

PEBBLE

September 2020

Message from the CEO & Chair

Greetings everyone

Those living in the Melbourne metro area eagerly await the daily COVID case numbers as we long for an easing of restrictions. The regional areas have already experienced some easing, so our folks in Gippsland are enjoying some greater freedoms, which is terrific.

We are currently working on a roadmap for SASI to recommence Active Choices in the metro area, which will be distributed soon. The community sector have clear guidelines which we must abide by to safeguard all parties involved.

All SASI staff continue to ensure everyone's safety 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.

The SASI Client Committee met via Zoom on 1st September and plan to have further informal Zoom gatherings as everyone is getting used to the virtual world. Kudos to all staff and residents for 'having a go'. The meetings are a place of fun and laughter, with birthdays celebrated virtually for the first time this month. The Committee invited Leanne from our Finance team to come along this month, to hear how everyone is going and to join in on the chat. Next month they have invited someone from the People & Culture team.

The need to maintain mask wearing, hand hygiene, and physical distancing to protect the community will continue to be our method of operation for a long time to come and enables the community to manage the current pandemic.

On 1st October we will be refreshing the SASI website(www.sasi.org.au) so check it out.

We are keen to expand our Parents & Carers Committee, so if any of our parents would like to come along as a guest to check it out please email us to let us know. Meetings are held quarterly via Zoom, so there is no need to travel!

We hope that everyone is managing as well as can be expected in these very challenging times.

Stay safe everyone.

Happy reading....

Cheers

Kath (CEO) & Vivienne (Chair)

Dignity
Independent
Choices
Autism
Empowerment
SASI
Respect
Ability
Valued
ASD
Community



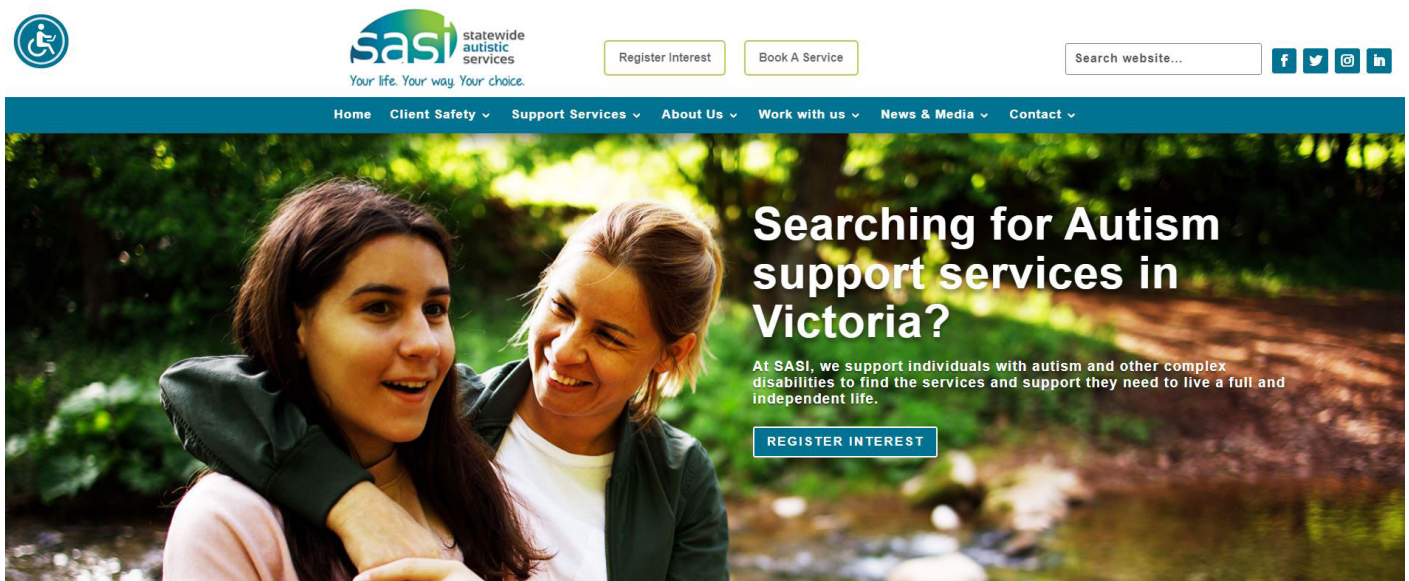


www.sasi.org.au

We are so excited to launch our fantastic fresh new website!

