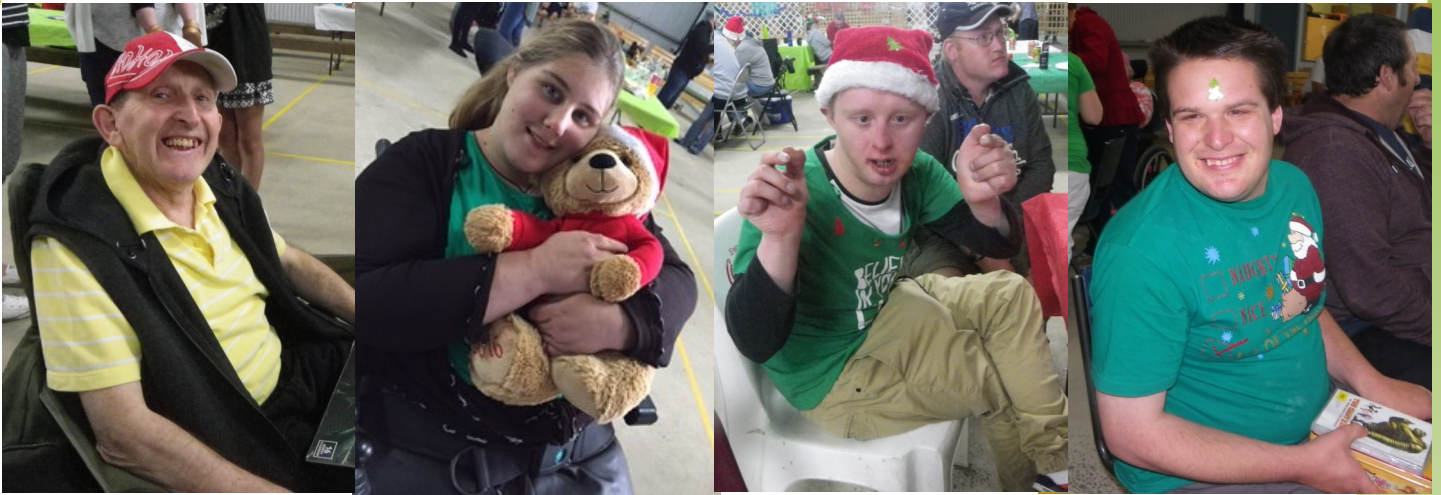


CODA CHRONICLES

Summer Edition
2017



We had a fabulous Christmas party on the 14th of December with a huge amount of work undertaken by Jo Cook, Megan Billing and their team of helpers. Rene did a great job on the BBQ and Wendy Parker worked tirelessly to keep the food flowing.

Joy and Joseanne were also very busy all round helpers.

Who could forget the great job done by SANTA!

-Kath Dixon



The Launch Pad

The Launch Pad has enjoyed a busy year and has come to an end with people enjoying the Carols by Candlelight, bus tour of the Christmas lights and trip to the Simpson Speedway.



A HUGE thank you to all the dedicated staff that have supported the activities and individuals throughout 2016.

We look forward to seeing all our group based attendees on Tuesday 17th January.

CASS House

The CODA Christmas party was a highlight for the CASS House residents.

The men all enjoyed getting out and socialising with their family, friends and other CODA clients. A few of the CASS House residents spent Christmas day with family or at home which they really enjoyed.



Recently the residents headed down to Apollo Bay for a day trip. John went and caught up with family, whilst the others headed out for lunch and went for a stroll around the beach and shops.

Langdon House



It's been a crazy few months in Langdon House! In October the ladies headed up to 'Hot Goss' in Geelong and had a fantastic time dancing the night away. There has been plenty of outings and day trips to keep the residents busy, including a trip to the Birregurra Festival which was enjoyed by all.

The Langdon crew have been busy in the Langdon House garden lately, weeding, pruning and growing plants. The vegie garden has been flourishing with fresh produce including carrots, beetroot and tomato's.

In December we had the CODA Christmas Party. Nearly 100 people attended the night and Santa arrived and gave out lots of presents. Many of the clients brought along their family and close friends. We were complimented on the venue, thanks to the Colac Badminton for letting us use it. The younger children loved the fenced off section for playing badminton and ball games and there was plenty of food to eat.

Many thanks to those who helped set up and pack up on the night. Thank you to the chefs who cooked the BBQ and those who washed the dishes. If anyone has any suggestions for next year that would be greatly appreciated.



Individual Support

Seven clients and three staff attended a Rodeo at Rokewood. A great night was had by all, especially by Brendan who stood closer to the fence all night so he could get a better view. For most, it was their first time and all want to go again next year.

There was, as always, birthday celebrations, Christmas celebrations and clients were EVERYWHERE! Everyone is now exhausted. Zzzzz

LEAP (the CODA Shop)



The LEAP recycled shop has been doing a roaring trade the two weeks prior to Christmas with many savvy shoppers dropping in for a bargain Christmas present. Donations have been abundant lately with our loyal donators having summer clean outs. Thanks goes to Jo Cook for thinking of the shop when the Badminton Association had their garage sale. Anything that was not sold on the day was all piled up and donated to the shop. Fantastic! We will not be short of stock to fill our extended space when all the office changes gets underway.

