



CODA CHRONICLES



Autumn / Winter
Edition 2018



Marlene Stewart

Marlene, a long term client of CODA passed away in March this year with her family and CODA staff by her side.

Marlene is fondly remembered by her many friends as a woman who spoke her mind regardless of where she was, which led to many funny situations and stories.

Marlene loved going to everyone's birthday celebrations, and other special events.

A remarkable woman who will be missed.



Opportunity for people with disability Disabled Wintersport Australia

Established in 1978 as the Australian Disabled Skiers Federation, now known as Disabled Wintersport Australia (DWA). The organisation has assisted thousands of individuals with disabilities to participate in winter sports annually.

DWA is an organisation with a national perspective taking responsibility for development of disability winter sport in Australia.

DWA's mission is *"To promote and foster the advancement of participation by people with a disability in wintersport both in Australia and overseas."*

If you are an intermediate to advanced skier or rider who would like an added challenge on the slopes and have some time to volunteer, then DWA has a unique volunteer opportunity for you in our Adaptive Snowsport Guide Program. Becoming a DWA volunteer adaptive snowsport guide is a unique experience and a great opportunity to meet lots of like-minded people. You can find out more about the role of an adaptive snowsport guide by visiting:

<https://www.disabledwintersport.com.au/volunteering/volunteer-roles>



Langdon House

Langdon House has been buzzing with activity, lots of clients enjoying some short term accommodation.

There has been lots of time spent developing independent living skills, with everyone working hard on a variety of living skills including, vacuuming, making beds, setting the table and doing the dishes. Dining out and visits to the movies have also been enjoyed.

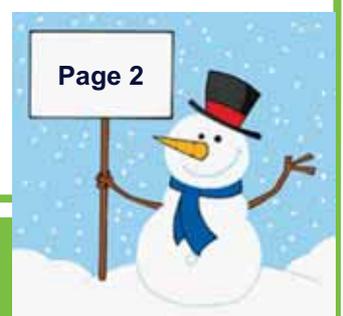
The vegetable garden has had a winter crop of vegetables planted.

A number of clients have also celebrated their birthday whilst at Langdon House this year, including Keith and Rylie pictured below with their cakes.



Bianca enjoyed the Isaiah Firebrace live concert at COPACC, especially the opportunity to meet and chat with Isaiah.

An X Factor winner Isaiah, released a debut single that charted all over the world and notched up over 100 million international streams, he supported Jessica Mauboy on her Australian tour and represented Australia at the Eurovision Song Contest 2017, finishing in the top 10.





Cass House

The residents at Cass House have been busy with all the usual day to day tasks, but managed to organise two small group day outings to Werribee Zoo while the sun was still shining.



Everyone enjoyed the opportunity to get up close to lots of the amazing animals living at the Zoo, with a couple of them joining in on the safari bus tour.

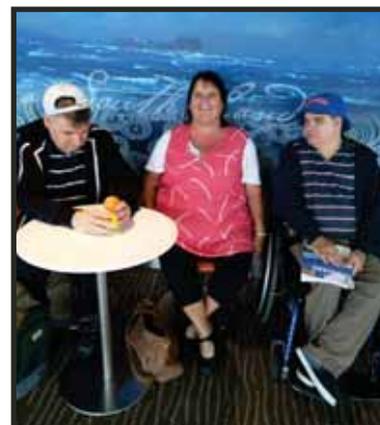


March was a busy month of celebrations, with Simon, Jim and John all enjoying birthdays. Easter soon followed with lots of chocolate enjoyed by all.



March also saw Cass House residents venture out and about again in small groups. This time they headed to Sorrento from Queenscliff on the Ferry.

A great time was had by all on the ferry and exploring Sorrento.





Brooke a winner at Colac Community Library and Learning Centre



Earlier this year the Colac Community Library and Learning Centre ran a competition and Brooke was a winner.

Readers were asked to choose a theme and then choose a plain paper wrapped book from their theme's box. Brooke chose her theme after some discussion with her Support Worker Julie.

Brooke took her book home unwrapped it and with some help, read her book and drew a picture about what she liked best about the story. The last step in the competition was for Brooke to put the name of her novel, the author of the novel and her contact details on the entry form and pop it in the entry box on front desk at library.

Brooke did this from February to March putting in lots of entries.

John enjoying playing competition Pool

John Preston, with support from Launch Pad staff, is enjoying a second season playing competition Pool.

John plays Wednesday evenings with the Warrion Ti-Tree Hotel team.

The team travels to different locations every second week, including the Terminus Hotel at Forrest, the Mamre at Pirron Yallock, the Winchelsea Hotel and various venues in Colac.

John says,

"Playing pool is good fun, its very enjoyable. I play singles and doubles for my team. I like supporting my team mates, they are lovely people and they make me feel welcome in the team."





Have you got a new **ndis** Plan? Has your plan been updated?

If so CODA needs to know.

A new or altered NDIA plan means that you may 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.

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





New telephone numbers at CODA locations.

As you may know, Colac is making the transition to the National Broadband Network (NBN).

In order to minimise costs to residents, who pay a share of the utilities cost. We have chosen to change to a new system that will be the most affordable option on an ongoing basis.

