

By St Michaels Association

From the CEO



John Gilpin

Welcome to the November edition of our bi-monthly newsletter "The Independent".

We hope you enjoy this edition as we welcome the opening of the new Smart Assistive Technology Homes during November. 14 new homes providing independent living or supported living for up to 26 new participants for the Association. It is a monumental milestone for many participants to be able to live in their own home after many years of sharing accommodation!

Thank you Day Service Team as it was great to see the continuation of our traditional celebrations of Halloween in the Merrington Centre and the centre was fabulously decorated to suit the occasion.

November, December are a busy time of the year as most of our teams are now preparing for the end of year functions, culminating in end of year reports for



our participants. These reports will be presented at our Christmas function to be held for the first time offsite at the Door of Hope Building on 18th of December. We hope you have your RSVP in as we can only take 110 guests this year due to our CoVID-19 safe plan distancing requirements.

Sprinkled throughout this edition are great stories of our participants out and about or while at home busily tending to their gardens and raised garden beds ready to harvest the variety of vegetables they are growing for their homes and their healthy meal preparations.

Page 7 contains a wonderful outcome for one participant is something that we take for granted and that is to prepare

for a holiday by planning, booking, paying and then eventually going on your holiday. It was fantastic to see Aaron do this and reach a goal of him going on holiday through the visit to Port Arthur and the surrounding areas. Well done Aaron, we are all very proud of this outcome of you being able to achieve a personal goal that you've had for quite some time.

As this is our last edition for this year, may I take this opportunity to wish you all a Merry Christmas and a prosperous New Year, take care and will see you in 2021.

Kindest regards,
John

Peter Gutwein MP
Liberal Member for Bass

53 St John Street, Launceston 7250

Phone: (03) 6777 1007 or email: peter.gutwein@dpac.tas.gov.au

Tasmanian
Liberal



Assistive Technology Smart Home Complex Official Opening

On Friday 27 November we were honoured to have Launceston City's Mayor Albert Van Zetten and the Premier, Peter Gutwein open the new 14 bed Assistive Technology Smart Home Complex here at Hobblers Bridge Road.

We had a fabulous turn out with participants, their families, guests, board members, life members and staff in attendance.

Some residential homes have been named after our life members. Alan and Gwen Baker, Margaret Chugg, Dorothy and Norm Smith and Dorothy Wise. The Lyne Building Respite Centre was named in honour of John (Jack) Lyne for his generous support of St Michaels.

We were also fortunate enough to have WIN TV and The Examiner's journalists reporting on the opening, with a segment featured on WIN TV's 6pm news that night where the assistive technology was demonstrated.

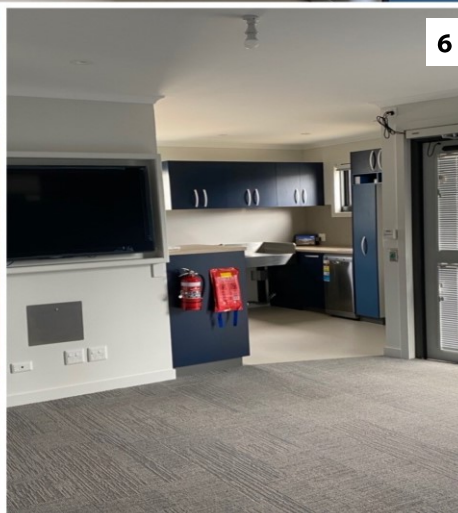
Participants Tameka and Vickie were interviewed by The

Examiner's journalist about their new homes.

Staff cooked up a sausage sizzle storm and we had beautifully prepared fruit sticks and mini muffins for everyone.

Excited participants will be moving in shortly.

Stacey Tweedale
Media, Communication & Member Coordinator



Penquite Road - Supported Accommodation

During November, which sees us nearing the end of a year of challenges, change, reflection and a time of growing excitement and happiness. This is especially true for our three residents as Christmas rapidly approaches, which is everyone's favourite time of the year.

