

From the CEO with John Gilpin



John Gilpin

Celebrating 50 Years!!

Hello everyone to our March Edition of our Newsletter "The Independent". I hope you enjoy reading this edition with all that has happened already this year with our Participants and Staff.

50 years for St Michaels this year & even though the association was registered in 1970 the former school was designed in 1964, built in 1965 and opened in 1966 and has operated in one form of entity or another since that time.

That said, whatever the entity the D.N.A of St Michaels is and has always been to develop Independence for Intellectually Disabled Tasmanians through learning or active participa-

tion in their support.

To celebrate our 50 years the Board & Management of SMTA wish to let you know of these key events.

- 1) A Gala Ball - We will advise details in the next edition
- 2) An Anniversary Book - To be prepared highlighting the history of STMA
- 3) A Raffle - Tickets sold September through to December and drawn at the end of year Christmas Party



Can you help us with our 50th year Celebrations? If you can, how? We have a volunteer working committee if you wish to give up some time & help.
Next Meeting 5th May at 2:30pm.

For our raffle & Gala Ball any donation of prizes would be helpful and we would be grate-

ful! Please contact me on 6331 7651 if you can assist.

New News, New ERA

St Michaels has employed for the first time a fully qualified chef for our new Commercial Kitchen and his name is Mr Lee Christmas (See page 2 for more details on Lee)

What does this mean for St Michaels and more importantly our Participants as Lee is in his New role of Chef/Food Handling Supervisor

- Involved in Participants learning with food
- Involved in participants meal planning
- Working with Participants in determining Group Home Menus (Also our other accommodation)
- Working with Participants in our Living & Life Skills Programs
- Accredited programs training in our R.T.O. for Staff and Participants to enrol in
- Food Handling Accreditation

- Mentoring Staff on Food Safety techniques
- Catering for our Social Club and Wednesday Try A Lunch Programs



Lee brings extensive skills & knowledge to us and he is very keen to assist Disabled Tasmanians share in his love and passion for all things Food!!

There is so much more to read in this edition, so happy reading and look forward to sharing with you, in our next edition, how we are progressing with our 50th Year Celebrations and some menus of food that Lee has prepared in conjunction with our participants here at STMA.

Until then take care & Best Wishes, John



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Tasmanian
Liberals

Peter Gutwein MP

Treasurer and Member for Bass

To contact Peter phone 6777 1007 or email: peter.gutwein@dpac.tas.gov.au

Authorised by: Sam McQuestin 2/24 Murray Street Hobart

The Chefs' Hat—Mr Lee Christmas



A full month has passed since I joined the St Michaels family and I must say that is exactly what it feels like, a family. Although I was excited when I was lucky enough to be offered the position of Chef/Food handling

supervisor/Trainer I was still very nervous as I was moving into uncharted territory for me. I have spent the best part of 30 years of my hospitality career working in a very profit driven, high

stress and sometimes hostile environments, notwithstanding I have been lucky that my trade has seen me travel and work around Australia and the world, working with great chefs and mentors such as Hugh Fernleigh Whittingstall of River Cottage fame, Clarissa Dickson-White from the Two Fat Ladies (for those that can remember) and with Peter Gott of Stillfield Farm where I gained my City and Guilds as Butcher, and I was also lucky enough to train Jamie Oliver's trainees in the art of butchery. All these roles were rewarding and

challenging in their own way but having now spent a month here in my role at St Michaels I have been lucky enough to meet, guide and work with individuals that have inspired me, challenged me and most of all made my daily work life rewarding in a completely different way to the commercial hospitality sector and I look to continue to contribute to the St Michaels family for some time to come and would like to thank everyone for their warm welcome and support.

Lee Christmas

At a glance

St Michaels Association Inc. is a not-for-profit non-government organisation providing accommodation and support to people with intellectual and physical disabilities for over 50 years.

