

PEBBLE

August 2020

Message from the CEO & Chair

Greetings everyone

On 6th August the Melbourne metropolitan area entered Stage 4 pandemic restrictions which meant our Active Choice sites at Seaford and Croydon had to close. We continue to provide SASI Active Choice supports in Gippsland which, to date, is still in Stage 3. We recognise that this is very unfortunate but necessary to safeguard our community.

Our staff continue to ensure the safety of everyone by implementing all the relevant guidelines for infection control, including mask wearing, eye protection, physical distancing, hand washing/sanitiser, daily health checks, temperature checks, designated spaces for everyone and access and egress routes to and from each building occupied.

Our current environment and the need to maintain mask wearing, hand hygiene, and physical distancing to protect the community, is likely to be our method of operation for a long time to come.

On 4th August we held our SASI Client Committee meeting via Zoom. In July, at our first virtual meeting, everyone was 'learning the ropes' of an online meeting. This month, I think all our attendees (who have increased in number!) were much more comfortable with the technology and it was a very successful meeting. Our Operations Manager, Zlata, called for agenda items and chaired the meeting with one of our residents co-chairing. We had staff and residents participate from our SIL houses in Springvale, Cheltenham, Mordialloc, Aspendale,

and Frank Street, which was fabulous. A guest is invited along to each monthly meeting and this month Tara, from our Client Services Team, was the guest – she informed everyone about her role in the team and how she can support our clients, which was really useful.

At the beginning of August our Board and Committee members met virtually to discuss SASI plans for the future. SASI assures our families we will continue operations and expand supports to our families, both existing and new, across the range of areas where we believe we can make a difference to people's lives.

We have the development of the Baxter property on the radar for this coming year, as well as a new accommodation facility in Cranbourne. We hope to offer site based services in Mt Martha, in conjunction with another not for profit provider, early in 2021, and there are plans to expand our online offerings. Our face to face supports will be informed by the pandemic for some time yet, but we hope to be back very soon.

This month we welcome Paula to our team, who will be assisting us with Pebble and other aspects of website, social media etc.

An enormous thank you to all our staff, clients, and their families for being so flexible and we hope you are managing as well as can be expected in these challenging times.

Stay safe everyone.

Happy reading....

Cheers

Kath (CEO) & Vivienne (Chair)



Latest Adventures

Supported Independent Living Homes

Aspendale House

The residents of Aspendale House have really enjoyed taking part in SASI online Tai Chi classes. Everyone loved joining in via Zoom, as you can see from their photos!



Above L-R: Todd, Joseph, & Peter



Frankston House

Amy loves helping out with the daily chores at Frankston House and she is really passionate about cleaning and placing things where they belong. She enjoys helping staff members put all the washed items away in the cupboard.



Above: Amy



Above L-R: Stephanie & Emily

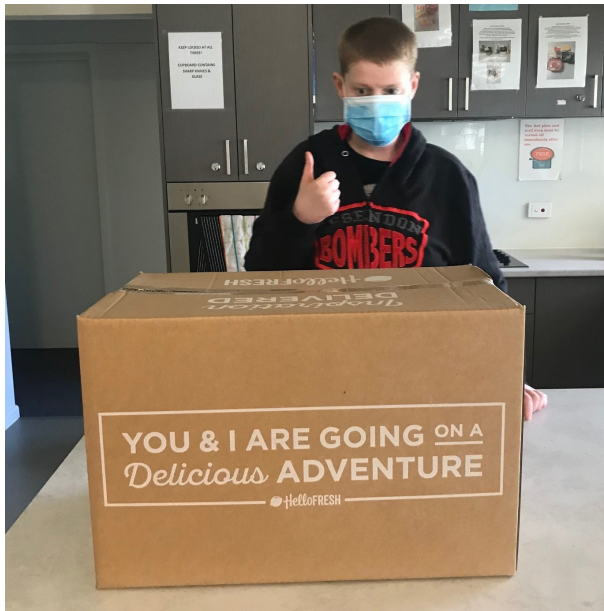
Stephanie did a wonderful job helping staff make sandwiches for lunch, which were enjoyed by all the residents.



Springvale House

Hello Fresh has been a great hit with clients and staff at Springvale House.

Malcolm is very happy with the regular deliveries made.



Above & Right: Malcolm

Malcolm is very proud to be heard and listened to on the Client Committee.

He took the time to get ready before the committee meeting for his important role.

Frank St

Chris from Frank St was out and about enjoying a nice walk with Zandy the Labrador, making most of the wonderful sunshine!



