



Community Catch-up



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A Message from The Chief Executive



Mark Kulinski, Chief Executive

Welcome to Community Living Australia's final newsletter for 2019. It has been a very productive year with many achievements by our wonderful clients and team.

There were numerous highlights for us this year. We announced our new workplace values renewing our focus on delivering exceptional services; we announced our new ambassador, sporting legend Jo Hill; Myriad: our one-of-a-kind art exhibition was a big success with over 60 artists taking part and our campaign to spread kindness on World Kindness Day with dozens of staff and clients taking to the streets across the state was exceptionally well received.

Recognition was a major emphasis this year with focus placed on showing our appreciation for many people for what they've achieved for themselves and for others in their community. We recognised our team members who had devoted themselves to our organisation for 10, 15 and 20 years. Through our Health Care Heroes initiative with FIVEaa, we recognised people in our communities working in health, disability and aged care who are providing

exceptional service to people in need. We recognised people at Government House as part of our Rewards and Recognition program that celebrates the achievements of clients, staff, volunteers and members of our community in improving the lives of people with disability.

Our Murray Magpies and Hornets performed admirably at the Tri State Games in November. It was a big week with many triumphs and medals won and an incredible team spirit displayed.

The National Disability Insurance Scheme (NDIS) has fully rolled out and all clients have now transitioned. Now that we have overcome the first hurdle, we are committed to aiding clients in navigating the NDIS environment as it continues to evolve.

Finally, I could not sign off without mentioning the Royal Commission into the Violence, Abuse, Neglect and Exploitation of people with disability that commenced this year. This will be a three-year process and will focus on investigating how we can continue to improve our communities and better protect people with disability. As an organisation we are committed to the Royal Commission and will endeavour to keep all of our stakeholders up to date with latest developments.

Thank you for your ongoing support of Community Living Australia.

I wish you all joy and peace over the holiday season and look forward to seeing you in the new year.

Kind regards,

Mark

A handwritten signature in black ink, which appears to read 'Mark Kulinski', is written over a background of several colorful gift boxes with ribbons.

World Kindness Day

World Kindness Day was celebrated around the world on Wednesday November 13.

World Kindness Day was celebrated around the world on Wednesday November 13. The day's message is to breach barriers like geography, culture, race and religion and to find our commonalities and coexist. The day gives people and organisations the opportunity to commit acts of kindness in an effort to bring a little happiness to others and make the world a better place.

In collaboration with radio station FIVEaa, Community Living Australia went all out on this special day as clients and staff across our regions visited various locations across the state to share messages of kindness.

Our team weren't all talk though, giving away vouchers for free coffee and even paying for people's parking.

Mark Kulinski was amongst the action

'It is so easy to get consumed with the pressures of modern living. By taking time to be kind to others, we are hoping to have a ripple effect across our local communities as more and more people are inspired to get involved,' said Mark.

Community Living Australia is also hoping that its

random acts of kindness highlight the valued roles people with disability can have in their community. 'Some people view people with disability as recipients of support and services. Our random acts of kindness and the other great work that the people we support do such as making breakfast for children who may go to school hungry or successfully running their own businesses showcases the skill and community mindedness of the people we support,' added Mark.

Community Living Australia's involvement in day was inspired by the random acts of kindness started by clients and the team in the South East last year.



Our team spreading kindness on Rundle Mall.

Rewards and Recognition

Earlier this year, we launched the Community Living Australia Rewards and Recognition Program which recognises the inspiring people, including staff, volunteers and clients in our communities.

To help us do this better we are launching a rewards and recognition program designed to recognise achievement, celebrate our clients reaching their goals and encourage our staff to strive for excellence in their service delivery. We want to recognise and celebrate with those people in our organisation who are achieving truly great things and to use them to inspire us all in doing better every day.



The annual award recipients are as follows:

Chairman's Achievement Award

Awarded for demonstrating significant and notable achievements in line with Individual Support Plans.

Murraylands

Adam Thomas

South East

Amechai Bawden

Encouragement Award

Awarded for demonstrating the willingness and motivation to achieve personal goals.

Malcolm Costello

Community Participation Award

Awarded for actively engaging in the community through valued roles.

