



Autumn Edition

2014

CHRONICLES

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Introducing New Services at THE LAUNCH PAD



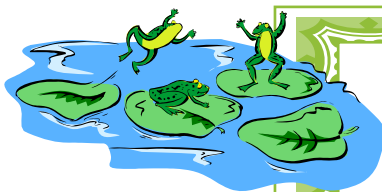
CODA has a new service outlet called THE LAUNCH PAD.

Designed for people who want individualised group activities, The LAUNCH PAD is an easy way to achieve this.

Being part of the small group activities with THE LAUNCH PAD means that our caring staff can tailor the session to suit your individual needs. You don't have to worry about "fitting in" with everyone else. Being in a group has never been so individual. CODA takes care of you for you.

Our knowledge of the NDIS and disability services means that we can tailor a group activity or a community access that is right for you and ensure that your skills and happiness grow.

If you would like to know more or would like to participate in one free session please call Monica Provan on (03) 5231 1573



New Services Available

The Launch Pad

Community Participation Timetable

Monday	Swimming 12pm - 3pm
Tuesday	Art and Technology 9am - 12 noon Personal Training 9am - 12 noon
Friday	Twisted Textiles Studio 9am - 12 Friday Finishers 12 noon - 3pm



Coda acknowledges
the support of the
Victorian
Government



CODA is accredited by
HDAA





CASS HOUSE



Jalmah



Langdon House



The Launch Pad

Around the Houses

CASS House

CASS House has been very busy. People in the house went to wedding celebrations, they went and celebrated Kana with the Colac Community, there was also a birthday celebration, you can see some of the photos later in the newsletter.

A few of the staff from CASS House have been off on compassionate leave and our thoughts have been with these staff members during this time.

Jalmah

Footy tipping has started at Jalmah - I have no idea who is at the top at the moment. Hopefully they have much more luck than I ever did. There has been Birthday celebrations, a trip to see Vaseline... I mean Grease. Langdon House had seen *Grease* and Jalmah had to go and see what all the fuss was about. I think the house is now filled with Pink Ladies, Beauty School Drop Outs and Summer Lovin'. As always Jalmah hasn't had time to rest and there have been shopping days, birthday celebrations and all sorts of other things that make up the shenanigans that go on at Jalmah.

But! The news that must stop us all and make us sit up and pay attention is that Jalmah has some new house mates?

What's that I hear you ask? But surely Jalmah is full? Surely there is no more room at the inn? However, the two new housemates are very tiny and take up very little room. Introducing to you Jimmy and Finchy, two very friendly budgerigars. The two new talkative friends at Jalmah chatter all day long and keep everyone amused.



New Residents at Jalmah

Individual Support

In case you missed it Kana happened, with most of Individual Support clients attending to watch the parade and enjoy the fair in the square. Two clients and staff went to see "*The Unusualist*" at COPACC. the Ants Pants crew got to see the full dress rehearsal of The Colac Players production of "*Doing the Deed*", and reported that it was a great show. One of our crew has been busy volunteering his time to walk dogs and clean windows.. If you have windows that need cleaning, or a dog that needs walking, please let the office know and we will pass your details along. Family, as always, has played a very important role to everyone with plenty of visits too and from family members. I always enjoy hearing how excited everyone has been after a family visit. There have been plenty of birthday celebrations too, Happy Birthday to everyone!

Community Participation - The Launch Pad

Community based activities

Mondays we have a group trip to Leisure Link **swimming pool** in Waurin Ponds. Currently a car load go, but if you're interested we have a bus! \$12 per trip, plus pool entry. We also have a waiting list for a pool trip on **Thursdays**.

Tuesdays there's a great mix of activities for those that swap around a bit during the day – learn to use your **computer**, your **ipad** or **ipod**, work on your **art and craft** activities and have a personalised **work out session** with Bree (small group or individual support available).

Thursdays we're off to the **gym** in the morning then back to the **computers** and individual **creative projects**.

Fridays we're working on **employment** and **income generation skills**, in the morning its volunteering at a **local retail business** and in the afternoon creating **products** with the intention of **selling** them.