As part of the transition we have had to change the numbers of Jalmah, Langdon and West Street to mobile phone numbers. CASS House will not be making this change because the location of CASS House and the existing technology was not sophisticated enough for this change to be made here.

We have put some FAQ's together from questions already asked.

Frequently Asked Questions

Q. Will the CODA office number change?

A. No, the CODA office phone number will stay the same, and remains a good way to get messages to staff and clients.

Q. Will the old phone numbers work?

A. Yes, currently the old phone numbers will work, this will cease early in 2019.

Q. When I call a house the answering machine is no longer responding.

A. Our message service has not transitioned yet. We hope to have our friendly answering machine messages back ASAP.

Q. Does this mean that the houses only have a mobile phone?

A. No, the new system uses the standard phones.

Q. Does that mean I can text the house?

A. No! Our phone system will not display text messages.

Q. Does that mean I can send photos to the house?

A. No! Our phone system will not accept images.

Q. Will the cost of calling the house go up?

A. Maybe. It depends on how your current phone company bills you. Please check with your current phone company if this is of concern to you.

Q. What happens if I can no longer afford to call my friend/family member because my phone bill will be too high?

A. Feel free to ring the house and ask for us to call you back. We don't want to stop our residents from chatting away on the phone. Is it possible for you to pop in for a face to face conversation, or you could go out for a chat? We know it's not always possible, but we always welcome people visiting! Can we help our residents talk to you on skype, or use emails and letters? There are so many ways to communicate and the staff at CODA are willing to hear any ideas you may have. If you have real concerns about the costs of calling the CODA residents, please talk to the Supervisor of the house and we will do what we can to work with the client to stay in touch with you.

Q. Well, all this has been great, but what are the new numbers?

A. Jalmah.....0455 312 044
Langdon House.....0477 321 020
West Street.....0459 311 233





Butternut Pumpkin Soup



To Prep: 15 minutes

To Cook: 20 minutes

Ingredients

- 1 teaspoon olive oil
- 200g leek
- 1 clove garlic
- 1 teaspoon ground cumin
- 0.5 teaspoons ground coriander
- 1kg butternut pumpkin
- 300g potatoes
- 250ml salt-reduced chicken stock
- 750ml water
- 2 teaspoons fresh thyme leaves
- 360g soy-linseed bread

Method

1. Heat oil in large saucepan; cook leek and garlic, stirring, until leek is tender. Add spices; cook, stirring, until fragrant.
2. Add coarsely chopped pumpkin, potato, stock and the water to pan; bring to the boil. Reduce heat; simmer, covered, about 20 minutes or until the vegetables are tender. Cool 10 minutes.
3. Blend or process mixture, in batches, until smooth. Return mixture to pan; stir until hot. Sprinkle soup with chopped thyme; serve with toast.

Nutritional Information — Per Serving

- Energy: 1559 KJ
- Protein: 16.6g
- Total fat: 4.4g
- Saturated fat: 0.7g
- Carbohydrates: 59.6g
- DietaryFiber: 11.5g
- Sodium: 377mg

Top Job and Merit Moments

Top Job

Jo Cook and all staff assisting at West Street

The West Street team are currently supporting a short term residential placement for a young man until he can move in to shared accommodation. Senior management would like to thank the supervisor Jo and all of the staff, from West Street, Langdon and our individual support teams for taking on additional work and meeting the challenges of supporting transitions for our residents.

Merit Moment — Dianne Martin

Congratulations to Dianne on successfully completing Certificate IV in Disability.

Merit Moment – Ketrina Hester

For learning to use the rostering system like a technological guru.

Merit Moment - All the staff at Jalmah

Michael McCrickard has now been living at Jalmah for 18 months. Michael is very settled and happy in his new home and is fond of all his house mates, staff and the dog Oscar. Michael has settled so well that he remembers and calls all his friends at Jalmah by name. This is a huge achievement, considering Michael didn't say too much when he first moved in. He still does his terrific "thumbs up" though!!! Well done to Lucy and the Jalmah crew for making Michael feel so at home.

Top Job—Maddie Parker

Congratulations to Maddie who completed a transaction in the LEAP Shop very professionally whilst an anxious Supervisor (with no idea how to use the till and filling in for 5 minutes) looked on in awe as Maddie took charge.





CODA Board Members 2018

	Ross Soares Chair		Ed Morrissy Vice Chair
	John Scarrott Treasurer		Karen Brady
	Mary Carew		George Roberts
	David Schram		Miffy Shelton

Board Meeting Dates

- Monday 9 July 2018
- Monday 13 August 2018
- Monday 10 September 2018
- AGM Monday 8 October 2018
- Monday 12 November 2018
- Monday 10 December 2018



New Staff

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

Brooke Fleming, Joshua Rainey and Melissa Benallack.

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

Staff Movements

CODA has recently farewelled Sue Gregory, Quality and Compliance Manager, Kerrie Black, Supervisor Launch Pad and Julie Kuric, Support Worker, we wish Sue, Kerrie and Julie all the best for the future.



CODA acknowledges the support
of the Victorian Government

