



# CHRONICLES



“Ah, Summer, what power you have to make us suffer and like it” ~ Russel Baker

The Summer is a time of hot sleepless nights, watching the cricket during the day and the tennis at night. A time of vacations, Christmas Celebrations and ice-creams.

This edition of CODA Chronicles aims to bring you some useful tips for staying safe and well this summer!

## Summertime Advice

⇒ **Reduce strenuous activity.**

Try to keep your body temperature down by staying inside and where possible under the air conditioner.

⇒ **Keep Hydrated**

Try to avoid coffee and tea and drink more water.

⇒ **Avoid Direct Sunlight**

If you need to go outside during the hottest part of the day cover up and use a good sunscreen.

⇒ **Wear Cool Clothing**

This will help keep your body temperature down.

⇒ **Choose Shady Locations**

If you plan to go out, choose somewhere shady with a breeze, it helps to keep us cool!

⇒ **Spoil yourself with cool treats**

Water based ice blocks are a nice way not only to keep cool, but to keep hydrated. Go on, treat yourself!

⇒ **Be aware of medications**

Hot weather can accelerate dehydration, especially in people who are taking medications that have side effects of fluid and electrolyte loss. Many medications, particularly antibiotics and diuretics can block the body's natural ability to cope with sun and heat.

Check with a pharmacist or doctor to ensure that your medication will not cause you increased heat-related problems.

⇒ **Keep an eye on your friends!**

Watch out for heat exhaustion warning signs such as weakness, nausea, heavy sweating, rapid pulse, and/or fainting. If this happens, move the person somewhere cool, give water and apply a cold towel to the forehead. But most of all **get medical help!**



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## New Kids On The Block!

CODA Inc would like to welcome all the new staff who have been joining our organisation over the past few months. Welcome to Kath Dixon, Julie McDonald, Julie Kuric, Renee Wilson and Lucy Morrissy.

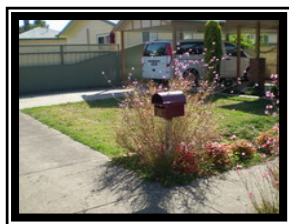
We would also like to say farewell to Paul Stephens, Gayle James and Karen Featherstone. The CODA organisation wishes you well for the future.

## CASS House

OK, take a deep breath, you're going to need it to get through the events of the past few months! New Age Wrestling (yes, it's a boy thing), Birregurra Festival, Queenscliff and the Sorrento Ferry, and an outing to the Colac Show. And what would this highlight of activities be without mentioning all the Christmas Award nights, the fun of disability week and the celebration dance (where I'm assured everyone boogied if only for a little while)? I bet everyone is looking forward to programs starting again so that they can have a bit of a rest.



## Jalmah



Every time I go to Jalmah everyone is laughing! It's a very happy place! There have been new air conditioners installed to cool everyone down. As well as a new bed (with drawers!!!) for our superb staff to have their sleep overs in. As always the girls at the house have had the beauty procedures to keep them looking stunning, there has been a flurry of Skype-ing (is that a verb? It is now!) what a great way to stay in touch with people who are far away. When I was there the other day there was lots of tidying up going on. Ben's shoes are now a lot more organised. The garden is very fruitful (or should that be vegiful?).

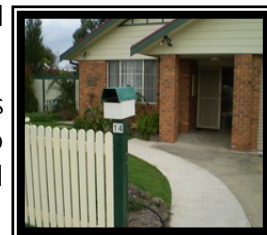
What about Christmas I hear you ask? The Christmas Party with family and friends - well it most definitely happened. But best of all, everyone has had time with family, which is always lovely.

Also, everyone is feeling the oncoming storm of Relay for life. As always the lovely hand made cards are available at the office and there a lot of beanies that are crying out for someone to wear them (stock up for winter?!?!). Come in, buy one, buy a dozen, just spend your money, get a lovely hand made piece and know that you are helping someone with cancer.

## Langdon House

Langdon House. I could talk about the successful trips, the theatre experiences, the awards nights, trips to the cinema, going to the Christmas Carols in the Square and the Netball break up, but I think I'll just talk about what a fantastic time was had at the Annual Bigger Than Ben Hur Christmas Party.

A huge round of applause for Sandi and all the dedicated crew that keeps making this party happen, year after year after year after year. As a follow up to this success the trip to see Jersey Boys was a massive success! Everyone had lots of fun. I've seen the photos that prove it.





Christmas really is the time for coming together and feasting! The Langdon House Christmas Party participants!

## Individual Support

Well, what a busy couple of months the Individual Support guys have enjoyed.

Firstly there was Christmas for all the clients at "Blood on the Southern Cross" which was preceded with an enjoyable bus trip and an awesome meal at Hogs Breath Café. However, the heavens opened just as everyone arrived at Sovereign Hill. Along with the drenching rain there was a massive storm which made the trip home exciting with whole trees, branches and large amounts of debris all over the road. A great time was had by all.

