

STO SUN AUG 2020

From the President

Dear Readers,

It is my pleasure and privilege to write this edition of the Co.As.It. (SA) President's report. I would like to begin by acknowledging the adversity experienced by every member of our ageing community and by all Australians, brought about by the Coronavirus (COVID-19) global health crisis. It has been a strange and testing time, which will continue to challenge us. As an organisation, we have remained steadfast in our commitment to assisting the community. I am very proud of our collective efforts during this period and the way I have seen the community band together.

During times of great adversity, we are presented with opportunities and the chance to recognise our own silver lining. This is what I would like to focus on during my brief report. Our organisation's response to COVID-19 has been our own silver lining.

Since the indefinite cancellation of our social support (group) programs, our team has been in regular over-the-phone contact with every one of our clients for a routine welfare check and social support (individual) phone call. The opportunity to check in and offer support, or just to have a casual chat has been welcomed by all those we have spoken with.

We have also engaged with our clients and the wider community over both Italian radio stations on a more frequent basis. Broadcast live on Radio Italiana 531AM every Friday 11am-12pm, Rosa Matto & Andrea Planamente have hosted the 'Pranziamo Insieme' radio show. This fantastic initiative has engaged our clients and volunteers whilst at home, by inviting them to send in a lunchtime recipe for us to prepare together, with an explanation of why the dish is so special to them. In addition, on Radio Italia Uno 87.6FM every first Saturday of the month at 10am-11am, we have hosted an information show to

discuss various topics of importance to older Italo-Australians.

The 'Stay Active for Wellbeing' health promotion program has been launched online and in hardcopy video and photo resources. This program has been invaluable in keeping our clients, volunteers and the wider community physically active whilst spending more time at home - with all resources available in Italian!

I am also very pleased for Club Italico in Whyalla. Co.As.It. (SA) was successful in securing South Australian Government 'Expand Together' grant funding for Club Italico to upgrade the infrastructure at their venue in Whyalla. This is a much-needed and positive outcome for the club.

A huge thank you to all of the volunteers who have worked tirelessly in recent times. This said, the need for volunteers is greater now, more than ever. I encourage all members of the community who are thinking of volunteering or would like some additional information to get in contact with us!

Finally, I hope that all of our social support groups, as well as all other community groups remain healthy through this period and continue to observe safe and healthy lifestyle practices. We especially look forward to seeing all of our social support groups back to their regular sessions soon. On behalf of Co.As.It. (SA) we thank all those who have played their part in keeping our community safe and supported. For any additional queries or support, Co.As.It. (SA) is contactable through the contact details listed in this newsletter and rest assured we will assist wherever possible.

Wishing you all the best.

Yours Sincerely, Tina Taddeo
President, Co.As.It. (SA)

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RUBRICA MENSILE
DI CO.AS.IT. SA

CO.AS.IT.SA

OGNI PRIMO
SABATO
DEL MESE
ALLE ORE 10

condurre
Carlo Tropiano
& Andrea Planamente



ATTIVI PER IL BENESSERE

Stay Active for Wellbeing Program / Programma

ATTIVI PER IL BENESSERE

CO.AS.IT.SA



- Reduce cardiovascular disease onset
- Assist in known cardiovascular disease management
- Reduce mortality
- Reduce the risk of falls
- Reduce lower back pain
- Improve mental wellbeing
- Improve body composition
- Improve overall functional capacity and ability to complete activities of daily living

The 'Stay Active for Wellbeing' program is a health promotion program aimed at improving and maintaining health and wellbeing throughout the ageing Italo-Australian community through a clearly defined exercise program. This program aims to promote wellbeing through activity that is likely to improve health, strength and balance.

The program was tested to clearly define an exercise program structure that is tailored to the cultural and linguistic needs of the ageing Italo-Australian community.

ATTIVI PER IL BENESSERE

CO.AS.IT.SA



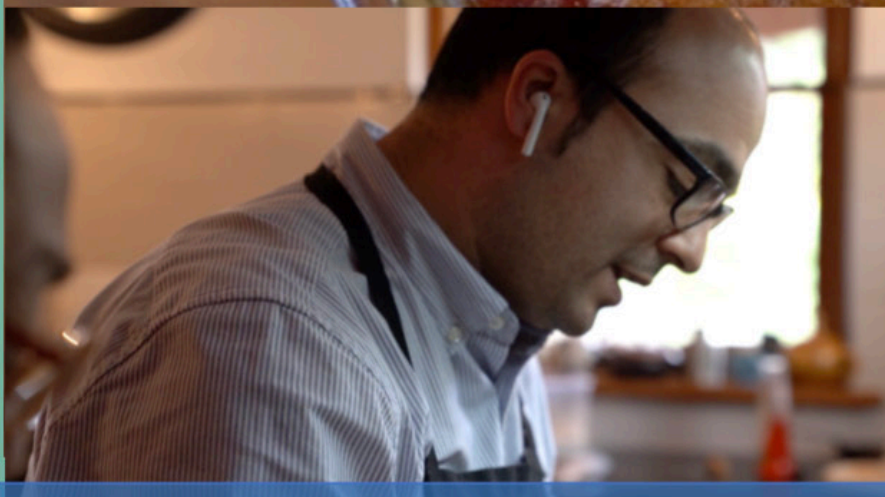
Co.As.It. (SA) raccomanda vivamente di consultare il proprio medico prima di iniziare qualsiasi programma di allenamento. Bisogna prendere coscienza che quando si partecipa a qualsiasi esercizio o programma di allenamento, c'è la possibilità di lesioni fisiche. Pertanto, chiediamo agli individui di non tentare questi esercizi se non si è in grado o non si è sicuri di farlo. Gli individui completano questi esercizi a proprio rischio e Co.As.It. (SA) non si assume alcuna responsabilità per eventuali lesioni subite dalle persone che eseguono questi esercizi.