In reflection of the last few months, we, the staff and Robyn, Gary and Paul would like to thank Ade Doyle for the legacy of dedication to all at Penquite Road on her departure to a new journey she is undertaking.

Gary Emery is enjoying being able to spend time outside washing the van and watering the garden, trips to look at his favourite trucks and caravans, walks around the river whilst still indulging in his favourite goal of being assisted to cook meals in his kitchen.

Paul has been super productive in

prepping his vegetable garden for his summer crop, weeding, and digging over with his new pitchfork and spreading gypsum.

Robyn Bye is about to live out her dream of having her own place to live in by moving into her own unit in our new complex, and has spent this month on many shopping trips with her family choosing items she is likely to need. Robyn has also been showing us her skills from Independent Services where she has been learning to make her own clothes, some great skirts she has made.

We are looking forward to December with Paul, Robyn and Gary heading home to family over Christmas and decorating our tree and house.

Tyh Lilley,
Senior Team Leader



Hawthorn Street - 'Our Home' Supported Accommodation

Firstly, I would like to warmly welcome Emma to the Hawthorn Street residence, Emma has started her journey by showing the residence her happy and active personality, Emma has already been willing to participate in most activities. Great work Emma.

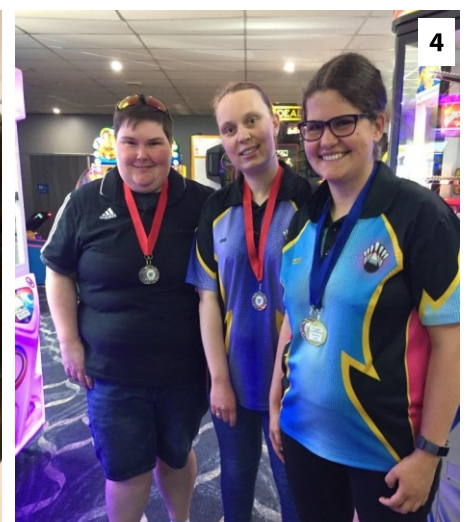
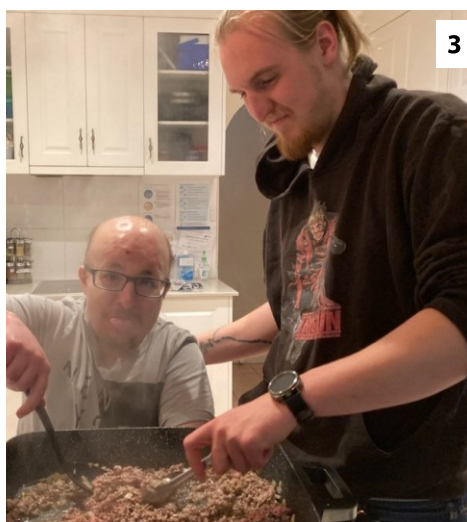
Some of the participants will be entering the Launceston Ten participating in the 5km event while other participants have been excelling in their ten pin bowling feats with 3 participants winning medals in their respective grades, congratulations.

Along with our social activities all participants have been working extra hard on completing their household tasks with everyone requesting that they would like minimal help on achieving these

goals as they would like to achieve complete independence one day.

I would like to end this newsletter by saying Merry Christmas from all Participants and staff from Hawthorn Street.

Richard Nicholls,
Support Worker



Day Program - Community Access

Things have definitely warmed up in the Merrington Centre. We all had a great time celebrating Halloween.

We purchased some shell pools to help keep our temperatures down with the expected hot weather. As an extra bonus we have also purchased some water pistols (so watch out for them when you are coming into the day program area).

We have introduced Fish Friday. Our first one was a huge success, especially as we were able to get some really nice fish and chips boxes. This is something that we will be doing on a monthly basis.

The workshop team went out to the sale yards. This was a fantastic day and I am so grateful for being invited to join in on the day. Unbelievably there were 4000 sheep there. During the visit we were informed that depending on the area the sheep come from is what colour they are. For example the sheep from Scottsdale looked orange. We only saw one black sheep. After our much appreciated tour we then had a beautiful meal at the Perth road house.

