

From the CEO with John Gilpin



John Gilpin

Welcome to our March edition of our bi-monthly newsletter "The Independent". I hope you enjoy reading this edition and keeping up with what is happening in our diverse range of services and programs.

The new approach to supported accommodation has been positive. Working with participants and their families has resulted in a second "Our Home" house where we support 2 individuals living together. This new home is in Wellington Street, close to lots of services. I must admit that we had 2 participants lined up for the home after discussions and then 1 participant decided to not take up the offer. However, St Michaels worked with the 1 remaining tenant, supported him as he lived alone with support staff

for 5-6 weeks until we could work together to find a fellow tenant for the home. We now have 2 young men living together, supporting and prompting each other to reach their goals in the "Our Home" service model.

Another exciting event that our participants worked hard for in our walking group was the Hobart Walk the Bridge 10 km event held in February. Donald Richard and his band of volunteers took a large group of participants to the event on the Sunday with all but 1 being able to complete the walk. Well done the St Michaels walking team, what a tremendous achievement acknowledged by receiving their medal.

Our programs and activities continue to grow as you will see by many of the stories and more importantly the pictures sprinkled throughout this edition.

We always try and improve what we do here at St Michaels as we always attempt to follow a continuous improvement philosophy. With that said, I was chatting with our Asset Supervisor, Paul Westgarth the other day and he stated



Welcome to "Our Home", Wellington Street, Launceston



Run the Bridge entrants having fun!

to me that he has been here nearly 2 years now, and we have recorded nearly 2000 jobs in our maintenance tracker. I was amazed at the number as they (tasks) could range from a repair/replacement of a roof to a blocked toilet, from small to large, but goes to show that just one area of St Michaels has so many actions to do for the

welfare of our participants and staff here!

Our Registered Training Organisation (RTO) is doing very well and graduations and presentations of awards have been occurring across the State. One small exciting training program is being run via our commercial kitchen, where participants of St Michaels have become students of the RTO and are due to complete their accredited training shortly. Stay tuned as there will be more details on this in our next edition.

Enjoy reading this edition and in the meantime take care and thank you for your support of what we as an Association do in your Community.

John Gilpin, CEO



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

Authorised by: Sam McQuestin 2/24 Murray Street Hobart

Independent Services - Update

The City Campus programs resumed on 6th February with smiling faces walking through the door ready for a new year.

Craft's first project was to make a calendar followed by Valentine's Day card and heart shaped photo frame.

The three Cooking groups have focused on adapting tried and true recipes to healthy fresh produce thanks to the Gardening group. Spinach ricotta, spinach and chives pastry scrolls are the vegetables currently available in the garden. The tomatoes and potatoes are finished and the beds are being prepared for winter crops.

Art participants were pleased to see Liz Pinner return to work after her long illness. They are producing a variety of work beginning with new art folders and experimenting with potato prints, freestyle abstract and those working on canvases.

The Sewing group focused on making summer or light weight tops, dresses, bags, a jacket and shorts.

While the weather has been hot the Fishing group is currently at St. Leonard's picnic grounds - North Esk River, under the trees. However they have not landed a fish as yet though they do enjoy their barbecued sandwiches for lunch.

Wednesday Sports have been very competitive with the Newstead Campus joining in for T-Ball.

On 1st May Fishing changes to Bike Centre and Tennis changes to Flying on the 3rd May.

Mandy Mallett, Team Leader Independent Services



Como Crescent - update

At Como Crescent, one objective we've been working toward lately is finding new meaningful and positive activities to try.

These activities not only provide entertainment and enjoyment, but can also help develop skills and confidence, so we can live with greater independence and autonomy.

When we find things we enjoy and are good at, we generate feelings of achievement and accomplishment, which raises our self-confidence.

Self-confidence makes us feel secure and encourages us to move forward with other new opportunities.

Participation, success and feeling good about ourselves also leads to

social growth, greater happiness, better relationships and decreased stress levels.

Recent examples include having residents go to the pub to choose and order their own lunch, getting lost in Glengarry Maze and having to find our way out. Attending Active Launceston events for the first time with one resident pushing his wheelchair all the way to town and back, and another taking on a mentoring role to a friend needing guidance.

