

APRIL 2021

From the President

Hello to all our 7 social support groups and wider Italian community! I am hoping this newsletter sees you in good health, and with a positive outlook. It most certainly is a different outlook than we had this time last year and I am most pleased to say that all our client groups have recommenced their social activities, and are looking to build attendance numbers slowly back up. We cannot stress enough the importance the group interaction has on the physical and mental wellbeing of attendees. I would especially like to acknowledge all the hard work the support group volunteer coordinators regularly display to keep activities operating – your efforts are invaluable and hugely appreciated. It was wonderful to meet as a group in March to share ideas, and a special thanks to Campania Club for hosting that session. We hope to see you all again at our Volunteer event in May to express our gratitude for your consistent dedication to the Italian community.

Ciao a tutti: specialmente ai nostri 7 gruppi di clienti e la comunità italiana! Spero che questa newsletter ti veda

in buona salute e con una prospettiva positiva. Certamente è una prospettiva diversa da quella che avevamo in questo periodo l'anno scorso e sono molto lieto di dire che tutti i nostri gruppi di clienti hanno ricominciato le loro attività sociali e stanno cercando di aumentare lentamente il numero di presenze. Non possiamo sottolineare abbastanza l'importanza che l'interazione di gruppo ha sul benessere fisico e mentale dei partecipanti. Vorrei in particolare riconoscere tutto il duro lavoro che i coordinatori dei volontari del gruppo di supporto mostrano regolarmente per mantenere operative le attività: i vostri sforzi sono inestimabili e enormemente apprezzati. È stato meraviglioso incontrarsi in gruppo a Marzo per condividere idee e un ringraziamento speciale al Campania Club per aver ospitato quella sessione. Speriamo di rivedervi tutti al nostro evento di Volontariato a Maggio per esprimere la nostra gratitudine per la vostra costante dedizione alla comunità italiana.

Yours Sincerely,

Tina Taddeo

President, Co.As.It. (SA)

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Co.As.It. (SA) are moving!

From April 19th Co.As.It. (SA) will be relocating to:

**Unit 3, 215 Port Road,
Hindmarsh SA 5007**

Phone: 8223 3311

Email: admin@coasitsa.org.au



ITALIAN COMMUNITY VOLUNTEER AWARDS 2021 NOW OPEN!

Co.As.It. (SA) is a leading body for the wellbeing of ageing Italo-Australians in South Australia. Our mission is to advance the wellbeing of ageing Italo-Australians with services and programs that promote a fulfilling life. Co.As.It. (SA) takes a holistic approach to ageing, where psychological, emotional and physical wellbeing have been recognised as areas of need.

In 2021 we are proud to announce the 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 Thursday 13th May 2021. Simply fill in the nomination form (with the volunteer's consent) and send it to Co.As.It. (SA) as per our details below. The closing date for nominations is 5pm Friday 23rd April 2021. *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.

Co.As.It (SA) Social Support Programs

Come and enjoy the company of others while participating in activities such as bocce, tombola, gentle exercises, share a typical Italian meal and various other activities. Co.As.It. (SA) offer a wide range of social support activities that can be attended by all members of the community. To be eligible, attendees must be over 65 years of age and deemed as eligible under the guidelines of the Commonwealth Home Support Program (CHSP). Please see below the social support programs offered by Co.As.It. (SA) and for more information, please contact our office on 8223 3311.

Casa D'Abruzzo Molise Club 86 – 90 Churchill Road, Prospect SA 5086

Socialise with friends at the women's exercise program held every Wednesday 7:30pm – 8:30pm and woman's bocce program held every Friday at 7pm.

Campania Sports and Social Club 5-9 Famechon Crescent, Modbury North SA 5092

Held every second Wednesday starting at 10.30am, the social support program includes tombola and a typical Italian meal. Participants are also welcome to play cards and bocce.