Jeffrey Hocking

Client Award

Nominated by clients and families for providing exceptional services and demonstrating a willingness to extend themselves to help others and improve the quality of life for our clients.

Mikayla Saltmarsh

Rewards and Recognition (cont.)



Impact Award

Awarded for delivering significant improvements in our services, the lives of our clients and people with disability.

Meagan Canny

Dedication Award

Awarded to staff who demonstrate an ongoing commitment to continuous learning and professional development over their term of service.

Sandy Norris

Volunteer Award

Awarded for demonstrating Community Living Australia's values, showing commitment and having a positive impact in supporting Community Living Australia to achieve its aims.

Sally Charlton

Community Award

Recognises the positive and enduring impact made to the lives of people with disability.

Lisa Hutchinson

The awards ceremony was held at Government House, hosted by Community Living Australia's Patron and Governor of South Australia, His Excellency, Governor Hieu Van Le and his wife, Mrs Le.

Many worthy nominations were received in all categories and after welcoming speeches by the Governor and our Chairperson, Bill Rowe, His Excellency presented awards to the recipients.

We are proud to recognise and award these people for their commitment, achievements and the impact they have made in their communities.

The Rewards and Recognition program runs annually and we hope you will continue to show your support for next year's program.

Murray Bridge Christmas Pageant

The Murray Bridge Christmas Pageant parade was an impressive spectacle this year with over 50 floats and thousands of onlookers filling the streets.

Our Little Drummer Boy was escorted by our Murray Bridge clients, team, and friends. The famous float, with his grand size and mechanical arms and head, still captures the awe of the crowd, made evident by the exciting chatter erupting as he rolled past.

Complemented by perfect weather, it was a very successful event and we look forward to doing it all again next year!



Our Murray Bridge clients, team and friends at the pageant.

Holiday Season Office and Day Options Closures



Our offices will be closed over the Festive Season.

Offices at Strathalbyn, Mount Barker, Murray Bridge, Christies Beach and Mount Gambier will be closed to the public from Tuesday 24 December 5pm through to Thursday 2 January 2020 9am when the offices will reopen.

Our Day Options finish up on Friday 20 December, and return on Tuesday 7 January, 2020.

Land lines for these locations will be diverted to message bank with detailed messaging on closure dates, emergency numbers and after hour on-call arrangements. In the event of an emergency please do not hesitate to call us or if needed dial 000.

Skeleton staffing will be coordinated at a local level to ensure adequate coverage for client services, rostering, payroll processing and other critical office based functions.

Community Living Australia wishes everyone a wonderful and safe holiday period. It is hoped that everyone takes the opportunity to have a well-earned break to refresh and spend quality time with friends, family and loved ones.



A Spotlight on Rory

Rory is a client of Community Living Australia.

Rory works at his local gym twice a week. Rory is a bit of a gym junkie, working out at the gym regularly — any chance he can get. He plays basketball with friends and also plays in the regular men's league.

While sport and exercise is clearly one of Rory's passions, he's a well-rounded individual who enjoys a range of activities including dance once a fortnight and cooking classes with a dietician and friends.

In his down time, Rory loves to listen to music, play video games, shop, catch up with friends and

visit his brother.

Earlier this year, Rory attended a rock and roll festival with his support worker, Guy. Rory was supported in how to meet new people — it was good advice because Rory got to dance with lots of special ladies that day!

Rory's fantastic attitude and community involvement has earned him a lot of value in his community.

What a great example of living life to the fullest!



Rory playing 8-Ball



Rory on guitar and vocals.



Rory met the Harlem Globetrotters.



Rory with Alex and Jesse, have a few laughs on the court.

Length of Service Awards

During October, we held Recognition of Service Celebrations. Events, held in our Mount Barker and Murray Bridge offices, acknowledged 20 dedicated team members who had reached their 10, 15 and 20 year milestones, thanking them for their service in supporting people with disability and for their contribution to our organisation.

Congratulations and a sincere thank you to all of the recipients.