Call Monica on 5231 1853 if you're interested in any of the activities on offer or if you have another activity you would like to do we're flexible and we're here to help.

Langdon house

I could begin to talk about all the things that go on at Langdon House, but I thought that this newsletter I would try something different and let you all see what's going on at Langdon house. In pictures.



Langdon House has a new bus, so now getting out and about will be easier for the clients and staff. In the photos above you can see Joy, our tireless Langdon House worker learning how to lower and raise the hoist and how to get pesky seats out of the way for wheelchairs. It really is exciting.

Kana, Adventure Park, Youth Group, Lorne, Deans Marsh Festival, Easter Egg Hunt, BBQ, Anzac march, drive to Cororooke - you can't slow Langdon House down.



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, Marg Carter

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

16th June, 14th July, 11th August, 15th September, 13th October, 10th November, 8th December

Pork Balls With Tomato Sauce and Spaghetti

This recipe is from Quick Cooking For Diabetes

INGREDIENTS:

- 🍷 375 g dried spaghetti
- 🍷 300 g minced pork
- 🍷 1 onion, finely chopped
- 🍷 1 garlic clove, crushed
- 🍷 1/2 teaspoon paprika
- 🍷 2 teaspoons tomato puree
- 🍷 700 g jar passata
- 🍷 Salt and pepper

HOW TO:

1. Cook the spaghetti according to packet instructions.
2. Meanwhile, mix together the mince, onion, garlic and paprika and season with salt and pepper. Shape the mixture into 12 balls.
3. Place the meatballs on a grill pan and cook under a preheated grill for 6-7 minutes, turning occasionally, until browned and cooked through.
4. Drain the spaghetti, return it to the saucepan and stir in the tomato puree, passata and the meatballs. Season to taste with salt and pepper, heat through and serve.

Passata is a thick paste made from sieved tomatoes and used especially in Italian cooking.



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@codal.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@codal.org.au



Relay for life - CODA All Abilities



Relay For Life 2014 was another Triumph for the team at CODA All Abilities. Mitzi and Bernice from Jalmah stepped up and were part of the organising committee this year. Another large step for them and one we all appreciated.

It was a great weekend for those who attended. And CODA thanks all the staff who came, who helped to look after the tent site and helped ensure that the clients had a great time.

The people who sat up all night completing the activities throughout the night should be incredibly proud of themselves, achieving 395 points, and coming in 3rd in the overnight festivities.

A fantastic effort from Catherine and Brendan, who stayed for the whole night and then Catherine then helped Skills Connection to cook the hot breakfast, what a great job!!

Not only were the immediate CODA family involved I would also like to say a very big thank you to Chris and Tara (part of the extended CODA family) for the support they offered the team.

A very big thank you to all those who helped decorate the tent site congratulations as Coda All Abilities team won the trophy for best tent!

Now to the total of Coda All Abilities Fundraising \$3470.70 what a fantastic effort well done to all involved in achieving this amount. The total amount for the Colac Otway Relay For Life was \$64,190.30.

Mitzi and Bernice and the Jalmah residents after many years of hard work have decided to let someone else spearhead the Relay for Life effort for 2014 -15. Jo Cook and Jennie Woods have registered the CODA All Abilities team and started fund raising already. They also have the Best Tent trophy to defend. If you would like to be involved next year please contact Jennie or Jo.

CODA thanks Bernice, Mitzi and the Jalmah residents for all their hard work and look forward to Relay for Life 2015.



Photos of the
Easter Fundraiser
for Relay For Life

Healthy Eating Guide

A dietician came in and spoke to everyone about the importance of healthy eating. This is a poster for all the people who attended and anyone else who is interested.



Australian Government
National Health and Medical Research Council
Department of Health and Ageing

www.eatforhealth.gov.au

Australian Guide to Healthy Eating

Enjoy a wide variety of nutritious foods from these five food groups every day.

Drink plenty of water.

Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties



Vegetables and legumes/beans



Lean meats and poultry, fish, eggs, tofu, nuts and seeds and legumes/beans



Fruit



Milk, yoghurt, cheese and/or alternatives, mostly reduced fat



Use small amounts



Only sometimes and in small amounts