Unley Italian Community Association (Unley Mensa) Fullarton Community Centre 411 Fullarton Road, Fullarton SA 5063

Come and enjoy a typical Italian meal. While enjoying the company of others, play bingo, cards, pool, sing alongs, day trips and lots of other social activities. Held every second Wednesday 12pm – 3pm

St Maria Goretti Social Group Active Elders Hall 27a Charles Street, Ascot Park SA 5043

Make new friends, play bingo, cards and other social activities. Held every Monday 9:30am – 1:30pm. The last Monday of each month a Mensa Lunch is held. Day trips and special events are organised throughout the year.

Italian Pensioners of Thebarton & Suburbs Thebarton Community Centre Corner Ashwin Parade and South Road, Torrensville SA 5031

Enjoy the company of others while playing bocce, cards, tombola, 8 ball, a general chat and various other activities. Held every Wednesday 9am – 12pm. Each year regular day trips and luncheons are organised.

Regional Programs

Port Augusta - Hotel Flinders 39 Commercial Road, Port Augusta SA 5700

Enjoy the company of others while singing songs, playing tombola, playing cards, a general chat and various other activities. Held every first and third Tuesday of the month 9am – 12pm. Each get together is accompanied by a luncheon.

Whyalla - Club Italico Jenkins Ave, Whyalla Stuart SA 5608

Enjoy the company of others while playing cards, tombola, a general chat and various other activities. Held every second Wednesday of the month 9am – 12pm. Each session is accompanied by a luncheon.



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.

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Meet the Co.As.It (SA) Volunteers!

We would like to introduce our Co.As.It. (SA) Social Support Volunteers who give their time so generously to the Italian Community. Our volunteer of focus in this issue is Elvira Barone.

Name: Elvira Barone

What region/town are you from in Italy? Benevento, Campania.

What year did you arrive in Australia? 1958

Who did you come to Australia with and/or who did you leave behind?

I came to Australia with my Mother and two Brothers to meet our Dad who had been here 3 years prior.

Was Australia what you expected it to be like? If not, what surprised you the most?

When I came to Australia we lived in a small house in Campbelltown, we didn't have a bathroom inside, but I didn't care because at least we had running water in our house. It was very different from living on the farm where we had to carry the water with a bucket, so I loved this. The thing I really loved the most was the three beautiful rose bushes at the front of our house. I thought it was so great. I loved flowers, and still do! My husband Raffaele knows that and

every week we have fresh flowers on our bench.

Working life in Australia

At 13 and a half I wanted to start working. I loved to sew and my Mother had a non-electric machine already, so I knew a little about sewing. I got my Father to register me as a 14-year-old, which was the working age back then and ended up getting a job in Victoria Square in a little factory that made girls clothes.

I had a few different jobs after that job but once I was married, I worked with my husband who was working as a shoe clicker. I would sew the uppers for moccasins shoes. After I had my 3 children we ran a fish shop, a deli and after we sold our deli, we started our own business, which is known today as Globe Importers, on Magill Road, we sold it in 1986.

I am now retired, but eight years ago I was asked to start a Tombola group at the Campania club, and I have loved doing this ever since the day we started.

Which club you volunteer at? The Campania Club

What do you enjoy the most about volunteering at Campania Club?

I love being around middle-aged people – I don't like to call them old! I love coming here and working with this group of beautiful ladies. We never fight, we are all together, working together and happy. We don't work by ourselves, we work as a group, and I thank them very much for that. I have a lot of love for the people that come to the group too, I like to help people.

How would you describe yourself?

Patient – I have a lot of patience for everyone in my life, my husband, children, grandchildren and everyone I see at the group.

Who would play you in a movie?

Julie Andrews



Elvira & Raffaele Barone



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



Join us every first
Tuesday of the month on
RADIO ITALIANA 531 AM
from 2:30 - 3:00pm

RUBRICA MENSILE
DI CO.AS.IT. SA

CO.AS.IT.SA

OGNI PRIMO
SABATO
DEL MESE
ALLE ORE 10

conduce
Andrea Planamente
and Stefano Pratola



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