10 Years

Janice Corbell
Dianne Golding
Susan Chapman
Leah Tregenza
Samantha Hodson
Susan Lines
Leanne Thomas

Helen Mollenhagen
Robert Ewing
Gaynor Schild
Monika Fitzgerald
Jayne Redding
Jodie Wiebrecht
Molly Baulch

15 Years

Sue Stuart
Meagan Canny
Emma Bidmeade
Carol Lambe
Adam Thomas

20 Years

Sandra Norris



The awards on display.



Mark with some of the proud recipients at the awards event.

Stories from the South East

Warren attends Kingston Men's Shed weekly to participate in woodworking. He enjoys mingling with the other men, using different tools and engaging in community projects.

Recently, Warren had an opportunity to make a chopping board for himself and his housemates to share at his accommodation home.

As you can see in the picture, he's quite the craftsman.

Woodworking sessions allow Warren to engage with, and give back to, his local community, develop a useful skill and craft useful things.

Our team is proud to support him in these

endeavours, ferrying him to and from the venue and providing support where needed.

Talking about personal improvement: our team have been supporting Lucy to cook independently.

Over time, Lucy has been having the team help her cook, slowly reducing support as she builds confidence.

Now Lucy is cooking stir-fry independently and look how delicious it looks!

This is a key step in increasing Lucy's ability to live as independently as possible.



Warren doing the finishing touches on his cutting board.



Lucy cooking stir-fry.

Sports Report: Tri State Games 2019

The Murray Magpies and Hornets were on fire this year at the 2019 Tri State Games.

The Murray Magpies and Hills Hornets were on fire this year at the 2019 Tri State Games.

Tri States is an annual event that brings people with disability from across SA, NSW and Victoria together to compete in a range of sporting and athletics activities over a week in November.

Each year, at The Tri State Games, memories are made and friendships are forged.

Murray Magpies

The Murray Magpies entered four teams — a total of 25 athletes — at the games held in Port Adelaide.

On Monday, our athletes participated in indoor sports, with Adam Thomas and Ken Scott winning gold in eight ball and Roslyn Thomas winning the gold in basketball shooting.

Tuesday was spent in the pool with all athletes participating well, winning numerous medals.

On Thursday, athletes participated in athletics, having two track events and one field event. Our teams performed well, winning many medals.

Murray Magpies D — consisting of Ann Draper, Joan Wilson, Kaitlin Nuske and Michael McCracken — did exceptionally well, winning 1st place for most improved. The trophy was presented on the final night and was accepted by Team Captain, Callan Robertson.

Friday was team sports where athletes showed off their soccer, bocce and t-ball skills. A fun morning was had by all.

Congratulations go to Roslyn Thomas for receiving the Female Athlete of the Games Award — what an accomplishment!

This year, we also farewell Skeet Medlow. Skeet has been involved in the Murray Magpies team for over 20 years, being an invaluable volunteer and marshalling at The Games. On behalf of past and present athletes and the Community Living Australia team, we would like to thank Skeet for all that he has done for the Murray Magpies over the years.





Adam (Centre front) and Ken (Centre back) awarded gold for 8-ball.



Roslyn awarded gold for Basket Ball Throw.



Murray Magpies Swim Team.



Callan receiving the Most Improved Team trophy for Murray Magpies Team D.



Roslyn and Skeet.

Sports Report: Tri State Games 2019 (Cont.)

Hornets

Community Living Australia's team from the Hills/Strathalbyn region - The Hornets - kicked off the first day of competition in style, taking out gold in carpet bowls and silver in eight ball — taking out 1st place overall for indoor sports.

The team had a successful week: medals were won, personal bests achieved, friendships rekindled.

The Tri State Games is not just about the competition. The camaraderie and sportsmanship is heartfelt and definitely worth being a part of.

The Tri State Games is a full week of early mornings, busy days and late nights. Wednesdays have always been a day off from competing, giving athletes the

opportunity take things at a slower pace, but this year the team experienced the earliest start of the week, deciding to forego a sleep in and take part in World Kindness Day.

We would like to acknowledge and congratulate The Hornets:

Donna Stewart, Sophie Pinkerton, Kristin Day, Sarah Masters, Gary Chadwick, Wayne Knights, Paul Kuchenmeister and Darryl Cornaggia.

