



# CODA CHRONICLES

People with chionophobia are simply said to have a fear of snow. One of the largest components to this fear is the idea of becoming snowbound.

**disabilitycare**  
Australia

## Disability care Australia

Welcome to a new service era - Disability Care Australia launched officially on 1<sup>st</sup> July 2013.

CODA Inc is a registered support provider with Disability Care.

Did you see our CEO Jacqui and, more importantly, her daughter Mia on the evening news or in the papers? They were invited to be active participants in the launch and Mia certainly enjoyed cutting the cake.

By now all residents/clients should have completed a consent form which provides for the release of information from the Department of Human Services to Disability Care Australia. In many instances you will be sent more than one copy of the form however you only need to complete and return one consent form.

A Planner from Disability Care Australia will meet with you in due course. At that meeting you may choose to have a support person such as your family or potentially an advocate.

All residents/clients have the opportunity to connect with Disability Care Australia through an online system called My Access Checker.

<http://www.disabilitycareaustralia.gov.au/my-access-checker>

If you would like any help in understanding how to use My Access Checker please do not hesitate to contact the CODA office.

From the 1st of July **NEW** clients wishing to access CODA Inc services should have their supports required detailed in the DisabilityCare plan.

Currently the DisabilityCare staff are located in the Centrelink offices in 108 Bromfield Street Colac if you need to speak to someone directly in relation to DisabilityCare.

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## New Kids On The Block!

The CODA Inc organization would like to welcome Belinda Croft to our staff team. If you see her say a big "Hello" and show her how friendly the CODA family can be.

### CASS House



The guys at CASS house have been busy since we last checked in with them. There has been works a-foot since last time with general maintenance being done in the house in preparation for the big work that is to start really soon! The excitement continued with Easter - Eggs for all! The gents have had birthday parties to attend and some have been spotted at the OCR FM open mic afternoon at the Carolyn Theatre at Cororooke. Not only this but some of the lads went to the Roller Derby and they went to see the Colac Players performance of The Adventures of Aladdin. What a diverse and interesting social life these fellas have!

### Jalmah

I always get excited when I have to write this section of the newsletter for Jalmah, I look through their activities and I don't know where to start! There is always so much going on. The ladies and gent have been spotted on outings at Annie's Berry Farm, local theatre (seeing Aladdin), and seeing The Beggars. There is also a mini-break being planned to Echuca. This is a house that needs a break before the hectic pace picks up again.



Angela at the Jewellery party

Their Relay for Life fundraiser saw them host a Tupperware party and a Jewellery party, so many pretty things to buy! They also ran a raffle won by our wonderful staff member Jo. Which is a shame because I wanted the pretty things in it! Please stop into the office and buy a ticket in their next raffle - Tupperware!

To counterpoint this fun the loss of Kathy has been deeply felt by all at the house. She is missed by many of the CODA family.

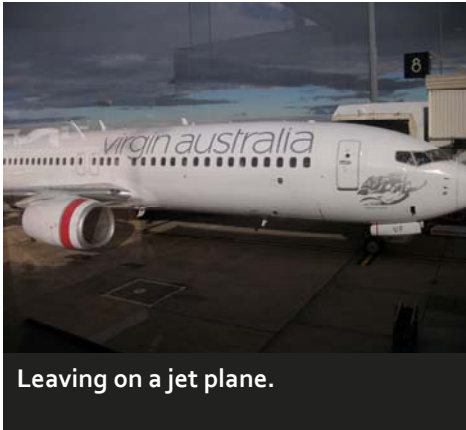


### Langdon house

Langdon House, you crazy busy place. Take a deep breath if you're reading this next sentence aloud, you'll need all the breath you can get by the end of the sentence. Langdon house have been to the shops, on walks, the meeting place, dining out, to see Buddy Holly at the Geelong Performing Arts Centre, the Jewellery Party at Jalmah, the cinema, McDonalds, Youth Group, birthday parties and King Kong the Musical in Melbourne.

I think at some point the lovely lads and lasses who work at Langdon will have to go home to have some respite from their busy working lives.

## Individual Support



Leaving on a jet plane.

A few of the Individual Support crew went off to Kangaroo Island and a fantabulous time was had by all. Day 1 they were all up at 4.30am and ready to leave Colac by 6am. We arrived at our Accommodation that night. Day 2 the gang went to Seal Bay, Birds of Prey, a honey farm, Eucalyptus Distillery and a two course lunch. Day 3 started out at the Parndana Wildlife park, a lovely coastal drive and back to Emu Bay and the Lavender farm, another two course lunch and afternoon tea. Day 4 was a little more relaxed with Flinders Chase national

park, Remarkable Rocks, Admirals Arch and the Hanson Bay Koala walk. And guess what?... Another two course lunch, WOW they were well fed over there. Day 5 their last day was another early start with everyone up by 6am, we arrived in Melbourne and were greeted by Jacqui and Ross who came to pick everyone up.



Stop laughing at me bird!