Clients have started their Christmas break and a well-deserved break at that. All clients and staff have had a great year and I believe the shop has run so smoothly because of the efforts everyone have put in .

Thankyou to all involved with the LEAP shop. We're looking forward to an exciting new year.

Jalmah



Over Christmas the residents were coming going with tremendous speed! Many parties and gatherings were had, the residents are now enjoy a bit of R & R during the program break. The big news in Jalmah is the departure of our long time resident and friend, Heather. The household are enjoy a slightly quieter time, whilst they wait to see who their new house mate will be...

Blast from the past...

In December we had a visit from our old friend Polly. She was in Colac doing Christmas shopping and popped in to say "hi" to everyone.

Polly is still living in Geelong, and works at the Karingal Nursery in Belmont nearly everyday. She plants seedlings and waters plants etc. Polly has just had a holiday to the Gold Coast with Leisure Networks, she went to Movie World and did lots of shopping. She might be going to New Zealand next year.

Polly said if anyone wants to call in to Karingal Nursery and say hi that would be awesome.



Heather's Story



Heather was born and grew up in Colac. Heather attended Colac East Primary School, and participated in the usual activities young girls did (Brownies, Girl Guides etc). At the end of Primary School, Heather joined a group of other young people with disabilities at a Day Program setting at the Baptist Church Hall. This was one of the first program settings for people unable to go onto Secondary School. This program soon moved to a new premises- the Lions Club Day Training Centre- and they established programs that provided Life Skill Training and Supported Employment opportunities. Heather initially worked in Kui Nursery, learning all there is to

know about growing seeds, potting plants and selling to the public.

Heather's mother, along with a group of forward thinking parents, fundraised in the community, to purchase a house for Heather and others to live in. Money was raised and the government canvassed to match funds dollar for dollar, and Jalmah was purchased around 1982. The name Jalmah was formed by the first initials of the ladies who lived in the house. Some of these ladies moved on to live independently in the community. Heather and Angela have been the last of the original ladies to be at Jalmah. The original house was sold around 1998, after a new Jalmah House was built. Heather and her mum served on the CODA board for many years.

Heather stayed with her day programs through many name changes- the most recent, St. Laurence-Mypath. Over the years she participated in many supported employment programs, but her first love was always Kui Nursery. In recent years Heather has participated in varied programs, her favourites being photography and computer. Heather's photography is stunning and her computer skills great - lots of lengthy emails to her family being the favoured task.

Heather went home to her mum every weekend for many years. Mum enjoyed the company and they ventured far and wide, went to local events, church and a firm favourite- the pictures. Heather loved shopping so Mum tagged along- sometimes not so willingly. As Mum aged, Heather helped her with shopping and paying accounts etc. Heather was a wiz with housework too. Mum eventually moved to Mercy Place, where Heather visited her 3 times a week. Mum looked forward to the visits and naturally, when Mum passed away, there was a huge gap in Heather's life.

Heather has formed strong bonds with the Jalmah residents and staff, and St. Laurence staff- a loyal friend and work-mate. Heather has always had a fantastic attitude to everything she undertook, and continues to work hard at all she does. Staff and friends have always admired her fierce independence and can do it" attitude. A pleasure to have worked and had time with and adventured with over many years.

Heather's health and mobility has declined in recent times, and she now needs to leave her home of 34 years (or thereabouts). Heather is lucky enough to be moving into care Tasmania, near her dearly loved brother Alan, his wife Erica, nephew Adam, his wife Bec and baby Olivia. We will all miss her terribly - but life brings another adventure for Heather.



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in

School Holiday program

10/11/12 & 17/18/19 January

Program Includes

Sensory Play * Library * Parks & Playground * Drama/Dance * Sports *
Cooking * Art/Craft * Games & more

Please Contact Renee on 0418523595 rwilson@coda.org.au

The CODA Butterflies



Calling all girls (Butterflies) aged from 10 –18yrs! We have an exciting new program at Langdon house. A regular girly get together with lots of fun guaranteed. Please Contact Langdon house 5232 1020 or Renee 0418523595 for more details.

19 th January	Movie Popcorn Night
9 th February	Decorating Pizza Night
23 rd February	Dream Catchers
2 nd March	Local Treasure Hunt
23 rd March	Easter Decorations
20 th April	Anzac Biscuits and Poppy's
4 th May	Tie dying night

NDIS Unsure about who to make a complaint to?

there is no wrong door

If you call any of our offices we will help you get to the right place

I'm not happy with my disability service provider	Disability Services Commissioner (Victoria)	1800 677 342 complaints@odsc.vic.gov.au www.odsc.vic.gov.au
I'm not happy with the NDIA's actions	Commonwealth Ombudsman	1300 362 072 www.ombudsman.gov.au
I'm not happy with my community mental health provider	Mental Health Complaints Commissioner (Victoria)	1800 246 054 03 9032 3328 help@mhcc.vic.gov.au www.mhcc.vic.gov.au

Top Job & Merit Moments

Merit Moment: Jason Whitehouse

Several supervisors have recently commented on Jason's efforts to connect with clients with communication barriers. This is Jason's first job in the industry and he is obviously willing to listen and learn and has a natural talent for building a rapport with some of our shy fellows. Well done Jason!

