

PEBBLE

December 2021

Message from the CEO & Chair

Greetings everyone

We have survived, thrived and almost got to the end of 2021. Yay!!

SASI has purchased a new house in Traralgon this month, with some minor work to be completed prior to residents planning to move in very soon, excitement plus...

With current and planned Christmas gatherings taking place, I would like to thank all SASI Board, staff, clients and families for their support and resilience during another challenging year.

We have continued to provide support to our staff, clients and their families throughout the year. We have also welcomed three new members to our Board, Carol, David and Barry; we look forward to their contributions in 2022 and beyond.

It is extremely heartening to hear and see how everyone has managed, in our own ways, with everything that has been put before us during this year! Good job!!

I would like to thank Paula, our marketing guru, who moves on at the end of the year to other things marketing, for her contributions to SASI and as a member of our Committee and operations.

We look forward to a break over the holiday season and plan for an exciting 2022 with our

Covid recovery plan and strategy with plenty of challenges and opportunities in the mix for the New Year!

Stay safe everyone and enjoy the summer weather with your family and friends.

Happy reading.

Cheers

Kath (CEO) & Louise (Chair)



Latest Adventures

Supported & Independent Living Homes

Mordialloc House



Residents of Mordialloc House have been having fun times!

Megan chose to do some recycling and James tried his hand at cooking some new recipes.

Left: Megan

Right: James



Langwarrin House



After lock down, Conor and Richard have been enjoying attending hydrotherapy.

*Above L-R: Conor, Karen,
& Richard*

Frankston House

Steph was exploring her new communication tools, curiously looking at community request cards and also 'Book about me'. Staff will assist Steph in utilising the communication tools within Frankston House and in the community.



Above: Steph



Cheltenham House

All the Cheltenham House residents got together to celebrate Christmas with the staff, and some of parents also came along, and so did SASI CEO Kath!



Left & Right: Belinda



Belinda enjoyed decorating the Christmas tree at her house.

Aspendale House



Todd attended his friend's wedding in Healesville at the RACV Country Club. He stayed in a beautiful cottage beside the venue for one night. Todd enjoyed a three course dinner followed by dancing the night away. He really enjoyed this occasion, and it will always be a treasured memory for him.



Above Left & Right: Todd





Above L-R: Greg, Cameron, & Catherine

The residents of Aspendale House had a great time decorating the house, getting ready for their families coming to see them to celebrate Christmas.



Right L-R: Peter & Gloria



Above L-R: Matthew, Jenny, & Xavier

Below L-R: Todd & Maureen



Above L-R: Jarrod, Blake, Maureen, Todd, & Donna

Everyone spent the afternoon enjoying lots of lovely food, cake, and laughter with their loved ones.



Active Choices

Newborough



Left: Brandon



Right L-R:
Lisa & Mark

Dress Up days are now held each month and November was crazy hair day, celebrated in style at Newborough. It was great to see so many smiles on the participants faces (and a few unsure looks!) and it was enjoyed with lots of laughter and fun.