We would also like to take this opportunity to thank the wonderful Community Living Australia team members who make the Tri-States a reality and support clients to achieve wonderful results.





The gang posing with various vehicles and protectors of the community.

World Kindness from the Riverland

Community Living Australia clients and team members in the Riverland did their part in spreading kindness during our World Kindness Day campaign.

Clients and staff visited Renmark Square and Berri Plaza, brightening people's day by handing out coffee vouchers, flowers and lollipops.

"We all need a little bit of kindness, and in the busy day, we sometimes forget to be kind to each other and ourselves," Renmark branch Team Leader Toni Murray said.

Toni hopes that they'll have the chance to do it again next year.



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Jess Completes TAFE Course

We're happy to announce that Jess has graduated from her TAFE course!

With Jess' desire for knowledge and skill building, our Murray Bridge team supported her to attain her goals. Lisa (Team Leader) researched free courses and assisted Jess with the processing and meeting to commence the course.

In September 2017, Jess Van Nistelrooy started at TAFE Murray Bridge under the Skills for

Education and Employment (SEE) Programme. She decided to take courses in Numeracy and Literacy so that she could further her skills. The team attended classes with Jess until she felt confident in attending by herself. After that, Jess was able to study independently with our team helping her with homework in the evenings.



Lisa and Jess.



Jess, Dee, Peta and classmates.

New Work Experience Staff Member — Sandra Lee



Sandra, as one of her NDIS goals, has commenced work experience at our Murray Bridge office.

Sandra works every week and assists the Team Leaders with a variety of tasks including filing of documents and putting together promotional material for the organisation.

So far, Sandra has learnt how to scan documents to email, rename files and save them to storage.

Sandra has also learnt how to combine various booklets, forms and pamphlets into marketing packs.

Sandra enjoys the responsibility of completing her tasks set for her on the day.

Committed to her work, Sandra frequently refuses to go home until all her tasks are complete, and can regularly be heard saying, “So much paperwork to do!”

Welcome to the team Sandra!

Barb Wins Award in Kingscote Show

With support from her Day Options team, Barb created her art piece for the Kingscote Show in November, receiving an encouragement award.

Barb has a huge interest in the zodiac and is well-versed in Astrology.

Her piece places the zodiac symbols amongst the cosmos, home to the constellations that they represent.

When asked how she felt about winning the award, Barb answered, "good and proud."

Well done Barb!



Barb with her art piece.

MAPA Training

The Kangaroo Island team recently got together for some highly valuable skills development.

Management of Actual or Potential Aggression (MAPA) training helped the team develop skills and knowledge in how to work with and manage people demonstrating aggressive behaviour and how to de-escalate hostile situations. They took away strategies to effectively identify potential triggers and support clients and team members when debriefing following an incident.

MAPA teaches skills for assessing, managing and responding to risk behaviour. The focus is on verbal de-escalation, prevention and early intervention. The program also looks at a framework for decision making and problem solving when working with individuals who display aggression.

At Community Living Australia, our team is our most important resource and we acknowledge that ongoing training helps them to provide the best quality service to our clients whilst keeping everyone safe.



The Kangaroo Island team.

A Client/Carer Perspective

In this newsletter, Jonty Whitehead provides us with her unique perspective of life for her and her adored son, Simon. We sincerely thank Jonty for her continued support and invaluable input to Community Living Australia.

The Foot Bath

By Jonty Whitehead — Honourary Life Member and mother of Simon.

Simon has been organising himself for a footbath every morning since the nail on his right big toe was surgically removed. It had been ingrowing and getting infected and wasn't responding to conservative treatment, so the doctor decided that it should be taken out and thus cause no further trouble.

I took him to the surgeon, who agreed with the local GP. Simon wasn't too worried - perhaps a bit on edge as his case was discussed with little participation from him, but he wouldn't have understood the full implication of surgical intervention. I, on the other hand, having stubbed a toe on more than one occasion and recalling how exquisitely painful a sore toe can be, was very concerned about the feeling of a denailed toe.

"Well," said the surgeon, in all seriousness, "It loses its sensitivity pretty quickly. Like a circumcision really".