It was a lot of fun with our "open mic day". The big surprise was how many staff members got involved, with some singing more than one song. The partic-

ipants really enjoyed watching us joining in and having a go, regardless as to how off tune some of us were. For this I humbly apologise, but I will be back again next time.

So now we have Halloween over now we can start to look into how we are going to celebrate Christmas. In July we had a small practice with Christmas in July.

Thank you to everyone in my team for the great work. Top job guys

Tracey Gillespie,
Day Program Team Leader



Castlemain Road - Supported Accommodation

Shereena has been busy adding to her homemade craft collection, potting up seeds and decorating her Christmas tree. Shereena's baby Mckenzie has also been enjoying her own spring growth spurt. Each week she is making new sounds, loving listening to her mum read to her and showing she already has her Mum's hearty laugh and beautiful smile.

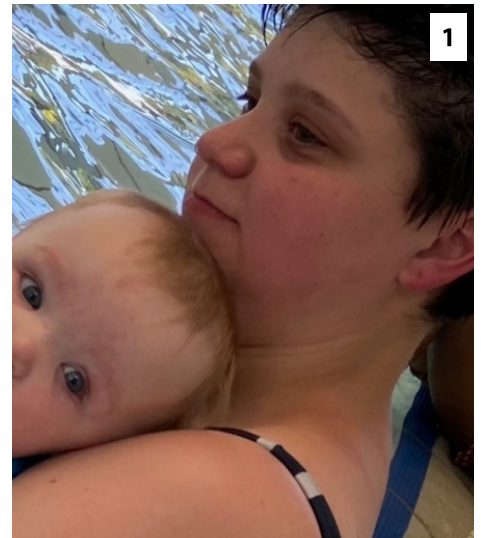
Shereena's other baby, Prince the cockatiel, has been enjoying the longer days, Mum's Christmas tree decorations, snuggling and also copying his Mum's laugh.

Shereena and her partner Sean have been going out for dinner once a fort-

night at The Commercial Hotel where Shereena's favourite meal is roast pork. Sean the foodie does not approve of their steak.

Last week Shereena started her driveway art classes for the neighbourhood children. The joy on their faces was wonderful to see. Shereena's laugh could be heard throughout the street. Nice work Shereena!

Katherine Corcoran,
Support Worker



Kenneth Court - Supported Accommodation

The Kenneth Participants have had a great month, filled with lots of activities, celebrations and outings; they have loved the warmer weather and have been having many picnics and barbecues at local parks where they have enjoyed socialising with participants from other houses and friends from church.

After much excitement, Nick finally celebrated his birthday, having a birthday dinner with close friends and family at the Newstead Pub.

Val has loved the extra days at home, she has more time for gardening, shopping, going to cafe's, the Museum and exercising at the local park.

The Kenneth Participants had a great time at the Speak Out conference, enjoying a three-course meal and socializing with longtime friends and making

new ones. They can't wait till next year!

Stephen, Nick, Val and Andrew are very excited for Christmas! They can't wait to start making decorations and cards. Val has already been busy buying gifts for her friends and family and wrapping them up.

Overall, despite not being able to do as much as we did pre Covid, everyone at Kenneth has had an enjoyable, fun-filled couple of months and we look forward to the coming months.

Aisha Bell
Support Worker



East Devonport - Community Access & Personal Support

We have sprung forward to daylight savings time and may the extra sunshine hours bring more fun!

Here at St Michaels Devonport we are so excited, we have recently had two participants successfully obtain their licences.

Jarrod has been receiving regular supports for a couple of years now and once a week he has in-home support to help him strive towards independent living. Jarrod is progressing extremely well and one of his key goals was to achieve his P Plates prior to Christmas.

Thomas has also been receiving continuous supports with a keen interest in obtaining his P Plates.

We are so proud of both these gentlemen achieving their goals, well done guys and happy safe driving.

