available in both English and Italian, which will make it accessible to the entire ageing Italo-Australian community. If you would like to book an elder abuse prevention information session in either English or Italian please contact the Co.As.It. (SA) office for further information.

STOP ELDER ABUSE

**KNOW THE SIGNS, SPEAK UP
AND SAFEGUARD THE RIGHTS
OF OLDER PEOPLE**



A PEAK BODY FOR ITALIAN AGEING IN SOUTH AUSTRALIA



Like Co.As.It. (SA) on Facebook! www.facebook.com/coasitsa

15TH ANNIVERSARY

CO.AS.IT.SA

Italian Community Volunteer Awards

ITALIAN COMMUNITY VOLUNTEER AWARDS 2019 NOW OPEN!

Co.As.It. (SA) is a peak body for ageing Italo-Australians in South Australia. Our mission is to advance the wellbeing of ageing Italo-Australians with access to information, support, advocacy, services and programs that promote a fulfilling life.

In 2019 we are proud to announce the 15th Anniversary Italian Community Volunteer Awards. The event will recognise volunteers for their outstanding contribution to the Italian community in South Australia. Volunteers do not need to be from an Italian background to be nominated, as long as their work has benefitted the Italian community!

The volunteer awards aim to recognise individuals who have given their time generously to the Italian community. The winners will be presented with a certificate and prize during the Co.As.It. (SA) Italian Community Volunteer Awards on Friday 10th May 2019. Simply fill in the nomination form (with the volunteers consent) and send it to Co.As.It. (SA) as per our details below. The closing date for nominations is 5pm Thursday 18th April 2019. Late nominations will not be accepted.

For more information and nomination forms please contact the Co.As.It. (SA) Italian Assistance Association office on **8223 3311** or email **admin@coasitsa.org.au**.

AWARD CATEGORIES

Aged Care Service Award

An outstanding volunteer who has contributed at least five years of service to any aged care service provider in South Australia.

Community Service Award

An outstanding volunteer within an Italian club, Italian association, not-for-profit organisation (not including aged care), private business or other government agency that has made an outstanding contribution to the Italian community in South Australia.

Lifetime Achievement Award

A volunteer with at least 20 years of service to South Australia's Italian community. The individual may be a volunteer in the aged care or community sector.

'Exercise for Life'

program beginning in April 2019!

Co.As.It. (SA) will begin the 'Exercise for Life' pilot program in April 2019 in collaboration with the Society of St Hilarion Inc. Aged Care and the University of South Australia.

The program aims to pilot test a clearly defined exercise program that is suited to the cultural and linguistic needs of ageing Italo-Australian community. The success of the pilot program will ensure that the exercise program continues to be run across the community at aged care facilities, local councils, Italian social groups and regional clubs.

Venue: The Society of Saint Hilarion
7 Kelly Avenue, Seaton 5023

Cost: Completely Free. Refreshments included!

If you are over 65 years of age and interested in participating or would like further information please contact the Co.As.It. (SA) office directly, as soon as possible.

Spots are limited!



International Women's Day La Festa Della Donna

International Women's Day is an extremely important day both in Australia and Italy, celebrated on March 8th each year. On this day we celebrate women's economic, political and social achievements. The day also reminds us of women's societal struggle for equal rights worldwide in every area of society.

"La Festa Della Donna" is also a day of memory and protest following a tragic event in New York, in March 1908, when the workers at a textile factory went on strike to protest the unsociable working conditions. On the day of the 8th, the owner blocked all of the exit doors and set the building on fire. The 129 factory workers, mostly female Italian immigrants, were trapped inside and sadly died.

Today, during the celebration of "La Festa Della Donna", women receive bouquets of Mimosa flowers from men as a sign of appreciation and respect.



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).

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



Advertisement

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:	Find information in one spot on:
<ul style="list-style-type: none">• 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)	<ul style="list-style-type: none">• 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 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

myagedcare



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1800 200 422

Canberra

CO.AS.IT. (SA) Inc.
Italian Assistance Association
262a Carrington Street,
Adelaide, SA 5000

Ph: (08) 8223 3311
Mobile: 0431 756 144
Email: admin@coasitsa.org.au
www.coasitsa.org.au

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