The vision of St Michaels is to *develop independence through maximising the individual qualities of Tasmanians living with a disability.*

Our Mission is to *support the physical and emotional needs of our clients and their families through the provision of personalised care programs, training and a variety of accommodation services*

St Michaels relies heavily

on grants, local community support, donations and fund raising to meet our clients needs.

All proceeds received are redistributed back into the St Michaels Association Inc. community.

If you feel you would like to make a donation, please complete the form **see page 15** and forward it to

John.Schade@stmichaels.asn.au or post it to PO Box 306 Newstead, Tas. 7250

Thanking you for your consideration.

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Community Access - Update

In Day Program, we build partnerships with the community enabling out Participants to form meaningful friendships and develop knowledge and skills that lead to more autonomy and enjoyment of life.

One of the Programs, Keep the Beat occurs every Monday afternoon. Anthony arrives with a car full of drums, tambourines and groovy music. The Participants keep the beat to the music, dance and sing. Each Participant gets a turn to tell the group what they did on the weekend and we all tap out the answer on our instrument.

Through other activities such as croquet, Sailability and visiting Hagley Farm, the Participants goals of leisure and recreation are met as the same time they are developing knowledge of each activity.

Croquet is fun and the Participants play against each other under the guidance of Lee Turner from the St Leonards Croquet Club. They develop an understanding of the game and are very competitive.

Sailability allows the Participant to access the water and how to use a boat. They get turns to steer the boat and follow the basics of water safety. This is a very popular choice amongst the St Michaels crew and there is never any difficulty in filling the boat with sailors.

Hagley Farm allows the Participants to wander around the farm and how to feed the animals, collect eggs, open and shut gates as they move from paddock to paddock. At the end of the day there is a tractor ride they all enjoy. Staff at the farm demonstrate how to feed and the Participants independently wander around the farm feeding pigs, sheep, goats and Llamas.

Ann Smith—Team Leader



Independent Services - Update

Easter always bring a special amount of excitement for the clients. They have time off that allows them to spend time with family or at least a rest to charge the batteries.

In the Craft program they have made cute little bunnies made from felt and filled with mini Easter chocolate eggs and matching their bunnies with lovely hand-made Easter cards.

The three Cooking programs tried out a new recipe Fish Pie to also try at home for Good Friday. The old tried but true favourite Hot Cross Scones always go down well. Everyone has been working on their colouring in of Easter bunnies and eggs that make the service look the scene for this special occasion.

The Gardening groups have made their last harvest of potatoes, tomatoes, zucchini and carrots. They are now preparing the soil for cauliflower, silver beet and broad beans. The team in the Sewing program have finished making their summer clothes and are now turning their attention to winter items. Some are making soft furnishings for their

bedrooms such as cushions and doona covers. Others have chosen pyjamas and dressing gowns or track pants and tops.

The YMCA has reopened their doors after an extensive refurbishment and everyone was keen to see how it had changed. The reception area is now fashionable and welcoming with the Kindy Gym and child-care area relocated to

allow for easier access to the toilets. The basketball courts have had the floors re-done with the walls painted and the new sections will comprise of a Youth Club and Rock Wall Climbing.

The Footy season has arrived with lots of hype and hope as well as bringing the Footy Tip-pings back for 2016. It is a very social activity

with everyone selecting their favourite teams to win the prize money and checking out where you are on the leader board. For \$1.00 a week it is very cheap entertainment and if you win it will pay for the majority of the seasons tipping.

Amanda Mallett—Team Leader



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Luke Salmon M: 0407 131 686

E: luke@salmonaccounting.com.au

Merton House

It's exciting to have our new "**Chef**" Lee Christmas, visiting Merton House to assist with the cooking of a meal with our "**wanna be chefs**" in the making. Curried chicken was on the menu so our new "**wanna be chefs**" namely Luke, Brandon, Logan and Ashley washed their hands and were ready for action. With their trusty tools in hand, they chopped, peeled and sliced. And please don't forget our offside, Bev, who is listening out for new cooking tips.