In regards to Day Program we would like to highlight two regular participants whom in their own right have

flourished in leaps and bounds over the past few months. Andrew, continues to amaze us with his personal achievements. His ability to manipulate and entertain not only himself but others around on-site with the Ipad creating sounds and voice overs depicting real life scenarios that at times can frighten and entertain us all! Eryn, as well continues to embrace and seize all available opportunities and has recently created her own 'zen' space with art and craft displayed defining her environment with handmade goods. It is hard not to smile upon Eryn's arrival each day, with her infectious joy exhibited from ear to ear. We look forward to continuing our supports.

Late in the month of October we also celebrated a milestone birthday. Our very own Donald Richards turned 70! Participants and staff enjoyed surprising and spoiling him with a delicious cake comprising of three layers of chocolate sponge filled and covered with vanilla

swiss meringue buttercream, crushed Timtams around the base, chocolate ganache drip, chocolate swiss meringue buttercream piping on top with Toblerone and gold paper 70 topper. The cake was a super hit all round.

Our STMA Devonport family has extended, we are pleased to welcome Scott, Sandy and Danielle to the team.

In the lead up to the silly season we would also like to share that we are preparing for the Christmas and New Year celebrations/break. Our biggest wish in 2021 is to continue to achieve individual goals and we look forward to progressing into the short-term accommodation space.

Marcia Lade,
Program Coordinator, East Devonport




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In-Home Tenancy - Personal Support

In Home Tenancy Support is gearing up for the Christmas period. The Launceston 10 is coming up and we are hoping for record numbers of participant and staff to attend.

With the warmer weather already here we would like to remind everyone to SLIP SLOP SLAP and drink plenty of water to stay hydrated.

Paul, Damian, David, Glen and Daniel all attended the Speak Out Advocacy Conference where they enjoyed time with their peers. Many guest speakers were there discussing the rights and choices people living with a disability have and how to go about making their voice

heard. This is a great opportunity for our participants to vent any concerns and be listened to in a safe environment.

Jo Wallace and Lyn Tanner won many medals at their final Ten Pin Bowling games with New Horizons last weekend.

Aaron Garcia recently achieved one of his goals of going on a holiday to the south of the state and visiting Port Arthur, surrounding areas and attractions. He thoroughly enjoyed his time and a special thank you to those involved in supporting Aaron to make this goal come to fruition.

Andrew Evans has joined the Trevallyn Bowls Club as a social member aiming to play within the near future.

Justin Nilon and David Pugh have become members of Pycsam Gym, attending a couple of times a week and aiming to maintain this routine to live a healthier life style.

Trish Wrigley,
Personal Support Coordinator



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Merton House - Supported Accommodation

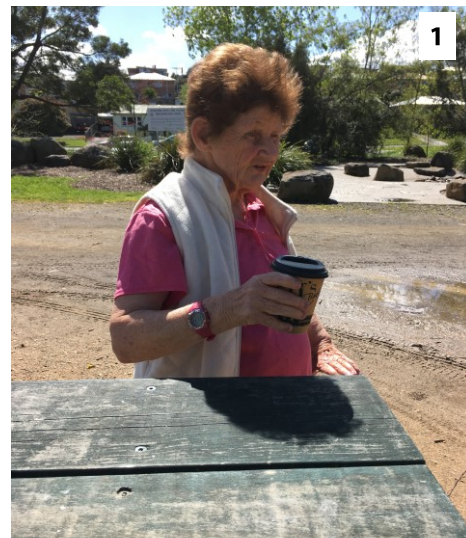
Brandon has been carefully packing, unpacking and repacking in preparation for his imminent move into one of STMA's new units. Brandon is a lively and enthusiastic individual most of the time anyway, but this upcoming step in his life is putting a phenomenal smile on his face, as he looks forward to the potential "peace and quiet" of his new environment.

Ashlee is making progress with some everyday skill-sets, including regular meals, experimenting in with new bedding, and medication management. On 19/11, Ashlee was supported to shop at Morty's for her evening meal. As we were walking back to the van, she came across an ex-school principal of Capstone College and they chatted merrily for several minutes about old times, news about family and friends, and what each of them was getting up to recently. Ash's mood was content to

begin with that evening, but this chance encounter with an old acquaintance left her feeling affirmed in a way Ash doesn't experience often. There is much to be said about leaving your comfort zone and just being in the world for a few moments.