Above: Chris & Zandy



Cheltenham House



Above: Matty

Matty has been unable to see his family due to the Stage 4 COVID-19 restrictions, so the staff at Cheltenham House have been helping him stay in touch with his family using Facetime.

Belinda is always a great participant in house-keeping chores, including the washing.



Left L-R: Matty & Ben

Right: Belinda

Below L-R: Lachlan, Matty, Belinda, & Niki

Ben and Matty have been staying nice and cosy during lockdown.



Belinda and Matty had a wonderful time joining in and clapping along during Lachlan and Niki's music program.



Mordialloc House



Above: Megan



Above: James

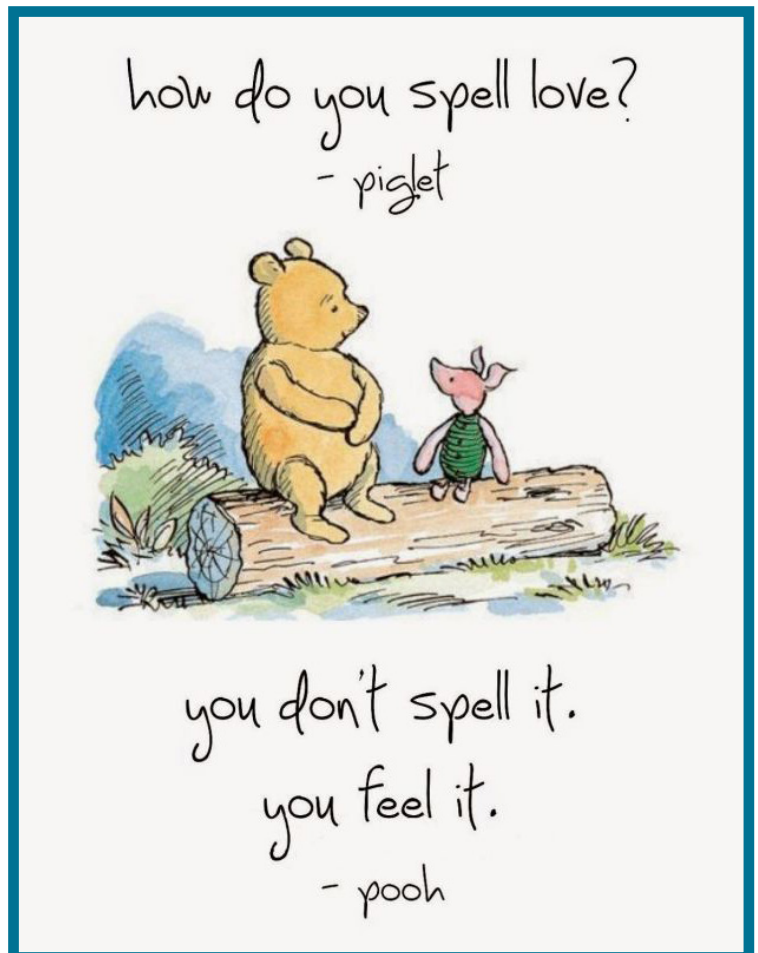
Everyone's been keeping busy at Mordialloc House.

Megan thought it was time to enjoy a monster game of Connect 4 (it was nearly as tall as Megan!).

Meanwhile Nic, Dieter, and James all agreed it was time to hone their cooking skills. Look out Gordon Ramsey!



Above: Nic Below: Dieter



Langwarrin House

Staff have been working very hard during the pandemic to maintain cleanliness and to teach residents at Langwarrin House what they need to do during these times.



*Above: Angelo
Left: Richard
Right: Conor
Below: Richard*



During the day, staff prepare lunches with residents and then head over to nearby parks so everyone can enjoy walks and picnicking in the outdoors.

Left: Caroline, Conor, & Richard



Active Choices

Newborough

Dwayne joined the online art program and created some amazing work! He made these great looking magnets to take home, as well as a scary looking monster box.