The boys hard at work

The rice was put on to be cooked and before you know it, delicious smells wafted through the kitchen beckoning Zac and Matthew to a place where food was ready to be eaten. **Good timing Zac and Matthew!** A happy time was apparent when the boys all sat down and ate together with smiles all around with little talking except for the sound of **Yum!** The food was delicious. As you

could tell from the empty plates which filled the sink. Fresh fruit salad for dessert was also a huge hit with the boys, so come back Lee,.. *please*..?. We all look forward to seeing you real soon!

Christine Szabo
Team Leader

In Home Tenancy Support

In Home Tenancy Support has experienced highs and lows of activity during the past 3 months. Participants when home in units and attending day programs are busy and scheduling unit cleans and cooking can be "tricky". Prior to public holidays it is a busy time preparing for people to go away packing bags, unit clean, fridge checks and linen change. During Easter, Australia Day weekend and the recent 8 Hour Day, we experienced a quiet time. Then our participants return and back to our busy schedule of unit clean, meal preparation and community access.

Many participants are very excited and currently preparing for an up and coming Cross Roads Camp to Port Arthur. The IHTS team will be working closely with participants, families and Cross Roads to



ensure everyone has the correct clothing, toiletry items and personal spending money for the camp. If families have a particular request please contact the In Home Tenancy Team Leader.

Participants have demonstrated with their level of involvement in many tasks that they are keen to maintain independent living skills. The recent focus

has been on meal preparation and increasing healthy food choices. For some participants this has meant creating a set menu plan with families and reducing the amount of high sugar foods. For other participants the strategy is to reduce the amount of frozen meals and increase the amount of fresh vegetables. Where a participant has particular dietary needs support workers appreciate updates and reviews with relevant health professionals and families. Every participant is different and In Home Tenancy Support aims to provide individualised support.

A huge thank you to participants, families and support workers for the flexibility, positive communication around issues and the team work ap-



proach. The solution focus communication has enabled the In Home Tenancy Support service to be responsive to changing needs and build on existing knowledge. Keeping this ongoing communication between all stakeholders is vital for participants to receive ongoing high quality service.

Mishelle Grey
Team Leader

At Penquite Road

Penquite Road would like to welcome Skieve. She will be a valuable member to our team.

We have recently purchased some art supply's and the guys have been getting creative.

We have dusted off the outdoor setting and have been enjoying sitting and eating meals in our lovely back yard.

Peter and Louise have both celebrated their birthdays, 21 again and the other is a little older.

We would like to say a very big farewell to Mason. We have enjoyed his company and we wish him all the best, and we hope he sus-



tains the skills he achieved while at Penquite. Keep up the

good work. Louise Frankcombe—

Acting Team Leader Penquite Road

At Kenneth Court

March has been a social month for the House with Stephen Fahey celebrating his birthday. Happy Birthday Stephen! Stephen chose to celebrate his dinner out at the Newstead Hotel and everyone enjoyed some social networking with the Penquite participants.

Val spent a morning at the Boardwalk markets followed by an afternoon of exercise and fun at the Gorge. Val



also enjoyed reminiscing with old friends at a recent reunion in Queenstown with her sister.

Stephen and Andrew

enjoyed some Irish dancing and highland music at the St Patricks Day Festival in Westbury. Nick went to the movies with his dad and

saw Kung Fu Panda 3. He is all geared up for the football season keeping us on our toes with the weekly AFL Rounds.

The participants have continued their individual skill development in domestic duties. Each participant has prepared and assisted in the cooking of meals of their choice. They have also contributed to developing weekly menu plans and gone shopping to purchase the ingredients.

Nathan Avery— Acting Team Leader, Kenneth Court

At Como Crescent

The group enjoyed their Easter break, particularly the chance to sleep in a little later than usual, and indulge in some chocolate.

