

by St Michael's Association Inc.



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Advertisement

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As the weather gets that little bit cooler, the trees changing colour and the days getting shorter, we know that we are definitely in autumn and that winter is not too far away. We also know that the dreaded flu season is nearly upon us.

So, I am happy to report that St Michael's has undertaken preparations, along the help of our partners at Terry White Chemists Launceston, by hosting another successful vaccination clinic at Newstead at the beginning of April.

The clinic provided both COVID booster and flu vaccinations to staff and participants.

Over 80 participants and staff took advantage of the free clinic to receive either or both vaccinations. Overall, the clinic was a success in ensuring the health and safety of our staff and participants.

Autumn also means Easter and Easter is always a fun time at St Michael's.

This year was no exception with Day Program participants enjoying an egg hunt and a Social Club event was held on Easter Saturday night in the Merrington Centre.

The Easter Bunny paid a surprise visit to our Newstead Day Program participants on the Thursday before Easter and they certainly had a lot of fun running around and searching for the chocolate treats that the bunny had left behind.

Participants who attended the Social Club event had a few fun activities throughout the night including an egg hunt and crafts which saw Easter hats and masks made.

You can read more about both of these events on Page four of the newsletter. I would also like to offer my personal thanks to the staff who helped make these events happen.

Once again, this month we have recognised our latest group of Shining Stars - those staff who have been judged by their peers to have gone above and beyond to not only support our participants, but also their fellow team members.

The successful staff were announced at a staff morning tea on 26 April.

It followed a staff nomination process which saw nominations received from staff members across the categories of Shining Star, Active Support/Outstanding Support, Leadership/Mentoring and Teamwork

Those nominated were team members from right across the organisation. All staff nominated were clearly deserving winners and are to be commended not only for their support to our participants but also their colleague.

As an organisation St Michael's is indeed fortunate to have so many proactive and dedicated staff members who are willing to go above and beyond to support our participants.

This recognition is just one simple way that the organisation can say thank you. You can read more about all our award winners on Page three.

They all have wonderful stories to tell and it was a pleasure to celebrate the four recipients at a morning tea at Newstead.

In Devonport work is continuing at full speed on the construction of 16 new independent living units at our site in North Caroline Street in East Devonport.

The framing and roofing is now complete on all the units and everything is still on track for their completion by the end of August 2023, and the moving in of our new tenants very soon after.

The demand for such housing remains strong and ever-growing waitlist is forming as the news spreads of their construction. However if you, or someone you know, is interested in knowing more about these units please contact St Michael's on (03) 6331 7651 or info@stmichaels.asn.au

There are other great stories in this edition, so happy reading!

Mike Thomas
Chief Executive Officer

Gary gets taken for a ride!



Everyone knows that Gary loves his motor vehicles, and the bigger the better.

So, he was in seventh heaven over the March long weekend when he went to Steamfest, at Sheffield.

And to make the day even better Gary also got to climb aboard a helicopter for a joy flight.



Our latest Shining Stars

St Michael's latest group of Shining Stars - those staff who have been judged by their peers to have gone above and beyond to support not only our participants but also their fellow team members - were announced at a staff morning tea on 26 February.

It followed a nomination process which saw nominations received from staff members across the categories of Shining Star, Active Support/ Outstanding Support, Leadership/ Mentoring and Teamwork.

Those nominated were team members working across the organisation.

"All staff nominated are clearly deserving winners and are to be commended not only for their support to our participants but also their colleagues," said CEO Mike Thomas.

"St Michael's is indeed fortunate to have so many staff members who are willing to go above and beyond to support our participants.

"This recognition is just one simple way that the organisation can say thank you."

The recipients were:

Emma Pearce (Shining Star): Since commencing at STMA, Emma has shown an outstanding commitment to staff and participants.

She is always happy to jump in at the last minute to help out with participant support and transport.

Emma's door is always open to both staff and participants. She is happy to help where she can, or just listen.

She regularly checks in with staff to see how they are going and provides guidance and assistance. Emma is a great role model, always striving to assist in any way possible, completes tasks and gets results.

She inspires confidence in her leadership and direction.

Sophie Guy (Teamwork): Sophie always goes above and beyond to ensure that the St Michaels Training team has everything it needs even before members know they need it.