Best of all, we've added an accessibility icon so you can change the colour contrast, text size, cursor, and even have the text read out loud.

Our website is still located at www.sasi.org.au where you can find out about our support services, our people, COVID-19 updates, and NDIS.



We love sharing stories and information with you, so head to our website to access our Pebble newsletter and blogs, and details about upcoming events.

We've made it easy for you to register interest for a service you are seeking for yourself or someone in your care, as well as booking services.

Here at SASI we have been providing specialised education and assisting with the living of day to day life of those with autism for over 50 years now, and you can find out about how we got started and how we've evolved in Our History.

Jump online and check it out!

www.sasi.org.au



Latest Adventures

Supported Independent Living Homes

Cheltenham House

Cheltenham House residents have been enjoying some time in the outdoors.

Belinda and Anastasia loved their trip to the beach.



Ben and Belinda enjoyed a sunny walk.



Left L-R: Belinda & Anastasia

Below: Belinda

Above L-R: Ben & Belinda



Belinda also had a lovely walk along the river and enjoyed regular FaceTime sessions with her family.

Aspendale House

Todd was watching a Zoom online program and got very excited when it came to signing the rainbow! He was dancing around and doing his best signing. A very excited Todd was very proud of himself. He also enjoyed dancing during the online music program on Zoom.

Right: Todd





All the clients in Aspendale House got involved in sorting, organising, and labelling their wardrobes. They printed out pictures to label their shelves and ironed labels on all their clothes. Todd and Cameron really enjoyed the arts and crafts side of the project, cutting and sticking up the pictures. When clearing out Todd, Peter and Joseph's wardrobes, we found some very useful items, including games, jigsaws, arts and craft activities, tennis rackets, rugby balls and footballs. All these items will be very beneficial for clients to have fun with during lockdown.

Left: Cameron



Above: Savier

Left: Cameron & Todd



Savier hates things on his face or head, so the mask has been slowly introduced to him. This was the first time he allowed it to be placed on him and he managed to keep it on for about one second. Since then, after trying again every day, Savier has now built up to five seconds!

Left: Savier

After seeing staff watering the garden at Aspendale House, Todd asked if he could help. Todd was given the hose and he relished completing the task in the sunshine.

Right: Todd





Peter was having a great time playing chasey around the house when it was miserable outside.

He thought it was hysterical when he caught Yad!

Left: Peter & Yad

There's been lots of fun cooking activity being done recently by Aspendale House residents!

Cameron asked if he could cook his favourite food rhubarb. He successfully went to the kitchen, cut up the rhubarb and apples, and placed them in a pot all by himself.



*Left: Cameron
Right: Joseph
Below L-R: Cameron, Savier,
Joseph, & Peter*

Joseph, Todd, and Cameron all enjoyed making a chocolate cake with Jackie's help. They helped mix the ingredients together and Cameron even wanted to lick the bowl! They all enjoyed some cake for their afternoon tea.





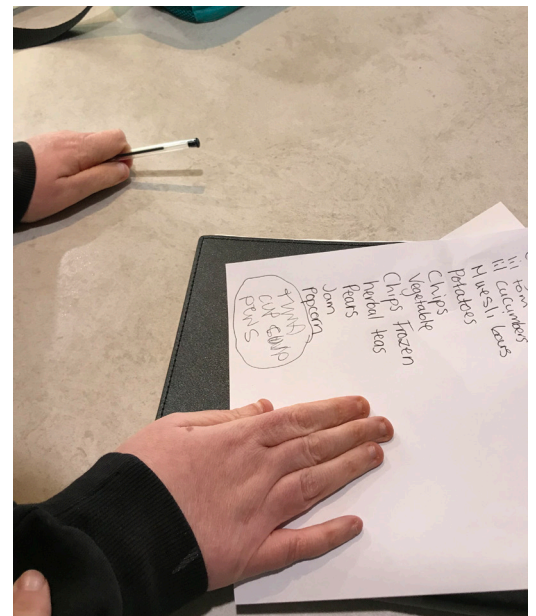
Aspendale House residents enjoyed the visit of an ice cream van on a nice sunny day. It was the perfect time for some delicious ice cream and they were all very happy to get one.



Springvale House



Malcolm and Jarrod enjoyed being busy with arts and crafts on a rainy day at Springvale House.