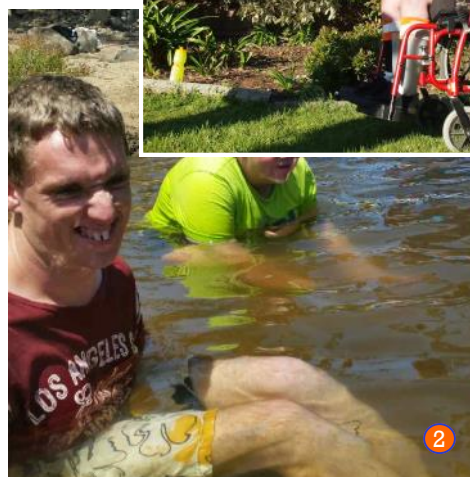
Our recent Sunday outings have taken us to Poatina and Great Lakes, Steamfest at Sheffield, Deloraine, Paper Beach and Bridport.

It's been pleasing having everyone take an interest in assisting with some maintenance jobs around home, such as running cables through a brick wall (a messy and difficult job) and using a nail punch

on some lifting nails on the deck. This shows how we take pride in our home, and learn new skills.

We've also been busy in the garden, particular thanks to Alex, Marshall and Tammy for their work putting down fertiliser and mulch in the vegetable patch and chopping down old trees in the garden beds.

Ben Anderson—Team Leader, Como Crescent



St Michaels - Call for memberships

St Michaels Association Inc. has been serving the Tasmanian Community for over 49 years through the provision of care and accommodation services to those living with an intellectual and or physical disability. St Michaels is now calling for new members to join this innovative and trusted organisation.

There are 2 types of Memberships that are available including;

Member - full voting rights, cost \$25 pa.

Associate - non voting rights, cost \$10 pa.

Other benefits of being a St Michaels Association Member include invitations to St Michaels AGM and functions, personalised calendars and being on the mailing list of the bi



monthly newsletter, The Independent.

If you would like to become a Member of St

Michaels Association please contact John Gilpin for a membership form on 6331 7651.

Contact John Gilpin today for your St Michaels membership form.

Mural—Update



The Mural Project in partnership with C.V.G.T. Local Artists and Work for the Dole Volunteers have created 2 large Murals for St Michaels that have been recently installed.

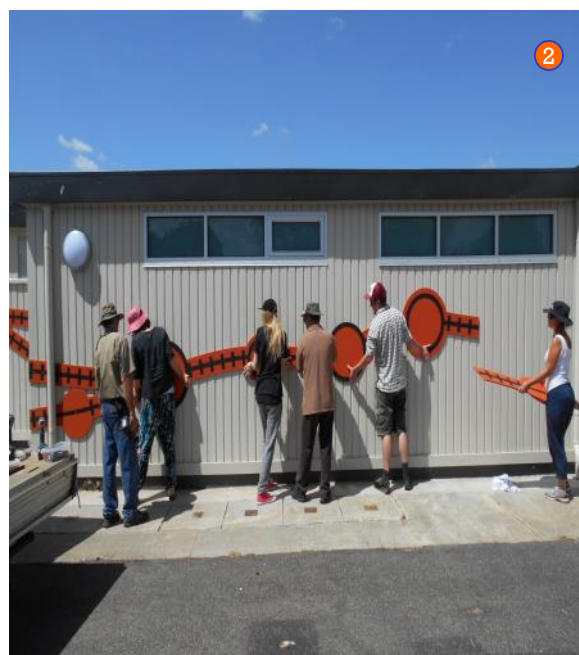
Thank you for all those involved in bringing this project together espe-

cially Staff at C.V.G.T. and the two main Artists in Jen & Ralf.

One of the Murals is Saint Michael protecting the marginalised and was designed by Steve while a larger train track (Life journey & landmarks of Newstead) meanders along the front wall on the

new Merrington Centre. This large Mural was complete by a team of Volunteers and is a

wonderful & colourful story telling Mural - Thank you everyone!