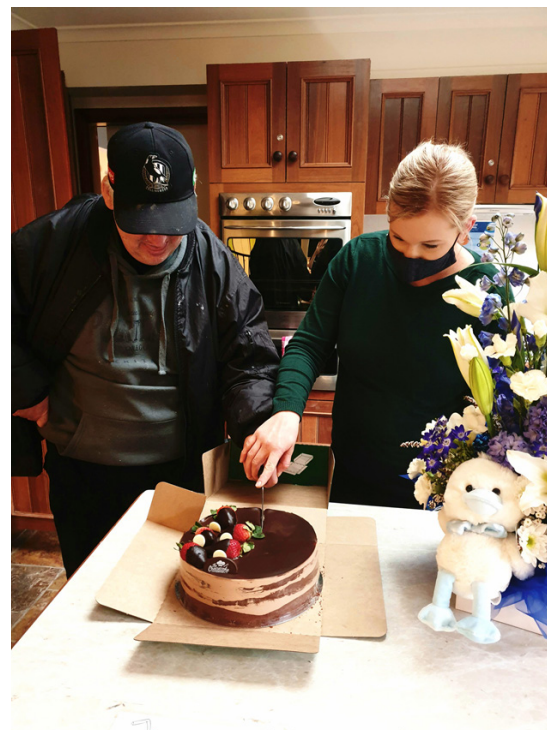
We temporarily say goodbye to Anita who has gone on leave from SASI Gippsland for a short period of time to welcome the new addition to her family. Anita is a much loved team member and will be sadly missed whilst she is on leave.

Staff and clients celebrated Anita's last day with a surprise cake, flowers, and presents for bubs.

All the best with the safe delivery of your baby Anita and everyone looks forward to meeting your little bundle of joy.



Above: Anita



Above: Dwayne & Anita



Staff Feature

Melissa - Client Services

What does your role at SASI involve?

As SASI's Executive Manager Client Services, I oversee our Statewide Active Choice programs, 8 Supported Independent Living homes, & our Client Services team which includes Behavioural Support Practitioners, Support Coordination and Intake & Planning. Working with all key stakeholders to interact with clients/families and build relationships with them while ensuring their supports are being met to a very high quality.

If you could have a super power, what would it be?

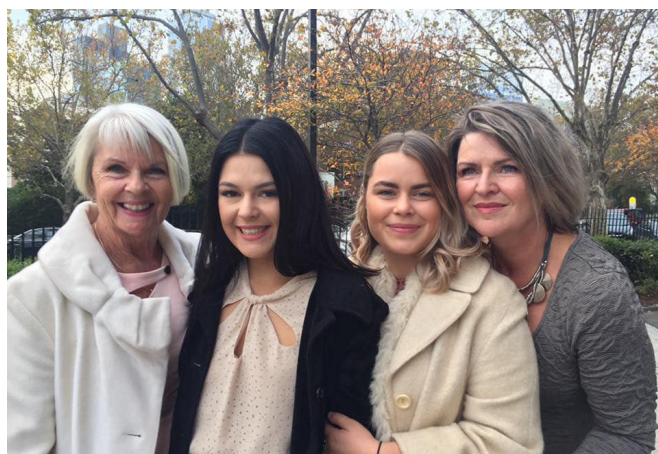
Just call me Mary Poppins.... Most definitely my super power would be flying – using flying for all my transportation, whether to go home or maybe to go around Australia and even overseas and all for free! I could be flying around cities of the world and it would be a great way to see the world from a different angle. I could visit my friends and family more often, & I could also help people in need or who are lost, & save cats from trees too with this fantastic super power!

What do you have at the top of your bucket list?

To live a full year in a Southern European country and immerse in their culture... yes eat, grow, and cook from the garden and local markets, drink (and dance), and pursue my passion of writing a book. I also have in the top 5 a simple SURF... just for once to be able to catch a wave, just one wave without being dumped into the sandbank!

If you were an animal, what would you be and why?

If I were an animal, I would be an eagle because of the... WOAH... well there is the flying theme right there, must be an underlying passion #perhapsIshouldhavebeenapilot.... Eagles are strong and agile and, like an Eagle, I pay close attention to everything around me.



L-R: Christine (mum), Lex (eldest daughter), Samara (youngest daughter), & Melissa

What is the one thing no one knows about you (until now!)?

Super random fact: I love doing laundry! I am a read the label, sort the colours and the fabrics washer! Yep, I bet that you have never heard another sane human being utter those words before, huh? I don't know what it is, but I love taking something that is dirty and making it clean – I even love folding the washing too... PS: Yes I still manage to have a bag of odd socks!



Why do you enjoy working at SASI?

My key answer would be collaboration - I am very lucky to lead and mentor a terrific team of passionate colleagues and I absolutely love my job because everyone shares the ONE SASI vision and is dedicated to the mission of providing quality services and supports for children and adults with ASD and other complex disabilities.