This ranges from ensuring that the training rooms are set up before each session and packed down afterwards to having all training documentation printed well in advance without having to be prompted.

She always checks in to see what other jobs can be done to help with workloads and anticipates what will be needed.

Sophie helps everyone and prioritises her work in a way which benefits every member of the team.

She is a vital member of the team and the operation wouldn't run as smoothly as it does without her work.



Sophie Guy receives her certificate from CEO Mike Thomas

Phil O'Brien (Active Support/ Outstanding Support): Over the years Phil has been a great support worker.

He is a real team player, always willing to help and never complains.

Paul Wilton (Leadership/ Mentoring): Paul is always willing to assist both his team members and participants. He always has his phone on and makes himself available.

He has shown great leadership and support to the IHTS team when other senior workers have been away.

Paul is a real asset to the team and continues to go above and beyond to ensure participants are supported appropriately.

Nominations for the next round of awards are now open with an announcement of the winners to be made in late June.

Danielle the pizza making queen



Devonport participant Danielle recently showed she is a pretty dab hand when it comes to making pizza.

Cooking is a popular activity at all our Day Programs as it develops independent living skills and provides choice. It also improves literacy and numeracy skills as participants have to follow recipes and measure ingredients.



Nick's table honours his beloved Bombers

Participant Nick proudly declares that woodwork is his favourite activity.

And his latest creation certainly shows that Nick has a real eye for design.

Nick has just finished a table for his bedroom which has been designed to pay homage to his favourite football team, Essendon.

The table is black with the club's famous red sash and is adorned with the football cards of 12 past players.

When the cards were laid on the table top Nick applied two coats of laquer to ensure they stayed in place and would be protected in the long term.

Nick said it was "not too hard" to make the table, but stressed it was more ornamental than for regular use.

He has been involved with the weekly woodwork class since it started about

five years ago under the watchful eye of support worker Stephen Griffin.

Stephen said Nick had completed quite a few Essendon-themed projects over the years.

He said participants had the choice to create whatever they wanted - including choosing the timber, finishes and colours - in the classes.

The woodwork class assists participants to design projects and could lead to future employment opportunities.

It also improves their numeracy skills through measurements and basic calculations in the design of their projects.

"They get a lot of enjoyment out of being with their peers and there is also the sense of achievement when they complete a project," Stephen said.



Easter fun at St Michael's

Easter is always a fun time at St Michael's. This year was no exception with Day Program participants enjoying an egg hunt and a Social Club event was held on Easter Saturday night in the Merrington Centre.

The Easter Bunny paid a surprise visit to our Newstead Day Program participants on the Thursday before Easter and they certainly had a lot of fun running around and searching for the chocolate treats that the bunny had left behind.

Participants who attended the Social Club event had a few fun activities throughout the night including an egg hunt and crafts which saw Easter hats and masks made.

They also dined on chow mein and hot cross bun cheesecake slice before enjoying the *Peter Rabbit* movie.

Thanks to the staff who helped make it happen.



Newstead

We start off with some sad news - Rosemary Brodie has decided to hang up her high heels and enjoy retirement with her family (see story on Page 16). We wish Rowie all the best and hope she enjoys the next chapter of her life.

We would like to thank Rowie for her time in Day Program.

Participants really enjoyed the summer weather with Jesse going to the pool every chance he got.

We have also had trips to the Hillwood Berry Farm where Ben has been enjoying playing on the tractor. Ben and Tony have also both loved the chocolate cheesecake on offer.

Leigh has been spending time at the Seaport having coffee and chips.

Kevin and John have been working out at the gym and teaching the staff a thing or two about how to work out.

Nick has been spending time at the park with Antony enjoying the sun and hanging out with the birds.

There have also been some wonderful achievements by some of our participants.

Kevin has come out of his shell and has been getting into the kitchen and showing off his new cooking skills. Lara has been working on becoming more confident in the St Michael's cars and she is doing an amazing job. Nick has made a wonderful table dedicated to his favourite football team, Essendon, in our woodwork program.

Alex Williams
Support Worker



Devonport

We have had a busy few months in Devonport and we have been encouraging and working with participants to enjoy more outside activities, especially while the weather has been so nice.