St Michaels Assets - Update

During March we had 81 jobs listed, 11 being sub-let to external firms. We've had the smoke alarms in each unit tested by TAS FIRE. Two of our vehicles have had accident repairs completed during the month. Associated welding has partially completed the constructing and installation of a new safety barrier between the Merrington Centre and the new units. Sarah



Trousdale has been busy providing music and art instruction and she is seen here stacking the new kiln with clay works for firing. The Board of Management has approved road sealing of the remaining unsealed sections around the site. After completion of this sealing, a road management plan will



be devised and implemented. We would like to thank Greg Cooper for his ongoing volun-

teering with many jobs around St Michaels.

Paul Westgarth , Asset Supervisor



Training and Learning Development

Our Endorsed Registered Training Organisation (60067) is now in full swing with many 2016 Skills Tasmania funded programs off to a great start.



Our working relationship with Berni and Renee at **JobNet Launceston** has gone from strength to strength and as such our 2016 User Choice program is up and running across the state. This year we welcome on board **Oak Tasmania's Walkabout Industries**. Located in Glenorchy, Tasmania, Walkabout Industries is a cornerstone of OAK Tasmania's businesses, delivering a range of services, from paper recycling and security shredding, to potting mix production and packaging. With a dynamic team of 40 supported employees across two primary businesses, Walkabout Industries is integral to OAK Tasmania's commitment of enriching the lives of Tasmanians with disabilities. In line with a wide variety of products and services, Walkabout Industries offers a full range of work opportunities for their supported staff. Walkabout Industries has recently commenced 14 Supported Employees as Workplace Trainees in Certificate I and II in Warehousing Operations under the

guidance of Rural Equity and Training Services.

We welcome back **St Vincent Industries** who have once again committed to a User Choice accredited training program for their Supported Employee workforce, this year gaining 10 places in Certificate I Warehousing Operations.

St Vincent Industries is an Australian Disability Enterprise employing people with a disability. **Donna Coetzee** and **Rural Equity and Training Services** have formed a terrific partnership with our RTO and as always we look forward to watching a positive program being delivered at their North Hobart site.



Trainer and Assessor, Mike Dobra has recently completed the Functional Workplace LLAN program at BlueLine Launceston for 23 employees. Thanks Mike for a job well done.

Australian Disability Enterprise Development Program. We have recently signed 20 Leaders and aspiring leaders, all working within Australian Disability Enterprise locations across the state to a Leadership Development program.

Over the next 16 weeks the employees will focus on Qualities of good leadership, Employee induction processes, Implementing Quality procedures and the implementation and monitoring of OHS in the workplace. Congratulations to those who have been selected and who have committed to this program. Our **2015 User Choice programs and Skills Fund** programs delivered by Trainer and Assessors Mike Dobra and Rural Equity and Training Services are all progressing very well towards completion and as such we thank Management and Staff of BlueLine Laundry Hobart and Launceston, Self Help Workplace and Encore Clothing of Youngtown, TasTex Knitwear and Uniforms Glenorchy and BlueGum Grounds Maintenance of Rocherlea for entrusting us as their preferred RTO for a range of qualifications in AgriFood, Horticulture and Warehousing. **St Michaels Professional Development.** Staff have attended Annual Performance Reviews, Probation reviews, Medication Administration Workplace skills assessments. PART – Predict, Assess & Respond to Challenging/Aggressive Behaviour, NDS- The workplace Literacy Project – Plain English Workshop, Fitness for Work – Policy Overview.



Since June 2015 I have had the absolute pleasure of mentoring 3 Workplace Supervisor at **Vincent Industries of Wynyard** as they began their journey as Workplace Trainers and Assessors. Vincent Industries is an Australian Disability Enterprise providing work and training opportunities for those with a disability. **Sasha Daly, Nikki Ellis and Lyn Rieder** completed the Certificate IV in TAE during this time and went on to work with me in delivering accredited training to 18 Supported Employees in the Certificate I Warehousing Operations. This week we completed the program and I would like to take this opportunity to say thank you to the 3 Supervisor who have excelled in the Trainer and Assessor role. We are very proud of the results that have been achieved and your own professional development.**Ms Chriss Kelly, Training and Learning Development Manager.**

Healthy Lifestyle Recipes



Simple Healthy Mushroom

Autumn is mushroom season and the nights are chilly and ideal for soup!

