



CHRONICLES



Did you know on the day that is integral to Autumn, the equinox, you can balance eggs on their broad end?

This actually works for all other days too! Eggs are awesome!

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Relay for Life - CODA All Abilities



What a fantastic weekend of Relay for Life! Everyone had a great time and handled the heat with plenty of water and fruit. The residents at Jalmah were joined by some

Langdon house staff and clients—Jeremy, Mia, James, Michael and the other Jeremy -

and they came well equipped with treats and cold hand towels for wrapping around the neck. Our Individual Support clients Brendan, Catherine, Marlene and Claire were there too. It was wonderful to see the clients getting so involved and walking, well done! Everyone who went played a special role, from walking lots, to walking a little, to not walking but supporting everyone.

A special thank-you and well done to Chris Featherstone! What a hero! He was at the relay from start to finish. Helping to set up and pack down and did lots of walking too. Thanks also go to other family members and staff who helped walk the night away.

Now the amount raised. With Jalmah and Langdon Houses' fundraising efforts, (including the sale of cards and beanies) the money raised was **\$1602.80** which was just over 7% of the Colac-Otway teams combined total. This is an amazing effort and one that Kathy, Ben, Angela, Heather and Mary and all of the team, ably lead by the wonderful Bernice, can be proud of. Well done to everyone who was involved in making this happen. A big round of applause! Now on to 2014!



New Kids On The Block!

The CODA Inc organization would like to welcome Bree Dillion and our new project manager Monica Proven. If you see our new faces stop and say hi!

CASS House

CASS house has been a combination of everyday and extraordinary. The boys have enjoyed all their usual activities including shopping, movies, visits to and from friends and family, foot care visit, massages and afternoon tea's. But more than that there has been the fun extra activities. Everyone went to the Colac Car and Bike Show where the guys could enjoy the cars. There was a birthday celebration, birthday's are just a great time to get together with family and friends. Now, just as soon as the guys get back into the swing of work and programs what happens? Another holiday! It feels like the Summer break is only just over and it's time for another break! Complete with Easter Eggs!! We are also tremendously excited about the upcoming renovations that will be happening at CASS house. These works will help to improve the living and working conditions at CASS house!



Jalmah

There have been so many outings for the residents at Jalmah, they really are social butterflies. The end of the Summer break saw everyone on a shoe shopping expedition, I'm hoping there was something red and sparkly bought to counterbalance the car show that the CASS boys went to! Jalmah, as the "social butterfly" house had an Australia Day fundraiser with lots of people attending. Then, to the Heritage Festival for looking at old machinery, then Relay for Life, then birthday celebrations, trips interstate for some residents and time with family. I don't know how our Jalmah house mates do it. They must just collapse at the end of the day.



Langdon house

If Jalmah has the title of Social Butterflies, then Langdon house are the get together and then go out again gang. Their last few months has been crazy busy. The end of summer saw some of them going to Melbourne to see The Jersey Boys, hanging out at the Car and Ute Show, not only going to the Jalmah Australia Day celebration but also then going to Geelong to see fireworks. Lately the gang have been petting Dinosaurs. That's right, you read that correctly. The Otway Fly have a petting zoo for, I can only assume, baby dinosaurs, that wouldn't eat you. I don't think they'd get OH&S clearance otherwise. This isn't Jurassic Park people! It's CODA! Finally, there was a great big Easter Egg hunt where Chocolate was found and eaten by all. Who's up for a trip to the gym now?

Individual Support

The individual support guys have been working hard to have a better social life than any of the other groups put together. John & Claire went to Portsea for a day trip, Neil had a night of high speed intensity at the Speedway, there were plenty of birthday celebrations, Pete was an expert helper at the Country Week Cricket for 2 days, Marlene went to her sister's 60th in Mt Gambier in all her finery, and Andrew also flew off to see family.

The highlight for me was the Individual Support Clients that were involved in some live theatre—Ants Pantz show "Road Trip x 4" performed at Red Rock Theatre. Some of the performances that stood out were Andrew J's, Catherine, Brendan and Candy! Could we perhaps have a future Bouncer from Neighbours in our midst? Or is this reference just too dated? Confused? Let me explain, Candy is Brendan and Catherine's dog, she had a starring part as a guide dog in the multi-media performance. It was a great night for cast and audience alike. Well done everyone!

Healthy Recipe



Ingredients:

1/3 Cup of finely shredded cooked chicken.

1 Celery Stick, trimmed and finely chopped.

1/4 Small avocado

1 teaspoon lemon juice

2 Slices of bread

1. Combine chicken, celery, avocado and lemon juice in small bowl.
2. Spread chicken mixture on one slice of sandwich bread; top with another slice of sandwich bread.
3. Cut into squares or triangles.
4. Just sit back and eat your yummy-ness.

Have you tried making any of the healthy recipes that are featured in the CODA chronicles? Did you like it? Would you cook it again? Take a pic of your cooking creations and forward them to kbryan@codas.org.au and you might be featured in our next newsletter!!

OR! If you have a healthy/quick/easy recipe of your own - send it in! We're always excited to hear your ideas and your recipe could end up in print. Recipe ideas can be emailed to kbryan@codas.org.au

Annual Feedback Program

- Satisfied
- Fairly Satisfied
- Not Sure
- Dissatisfied



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In a break from our usual feedback processes we are currently seeking direct feedback about CODA services from families, as well as residents. This is to allow CODA to evaluate its service standard and identify areas for improvement.

To this end Monica Provan, our new Project Manager, or Pip Watt, Quality Manager will be calling families after 7pm to ask for verbal feedback. The call should only take approximately 10—15 minutes of your time. You will be given the option to have your information de-identified. We will be grateful for your participation.

To be excluded from our Feedback Program or to provide your preferred time for contact please phone our office on 52311573 as soon as possible.

Information update

In the past 12 months CODA Inc has been updating our “house booklets”, these are the information books that explain how our residences and respite services operate and give new clients information.

Due to this update, in the coming weeks, we will be forwarding the new versions of this to all our existing clients. Upon receiving this updated information we ask that you have a look and contact the office or your house supervisor with any questions you may have.

Accessing Respite while unwell

In the interests of keeping everyone healthy and well, CODA Inc. kindly asks that clients who are unwell, stay at home and not access Langdon house and our respite service. This is to protect the welfare of everyone who accesses Langdon Houses facilities including our staff. Many of our respite clients have compromised health and we aim to minimise their exposure to illness.

To prevent the spread of illness or infection, we ask that clients deemed infectious postpone their booking (eg: **flu, coughs, colds, diarrhea** and **headlice**).

Similarly, if a client becomes sick while at respite the family or carer will be contacted to discuss alternative arrangements.

In case of medical emergencies, staff will make medical arrangements and contact the carer as soon as possible.

In cases where staff are unsure if a client needs medical attention ie: if a clients has a fall, staff will contact the family or carer to discuss and make an appointment with their G.P.

The Ministry of Health says:-

**COUGHS AND SNEEZES
SPREAD DISEASES**

Trap the germs in your handkerchief

ISSUED BY THE MINISTRY OF HEALTH AND THE CENTRAL COUNCIL FOR HEALTH EDUCATION