I smiled with surprise, "I'm afraid I have no experience of such a sensation," and wondered at the analogy.

A time for the operation was arranged and we duly turned up at the local hospital, minus breakfast, plus considerable apprehension. Earlier treatment has left him fearful and antagonistic to any intervention.

"Has Simon ever had Valium?" he asked.

"Oh yes! It has a paradoxical effect on him."

He raised his eyebrows. What would an old stay-at-home Mum know of such terms?

I was remembering the time Simon had required some oral work at the Dental Hospital, which had to be done under general anaesthetic. At that time, the anaesthetist had prescribed Valium as a pre-operative sedation. I assumed that the experts

knew best but was rather reticent.

"Er, Valium has over stimulated him in the past," I ventured.

"He'll be alright," said the doctor, "I'm used to these kids!"

To myself I thought: "You've never seen Simon under the influence."

As it happened, that was soon remedied. When we eventually managed to stop him tearing around the waiting area, he put on one of those ridiculous hospital gowns, having obligingly, if inappropriately, stripped off, and we persuaded him on to the gurney. Here, he rolled onto his tummy and proceeded to make moonies at the amused nursing staff, the gown falling away from his plump little body as he lifted his bottom. The porter came, and all the way down those endless corridors of the old Royal Adelaide Hospital, and still on his tummy, he held his arms outstretched and announced to the world that he was Superman.

It ceased to be amusing when we reached the theatre suite. He was a bit groggy by then, but not enough to accept the anaesthetist saying:

"Don't look, Simon, I'm going to put a needle in your hand."

Too much information! Still far from fully sedated, he took umbrage at this and, disliking the sensation of being held down, he wriggled and roared, his throat hoarse from fasting, until the staff stood back and left the poor kid to me. Feeling like a Judas, I held him, and they placed a mask over his protests as he breathed in the tranquillizing gases. It was an experience I'll never forget. It felt as though his very life was ebbing away. They gave him a dose of something that causes a degree of amnesia. I think Simon doesn't remember the bad

bits of that day; they should have given some to me!

Anyway, for the toe, no Valium but blessed Midazolan that took him quietly and unresisting to a dream state.

The toenail was removed, required dressing for a week or so, then the daily footbaths started. He didn't seem to suffer much pain — I know he has a high threshold — and he only complained a couple of times. I realised he was feeling better the day Kylie came for a visit. Kylie is a dear friend who uses a wheelchair. At this stage, Simon was also using such a chair, lent by a kind friend to help him get around, as one cannot walk with one's toe all sore and bandaged. I'd wheel him to the toilet, the car, to wherever, and he thought it hilarious. For the first few nights, I made up a double bed on the lounge floor for comfort and security and that was fun. When Kylie popped in with the carer she called out at the front door and Simon jumped up and literally ran to open it, with apparently no discomfort at all. Ain't love grand! We chatted and drank tea but as soon as Kylie left, he was back in his wheelchair.

"Toilet, Mum!" What a fraud!

The toe healed without incident but the daily bathing continues. Unnecessary? Perhaps. But it's as much part of the early morning ritual as the early snack, the first rush to the loo, the shower, shave and cleaning of teeth. Simon fetches a towel, folds it neatly to a thickness of four and places it under his feet. I bring the hot water. After five minutes or so I remove the bowl, dry his feet and massage in Sorbolene as we sing "Rock my soul, all the way to Bethlehem". Simon, quite Tiggerish in expression, is calm throughout and we share a moment of closeness. It's not a chore at all. More like a meditation.

A Client/Carer Perspective (Cont.)

Stranger

By Jonty Whitehead

I am not like you.

Rather, this brain where my mind roams

Is a new estate, halted in progress,

Its developer bankrupt, through no fault of his own,

With some roads continuous, and others dead ends,

And unfinished paths with muddy gaps too wide to leap.

So it is in my head –

Incomplete networks

Holed with failed synapses

And unlit neurons.

I must wander there, at times aimless or misunderstood,

Forming links and perceptions

Not always to my advantage.

It's what I live with.

I cannot be like you.

Stop expecting it!



*Merry
Christmas!*

From
Community Living Australia
Your trusted disability service provider



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