

# CODA CHRONICLES

Summer Edition

2015

## LEAP—Learn Engage Achieve Participate



LEAP, the CODA Shop, is helping to bring valuable employment skills to CODA clients. This resource, in turn raises money to help expand CODA's Vision: An inclusive community in which all people have the opportunity to fulfil their unique potential.

And our mission: CODA Inc. is committed to providing our clients with a range of quality, community based support programs which are flexible, accessible, affordable and safe; while promoting each persons' Independence and value as a member of the community.

Please help support LEAP with donations of quality goods or by shopping at LEAP. Our friendly and enthusiastic staff look forward to helping you.



**LEAP**  
Accepting quality  
donations  
between 9am  
and 4pm Monday  
to Friday

Brooke and Jane showing how easy the donation process is.

CODA is a quality organisation  
accredited by HDAA



Coda acknowledges  
the support of the  
Victorian  
Government

## The Launch Pad

The Launch Pad is an incredibly busy place. With clients and staff working (and sometimes playing) in a never ending stream of activity. New supports and programs have started including volunteering activity in the community.



The school holiday programs that The Launch Pad run continue to be successful for the children who are attending. This program allows some of our youngest clients to socialise and have, what appears to be, boisterous fun (but I am assured is *just good* fun - ed).

## Cass House

The residents at CASS House had a wonderful Christmas and an exciting start to the new year. Clients started another year of programs and new staff started at the house. Some lovely new furniture has arrived for the living room, and the installation of a security system is helping the staff and residents feel more secure, especially at night time.



## Langdon House

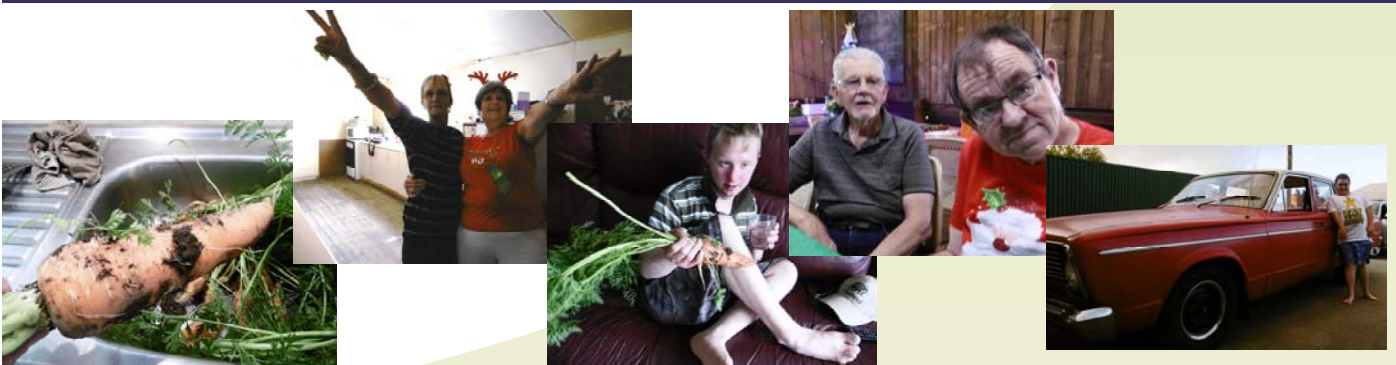


Our fabulous staff at Langdon House continue to provide lots of opportunities for people to learn new skills, practice independence and enjoy actively participating in the community. Over the past few months we have been to see the Carols by Candlelight rehearsal in Melbourne, Australia Day Celebrations in Birregurra, the vegie garden has been producing the most amazing vegetables, and some of the clients got to hang out with the cutest little ducklings!

We are keen to hear your feedback on how we can continue to develop our services at Langdon House, and activities within the house. Do we need air hockey? Table Tennis? Obstacle courses? The Langdon House Book Club? A sensory room? A cookery club? Let us know how we can better help you and your family.



As is the tradition at Langdon House at Christmas time, a party must be held. This is the turn out for 2015.



## Individual Support

The individual support team again had a Christmas party that is beginning to rival Langdon House's for the most guests. Christmas and summer is a great time for holidays and trips and many of the clients went and spent time with their family over Christmas. The group of Individual support clients that have an annual bus trip to watch the Australian Open is growing, with 5 clients going this year. A long day with long matches, but enjoyed by all.

## LEAP (the CODA Shop)



LEAP is truly integrating itself into the wider community. The shop currently have ads on OCRFM (thanks to the staff that showed up to help with record that) and many customers. They shop has helped "Paint The Town Purple" for Relay For Life. The staff decorated the window with purple clothing and items!! The clients who are currently working at LEAP to improve their job skills are really enjoying it, with some clients going on to other places to continue their work skill development

## Jalmah



Jalmah clients all spent time shopping with their Key Support Workers in the lead up to Christmas, and everyone spent time with family.