Malcolm and Ben had a great time cooking a Hello Fresh dinner together with Faafetai's help!

Below L-R: Malcolm, Faafetai, & Ben



Staff and clients at Springvale House were excited to receive a parcel from SASI head office full of R U OK? Cookies!



Above: Robert from SASI head office

‘Remember, even though the outside world might be raining, if you keep on smiling the sun will soon show its face and smile back at you’

Anna Lee



Active Choices

Online Programs

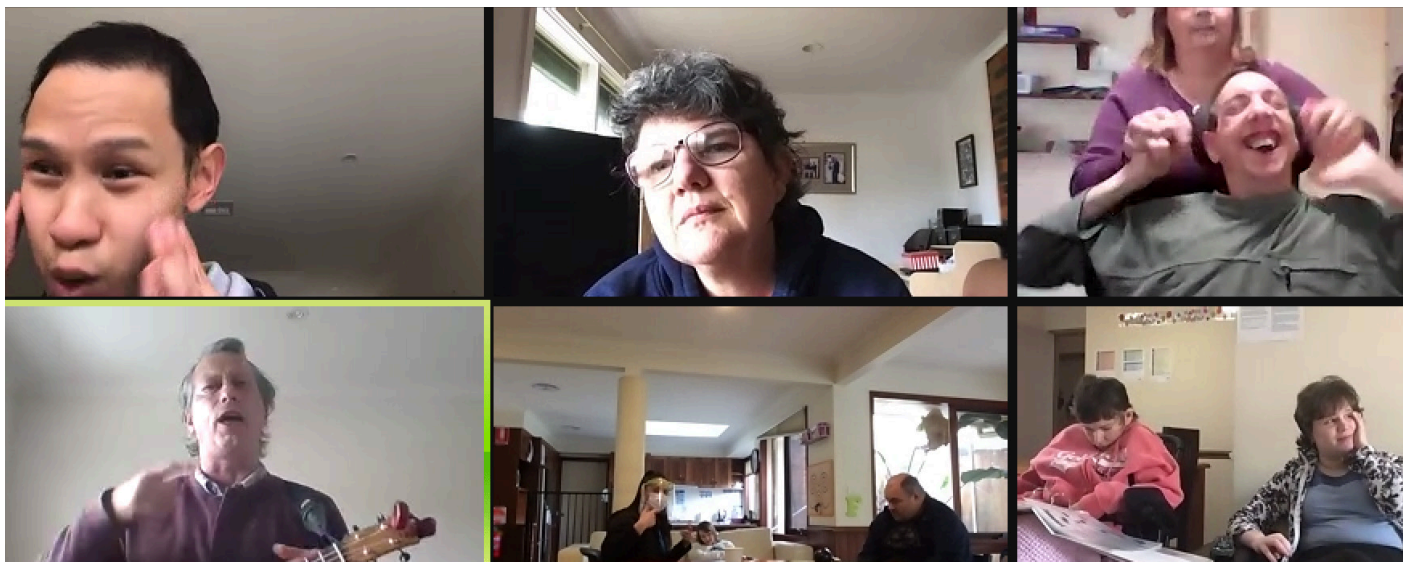


Above Top L-R: Lachlan (staff) from Croydon, Mark & Jessica from Newborough, and Danielle & Steph from Frankston House

Above Bottom L-R: Cameron from Croydon (at home) & Adam from Seaford (at home)

SASI's Online Programs have been up and running for a few months now, with September being the busiest yet! Friday's Music Program run by Lachlan is arguably one of the favourites with clients from home, Supported Independent Living accommodation, and our Active Choices sites all jumping on for a sing along and dance to some of their favourite songs.

Everyone is encouraged to head to the website and book in some programs and let's hope to see some new faces on there soon!



Above Top L-R: Chris from Croydon (at home), Mel from Seaford (at home), & Troy from Seaford (at home)

Above Bottom L-R: Lachlan (staff) from Croydon, Kerrie (staff), Jessica, & Mark from Newborough, and Danielle & Steph from Frankston House



Active Choices Client Committee

The inaugural Active Choices Client Committee cross service meeting was held on Tuesday 14 September. Many clients are old hands with Zoom and they were happy to have the opportunity to have a say in how day services are provided in a post COVID-19 world.