Other news in the past few months is that Claire has moved into her new unit and is absolutely loving it. Marlene went to visit her sister in Warrnambool and also went to Mount Gambier for her other Sister's 60<sup>th</sup> Birthday.

The Ants Pantz crew have been filming for their next theatre performance. I wonder where they will turn up this time. Have you spotted them out filming?

## Help

### HELP

If anyone has any unwanted/leftover craft materials such as paints, wood, wool, paper, cardboard, fabric, stencils we will be grateful recipients, just drop them in to the CODA office when convenient.

## External Assessment

On 21st, 22nd and 23rd August CODA will be visited by an external assessor from Health and Disability Auditing Australia who will check our progress in implementing the Department of Human Services Standards and also look at the work we do to continue improving the quality and range of our services.

You have been sent a form to ask if you would like to participate in this assessment. We encourage clients and staff to actively participate in this as feedback to the organisation is always welcome.

If you would like to know more about this process please contact Pip Watt, Quality Manager on 52311573.

# CODA Board of Management Information

**Chairman:** Trish Stephens   **Vice Chairman:** Andrew Wright

**Treasurer:** John Scarrott

**General Board Members:**

Bruce Edwards, Geoff Wallace, Lloyd Brunt, Mary Carew, Michael Chapman, George Roberts, David Schram.

**The board meets on the following dates for the remainder of this year:**

12th August 2013, 9th September 2013, 14th October 2013, 11th November 2013, 9th December 2013

**Annual General Meeting - 9th September COPACC 7.30 pm- All Welcome**

**RVSP to Kat on 52311573**

## How to make winter stew

**This is a long recipe but only so you'll never need another stew recipe!**

**You will need:**

- 🍲 *A medium or large pot with a lid.*
- 🍲 *A heatproof container*
- 🍲 *One large potato*
- 🍲 *One Onion*
- 🍲 *One celery stalk*
- 🍲 *One Carrot*
- 🍲 *500 gms of beef stew meat*
- 🍲 *Salt and Pepper*
- 🍲 *A few spoonfuls of flour*
- 🍲 *Oil (any kind).*
- 🍲 *Tomato paste (optional).*
- 🍲 *One litre beef broth*

**Step 1:** Chop the vegetables into large pieces.

**Step 2:** Sprinkle the meat on all sides with salt and pepper, then sprinkle flour over the meat and toss to coat.

**Step 3:** Coat the bottom of the pot with oil and heat over medium-high heat until the oil is very hot and shimmering, about three minutes. Place the meat in the pot and cook it for three to four minutes without disturbing it (A nice brown crust is forming) Turn the meat and cook it a few more minutes until it's browned on all sides. Remove the meat to a plate.

**Step 4:** Pour all but a couple of spoonful's of the hot oil into a heatproof container (you can throw the oil away after it cools) and return the pot to the stove over medium-high heat. Add the onion, carrot, and celery; season with salt and pepper; and cook, stirring occasionally, until the vegetables are browned, about five minutes.

**Step 5:** Add the tomato paste (if using) and bay leaves and stir to coat the vegetables in the tomato paste.

**Step 6:** Add the potato, the meat and any accumulated juices and enough beef broth to cover everything. Bring to a boil, then lower the heat so the stew is simmering. Cover and simmer until the meat is tender (about one hour) season with salt and pepper to taste. **SERVE!**

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@codan.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@codan.org.au



## New services available soon

### Community Participation

The results of our recent survey confirm our current service users, parents/carers and staff are interested in CODA Inc expanding the range of supports provided. We are currently developing a support stream with a focus on community participation for individuals and small groups. **Staff will support people to access activities and experiences** available in the community in line with their goals and aspirations. Where activities are not readily available, CODA Inc will work with applicable groups to gauge community interest and support further development if warranted. Services will be available from 8am until 10pm, 7 days a week and, as always, support outside of these hours can be negotiated on an individual basis. Some examples of what we have been asked to provide are:

- ◆ support to go swimming,
- ◆ support to develop new craft skills,
- ◆ support to develop cooking skills,
- ◆ support to work with employment providers, and
- ◆ support to become fit and healthy.

CODA Inc have a range of staff available with expertise in **health and wellbeing, art and craft, information technology, media, drama and vocational education and training**. We are also willing to source staffing skills based on the interests and goals of the participant. If you would like to know more about our new support options, please call Monica Provan on 0478 225 534 to make an appointment.

## Human Rights

As part of the new Department of Human Services Standards we have implemented a Charter of Rights and Responsibilities, based on the Victorian Charter of Human Rights. This charter supports CODA's transparent approach to our work with clients and families, ensuring everyone receives equitable, respectful treatment and the best possible support.

It is a requirement that we ensure our clients understand their rights, including the right to make their own decisions, to be free from abuse and neglect and to have their spiritual and cultural communities such as Aboriginal or Torres Straits Islander, recognised and supported.

We are currently talking with our residents/clients to ensure they have full knowledge of their rights. We have included with this newsletter a poster of our Charter of Rights and Responsibilities for your information..

If you would like any further information or wish to make any comment please speak to the Quality Manager Pip Watt on 5231 1573.