Jacob is also enjoying ongoing individual skill development. He is still making all of his own hot drinks, with staff providing support when required – such as when one moves too quickly with a cup of tea that was probably too full to begin with.

Ben continues to engage in Day Program at STMA 4 days a week, but is now doing a full day with NOSS each Friday. This new program is only two weeks old, but we can report that Ben has been demonstrating some excellent communication and self-regulation skills in the transition phase. Staff have been talking Ben through the new ar-



rangements for Friday mornings and Ben is successfully waiting for his NOSS support with very little additional support from Merton staff at all.

Christopher John,
Team Leader

Sayer Street - 'Our Home' Supported Accommodation

Sayer has had a great 2 months with both residents enjoying the warmer weather.

Sam independently purchased himself a BBQ which he is delighted in using every chance he can with his housemate Kevin.

Kevin has been working on his skills to communicate his concerns/needs with staff.

Both residents have been building their skills around the house working on living independently

With Christmas around the corner both Participants are excited. Sam has al-

ready completed his Christmas shopping and Kevin is looking forward to spending time with his family.

I look forward to see what both men achieve and work towards next.

Nathan Avery,
Team Leader



Independent Services - Community Access

During November, our community groups took full advantage of the fine and sunny weather.

Our regular Tuesday morning golf group spent their sunny mornings at the Launceston Country Club driving range perfecting their driving and putting skills.

The Wednesday morning flying group headed out to the beautiful Royal Park to practice their flying, throwing and measuring skills. This was also an opportunity for a walk or two along the boardwalk.

Our Monday afternoon fishing group

enjoyed their leisurely afternoon relaxing by the lake at Waverly. Finally, they had success with Alistair proudly displaying his catch.

Our Wednesday afternoon sports program returned to Elphin Sports Centre with both day programs and Chant Street participants combined. With Basketball and T Ball, the games of choice, the competition between the two groups was fierce.

With the excitement building to the Christmas countdown, everyone was busy planning and making their Christmas goodies in readiness for the festive

event.

Our two craft groups created Christmas baubles, Santa sacks, bon bons, sock angels and cards to take home and share with their friends and families, whilst our three cooking groups made a selection of tasty treats for their various Christmas parties and goody bags.

We wish everyone a safe and happy Christmas and look forward to seeing everyone back next year.

Amanda Mallett,
Independent Services



George Town Road - Supported Accommodation

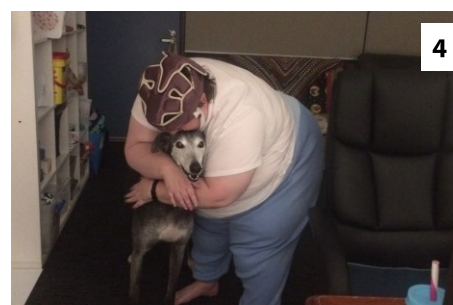
Krystal Watson recently moved to a new house and she is so very happy with her new home. Krystal has been developing good communication skills and is talking politely and respectfully to her support workers. Krystal has been more focused on her NDIS and St Michaels goals. She has been working on developing her positive mindset, healthy diet and exercise plan. Recently, St Michaels gave Krystal a braille monopoly set which she plays with her support worker and relishes the role of "banker" . . Krystal is very skilled with her craft work and she made the goat for an entry into a show, as you can see from the picture

she has done a great job creating this model.

Krystal takes good care of her service dog (Mya)- making dog food, talking to the dog, playing with her and taking her for walks.

Krystal has made a Christmas plan- This involves making cards for her support workers and friends, preparing for a song to sing at the St Michaels End of Year Christmas Dinner.

Sapana Khatri,
Support Worker



Como Crescent - Supported Accommodation

Aron has had a wonderful time of late, attending numerous community access activities during the week and of course going out on the weekends to such places as Greens Beach.