Allen has really tried to improve his physical health. He will request to go with Carolyn and Tash 'to count the boats,' which has been a fun way to engage Allen with the idea of walking and improving his physical health without it seeming like a chore.

Now, without fail, Allen will be ready and waiting to go for a walk.

After going for a walk, participants will head out to the garden and will pick berries and vegetables, bring them into the kitchen and wash them before using them in their weekly cooking.

While out in the garden participants enjoying checking on the progress of the building of 16 new independent living units.

Our very own Harry was recently nominated and received the Shining Star Award at the end of February, and we could not be more pleased.

We are also excited for participant Brian, who has worked very hard to find employment. Brian is now working with a gardening company.

The Devonport support team has expanded in recent months with Jesse, Kelsie, Renee, Tamika and Jatinder joining the team.

We would also like to take this opportunity to farewell one of our long term staff, Emily Fielding, who left us at the end of March. We wish her all the best in her new chapter.

Abby Mott
Senior Support Worker


"We have been encouraging and working with participants to enjoy more outside activities, especially while the weather has been so nice."





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Independent Services



It was a busy time at Independent Services leading up to Easter.

We welcomed Mark to our Wednesday morning programs and he has been exploring different activities including cooking, meeting new people and hunting for bargains on the op-shop outings.

We are also happy to have Elaine return after a break, jumping back into creating craft and sewing projects and socialising with friends.

Eggs and bunnies took over the craft group, where Marie created enough egg craft to supply the Easter Bunny with fans, bunting and wreaths.

Friday's group has been upcycling old coffee jars into beautiful colourful containers to hold yummy goodies.

The gardening group have been wrapping up the garden bed after this summer's bumper produce with giant tomatoes and zucchinis. One tomato grew to a whopping half a kilogram.



The beds are now being prepared for winter crops of spinach, broccoli and carrots.

Participants have also enjoyed raiding the passionfruit vine as the fruit finally starts to ripen.

They have also been industriously learning more skills in sewing, with Kaylene finishing a beautiful patchwork table runner, while other participants have been producing a range of bags as they learn how to put in zippers.

They are looking forward to making jumpers and winter clothing.

Georgina Jones
Support Worker



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Kenneth Court

The housemates have always enjoyed the occasional night out to the Newstead Pub together and have decided to try some new venues for their evening meals.

Nick is looking forward to having dinner at Sporties Hotel in town after hearing about Alan's lunch trip there.

Stephen, Andrew and Nick have continued attending Crossroads and Speak Out every month.

After taking a break last year from Speak Out, Andrew says he is happy to be back and able to chat with some familiar friends. They are all looking forward to the new venue to be announced soon.

Stephen celebrated his birthday on St Patrick's Day. He went out for dinner with his housemates and was gifted lots of new clothes, which he is excited to tell everyone about.

Nick enjoys spending time with his Mum on weekends and visited family in Sydney recently. Nick said it was very hot while he was there, and that one day it got up to 38 degrees!

He has been enjoying building friendships with his church group and going out bowling.

Nick has been gardening at Kenneth Court with the help of his housemates and harvested a large crop of tomatoes this year.

He has also been working very hard on his goal of improving his cooking skills lately and last month Nick took another big step supported by Georgina.

Nick wanted to make relish from all the tomatoes in the garden, and the pair worked side by side to make 12 jars of tomato relish.

He was involved in every step of the process, except for cutting the onions, and we do not blame him for avoiding that!

Nick has taken some home to share with his Mum.

Earlier in the month Alan was supported by his brother to buy a new bookshelf which he has placed his collection of books on. Alan said he likes to read about sports and religion.

It's good to see Alan continuing to settle into Kenneth and we hope he will be back here soon to show us what he'll be up to next with his housemates.

Charlotte Hastings
Support Worker



Baker House

Gary and Paul have been working very hard over the last couple of months to boost their independence and achieve their goals.

Paul has improved in making the effort to get out and about within the community.

Recently he spent the day with his father, Brian, which he enjoys doing, and he had lunch in the afternoon before returning to Baker House.

He also makes the effort to go grocery shopping every Friday where he selects his favourites - steak and orange cordial.

Paul has also improved his independence by helping with the washing. He helps put his clothes in the washing machine and puts them away in his cupboards once they have been folded by staff.

