

OCTOBER 2021

Visiting the Upper Spencer Gulf Region

Co.As.It. (SA) has continued its exciting initiative in the upper Spencer Gulf Region, which commenced after recognising the high concentration of ageing Italo-Australians spread throughout regional South Australia. In 2018, we launched two regional Italian-specific group social support programs by partnering with the Italian-Australian Society of Port Augusta Inc and Club Italico Inc, Whyalla.

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. Furthermore, this program was the spark that assisted Club Italico Whyalla to re-open its doors after being closed for many years, which in 2021 marks 49 years since the club first opened.

In September 2021 we visited these communities to find that both social programs are running smoothly, as well as being enthusiastically attended by

members of the community! We would like to thank the committees of both groups and all the volunteers involved. In particular, we thank Claudio and Daniela Asperti from Club Italico, and Filomena Nistico in Port Augusta.

It was also exciting to see the newly completed infrastructure works at Club Italico Whyalla to the entrance security doors and which has provided better access and security. Co.As.It. (SA) successfully secured Expand Together Grant funding from the Department of Premier and Cabinet for this project which we are extremely thankful for.

We look forward to the growth of this initiative over time and the seeing the local community benefit from its presence. If you are interested in attending one of our social support groups, please contact the Co.As.It. (SA) office for further information.

*Many thanks,*  
Ada Giglio  
Project Manager, Co.As.It. (SA)

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Wellbeing and Resilience PERMA+ Workshop

Co.As.It. (SA) is committed to addressing the needs of ageing Italo-Australian individuals in areas of psychological, emotional and physical wellbeing. The validation of programs that empower individuals in these areas then allows the entire community, service providers and members of the Co.As.It. (SA) body to utilise these programs.

Recently Co.As.It. (SA) presented the PERMA+ Wellbeing and Resilience workshop in Italian for consumers and volunteers of Murray Mallee Aged Care.

The workshop was well received by the participants with one saying 'it was very uplifting'.

If you would like Co.As.It. (SA) to present the PERMA+ Wellbeing and Resilience workshop in Italian to your organisation, please contact our office on 8223 3311 or email [admin@coasitsa.org.au](mailto:admin@coasitsa.org.au)



Co.As.It. (SA) HAVE MOVED!

Co.As.It. (SA) has relocated to:

Unit 3, 215 Port Road,  
Hindmarsh SA 5007

Phone: 8223 3311

Email: [admin@coasitsa.org.au](mailto:admin@coasitsa.org.au)





CO.AS.IT.SA

# NEW STRENGTH AND MOVEMENT CLASSES!

Come and join the Italian Pensioners of Thebarton in their weekly Strength and Movement classes.

All welcome  
No Cost

**WEDNESDAYS**  
**11:15AM - 12:00PM**

Run by Co.As.It (SA) volunteers Mario and Ester, our weekly movement classes are low impact and designed to keep participants active while helping to build mobility, stability and strength.

Sessions are run at the Thebarton Community Centre, Corner of Ashwin Parade & South Road





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.



# First Aid Training Course

Co.As.It. (SA) recognises the importance of attending a First Aid Training Course to become a first aider or update your knowledge in dealing with trauma situations, casualties and emergency situations.

A group of Co.As.It. (SA) staff and volunteers attended the 2021 First Aid Course offered by St John and found it extremely useful.

Co.As.It. (SA) recognises that having qualified first aiders present in its so-

cial support group programs and in the workplace is important to ensure the safety of its staff, volunteers and care recipients.

Co.As.It. (SA) encourages all staff and volunteers to complete the St John nationally accredited first aid training course.

For more information please contact St John Ambulance Australia on 1300 ST JOHN or Co.As.It. (SA) on (08) 8223 3311.



## 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 Maria Feleppa, volunteer at St Maria Goretti Social Support Group.

**What town / region were you born?**  
Benevento, Campania

**What year did you arrive in Australia?** 1967

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

I came with my husband Italo when I was 7 months pregnant with our first-born child, leaving behind my whole family, including my two brothers and two sisters. We have returned to Italy 7 times since being in Australia.

**Was Australia what you expected it to be like?**

I loved Australia as soon as I arrived, I thought it was so beautiful, and was happy that we came!

**First job you had in Australia?**

In Italy I worked in a factory in Benevento making leather gloves, and would also sew for my family and friends from home. When I arrived in Australia I had a young family and spent my days raising my children.

**What do you enjoy the most about volunteering at St. Maria Goretti Club?**

I love getting people together at the group with the help of my husband Italo and all of the other volunteers. I like the friendships that are created by bringing everyone together. As most of my family are overseas I especially enjoy that we can create a place at St. Maria Goretti where people want to come and be together like family.

**List a few words to describe yourself:** Hardworking, friendly and kind.

**Favourite movie star growing up?** Elvis Presley

**Who would play you in a movie?** Liza Minnelli

**Most proud moment and why?** I am most proud of the life my husband and I have created, my children but most especially my grandchildren.



**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)**

OGNI PRIMO  
SABATO  
DEL MESE  
ALLE ORE 10

conduce  
Andrea Planamente  
and Stefano Pratola



**CO.AS.IT. (SA) Inc.  
Italian Assistance Association  
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**CO.AS.IT.SA**

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