Co.As.It. (SA) strongly recommends that you consult with your physician before beginning any exercise program. You should understand that when participating in any exercise or exercise program, there is the possibility of physical injury. Therefore, we ask that individuals do not attempt these exercises if you are not capable or it is not safe to do so. Individuals complete these exercises at their own risk and Co.As.It. (SA) accepts no responsibility or liability for any injury sustained by individuals performing these exercises.



Pranziamo Insieme

CO.AS.IT.^{SA}



Co.As.It. (SA) Presents **PRANZIAMO INSIEME**

Hosted by Rosa Matto & Andrea Planamente
Broadcast live on Radio Italiana 531AM
Every Friday 11am-12pm

Tune in live every Friday and join us for lunch, as we prepare a different meal each week to share with all of our listeners at home.

Together we'll cook, laugh, sing and dance!

Co.As.It. (SA) invites all of our consumers, volunteers and the wider Italian community to send in a lunchtime recipe for us to prepare, together with an explanation of why the dish is so special to you!

If you would like to submit a recipe for Rosa and Andrea to prepare live on the 'Pranziamo Insieme' radio show, please get in contact with Co.As.It. (SA) through our contact details listed at the bottom of this flyer.

We will then get in contact with you if the recipe will be featuring on the show and if we need any further information.

Co.As.It. (SA)
262a Carrington Street, Adelaide SA 5000
Ph: (08) 8223 3311
Email: admin@coasitsa.org.au
Web: www.coasitsa.org.au

COVID-19 Information for older South Australians

(This information is an excerpt taken from the 'COVID-19 Fact Sheet - Information for older South Australians' produced by the Office for Ageing Well, Department for Health and Wellbeing, SA Health, Government of South Australia - www.sahealth.sa.gov.au/COVID2019)

What are the symptoms of COVID-19?

Symptoms include:

- fever OR chills (with no alternative illness that explains these symptoms),
- an acute respiratory infection, e.g. cough, sore throat, runny nose, shortness of breath or
- loss of taste and smell

What can we do to protect ourselves from COVID-19?

- Cover your coughs and sneezes with your elbow or a tissue.
- Dispose of used tissues immediately into a rubbish bin and wash your hands.
- Wash your hands often with soap and water, including before and after eating, after going to the toilet, and when you have been out to shops or other places.
- Use alcohol-based hand sanitiser when hand washing is not possible.

• Regularly clean and disinfect surfaces you have touched.

• Stay at least 1.5 metres away from other people as much as possible. This does not include your family or those you live with.

• Make sure any medical conditions are well managed or under control so you are as healthy as possible:

- speak to your GP about what is best for you, including a health action plan that suits your personal circumstances, your immune system, and medications.

• Look after your mental and physical wellbeing, and maintain or resume connections with family, friends, your community and activities or interests that are important to you.

• Ask for help if you need support:

- the SA COVID-19 Mental Health Support Line is available 7 days a week from 8am to 8pm on 1800 632 753 or visit www.SACOVIDMentalHealth.org.au

• Download the COVIDSafe app to your smartphone for the times you do need to go out:

- the Older Persons COVID-19 Support Line can help you with this by calling: 1800 171 866.

• Stay home if you feel unwell and talk to your GP about being tested for COVID-19 if you have cold or flu like

symptoms. Alternatively, you can visit a dedicated COVID-19 or Respiratory Clinic to get tested.

Where can I go for more information?

• SA Government COVID-19 website: www.covid-19.sa.gov.au/recovery

• SA Health website: www.sahealth.sa.gov.au/COVID2019

• SA COVID-19 Information Line 1800 253 787

• SA COVID-19 Mental Health Support Line (8am-8pm, 7 days) 1800 632 753 www.unitingcommunities.org/mental-health-counselling/covid-19-mental-health-support-line/

• Older Person's COVID-19 Support Line 1800 171 866 (advice, support, referrals and connection for Older Australians)

• Aged Rights Advocacy Service 1800 700 600 (free, confidential service to older people, or their representatives, living in a retirement village) www.sa.agedrights.asn.au

• COTA SA website: www.cota.org.au/information/covid19



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.

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