Top Job: Mitzi Featherstone

Mitzi has been supporting the accommodation supervisors whilst Monica is acting up! Mitzi has been an incredible support to the Operations Manager functions and has been both knowledgeable and thoughtful in her approach to supporting the supervisors and finding solutions to their issues.

Top Job: Renee Wilson

Taking on two new teams a running with it – talk about a powerhouse! Renee Wilson is doing an amazing job in her first supervisory position with CODA, Renee has regularly been observed providing positive solutions to problems and supporting her team members to improve their work practices.

Merit Moment: Matt Kelly

Matt went over and above the call of duty when cleaning an oven. By the time it was finished it looked brand new. Thank you Matt!

HEALTHY RECIPE

Fruit Popsicles



To Prep: 15 minutes

To Freeze: 4 hours

Ingredients

- 16 paddle-pop sticks
- 2 large bananas
- 1 punnet fresh strawberries
- 1/4 fresh pineapple
- 1 orange (juiced)

Method

1. Peel all fruit and cut into 3cm sized pieces.
2. Soak banana in orange juice for 2 minutes.
3. Thread fruit onto sticks.
4. Place in a container and freeze for 4 hours until ready to serve. Serve frozen.

Nutritional Information

- Per Serving
- Energy: 131 KJ
- Protein: 0.4g
- Total fat: 0.2g
- Saturated fat: <0.2g
- Carbohydrates: 7g
- DietaryFiber: 0.7g
- Sodium: 1mg

CODA Board Members—2017

Chairman: Ed Morrisy

Treasurer: John Scarrott

General Board Members:

Bruce Edwards, Mary Carew, George Roberts, David Schram, Ross Soares, Miffy Shelton, Karen Brady

The board meets on the following dates in 2017: 13th February | 20th March | 10th April | 8th May | 19th June | 10th July | 14th August | 11th September | 9th October | 13th November | 11th December

Welcome...

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

Kerry Morrow, Jodie Tevelein, Lesley O'Neill, Trisha Matheson, Stacey Cook, Jan Verouden, Philip Savin, Wendie Fox

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



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 Denise 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 Denise White at the office.

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

CODA

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

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

Web: www.coda.org.au



The Community singers. Mary, Pam Radcliffe, Jayde and Mia

Tips for surviving the heat...



Drink more water

- Drink plenty of water, even if you don't feel thirsty.
- Keep a full drink bottle with you.
- Take small sips of water frequently.
- If your doctor normally limits your fluids, check how much you should drink during hot weather.



Never leave anyone in a car

- Never leave kids, adults or pets in cars, the temperature can double in minutes.



Stay somewhere cool

- Spend as much time as possible in cool or air-conditioned buildings (shopping centres, libraries, cinemas or community centres).
- Keep yourself cool by using wet towels, putting your feet in cool water and taking cool (not cold) showers and avoid intense activity like exercise, renovating and gardening.
- Block out the sun at home during the day by closing curtains and blinds.
- Open the windows when there is a cool breeze.
- Wear light-coloured, loose-fitting clothing made from natural fibres like cotton and linen.
- Eat smaller meals more often and cold meals such as salads and make sure food that needs refrigeration is properly stored.



Plan ahead

- Keep up to date with weather forecasts – watch the news daily.
- Schedule activities for the coolest part of the day.
- Stock up on food, water and medicines so you don't have to go out in the heat.
- Visit your doctor to check if changes are needed to your medicines during extreme heat.
- Check that your fan or air-conditioner works well.



Check in on others

- Look after those most at risk in the heat – your neighbour living alone, older people, young children, people with a medical condition and don't forget your pets.
- Don't forget your pets – a cool bath, wet towel to lie on, a place next to a fan and plenty of fresh water work just as well for animals.

Being SunSmart in Victoria



When UV is 3+

-  Slip on covering clothing
-  Slop on SPF30 or higher, broad-spectrum, water-resistant sunscreen
-  Slap on a broad-brimmed hat
-  Seek shade
-  Slide on sunglasses (AS:1067)

Think UV, not heat! UV rays can't be seen or felt and can damage your skin on cool or cloudy days.

When UV is below 3
Sun protection isn't required unless you are outdoors for extended periods or near reflective surfaces, such as snow.

Download the SunSmart app to find sun protection times for your location in Australia.



sunsmart.com.au/app



Cancer Council
Victoria



VicHealth



Coda acknowledges
the support of the
Victorian
Government