

## MEDIA RELEASE

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## Social-networking physio honoured for getting people together

An Adelaide physiotherapist helping aged care residents to regain their fitness and re-establish community connections has been recognised for his role in bringing people together.

Frank Naso opened a gym for residents of two Society of Saint Hilarion Inc Aged Care homes in the western suburbs of Seaton and Fulham. The gyms have become thriving community centres as well as improving residents' health.

Mr Naso is one of five finalists in the Individual Distinction category of the 2015 HESTA Aged Care Awards. The Awards recognise those who make an exceptional contribution to improving the quality of life of older Australians.

"In the past 12 months, we have created a multi-focused lifestyle and wellness program which allows residents to regain their mobility and sense of community," Mr Naso said.

"We set up a gym to cater for the exercise goals of each resident and now more than 30 residents are active members of the gym, which has become a centre for daily socialising.

"Ten residents who were previously confined to their beds or chairs have regained mobility, while a stroke sufferer has regained movement in his arm and lost ten kilos, giving him the confidence to join in other social activities."

Access to the gym and the fitness program has been extended to staff and volunteers who share the same facilities, further helping to unify the community and make residents feel less isolated.

"We also created an organic market garden for our mainly Italian residents, families and the community, which sees residents tending the vegetables while reminiscing about traditional recipes and Italian culture with local school children and volunteers.

"Similarly, we held a wellness expo which brought 400 people of all ages together to see local businesses exhibit products and services aimed at improving health and wellbeing."

Finalists are in the running for a share of the \$30,000 prize pool provided by proud sponsor, industry super funds' owned bank, **ME**.

The Team Innovation and Outstanding Organisation Award winners each receive a \$10,000 development grant. The Individual Distinction Award winner will receive a \$5,000 **ME EveryDay** transaction account and \$5,000 towards further education.

**ME** CEO, Jamie McPhee, said, "we're delighted to give these outstanding individuals, the opportunity to develop and continue to progress their profession, and support innovative health programs that ultimately benefit the entire industry and community."

The winners will be revealed at the HESTA Aged Care Awards dinner on Thursday 27 August in Canberra.

Learn more about the Awards at [hestaawards.com.au](http://hestaawards.com.au)

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*The 2015 HESTA Aged Care Awards is an initiative of HESTA, run in partnership with the National Aged Care Alliance and proudly sponsored by **ME**.*

**HESTA is the super fund for health and community services, with more than 800,000 members and \$32 billion in assets.**