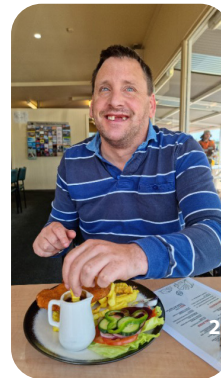
Gary has put in the effort to achieve his goals such as engaging in community activities that he enjoys like truck shows.

He has also shown independence when out in the community by selecting his own meals.

Gary has also achieved his goal of improving his ten pin bowling average over the last year.

Both Paul and Gary are doing a great job to improve their independence at Baker House, and other staff and I are glad to see it.

James Meaway
Support Worker



Sayer Street

Both Sayer Street residents have been busy in the last month.

Sam has continued to get coaching from Jeremy at Scenic Gaming and recently thought it was better than Christmas as Jeremy let him open a very large amount of sealed Pokémon cards.

The cards were then sorted and catalogued so that they could be sold separately online or in the store.

Sam said it was great because you did not know what cards were going to be in the sealed packs until you opened them. Sam continues to enjoy his mentoring and does this several days each week.

He has also continued to improve his cooking skills at home and likes cooking chops under the grill.

Sam has recently stepped out of his comfort zone and dyed his hair. One week it was blue and soon afterwards it was half blue and half yellow.

Kevin has been improving his life skills by using the washing machine and then hanging out the washing on the clothes line.

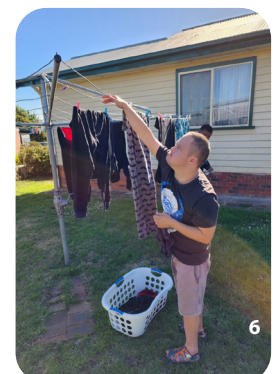
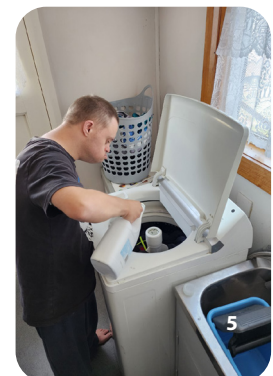
The new Play Station is getting a good workout as Kevin enjoys playing wrestling and Pokémon games on it in his bedroom.

He also likes going home to his Dad's place in Georgetown every weekend to spend valuable time with his father and other family members.

Its great to see both of these young men increasing their independence.

Phil Watson
Senior Support Worker

"Sam has continued to improve his cooking skills (and) Kevin has been improving his life skills."



Como Crescent

From everyone here at Como, we hope you all got to enjoy the Easter break.

At the beginning of March, Como welcomed a new resident, Brandon.

Brandon is a familiar face around STMA, and has previously lived with Ben and Jacob when they were at Merton House.

He has settled in well at Como while enjoying his weekly outings with his mum.

We look forward to helping Brandon achieve his goals and to continue working with the bubbly young man he has become.

Jacob enjoys going out for a hot drink with staff, and is still working on coming out of his comfort zone when visiting new places.

He is also working hard with staff to regulate his emotions, cleaning around the house and has taken ownership of stripping his own bed.

Great work Jake!

Ben still enjoys his puzzles and listening to music via YouTube.

Staff are working with Ben to help him communicate his needs more effectively. While this is a work in progress, it's great to see Ben engaging so well.

As the weather begins to cool down and the roads become wet and icy, stay safe and see you in the next edition.

Juanita Hack
Senior Support Worker



Chugg House

Lita has had another couple of busy months at Chugg House.

She loves having her little canaries, Tweety and Birdy, with her and part of her routine when she has been out and about is to come home and go over to their cage and say hello.

Seeing Lita's smile when they acknowledge her with a chirp is heartwarming.

Lita continues to be actively supported to walk up to the veggie garden at Day Program to pick some silverbeet to feed to her birds.

She enjoys her Sunday outings for lunch and has a new favourite spot, that being Tio Rico.

Lita likes that she can sit outside in the sun to have her lunch and then go for a walk along the Seaport.

She has received her adaptive kettle and pour alert that sits on the cup she is pouring into.

Lia has been actively supported, hand over hand, to pour a cup of water from the kettle into her glass.