Scott and Dwayne from Newborough, Christopher from Croydon, and Mel and Troy from Seaford attended this first meeting and they were assisted by staff members Sue and Rose from Croydon. With help from experienced and familiar staff, they will begin running the meetings themselves soon.

Topics included what programs they would like to see reinstated at Active Choices, and what new program ideas might be about. There was a great deal of enthusiasm for swimming and music, and discussion about how that might be better provided in the future.

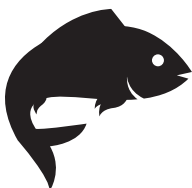
Some clients had no idea there were other Active Choices, so it was a great opportunity for them to learn more about the programs. They were happy to greet each other online and to meet potential new friends.

The next meeting will be held on Tuesday 13 October at 12.30pm and participants are welcome. Bookings can be made through the website or contact your Practice Leader.

Newborough

Kerri took advantage of the beautiful sunshine and took Dwayne out to experience fishing at the lake at Matherson Park.

Unfortunately, he didn't get a bite, but it was a big accomplishment to get Dwayne to try something new. It was great to hear Dwayne talking about his day out for the rest of the week!



Right: Dwayne



Did you know....

Bubble wrap was originally invented as wallpaper!



Staff Feature

Zlata - Operations Manager

What does your role at SASI involve?

As one of SASI's Operations Managers I currently oversee our 8 Supported Independent Living Services. My role involves working closely with our amazing practice leaders as well as keeping engaged with families and relevant stakeholders to ensure best possible outcomes for the people we support.

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

Teleportation! As one that loves travel but hates the flying associated with it, I would love nothing more than being able to transport myself to another location in an instant! Think Samantha from Bewitched - a little twinkle of the nose and voila - I am sitting in a café in Europe! Would also help immensely with the "how much longer" questions from my boys during travel...

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



Again, the common theme here is travel! Whilst it seems like a pipe dream at the moment, I would love to one day take the boys to Bosnia Hercegovina. Both of my parents were born there and I would love for them to see real Bosnian hospitality and culture, and to meet their 6745+ members of extended family....

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

Definitely a cat. Fiercely independent and arguably stubborn! But where it is warranted, absolutely loyal.



Above L-R: Eden (eldest son), Zlata, and Remi (youngest son)

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

I have never broken a bone! This would come as a surprise to those who know me as I am quite possibly the physically clumsiest person known to mankind... Countless bruises scratches and scrapes over the years but by some miracle have never ended up in a cast (watch this space no doubt...).

Why do you enjoy working at SASI?

The staff that work for SASI have an intricate knowledge of the people they support. It is what drives them. That being said I can see a real growth in our teams wanting to find better and more innovative ways of supporting people. Recent months especially has seen the true dedication of our staff shine through and it is a credit to them all.