Aron just loves the sand, especially when it is compacted and level enough to allow him to get all the way down to the water's edge.

Whilst on our outings Aron enjoys his favourite fast food, chips.

Lately Aron has been enjoying meeting new staff and some of the finer things in life, such as dining at the Country Club, Riverside Hotel and Clarendon Arms at Evandale.

He has also been working on developing his independence by helping to cook the BBQ.

Frankie Prestianni,
Support Worker



Wellington Street - Supported Accommodation

Almost SUMMER, almost CHRISTMAS!!!! very scary we all think here at Wellington.

Aaron and Logan have been really busy the past few months keeping up with their gaming and updating new versions lately. They are also planning what they would like for Christmas.

They both said it gets tricky each year as so many new games and consoles come out, and the new PlayStation 5 is out very soon. Aaron is also looking at what boxed DVD sets he might like to add to his collection.

Aaron has been enjoying spending time

with his big brother, and they both game against each other most days. He has also been going to his family for Sunday roast lunch, which he loves.

Aaron is still working 2 full days a week and is still really enjoying it, and also meeting new staff and friends there.

Logan has still been enjoying his outings up the West Tamar and likes to walk around Brady's Lookout, also going to his favourite beach at Devonport for walks.

Well that's about all for now from all of us at Wellington Street. We would like to wish everyone a wonderful Christmas



and that you all get to celebrate with friends or family or carers and have a jolly old time !! Bring on a better 2021 the boys say !!

Julie Scarratt,
Support Worker

Desmond Wood - Respite Transitional Accommodation

Millie has been very busy at school of late. She has recently got a couple of merit certificates, one for her participation in the senior school sports carnival and the other for walking safely and independently around the school grounds. Well done Millie.

She is continuing to improve and impress us with eating her food more independently. Mille is also still working hard on her exercise program, swimming with her noodle and also walking around local parks. The smile on Millie's face when she is swimming and splashing in the water is priceless. Millie has also finally got her new bed, which we have been waiting on for some time.

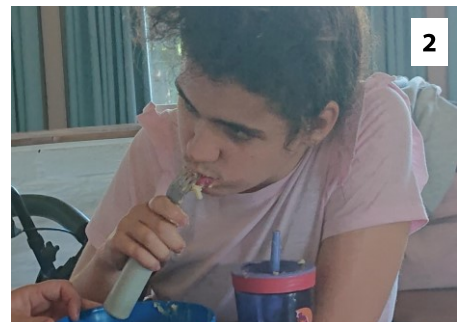
Brody Johnston comes into D/W every 3rd Thursday, he always walks into D/W with a big smile on his face, and is keen and eager to improve his daily life skills. We look forward to seeing Brody achieving his goals and becoming more independent.

Merry Christmas.

From all the D/W staff.



1



2

St Michaels Training



We have had the pleasure of working with a group from the Migrant Resource Centre who have now completed the Care Careers in the Disability Sector program and are keen to commence their Certificate III in Individual Support. The group are currently applying for positions as Disability Support Workers and we are looking forward to continuing as their training provider.

Congratulations to our first group of Certificate III Individual Support graduates who received their certificates in October. The program delivered to St Michaels Association (STMA) employees was a first for us and due to the success of this program we now have a second group from STMA commencing in December.

While 2020 has been challenging, it has also provided us with opportunities to

grow as a training provider. I would like to thank our training partners for their continued support: Medecs Learning, Rural and Equity Training and Garry Harvey.

And our staff; who have had to adapt to

the ever changing environment, thank you to: Elizabeth Cooper, Rosa Casey, David Gallagher and Lindy Crack.

**Kim Dean,
RTO Manager**



3

Services Offered at St Michaels - All NDIA Registered Supports

Co-ordination of Supports - Support coordination is designed to minimise the complexity of negotiating with service providers, government agencies and accommodation providers.

Community Access - 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 Newstead Campuses.

Merton House - 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. This program operates from our accommodation facility from 3 pm to 9 am Monday to Friday and 24 hours Saturday and Sunday.