While initially the alert alarm gave her quite a fright she is now getting used to the sound.

Lita is now managing, with staff support, to prepare all her glasses of water when she is thirsty. This is an amazing achievement for Lita!

She has also continued to be supported to help with meal preparation and cleaning up afterwards.

Lita has progressed from taking her plate to the sink to helping wash it up, which is another fantastic achievement.

Watch this space for more updates in the next newsletter.

Jodie Beveridge
Respite Coordinator



Hawthorn Street

It has been quite a busy time at Hawthorn Street in the last month, All four residents have been getting out in the sunshine and going for a walk.

They enjoy going to different places which may include Riverbend Park and Seaport as well as other parks in the Inveresk precinct.

We also cleaned out all the weeds in the raised garden bed with the hope of growing some fresh vegetables soon.

Zac was extremely happy because the Beaconsfield cricket team he plays in won the premiership.

It was great to see them go so well and Zac said that they are like one big family and have accepted him into the team and made him feel welcome.

Zac has still been playing darts every Wednesday and eightball upstairs at Hawthorn Street. He has also joined Zap Fitness and loves to exercise there.

As well as walking, Sarah H has been getting some exercise three times a week at the Aquatic Centre doing water aerobics.

This is a great form of exercise for her as it helps to build up her core fitness.

Working at Self Help two days a week also keeps Sarah extremely busy and she still enjoys cooking up batches of lovely meals and loading up the freezer.

Mat has continued to enjoy gaming with his friends and spends a lot of time socialising with them online.

It was great to see Mat get out and do some walking with his housemates recently.

Mat continues to improve his grocery shopping skills and can zoom around Coles at Newstead in record time while still getting everything on his list.

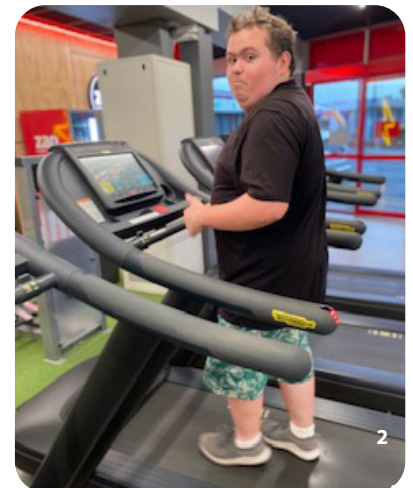
Sarah C continues to practice her football skills and has improved her fitness levels with regular exercise.

Darts and eightball are Sarah's other hobbies and she has been practicing both these against Zac and staff members.

Sarah enjoys washing and cleaning her car and has also been learning about general maintenance of her vehicle.

She is very happy to have gained employment recently.

Phil Watson
Senior Support Worker



Smith House

One of Aron's goals focuses on healthy eating and assisting to prepare his dinner each night.

Aron has been eager to try some new recipes of late including overnight oats for breakfast and a bacon, cheese and mushroom omelette for a quick and easy dinner.

Aron enjoys the omelette meal because he is able to help.

Although he may not be able to crack the eggs yet (and let's face it, who hasn't cracked the shell into the bowl before?), he is able to whisk the eggs and milk together, pour the ingredients into the pan and will chop some of the mushrooms up with staff helping him using the hand over hand method.

Now that he has returned to the Aquatic Centre, Aron loves getting into the pool. Swimming is an incredible form of exercise for Aron, and it is great to see that he is enjoying himself while participating in this activity.

Aron had a busy April long weekend, celebrating both his birthday and Easter. He enjoyed getting out of the house, despite the cold weather, and had some cake with his neighbours to celebrate his birthday.

As always, thank you to all staff who have helped Aron work towards his NDIS goals over the past few months.

Juanita Hack
Senior Support Worker



Wise House

We hope you all had a lovely Easter, and used this excellent excuse to eat a lot of chocolate.

Vickie spent time at home with her mum, while Robyn enjoyed some one-on-one time with staff at Wise House.

Vickie has been working on her fine motor skills by playing some board games. This is in addition to working on her puzzles and her diamond dot paintings.

Vickie is a social butterfly and enjoys spending quality time with some friends in the STMA units, as well as her visits to see her Mum.