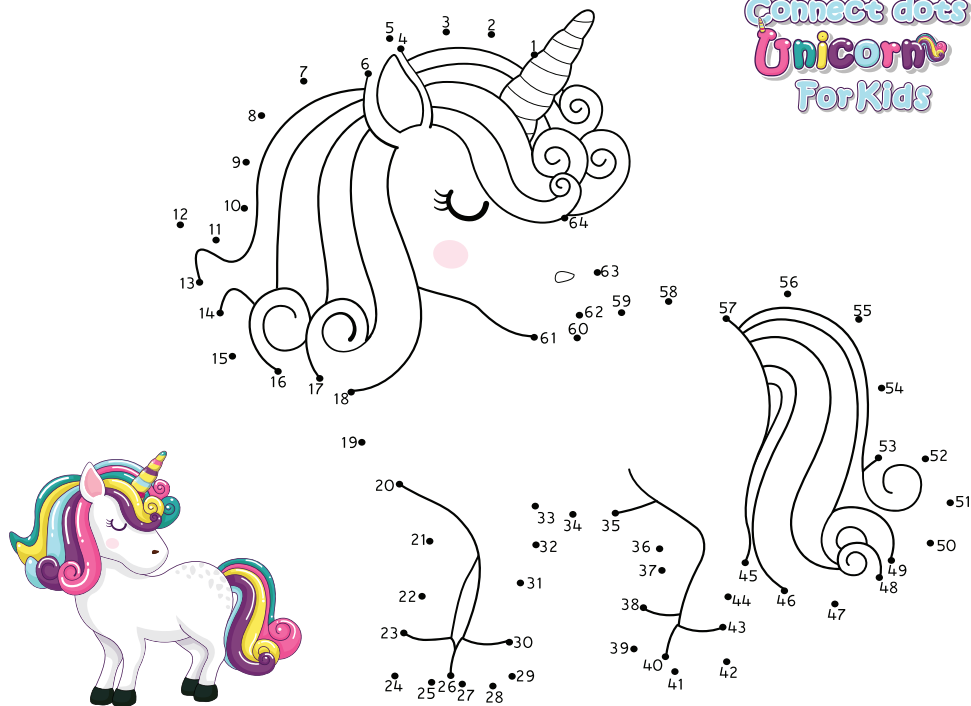


Kids Zone



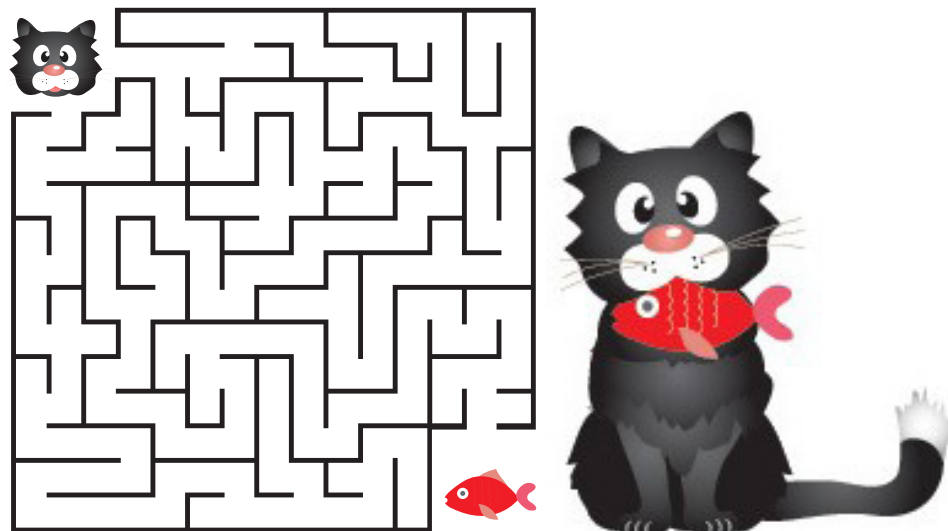
Join the dots

What do you find when you join the dots? Have fun colouring in your masterpiece!



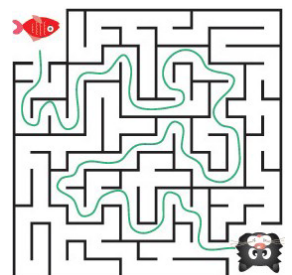
Cat Maze

Can you help the cat find its way through the maze to the fish? The answer can be found below.



What's a crocodile's favourite card game?

SNAP!



Cat Maze Answer

COVID-19 Update

Current Status

On 27 September 2020 the Premier of Victoria announced that some small changes could be made as we enter the second step towards re-opening, as a result of the successful restrictions that have been in place.

Accommodation	Active Choices	Client Services
<ul style="list-style-type: none"> Aspendale Cheltenham Dandenong Frank St Frankston Langwarrin Mordialloc Springvale 	<ul style="list-style-type: none"> Online Programs Gippsland Baxter Croydon Seaford Camps In Home Support 	<ul style="list-style-type: none"> Support Coordination Positive Behaviour Support Intake & Planning Team
		Corporate Services
		<ul style="list-style-type: none"> People & Culture Team Finance Team

How this effects us at SASI

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

We are hopeful the restrictions will be reduced further by mid October and will reassess what supports can recommence.

 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

Client Services

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>



Looking for a healthy snack?

Muffins are a great healthy snack option for any time of the day!

Cheesy Bacon & Corn Muffins

Serves 12

Ingredients

- 125g bacon, diced
- 1 3/4 cups SR Flour
- 2 cups tasty cheese, grated
- 1 1/2 cups milk
- 1 egg
- 60g butter, melted
- 125g can corn kernels, drained



Image & recipe courtesy of woolworths.com.au

Directions

1. Preheat oven to 200°C
 2. Cook bacon for 3 minutes until crisp. Cool.
 3. Sift flour into a bowl, add cheese and stir.
 4. Whisk milk, egg, & butter together. Add to flour & cheese.
 5. Add corn and bacon and mix quickly and lightly.
 6. Spoon into 12 hole muffin tray & cook for 20 minutes.
- Enjoy!
-

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!