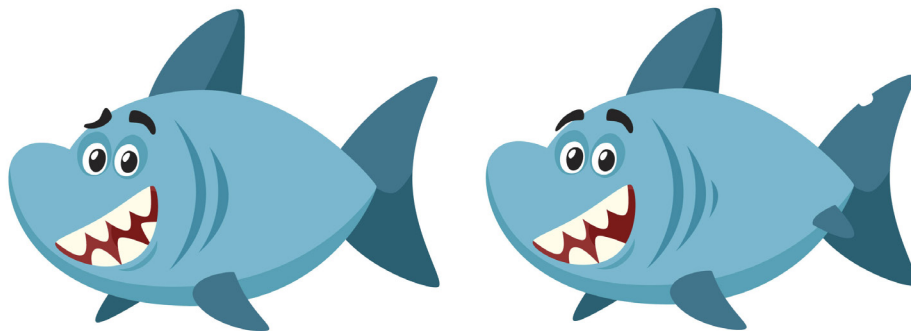


Kids Zone



Spot the Differences

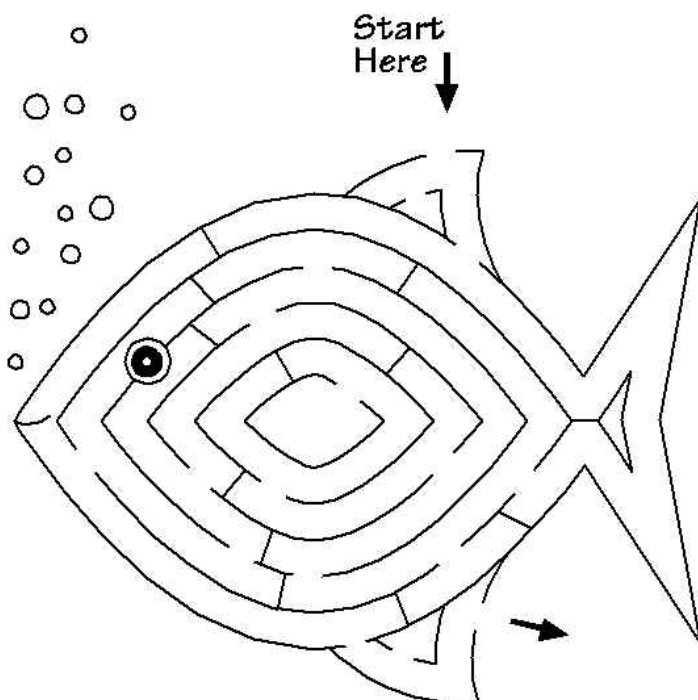
What are the 5 differences in the shark on the right? The answers are at the bottom of this page.



Find **5** differences

Fish Maze

Can you find your way through the fish maze?



Knock knock!
Who's there?
Lettuce!
Lettuce who?
Lettuce in and you'll find out!

Spot the Difference Answers:
1. Eyebrow turned 2. Missing tooth
3. Missing small fin 4. Extra gill
5. Piece missing from main fin



Client Services

Client Committee

We had some new faces join this month's Client Committee Meeting - welcome Jo and James!

Our meetings are held on the first Tuesday of every month and provide a great platform for our residents to catch up and share their ideas and experiences. Everyone is welcome and we look forward to the meetings growing in numbers.

Top L-R:
Tara, Zlata, & Kath

Middle L-R:
Belinda, Chris,
Dieter, & James


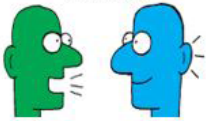



Bottom L-R:
Malcolm, Ben,
Jackie, Todd,
& Joseph



Online Activities

During the restrictions in place due to the COVID-19 pandemic, we have a range of online activities on offer to keep us connected. Our activities are aimed at a range of different people with different skill levels and abilities and allow you to be active, engaged, have fun and even learn some new skills.

All sessions are held at 11am, for between 30 minutes and one hour. Head to our website for more details and book through our online booking system by selecting [Service Booking](#).

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>MUSIC & DRAMA</u> With Leonie & Hugh from Gippsland  <i>"To promote and encourage interaction, communication and socialisation through music"</i>	<u>COMMUNICATION NUMERACY/SKILLS</u> With Kerrie & Amanda from Gippsland  <i>"Enhance your knowledge of Key Word Sign and recognise emotions through visual representations & story telling. A place to express your feelings and emotions freely"</i>	<u>ARTS & CRAFT</u> With Susan from Croydon  <i>"Follow verbal and visual directions, using fine motor skills by manipulating materials and objects. Develop and enhance your creativity through art and craft"</i>	<u>FUN & GAMES</u> With Brooke from Seaford  <i>"Enjoy a variety of games, whilst enjoying each other's company and most of all having fun"</i>	<u>MUSIC SESSION</u> With Lachlan from Croydon  <i>"Interact with others through singing, playing basic instruments and movement"</i>



Blog

Is autism a bit like wearing a face mask?

by Nicola Oldridge

The latest fashion accessory these days is definitely the face mask. Whether you're wearing a fancy home-made mask or a surgical mask, it certainly is a whole new world for all of us. It puts us all in a position where it is difficult to see the facial expressions of people around us, allowing us to only see their eyes. It certainly makes the 'normal' things in life very different.