The new addition to the Jalmah family is a lovely little dog called Oscar. He is sure to be a hit with residents and visitors alike. Welcome to the Jalmah family Oscar.

# CODA CELEBRATIONS!



# Summer Holidays

Heather with Support from Bernice travelled to Tasmania to enjoy Christmas with her family, Alan & Erica. Her nice Nina, husband Hanoi, children Milo and Max travelled from Spain. Nephew Adam, wife Bec and daughter Olivia live in Tasmania.

All enjoyed a lovely Christmas in Alan and Erica's new home. They planted a Silver Birch tree in memory of Mrs Purdey a founding member of CODA and long serving board member.

Erica made Mrs Purdey's Pav (a special memory) and here is the recipe.



Heather, and her family, with the Silver Birch tree planted in Mrs. Freda Purdey's memory.

## Freda Purdey's Pavlova

### Ingredients

4 egg whites

1 1/2 cups of crystal sugar\* or raw sugar if preferred

2 level teaspoons cornflour

1 teaspoon vanilla

1 teaspoon white vinegar

300ml whipping cream

### Fruit



1. Heat oven to 140C or 120C fan forced
2. Beat 4 egg whites until stiff
3. Beat 3/4 cup of crystal sugar into the egg whites
4. Gently fold in another 3/4 cup sugar and 2 level teaspoons cornflour, 1 teaspoon vanilla essence 1 teaspoon white vinegar.
5. Turn the mixture on to ovenproof plate or pizza tray lined with baking paper and bake for 1 1/4 hours
6. When cooked turn the oven off and leave the oven door open ajar (this helps prevent cracking)
7. Whip cream and chop the fruit of your choice. Fold half the fruit into the cream and put the cream on the pavlova base.
8. Put the rest of the fruit on the top of the cream.

# Respite weekends for under 16 year olds

Children's weekends. What are they?

CODA has, in the past, offered overnight respite weekends for clients who are under 16. Some of our current Langdon House clients have been attending Langdon House since these days. This month has seen CODA recommence Children's weekends with one weekend a month dedicated to Children, allowing children to socialise and learn independent living skills away from the home environment with supportive and helpful staff.

From all reports the first attendees to these weekends have really enjoyed them!

CODA is offering children's respite weekends at Langdon House on the following weekends.

## MARCH

Friday 4<sup>th</sup> – Sunday 6<sup>th</sup>

## APRIL

Friday 29<sup>th</sup> – Sunday 1<sup>st</sup> MAY

## MAY

Friday 27<sup>th</sup> – Sunday 29<sup>th</sup>

## JUNE

Friday 10<sup>th</sup> – Sunday 12<sup>th</sup>

## JULY

Friday 8<sup>th</sup> – Sunday 10<sup>th</sup>

## AUGUST

Friday 12<sup>th</sup> – Sunday 14<sup>th</sup>

## SEPTEMBER

Friday 9<sup>th</sup> – Sunday 11<sup>th</sup>

## OCTOBER

Friday 21<sup>st</sup> – Sunday 23<sup>rd</sup>

## NOVEMBER

Friday 11<sup>th</sup> – Sunday 13<sup>th</sup>

## DECEMBER

Friday 2<sup>nd</sup> – Sunday 4<sup>th</sup>



## Cheese, Spinach and Zucchini Rice Slice



To Prep: 20 minutes

To Cook: 1 hour

### Ingredients

2 medium zucchinis  
200g frozen spinach  
4 spring onions  
2/3 cup rice  
2/3 cups grated cheese (low fat)  
1/4 cups grated parmesan cheese  
3 eggs  
3/4 cups low-fat milk  
freshly ground black pepper

### Method

1. Combine grated zucchini, thawed spinach (excess water squeezed out), finely sliced spring onion, rice and grated cheeses in a large bowl and toss to coat.
2. Whisk together the eggs, milk and pepper and stir into the rice mixture.
3. Spread rice mixture into a deep 20cm x 30cm baking paper lined dish, cover with foil and bake at 180C for 30 minutes.
4. Remove foil and cook for a further 30 minutes until eggs have set and rice is cooked.
5. Cool to room temperature before serving or refrigerate until required.
6. To serve, cut into 12 squares and serve warm or cold.