Sleep problems associated with autism

by SASI Guest Parent Blogger

Does your child suffer from sleep issues? You're not alone. A study in 2019 found that nearly 80 percent of autistic pre-school children have disrupted sleep.¹

Children with autism are twice as likely to have sleep problems. Think back to when your child was a baby, long before they were diagnosed. Were they difficult to settle? Did they wake up easily and for no apparent reason? Did they ever sleep through the night? Did they fight off sleep and do anything they could to avoid closing their eyes? My son certainly did.

If I think back to those early days he was very easily unsettled. When everyone else's babies were asleep at Mother's Group, my son would be the one screaming the place down and resisting the urge to sleep. Nap times during the day were a rarity and I think only occurred from pure exhaustion. Night time sleep routines were a struggle night after night and the chances of getting eight hours of solid sleep before the age of one were about zero.

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 a parent of a child with autism.

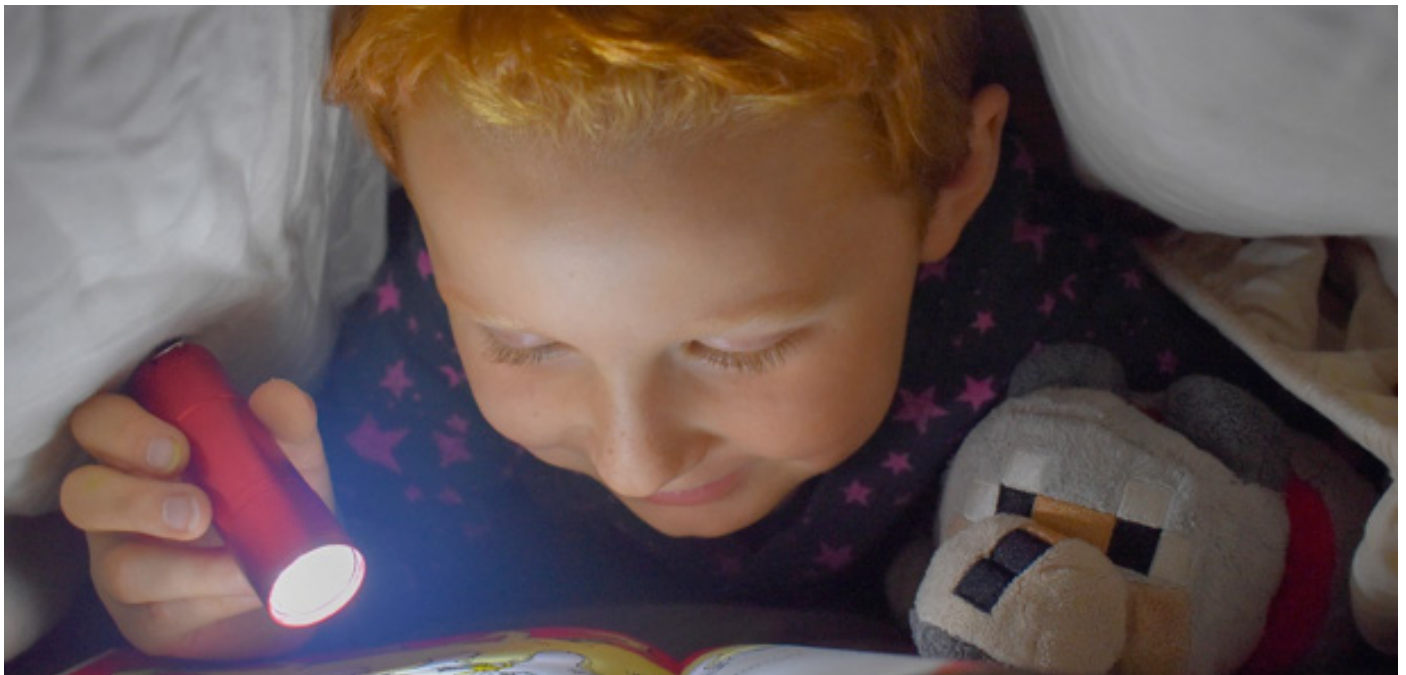


Image courtesy of pixabay.com/BrickRedBard

¹Goldman S.E. et al. Dev. Neuropsychol. 34, 560-573 (2009) PubMed





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autistic
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**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