Ingredients

600 g mixed mushrooms
olive oil
1 onion, peeled and finely sliced
2 sticks celery, trimmed and finely sliced
3 cloves garlic, peeled and sliced
a few sprigs of fresh flat-leaf parsley, leaves picked and chopped, stalks finely chopped
a few sprigs of fresh thyme, leaves picked
1.5 litres chicken or vegetable stock
sea salt
freshly ground black pepper
75 ml single cream
4-6 slices ciabatta bread

Method

Peel off any tough outer skins of the mushroom caps and throw them away, then slice the mushrooms finely. Heat a large saucepan over a

medium heat and pour in a splash of olive oil. Add the onion, celery, garlic, parsley stalks, thyme leaves and mushrooms, place a lid on top and sweat gently until softened.

Pour the stock into the pan and bring to the boil. Turn the heat down and simmer for 15 minutes. Season with salt and pepper, then whiz with a hand-held blender until smooth. Pour in the cream, bring just back to the boil, then turn off the heat.

Toast the slices of ciabatta, and drizzle with olive oil. Spoon the soup into deep, individual bowls, garnish with the chopped parsley and serve with the ciabatta crostini.



Jamie Oliver's "HIT & RUN"

Tray baked chicken

For those chilly Autumn nights when you want a quick easy no fuss dinner.

Ingredients

4 large ripe tomatoes or 2 punnets of cherry tomatoes
2 red onions
1 red pepper
1 yellow pepper
6 skinless, boneless free-range chicken thighs
4 cloves of garlic
1/2 bunch of fresh thyme
1 teaspoon smoked paprika
2 tablespoons olive oil
2 tablespoons balsamic vinegar

Method

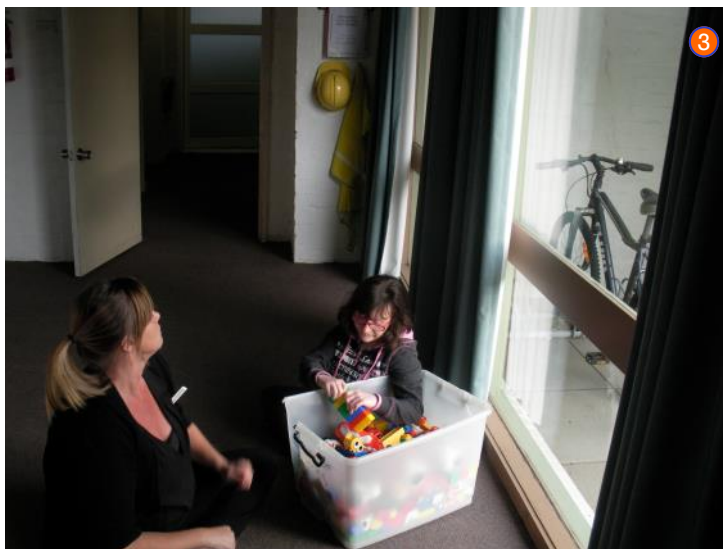
Preheat the oven to 180°C/350°F/gas 4. Quarter the tomatoes (if using Cherry tomatoes use them whole) and place them in a large baking dish or roasting tray (roughly 25cm x 30cm). Peel the onions and cut into large wedges, then deseed and roughly chop the peppers. Add all these to

the tray along with the chicken thighs.

Squash the unpeeled garlic cloves with the back of your knife and add to the tray, then pick over the thyme leaves and sprinkle over the paprika. Add the oil, balsamic and a good pinch of salt and pepper. Toss everything together really well to coat, then spread across the tray, making sure the chicken isn't covered by the vegetables. Roast for around 1 hour, or until the chicken is golden and cooked through, turning and basting it a couple of times during cooking with the juices from the tray.

Serve the tray bake with a lovely green salad on the side. You could also buddy it up with a little rice, polenta or a loaf of crusty bread to mop up the juices.