Great work everyone, we look forward to other wonderful examples of developing independence.

Ben Anderson Team Leader



Thanks for the memories

Good luck and best wishes John on your retirement.

John Schade Disability Manager Operations has recently announced his retirement from St Michaels and the disability sector.

John has had a long and extinguished career in Disability Services having held a number of senior management positions.

Thank you John for your work whilst at St Michaels you and your infectious humour will be missed.

All the best in your retirement from your friends at St Michaels.



Day Program - update

It's been a busy time for Day Program at the Newstead Campus.

We have been to many places out in the community including museum, parks for BBQ lunch and a cricket match. We have also played croquet and have been swimming at the Aquatic Centre which is always a popular activity.

We have joined the City Campus for a Tuesday afternoon of Dancing including the Mexican Hat Dance, Limbo, Nut Bush and Hokey Pokey to name a few.

Self-defence is going well, with everyone learning new skills in a high energy activity.

The Friday morning cooking group is cooking up a storm.

Participants have been bowling, sailing with Sailability and a spot of fishing, unfortunately no fish were caught.

There were trips to the Library to read and borrow books and DVD's. Transportation training on the Metro bus and Tiger bus with Lara Stone achieving her goal, well done Lara.

An afternoon group has been attending a craft group at Bunnings, they have made a bag, decorated a pot, planted a plant and made cards. All the participants indicate that they are really enjoying the program.

I wish to thank all the staff for their efforts and their high standard of support. Well done.

Kerry Lindsay Team Leader



Desmond Wood - update

Participants in Student Accommodation have had a good start to the year.

We have welcomed back Alex, Josh and James for the new school year.

This year we have Tim Duffy joining us, this has been a huge adjustment for Tim, as he lives on the coast. Great to say that Tim is doing really well, making new friends, learning routines and achieving goals.

Participants have been enjoying inviting their friends for tea and celebrations. This has enabled the participants to develop menus, shopping list as well as cooking skills. This also allows everyone to form better relationships with everyone from St Michaels.

We have recently shared a meal with the participants of Como Crescent Group Home, which then ended in board games and many laughs.

Marshall's birthday was also celebrated with Merton House participants attending.

The beautiful evenings have also seen us having barbecues and swimming sessions at the Gorge after school, which is a great way to finish our day.

We will now look together for activities to attend during the cooler months.

Megan Thomas Team Leader



Penquite Rd - update

During the week Paul, Gary, Kathy and Robyn have been enjoying their day programs. Paul with his writing and out walking in the community. Gary going out for community access and out to enjoy meals. Kathy attends weekly Bingo and Dancing group. Robin attending Beauty care, gym sessions and enjoying time with friends out in the community.

Penquite participants also have been enjoying the fine summer weather over the weekends and being out and about making the most of the sun. They enjoying feeding the ducks at punchbowl reserve and taking a leisurely stroll out in the country with staff.

Most Saturday evenings all participants enjoy

catch up time with friends from social club, nothing beats a boogie.

With two apples trees in their yard, the participants have been picking the apples before the pet possums have a feed.

With the nights drawing in, we know that winter will soon be here. So now is the time to start making comfort food.

Penquite participants have been busy making tomato relish and home made soups, scones and savories, ready for the cold winter nights ahead.

Ade Doyle Team Leader



In Home Tenancy - update

The In Home Tenancy Team and our Participants have been working on our day to day living skills.

Some of these skills include healthy meal planning, preparation of food and learning new recipes. Taking pride and care of our homes with cleaning skills. Socialisation with outings in the community, joining in on our Saturday night Social Club and the games night held every 2nd Tuesday.

Everyone is happy to be back at Crossroads and Speak Out, catching up with friends whilst enjoying a meal together.

All participants are getting excited about the Easter festivities and attending the Crossroads camp at Bicheno.

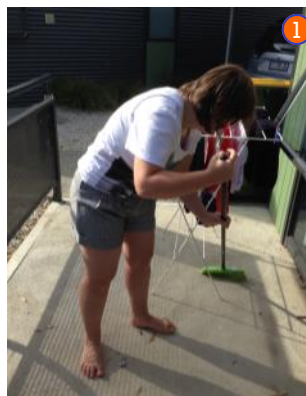
The Footy season has started and so has the banter back and forwards between all around campus.