Does this new accessory help us to understand a little bit about what it is like to live with autism? In my opinion it does, at least to some extent.

Read more

The rest of this article can be found on the [Blog page](#) of our website, along with many other interesting articles written from the perspective of Nicola Oldridge who is a parent of a child with autism.



Did you know....

McDonald's once created bubblegum flavoured broccoli!



COVID-19 Update





















Current Status

On 16 August 2020 the Premier of Victoria announced 'the State of Emergency in Victoria will be extended for four weeks to continue measures we know are working to slow the spread of coronavirus and save lives.'

How this effects us at SASI

With the current Stage 4 restrictions in place, we have closed Active Choice facilities at Seaford and Croydon, however we remain open in Gippsland, currently in Stage 3.

We are hopeful the restrictions will be reduced by the end of September and will reassess what supports can recommence.

Accommodation	Active Choices	Client Services
 Aspendale	 Online Programs	 Support Coordination
 Cheltenham	 Gippsland	 Positive Behaviour Support
 Dandenong	 Baxter	 Intake & Planning Team
 Frank St	 Croydon	
 Frankston	 Seaford	Corporate Services
 Langwarrin	 Camps	 People & Culture Team
 Mordialloc	 In Home Support	 Finance Team
 Springvale		

 Service Open  Service Restricted  Service Closed

COVID-19 Resources

Department of Health
www.health.gov.au

Department of Health & Human Services
www.dhhs.vic.gov.au

Premier of Victoria
www.premier.vic.gov.au

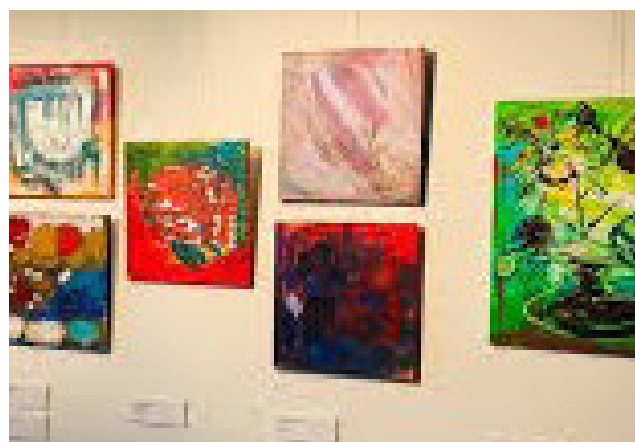
Events

SASI Annual Art Show

Each year SASI hold a wonderful Art Show, showcasing the incredible talents of our adult participants and our broader community.

Unfortunately the current environment means we have to reassess holding our Art Show this year, so we are looking at our options.

We'll keep you posted...



Let us know what types of events you'd like us to hold in 2021....

Trivia Night?

Open Day?

Fun Run?

Talent Show?





Looking for more lunch ideas?

If you're running out of ideas for yummy lunches, here's a great recipe for all the hungry mouths in your household!

Smashed Egg & Vegie Wrap

Serves 1

Ingredients

- 1 hard boiled egg
- 2 teaspoons natural yoghurt
- 1 wholegrain wrap
- 1/2 grated carrot
- 2 lettuce leaves

Directions

1. Mash hard boiled egg
2. Mix yoghurt in with mashed egg
3. Spread egg mixture over the wrap
4. Top wrap with grated carrot and lettuce
5. Roll up wrap

Enjoy!



Image & recipe courtesy of Woolworths

Have you got a recipe you'd like to share? Email it to us, along with a photo of your masterpiece, and you may see it in Pebble!





**statewide
autistic
services**

Your life. Your way. Your choice.

**Supporting children, teenagers, and adults with
autism and other complex disabilities**

Our Services

- Active Choice
- Accommodation
- Residential Respite
- In Home Support
- SASI Club and Camps
- Support Services Coordination

Contact Details

Level 1, 54-58 Wells Street
PO Box 11271
Frankston VIC 3199

Want to share your ideas?

Email us at enquiries@sasi.org.au

T: 03 9773 6044
E: enquiries@sasi.org.au
W: www.sasi.org.au