In March, Vickie was very excited to see her nephew, and his partner, who flew all the way down from Queensland.

They enjoyed some lunch together and a good catch up. They had a lot to catch up on after more than three years!

Robyn has been getting used to using her new mobility walker. This walker gives her a lot more confidence to move around, and she is happier to walk for longer distances while using it. This is a massive step towards her goal of living a happier and healthier life.

Footy season is back on and both Robyn and Vickie are keeping track of the ladder, and are hoping for a Collingwood and Hawthorn grand final. Time will tell if that eventuates.

Stay safe, and see you in the next edition.

Juanita Hack
Senior Support Worker



Merton House

All Merton House residents have been getting out and about in their own ways over the past month.

Tom has been active with his one-on-one day supports, whether it be going for a walk or going for a drive.

He has also been doing some of his meal preparations, with some help from his supports, and helping with his washing and cleaning.

Ashlee has been working on being more proactive during the day, whether it be socialising with the other participants in the house or going for walks and drives with staff.

Adam has been opening up and interacting more with the other participants and staff.

Jack is in and out throughout the day going for rides on his skateboard or walks listening to music. He likes to cook and talk to his housemates about topics which interest him.

Tania has been making some effort to think more positively in some of her day to day activities. She has also been helping to clean her friend's house and decluttering.

Chris has a passion for trading gaming cards and spends most of his time at Scenic Isle Gaming, in Yorktown Square, either working or just hanging out with his friends.

All Merton House residents are excelling and improving on their own personal goals, which is fantastic to see.

Jacinta Goodluck
Support Worker



"All Merton House residents are excelling and improving on their own personal goals which is fantastic to see."

Penquite Road

Alice, Lisa and Gabbie are getting along well with each other and building good friendships at their house. Of late they have been building up their independence and life skills.

Gabbie is settling into the routines at Penquite and has increased her days so she has more opportunity to socialise with her housemates.

The three have created a relaxed afternoon routine where they have afternoon tea once back at the house from Day Program.

On a warm sunny day Lisa usually enjoys watering the garden and picking colourful flowers. She becomes very happy to see them in the lounge.

Each of the housemates like different television programs. With assistance from staff, they all take turns to watch according to their choices and this is working well with everyone having their choice while other housemates are engaged in different activities.

Lisa is always an entertainer in the house and loves to talk and be around staff. She is always the first to volunteer with the meal preparation and is actively involved in cooking dinner by putting rubbish in the bins, stirring food and helping with the dishes. Lisa has been developing her vocabulary which has improved her communication skills.

Alice enjoys assisting with the weekly shopping and putting groceries away. She independently makes her breakfast and every afternoon makes her morning tea for the next day.

On weekends the young ladies have been taking advantage of the beautiful weather to go on outings to beaches with Georgetown being a hit as they all like to have a barbecue lunch.

They also go on drives and visit different places such as Deloraine, Low Head and the Punchbowl reserve. Deloraine is high on the list with Gabbie as she enjoys the scenic drive and the abundance of parks which allow her to walk along the river.

Sabbu Maharjan Support Worker



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Lyne House



We have had another great couple of months at Lyne Respite and have been grateful that the warmer weather has stayed a little longer this year because the weekend participants love to get out and about.

Low Head Beach has always been a favourite spot to visit. A recent trip was made even more fun by combining it with the ladies from Penquite Road.

Staff make this special trip because the barbecue and picnic facilities have been upgraded and a wheelchair ramp has been installed for access to the beach.

Bradie-Lee had a wonderful time as she was able to be wheeled right onto the beach, and she loved listening to the waves.

Participants have also enjoyed a trip to the movies where a serve of popcorn is a must to munch on while enjoying the movie. It's great to see all the participants actively engage in decision making around which movie they would all like to see.

We also celebrated Rowallen's birthday with a cake and a meal out.

While we love going out and about and having fun at Respite, skill building is also a very important part of the participants' 'stay.

Rowallen has been working hard on learning cleaning skills and has been actively supported to clean his room and to use the washing machine to wash his clothes

Alex has also wanted to learn some cleaning skills, so he has been busy helping with the vacuuming and mopping the floors.

Robert has become very independent and is now doing most daily routines unassisted.