As the colder days approach we would like to remind people to rug up and remember your cold and flu manners. Cough into your elbow and use correct hand hygiene to prevent spreading germs.

We would like to say a special Thank you to John Shade for all his wonderful work and wish him all the best in his retirement.

To all take care and we look forward to many more happy days to come.

Louise Frankcombe
Team Leader



Youth Break - update

Youth break has enjoyed the last of the warmer months and taken advantage of the many community events and attractions around the place. Youth break enjoyed the recent symphony under the stars event in City Park; this allowed us to dance, laugh and just sit and enjoy the music while eating a wonderful picnic that everyone helped put together.

We have also discovered new attractions with a very special one being the Glengarry bush maze. This attraction not only helped us with our directional skills but also worked on our problem solving skills with the many puzzles and mind mazes provided.

Recently Ashley and Teegan Smith have en-

joyed being able to go together to the local hotel and enjoy a chance to order a drink, sit together and just chat about the weekend. This is a vital experience for our participants and has now developed into a plan to go out as a group, enjoy a counter meal, play a game of 8ball and interact with others while being supported by great staff.

We have also had many new participants join us in the last few months and I will enjoy sharing their stories and photos in the coming newsletters.

Megan Thomas Team Leader



Kenneth Court - update

Kenneth Court Participants have had a great 2 months which included Val going away to her sisters and Stephen celebrating his Birthday.

All participants are looking forward to the crossroads camp in April.

Nick is excited about football starting up again and watching his beloved Essendon.

With Easter just around the corner all participants are excited and really looking forward to the holiday period Val spending time with her family and Nick spending time with his mum and dad.

Participants living at Kenneth Court continue to develop their independence by completing some of their daily living activities with mini-

mal prompting. This is a fantastic result.

All 4 participants are enjoying in taking turns cooking the evening meals on different nights for one and other. Each of the participants then provides feedback to the chef of the night which builds self-confidence. With Winter coming the participants are looking to create different foods to warm their stomachs in the colder weather.

Kenneth court staff are looking forward to seeing what achievements will come in this next 2 months.

Nathan Avery Team Leader



Hawthorn St - "Our Home"

Hawthorn Street is one of the latest accommodation additions. St Michaels continues to grow and expand its services.

There are 4 young, very independent participants sharing this beautiful two story home in Hawthorn Street, Newstead.

All participants enjoy a wide range of daily placements out in their community, including TAFE, WISE employment & cooking classes where qualifications are being gained.

Whilst at home, all participants are involved in everyday chores and maintenance of cleaning their beautiful home, with minimal assistance from staff to gain the skills necessary to be fully independent.

All participants love

their games, whether it be betting on who's team will win the football or playing against each other on their gaming consoles.

They also enjoy the social time with friends at the Games-night held every second Tuesday at the Merrington Centre and nothing beats a dance and meal with friends every Saturday night at the weekly Social Club.

During the hot summer days the participants make the most of the free swimming at the gorge reserve or utilizing the BBQ's in the various parks around the west Tamar cooking up sausages and home-made hamburgers.

Everyday is an adventure because it is new and exciting.

Regards – Abigail Theobald Team Leader



St Michaels - 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, do-

nations 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 contact Rod Campbell on 6331 7651 or complete the form

see page 13 and forward it to Rod.Campbell@stmichaels.asn.au or post it to PO Box 306 Newstead, Tas. 7250

Thanking you for your consideration.

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Luke Salmon M: 0407 131 686
E: luke@salmonaccounting.com.au

Wellington St - "Our Home"

The keys have been handed over to two very excited young men embarking on a major milestone.

Moving house is never an easy task and daunting for most, but in this instance the residents couldn't wait for moving day (especially one of them).