Things we do...



Would you like a copy of a photo? **See P15** for details

Photos

Yes, I would like to purchase copy of a photo/s (please indicate page number, caption details, size and how many copies)

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Card Holder: Signature.....

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Mr/Mrs/Ms/Miss First Name..... Surname.....

Address..... Suburb..... Postcode.....

Donations

Tax Tip

"even a \$2 donation can be used as a tax deduction!"

Yes, I would like to make a tax deductible gift to St Michaels Association Inc.

☐ \$5 ☐ \$25 ☐ \$50 ☐ \$75 ☐ \$100 ☐ \$1000 ☐ \$2500 ☐ \$5000 ☐ Other.....

☐ 1 time contribution

☐ Ongoing contribution ☐ Monthly x months ☐ Quarterly x years ☐ Annual x years

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☐ Yes, please contact me to discuss other ways I may be able to help St Michaels Association

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Services offered at St Michaels

Community Access - participate in community, social and civic activities

The program incorporates support to enable a participant to independently engage in community, social and recreational activities during the week and operates from 9 to 3 pm Monday to Friday from our City and Hobblers Bridge Road Campuses.

Merton House - (transitional housing) assistance with daily life tasks in a group or shared living arrangement

Support incorporates assistance with and /or supervising tasks of daily life in a shared living environment, which is either temporary or ongoing, with a focus on developing the skills of each individual to live as autonomously as possible. The support is based on the needs and goals of the individual. This program operates from our transitional accommodation facility from 3.00 pm to 9.00 am Monday to Friday and 24 hours Saturday and Sunday.

In Home Tenancy Support - assistance with self-care activities.

Supports provide assistance with and/or supervising, personal tasks of daily life to develop skills of the participant to live as autonomously as possible.

Group Homes - shared accommodation Services

Currently there are 3

group homes located in the broader community. Services provided incorporate assisting with and or supervising tasks of daily life to develop the skills of an individual with either low standard support or high-needs to live autonomously as possible. This program operates 7 days per week.

Student Accommodation - short term accommodation

This program is for students from remote areas. Services provided include integrated support for self-care, accommodation, food & activities for short periods. Program operates from Sunday evening to Friday morning during school terms.

Youthbreak - (respite accommodation)

This program is a respite program provided to young people from the ages of 15-25 and operates out of the Desmond Wood Complex from 4 pm Friday to 4 pm Sunday. Please some condition apply for eligibility.

Individual Support - 1 on 1 support

This type of support is specific to the needs of the individual, and may include enabling a participant to independently engage in community, social and recreational activities, personal care, educational assistance, living and life skills. Support can be provided 24/7 365 days per year and can be delivered in home or at St Michaels.

Social Club

Social Club is held in the hall at St Michaels every Saturday Night from 6.00 pm to 9.30 pm. This is a time for clients to get together for a meal, socialise and engage in leisure activities of their choice such as card or board games, singing, dancing or enjoying a footy match on TV with a friend.

Independent Living Units

The 44 Independent Living Units are currently fully occupied with a tenant/landlord agreement in place. The units provide independent living in a safe, supported environment. The units are more suited to clients with higher skills, requiring minimal assistance and can incorporate assistance with self-care activities (see In Home Tenancy Support).

Please note there is a specific criteria that is required to be eligible for this service.

Please contact Donald Richards on 6331 7651 if you require further information.

Registered Training Organisation (60067)

St Michaels is a Skills Tasmania Endorsed RTO providing accredited training for Tasmanians with a disability.

On-the job traineeships, Workplace based skills sets and classroom based training in Certificate I and II in Warehousing Operations, Certificate I in Agri-Food Operations and Certificate II in Horticulture are delivered across the state in various locations.

Details

The Independent will be distributed electronically on a bi-monthly basis.

General Display and Classified Display Advertising space is available if you would like to advertise your business.

Please contact John Schade on 6331 7651

Contact Details

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