In Home Tenancy Support - 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 operates seven days a week.

Group Homes - Currently there are three 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 seven days a week.

Desmond Wood - Services include integrated support for self-care, accommodation, food and activities for short periods. This program operates 5 nights per week. This is a short term respite program which provides 24 hour support.

Youthbreak - 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 3pm Friday to 3pm Sunday. Conditions apply for eligibility.

Individual 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 STMA.

Our Home - Currently there are four Our Home facilities located in the broader community. Services provided incorporate minimal assistance in meeting daily life requirements 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 STMA every Saturday Night from 6 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 cards 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.

Registered Training Organisation (60067) - St Michaels is a Skills Tasmania Endorsed RTO providing accredited training for Tasmanians with a disability and individuals working in the disability sector.

We offer blended learning opportunities through on-the job traineeships in MSM20116 Certificate II in Process Manufacturing and TL11215 Certificate I in Warehousing Operations.

Skill sets offered include:

- Food safety and basic cooking
- Horticulture
- Digital skills
- Leadership



Tuna, Spinach Mac N Cheese (serves 4)

Ingredients

- 3 cups of dried wagon wheel pasta
- ½ cup frozen peas
- 1 bunch of broccolini cut up into 2 cm lengths
- 25g butter chopped
- 1 small brown onion finely chopped
- 2 tablespoons of plain flour
- 2 cups of milk, warmed
- 425g canned tuna in springwater, drained and flaked with a fork
- 1 tablespoon of lemon juice
- 60g baby spinach
- 1 cup grated tasty cheese

Instructions

Step 1

Add a pinch of salt to a large pot of boiling water. When water has boiled add pasta, cook to packet instructions.

In the last 2 minutes of cooking add the

peas and broccolini.

Drain pasta, peas and broccolini in a colander. Place pasta, peas and broccolini back in pot.

Step 2

In a medium sized frying pan melt butter and then add in onions.

Cook onions until soft. Add flour, stir until flour bubbles. Slowly add milk to frying pan. Cook on a low temperature until milk thickens.

Step 3

Pre heat oven to 180 degrees. Carefully pour the milk and onion mixture into the pot with pasta, peas and broccolini. Add tuna, spinach, lemon juice and ½ a cup of cheese. Stir until everything is combine.

Spoon the mixture into an oven safe large baking dish. Top with pasta mixture with the rest of the cheese. Bake in



the oven for 20 minutes or until top is golden.

Serve with a salad and enjoy!

Mini Chocolate and Berry Trifles (serves 4)

Ingredients

- 4 mini chocolate sponge rolls, thinly sliced crossways
- ½ cup chocolate fudge topping
- 300g, frozen (thawed) or fresh berries
- 2 cups of pouring custard
- 2 tablespoons flaked almonds, lightly toasted in a small frying pan

Instructions

Step 1

Divide half the mini roll slices among the serving glasses or jars.

Drizzle with half the chocolate topping.

Step 2

Top with half the berries. Spoon over half the custard

Step 3

Continue layering with remaining mini rolls slices, chocolate topping, berries and custard.

Sprinkle with almonds.





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Highlights



Highlights



Meet the team



MEDIA, COMMUNICATIONS & MEMBER COORDINATOR

STACEY TWEEDALE

Stacey's background is in Media, Marketing and Advertising and she moved to Tasmania from Sydney 18 months ago. Stacey is looking forward to keeping everyone up to date with the goings on here at St Michaels.

Favourite food:

Moroccan

Hobbies:

Preserving, reading, gardening and exercising

Fun fact:

I was an extra in Mission Impossible II



SUPPORT WORKER

KERRYN CULLEN

Kerryn is one of our newest Support Workers. Kerryn has had an extremely diverse professional life. She has worked in finance, insurance and she has

managed retail stores and restaurants!

Kerryn LOVES the festive season and she is an avid animal lover.

Favourite food:

Mexican

Hobbies:

Reading, cooking, entertaining her 3 boys

Fun fact:

I have an identical twin sister. So if you think it's me on the street and I don't wave back, it's not me!

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