Having their own home will bring them freedom, adventure and independence, but it comes with responsibilities attached. Including daily cleaning, nightly cooking, setting a realistic budget, buying their own groceries, having to communicate effectively and **remembering to be considerate.**

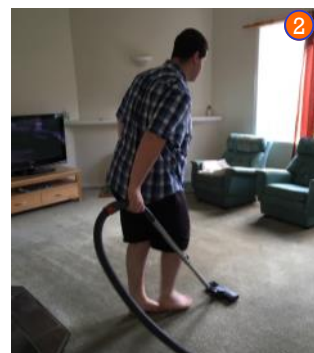
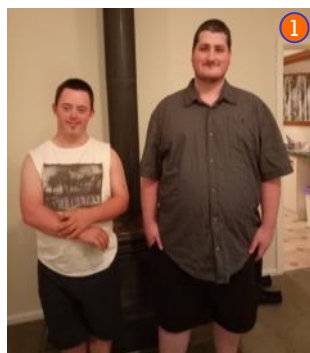
It has been impressive watching the residents manage such changes and learn to live as responsible and accountable young adults.

They have so far demonstrated taking pride in their home, taking care of their environment and themselves, looking after each other, and keeping up with all of the extra work involved.

Congratulations to both Logan and Brandon on your new home.

Ben Anderson Team Leader

If you would like to know how you could move into your own home please contact Donald Richards on 6331 7651



St Michaels - Call for memberships

St Michaels Association Inc. has been serving the Tasmanian Community for over 50 years through the provision of care and accommodation services to those living with an intellectual and or physical disability.

St Michaels is 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 on 6131 7651 to discuss your membership

Training and Learning Development

Our Endorsed Registered Training Organisation (60067) is now in full swing with many 2017 Skills Tasmania funded programs off to a great start.

Once again we will be working with many Australian Disability Enterprise organisations cross the state in support of their requirements to enable access to Nationally accredited training for their Supported Employees and their staff i.e. Leadership groups.

For the first time, this year we will be offering the Certificate II qualification in Process Manufacturing. Thank you to our trainers/assessors Mike Dobra and Chris & Judy Clark for all their hard work to support this new pathway. 4 ADE's will be offering this new qualification to their staff.

Thank you to the staff at JobNet Launceston who are working tirelessly for our RTO and the ADE's to ensure the many User Choice trainees are signed to their workplace traineeship contracts in a timely manner.

Presentations

One of the joys of our job is to be onsite when the organisation that entrusts us with their accredited delivery take time out to present Statements of Attainment and full Qualifications to their staff.

BlueLine Laundry Inc. always put on a fabulous spread and the presentation is always a great opportunity for management to recognise the staffs achievements'. Thank you to BlueLine Laundry, Hobart for a great day.



Geoff Silva, Production Supervisor BlueLine Laundry - Receiving his Statement of Attainment for Leadership Development



Ivy Larkin, Production Assistant at BlueLine Laundry - thrilled to receiving her Qualification - Certificate I in Warehousing Operations from Mike.

St Michaels Professional Development

Congratulations to the following Team Leaders who have worked very hard to achieve results in the STMA/Avidity Leadership Development Program. Including Louise Frankcombe, Nathan Avery, Mitch Stoddart, Ben Anderson, Megan Thomas, Kerry Lindsay and Amanda Mallett.

With only one session to attend we trust this program has assisted your development as Leaders at STMA.

Well done to our Aspiring Leaders who are now at the half way point of their study. Including Paul Cousins, Adolphus Hill, Skieeve Brent, Tammy Westwood, Bev Wallace, and Kath Corcoran.

Our Assets - Update

Total tasks listed on the maintenance spreadsheet for the period is 61 of these 14 are outstanding, excluded in February tally is over 40 unit inspections and 3 afterhours call outs for security (key related) issues.

Owner inspections for the units are near complete with positive results to date & only minor repairs being dealt with on a case by case basis.

Two Fire evacuation drills have been carried out successfully within STMA both administration area and the Merington Centre with all going well with 11 people from the Administration area also 15 staff & participants from the centre partici-

pating.

Vehicle fleet -we have had several minor issues with flat tyres, wheel alignment along with service related problems being - time consuming. We have another panel damage issue to one of our Imax vehicles which has yet to be repaired & panel damage to our Mitsubishi Lancer also yet to be repaired. Several vehicles are due to be serviced next month including our Mitsubishi truck which is due for a major vehicle service.

Grounds delivered 4 truckloads of general & green waste to Launceston refuse station from our facility. The seasonal change has dulled grass & shrubs & we are keeping on top of

grounds maintenance as the weather permits.