# CODA Board Members—2015

**Chairman:** Marg Carter     **Vice Chairman:** Trish Stephens

**Treasurer:** John Scarrott

**General Board Members:**

Bruce Edwards, Mary Carew, Michael Chapman, George Roberts, David Schram, Geoff Wallace, Miffy Shelton, Clare Moran

**The board meets on the following dates in 2016:** 8th February, 21st March, 11th April, 9th May, 20th June, 11th July, 15th August, 12th September, 12th October, 14th November, 12th December

Welcome & Farewell.....

CODA would like to welcome the following staff to the CODA community.

Denise White! Renee Peters! Donna Anderson!!  
Sheryl Clark!! Jason Whitehouse!!

We hope that your time with CODA and our clients is one that is filled with fun and laughter.

Farewell to ...

Angela McBroom & Cat Laurie we wish you well in your future endeavours.



## Have you got a new NDIS Plan? Have you got a better NDIS plan? Has your plan been updated? If so CODA needs to know.

A new or altered NDIA plan means that you also need a **NEW SERVICE AGREEMENT** with CODA. The Service Agreement sets out the terms of the service that you receive from CODA and also includes important claiming and GST information that CODA must have in place to continue to provide service. Please come and see Monica to confirm the **continuation** or **change** of your **services** resulting from a new NDIA plan.

If you have **ANY** questions please talk to your service supervisor or Monica Provan at the office. Please phone 5231 1573 to talk to Monica.

**New or changed  
NDIS plan?  
We need to know!**

CODA

Address: 6/58 Hesse Street COLAC ::: Postal Address: P.O.Box 370 COLAC

Phone: (03) 5231 1573 ::: Email: [coda@coda.org.au](mailto:coda@coda.org.au)

Web: [www.coda.org.au](http://www.coda.org.au)

# Express your interest in our New activity Groups and Camps!

We have people interested in participating in new group activities including:

- Home brewing—learn how to make beer and cider. Make your own batch! Enjoy the rewards!
- Hospitality skills development—communication! Teamwork! Problem solving! All essential skills that Hospitality can help you develop.
- Dance & Movement—Ball change! Lock Step! Moon walk! Box step! Interpretive dance! Who knows how we'll move our bodies in this exciting group.
- Self-advocacy—being self aware, a good communicator, assertive, a problem solver, self confidence, goal setting and planning are all things that self-advocacy can help you to learn and achieve.
- Digging for Dinosaurs—What? Really? Yes. We'll look at dinosaurs, archology and palaeontology. An activity session with digging for bones, looking at fossils, and finding out more about the earliest life on earth.
- LEAP the CODA shop—limited spaces are available in this innovative program where clients practice retail, communication and team work skills.
- The Quiet Life—Want to stay active both mentally and physically without the commotion of some programs? The quiet life brings together people staying active without all the noise. Gentle exercise and activities designed to keep you healthy in a quiet and calm environment.
- Traditional & urban camps.— team building, socialising, new experiences and new skills can all be learned on camp!

BUT WE NEED MORE PEOPLE so that we can run these innovative new programs.

Please complete the form below and return it to the CODA office if you are interested in finding out more about these programs.

✂.....

Name:.....

Address:.....

Phone:.....Email:.....

Preferred Method of contact: Traditional Mail Phone Email

Programs you are interested in learning more about

- |   |  |
|---|--|
| <input type="checkbox"/> Home brewing                   | <input type="checkbox"/> LEAP—the CODA Shop    |
| <input type="checkbox"/> Hospitality skills development | <input type="checkbox"/> Urban Camps           |
| <input type="checkbox"/> Dance and movement             | <input type="checkbox"/> Traditional Camps     |
| <input type="checkbox"/> Self-advocacy                  | <input type="checkbox"/> Digging for Dinosaurs |
| <input type="checkbox"/> The Quiet Life                 |  |

# DID YOU KNOW ?

## All things NDIS.....

- ※ As CODA is a registered and accredited service provider the NDIA sets the price CODA is paid for all the services we deliver; and we can only invoice the agency at the price they have established. All service providers are currently paid the same rate for the same services.
- ※ NDIA participants and their families can choose the service providers they would like to deliver the supports in their plans. NDIA planners cannot, and must not direct who you choose to provide your supports.
- ※ If you think a decision made by the NDIA is wrong, you can ask for a review of their decision but you must ask for the review within 3 months of the decision. A request for internal review of a decision can be made by:
  - Submitting a written request to Chief Executive Officer, NDIA, GPO Box 700, Canberra ACT 2601
  - Talking to some at an NDIA office
  - Calling 1800 800 110
  - Sending an email to: [enquiries@ndis.gov.au](mailto:enquiries@ndis.gov.au)
- ※ The 'About Us' tab on the NDIS website is where you will find lots of useful information about the scheme. We **highly recommend** you read the 'Operational Guidelines' to increase your knowledge about how the scheme operates.