Nancy has recently had an extended stay at Respite, and she has enjoyed being supported to do some grocery shopping,.

Antony is doing a great job taking his clothes to the laundry and putting them in the laundry basket. This was a major achievement for Antony.

Lyne Respite also welcomed Lara, who has been transitioning to overnight stays. Lara is doing an amazing job stepping out of her comfort zone as Respite is very new to her.

We look forward to sharing some more updates in the next newsletter.

Jodie Beveridge
Residential Coordinator

"While we love going out and about and having fun at Respite, skill building is also a very important part of the participants stay."



It's been a very productive month at IHTS with our participants working towards their goals of independent living and being empowered by support workers to achieve activities of their choice.

Courtney has been doing an amazing job completing daily activities to learn how to be more independent.

She enjoys cooking with her support workers and completing household tasks.

Courtney loves to talk about her favourite movie, *Pokemon*, and reality tv shows such as *Australian Idol*.

When out into the community Courtney loves to go bowling and swimming with friends to increase her activity.

Damian has been working with support workers to encourage healthier food choices and loves salad and soups.

He enjoys going out for drives into the community and meeting new people. Damian also enjoys lunch and a cappuccino at his favourite places.

Recently Damian felt empowered to take a trip by himself to Devonport, a destination of his choice.

Glenn has been working really hard at the gym to increase his health and fitness. He is also getting an extra workout completing household jobs with assistance from support workers.

Glenn is doing a fantastic job and smashing out small goals towards his bigger goal of increased activity for his health.

He is also working on budgeting with his support workers to improve his money handling skills.

George has been enjoying attending football and cricket events with his support workers.

He plays football and has recently moved to the Old Scotch Football Club and he is really enjoying meeting all of the new players.

George is continuing to stay healthy and active through these activities.

All of our IHTS participants have had a great few months and we look forward to seeing future achievements.

Kerryn Cullen
Senior Support Worker

"It's been a very productive month at IHTS with our participants working towards their goals of Independent living and being empowered by support workers to achieve activities of their choice."

Day Program says goodbye to Rowie



Farewell Rowie!

St Michael's said a fond farewell to the Newstead Day Program's Senior Support Worker Rosemary Brodie last month.

A morning tea was attended by her colleagues and some of the participants she has grown to love over the last six years.

Rosemary received several gifts including - fittingly for her - a pair of high heeled slippers.

A special cake and flowers were also offered up.

While everyone wishes Rowie a wonderful retirement, the good news is that she is planning to return in a few months to do some casual shifts with the men at Hawthorn.



Get to know our team



Name: Chris Ryan

Position: Support Worker

Tell us about you: I'm married with 3 children, live in Devonport and started in disability work last year

Favourite food: Pizza

Hobbies: AFL, golf and going to the beach

Fun fact about you: I once had a hole in one playing golf



Name: Renee Dodson

Position: Support Worker

Tell us about you: I am a mother of four and a wife

Favourite food: Chocolate

Hobbies: Eating chocolate

Fun fact about you: I'm a Taurus and ex-hairdresser



Name: Jessie Wright

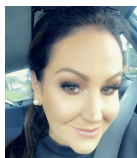
Position: Support Worker

Tell us about you: Proud father to two daughters and enjoy making other people happy

Favourite food: Satay Chicken

Hobbies: Bushwalking, sports and amateur astronomy

Fun fact about you: I have a great sense of humour and once worked as a bar manager.



Name: Heidi Wadley

Position: Support Worker

Tell us about you: I am a mother to my son, Cruze, who is 12-years-old. I love making people happy

Favourite food: Mexican

Hobbies: I love swimming at the beach, shopping and football

Fun fact about you: I used to work as a beauty therapist and hairdresser

White wine and garlic prawn linguine (serves eight)

Ingredients

- 500g linguine
- 30g butter
- 60ml white wine
- 2 teaspoons grated Parmesan cheese
- 2 cloves garlic, minced
- Small handful chopped fresh parsley
- Salt and freshly ground black pepper to taste
- 800g fresh prawns, peeled and deveined

Instructions

Step 1

Bring a large pot of lightly salted water to a boil. Add pasta. If using fresh pasta cook for 3 to 5 minutes or until al dente; drain. If using packet pasta, cook until al dente for the time suggested on the packet; drain.