Group homes - These homes are operating at an expected level with minimal maintenance requests being generated by staff or participants.

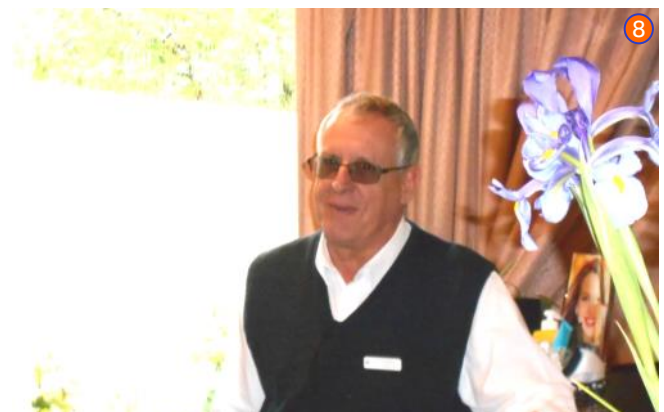
Security - there appears to have been a few issues lately where clients and or staff personal items have been lost, taken, removed or stolen. Please be aware that you are responsible for your own personal belongings as well as St Michaels Assets. We all know the phrase Lock it or Lose it, please consider Hide It, Lock it or Lose It. Unfortunately there are some people who take the opportunity when it presents it to remove, take, hide or



steal these valuable assets. Think about what others see when they look into a window, make sure mobile phones, bags, purses, keys, laptops or wallets are securely stored and or placed out of site as there are people out there who will readily smash and grab items gain quick access to these items. Please be vigilant and secure your valuables and assets of St Michaels.

Paul Westgarth Asset Supervisor

Things we do...



Would you like a copy of a photo? **See P13** for details

Things we do...



Would you like a copy of a photo? **See P13** for details

Healthy Lifestyle Recipes



Grilled Chicken with Dianne Sauce - Dinner

This is one of my all-time favorite meals. There's something "primitive" about eating meat off the bone... love it.

Ingredients:

Chicken Wings
Spices (chicken spice mix)
Greens
Salsa.

Instructions:

Put spice on chicken wings (I use a chicken spice mix).

Insert into oven, heat at 180-200°C (356-392°F) for about 40

minutes.

Grill until wings are brown and crunchy.

Serve with some vegetables and salsa.



Magically Moist Almond Cake

Ingredients:

3/4 cup butter, softened *
1 cup granular Splenda or equivalent liquid Splenda
4 eggs
1/2 cup heavy cream
1 teaspoon vanilla
1 1/2 cups almond flour (5 ounces Honeyville brand)
1/2 cup coconut flour, sifted (2 1/2 ounces Aloha Nu brand)
1/4 teaspoon salt *
2 teaspoons baking powder
1 cup water, optional (see my comments below)

minutes until golden and firm to the touch.

Cool completely before serving. It's probably best to store this in the refrigerator because almond flour baked goods tend to get mouldy quickly at room temperature.

Put all of the ingredients in a medium to large mixing bowl. Beat with an electric mixer until well blended and creamy. If the batter is too stiff, you can beat in up to 1 cup of water to thin it a little.

Spread in a greased 9x13" pan. Bake at 350° for 30-35

Contact Details

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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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Expiry Date:

Card Holder: Signature.....

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

Details

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Services offered at St Michaels - All NDIA Registered Supports

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, Newstead 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. This program operations 7 days a week.

Group Homes - shared accommodation Services

Currently there are 3 group homes located in the broader community. Services provided incor-

porate 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 a 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. Conditions 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 a year and can be delivered in home or at St Michaels.

Our Home - shared accommodation Services

Currently there are 2 Our Home facilities located in the broader community. Services provided incorporate minimal assistance in meeting daily life re-

quirements and to develop the skills of an individual with standard support needs to live autonomously as possible. This program operates 7 days a week.

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.

Contact

If you are interested in any of the innovative programs please contact Donald Richards

Disability Manager Participants and Clients on 6331 7651.

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.

Please contact Chriss Kelly for further information on your training needs on 6331 7651.

Details

The Independent is distributed electronically on a bi-monthly basis. Hardcopies can be found on our website and or can be posted.

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

Please contact Rod Campbell on 6331 7651

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