Most of our Individual Support clients spent time with their families at Christmas. Thank you to staff and families that helped out on Christmas Day and made our clients day special.

With many other clients away until early/mid-January it was a slow start to the year. Brendan, Catherine & Claire enjoyed a holiday in Warrnambool over the New Year.

Andrew & Neil (inspired by the Christmas trip to Sovereign Hill) returned in January, and enjoyed panning for gold, the gold mine tours and the horse and cart ride.

John, Andrew, Brendan & Catherine went to watch the Australian Open. They had a great time.

Stay tuned to this space to find out what fun the Individual Support crew have coming up in the next few months.



## Easy Salmon Rissoles

*Healthy eating ideas for Summer!*

*Team these Rissoles with some salad and they are perfect for an easy dinner*

### **Ingredients:**

400g can pink salmon

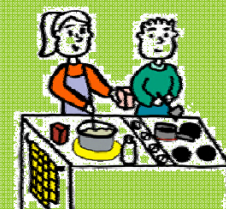
1/2 Cup of Mayonnaise

1 Cup of mashed potato

1 Cup of crushed Ritz crackers

This super simple recipe is taken from the [www.4ingredients.com.au](http://www.4ingredients.com.au) website

1. Preheat oven to 120° C
2. Mix all ingredients together and season with some salt and pepper.
3. Shape into cakes.
4. Bake for 20 minutes.



## Holiday Accommodation

Looking for somewhere for your next holiday? Peninsula Access Support and Training (PAST) operate a fully self contained facility called Culburra House. Check out these features!

- ⇒ Fully equipped kitchen
- ⇒ Five double bedrooms
- ⇒ Five toilets
- ⇒ Three fully accessible bathrooms
- ⇒ Reverse cycle air conditioners
- ⇒ Washing machine
- ⇒ Clothes dryer
- ⇒ LCD TV
- ⇒ **2 hoists with tracking into toilets, bathrooms and bedrooms**
- ⇒ Sleeps up to 11 people



Located in Frankston, within walking distance to restaurants, AMF Karingal, Karingal Hub Shopping Centre and Village Cinemas and only 3 km to the popular Frankston foreshore with it's beautiful boardwalks, cafés and restaurants.

Contact PAST for more details (03) 9775 7333 including the current rates. Or see their brochure <http://ww3.past.org.au/wp-content/uploads/pdf/CullburraHouseBrochure.pdf>

## Summer fire safety

It's Summer, it's hot, the grass is dry and the wind can be strong. The little office elves and the house wizards have been running around ensuring that all our emergency planning is up to date. This is, quite honestly, a never ending task with jobs to do everyday. From the big things of mowing the lawns, cleaning the gutters, to the little things like making sure contact details for all clients are up to date. All these things help to ensure that CODA Inc. is well prepared for the day we have a bushfire.

If you are at all concerned about CODA Inc policy and procedure during high fire danger periods please do not hesitate to contact the office. We are always willing to discuss our Emergency planning.





## Do you know someone in your community who might need extra help planning for an emergency?

Everybody needs to plan for emergencies, but some people need extra help to plan for their safety in an emergency. This assistance is often provided by family, neighbours or other members of their community.

Red Cross may be able to assist people who don't have these personal or community connections, to prepare their own emergency plan.

Do you know someone who:

- Seems socially isolated?
- Has special physical or medical needs, and is not already receiving support services?
- Lives with a mental illness, and is not already receiving support services?

Might have difficulty understanding or responding to emergency warnings or directions?

**Please call Red Cross on 1800 232 969 or email [vicrediplan@redcross.org.au](mailto:vicrediplan@redcross.org.au) with your contact details.**

## Staying in touch

### *A request from the CEO*

Our CEO, Jacqui Soares, receives lots of information that is relevant, not only for our organisation, but also for parents and carers. Jacqui would love to be able to forward relevant information on to as many people as possible.

There are many changes that are going on in disability services, the biggest change being the National Disability Insurance Scheme (NDIS). As a result there are many forums and information sessions that could be useful to you and your family. However, ensuring you get this information in a timely manner is sometimes quite difficult.

Our solution to this problem is setting up an email database of interested people. If you are a family member or a carer who would like to stay informed of news, forums and information sessions in the Colac-Otway region could you please contact the office and let the staff know that you'd like to be added to the list.

Steps to take

- 1) Decide if this email list is something you would like to be a part of.
- 2) If you decide yes contact the office on 5231 1573 and let us know your email address. Alternatively you can email us on [coda@coda.org.au](mailto:coda@coda.org.au) and let us know.



As always your email address will be treated with the strictest confidence and you can remove yourself from the list at anytime.

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