Step 2

In a frying pan, melt butter over medium low heat; add wine, cheese, garlic, parsley and salt and pepper to taste. Simmer over low heat for 3 to 5 minutes, stirring frequently.

Step 3

Increase heat to medium high and add prawns to pan; cook for about 3 to 4 minutes or until prawns begin to turn pink. Do not overcook.

Step 4

Divide pasta into portions and spoon sauce and prawns on top; garnish with Parmesan cheese and fresh parsley, if desired



Lasagne

Ingredients

Lasagne

- 1 teaspoon olive oil
- 1 brown onion
- 2 cloves garlic
- 500g beef mince
- 810g tinned crushed tomatoes
- 1 tablespoon sugar
- 1/2 teaspoon salt

Cheese sauce

- 50g butter
- 50g flour
- 875ml milk
- 1 tablespoon Dijon mustard
- 200g tasty cheese, grated
- Salt and pepper

Instructions

Step 1

In a large saucepan, heat olive oil over a medium heat. Add garlic and onion and stir until soft but not brown. Add mince to the pan and brown. Using a wooden spoon, make sure you get rid of any lumps in the mince.

Step 2

Add the tomatoes, sugar and salt. Simmer covered for approx 40 minutes until soft and then uncover and cook for a further 1-1/2 hours, stirring occasionally until the sauce achieves a thick consistency and a beautiful red colour. When the sauce has reached the right consistency remove from the heat. Keep stirring to ensure the sauce does not stick to the bottom of the pan!

Step 3

Pre-heat oven to 180C.

Step 4

Ladle the sauce over the base of your lasagne dish. There needs to be enough to cover the base but keep it a thin layer (about 5mm). Over this, lay some fresh lasagne sheets. Ladle more sauce over the pasta then ladle your Béchamel or cheese sauce on top of that. Carefully spread the Béchamel/cheese sauce to cover the meat. Scatter a small handful of tasty cheese over this. Place another layer of pasta on top and repeat the sauce and Béchamel/cheese sauces, and scatter another handful of cheese. Place another layer of pasta, and then ladle remaining cheese sauce over the top.

Generously cover this with the rest of the cheese.

Step 5

Bake for 45 minutes covered with foil, and a further 15 minutes uncovered or until golden brown and bubbling on top. If using dried pasta sheets, insert a skewer at several points to ensure the pasta has cooked through.



Highlights



REQUEST A PIC

Have you seen a picture you like in this newsletter and would like to get a copy?

All you have to do is email nigel.tapp@stmichaels.asn.au and we will send you one.

Just put Pic Request in the subject line and include the page number and picture number (located in the bottom right corner of the picture) .

An electronic copy of the picture will be sent to you within seven business days.

Service offered at St Michael's - All NDIA Registered Supports

Support Coordination - 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 am to 3pm Monday to Friday from our City, Newstead and Devonport 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 3pm to 9am 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.

Lyne Building - Short term respite 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 Lyne Building 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.

Supported Independent Living and Group Homes - There are a number of facilities located on site and in the broader community. Services provide incorporate assistance in meeting daily life requirements and to develop the skills of an individual with standard support needs to live autonomously as possible. These programs operate 7 days a week and conditions apply for eligibility.

Social Club - Social Club is being held in the hall at STMA at various times throughout the year. These evenings are arranged around a time of year or special event. This is a time for clients to get together for a meal, socialise and engage with each other.

Independent Living Units - The 53 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.

St Michaels Training (Registered Training Organisation 60067) - St Michaels Training provides accredited training for Tasmanians with a disability and individuals working in the disability sector.

Offering the following qualifications:

- CHC33021 Certificate III in Individual Support
- CHC43121 Certificate IV in Disability
- TLI11321 Certificate I in Supply Chain Operations

Skill sets offered include:

- CHCSS00133 Induction to Disability
- CHCSS00130 Individual Support - Disability
- CHCSS00070 Assist Clients with Medication Skill Set
- HLTAID009 Provide Cardiopulmonary Resuscitation
- HLTAID011 Provide first aid
- Food Safety / Basic Cookery
- Report Writing
- Manual Handling
- Mental Health and Suspected Abuse

For further information visit:
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