Below: Daniel



Above L-R: Donna, Mark, & Leonie

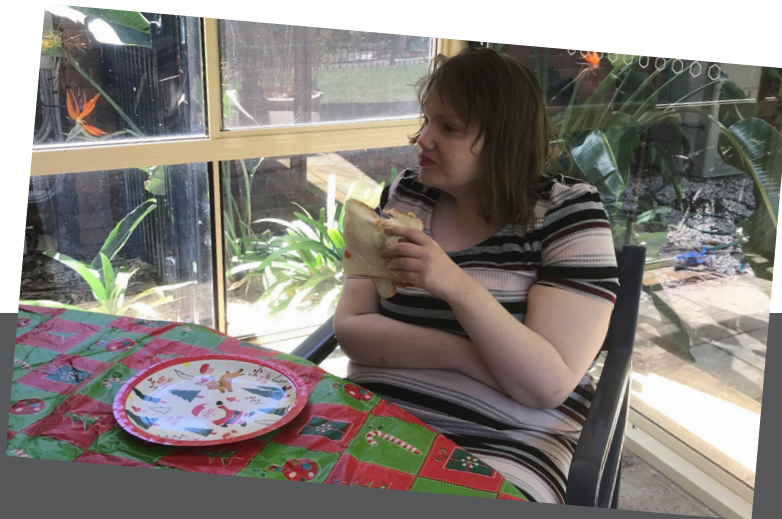


Above L-R: Leonie, Henry, Donna, Tom, Shanay, & Kerri



The sun was shining for the Newborough Active Choices BBQ Christmas Lunch, and everyone enjoyed some homemade hamburgers, sausages, and salads. Lots of laughs and memories were made and the staff wish everyone a Merry Christmas.

Below L-R: Brendan & Tom



Above: Jessica

Below: Jeremy



Ajay enjoyed some new experiences at SASI and had an amazing time on his first day. Being an outdoors man, Ajay loved getting out and about on SASI's wonderful property in Newborough, helping feed the chooks and assisting with building and installing a water trough for them.

Left: Ajay

Right L-R: Tom & Ajay



Seaford Hub



Big shout out to the Ballam Park Scouts who donated a Christmas tree to the Seaford Hub.

Left L-R: Anthony, Michelle, & Michael from Ballam Park Scouts



Above: Rebecca



The decorations are all hand made by clients in the Visual Arts Program and decorating the tree provided a lot of joy and great pride.



Did you know....

If you visited one new beach in Australia every day, it would take over 27 years to see them all!



Dieter enjoyed finding his rhythm in the music program at the Seaford Hub. He is a natural on the drums and likes to get up and have a dance to any tunes from the 70s. Dieter also likes to spend time building Lego cities.



Left: Dieter



Right: Dieter

Big thanks to the Hospitality crew for cooking an amazing lunch to celebrate the finish to what has been a big year with some challenges. It was a fabulous day with Jess from Rhythm Unites providing an African Drumming Workshop. This lifted the vibe and energy at the Seaford Hub, and it was followed with a beautiful sit down lunch, with lots of festivities, including a visit from Santa.



Right L-R: Tim & Malcolm



Left L-R: Ben & Malcolm



Left L-R: Malcolm & Brent



Client Services

Dear valued clients, families/carers, and SASI teams

This has been another challenging year for us all as COVID-19 continued to interrupt our lives in lots of ways – what a journey we continue to navigate. SASI teams are proudly 100% vaccinated, and high on our Christmas wish list is for COVID to be a word of the past and I sincerely hope that we are through the worst of this pandemic (yes I have everything crossed!).

I have been so inspired and am grateful for the willingness of our clients and families to adapt to the difficulties presented again this year, and although at times difficult, we were still able to achieve some amazing highs and celebrate a range of services and programs that will continue to grow in 2022. This highlights how well our brilliant teams continued to deliver, and all of their efforts created awesome client outcomes. This year has also shown us the value of community and demonstrated the positive, emotional connections it brings. In all the uncertainty we have found ways to work with our clients to achieve their goals, our suppliers and supporters have stayed with us, and we have continued our planning to offer more engaging services and supports.

We have said goodbye & good luck to some this year and also say hello and welcome to

our newest team members as they join us on the One SASI, One Team Covid-19 Recovery journey in 2022.

Many of our team members will be working hard throughout Christmas and the New Year as they continue to provide ongoing quality supports – it truly is part of the dedication and determination that they bring to meet the needs of our clients and residents day-in and day-out that makes the SASI teams so exceptional.

For some of us, we will start to wind down for much needed rest and relaxation and a chance to spend time with family and friends over the festive season, so on behalf of our teams at SASI, I sincerely thank all of you for your continued support over the past year and wish you and your loved ones a very Merry Christmas + abundance, health, and happiness in 2022.

Thank you for trusting us as your provider of choice again this year, we look forward to continuing to support you/your loved one again in 2022 and I look forward to catching up with you all at some stage in the New Year.

Warmest Regards

Melissa & Client Services Team
Executive Manager Operational Services



Fun Zone

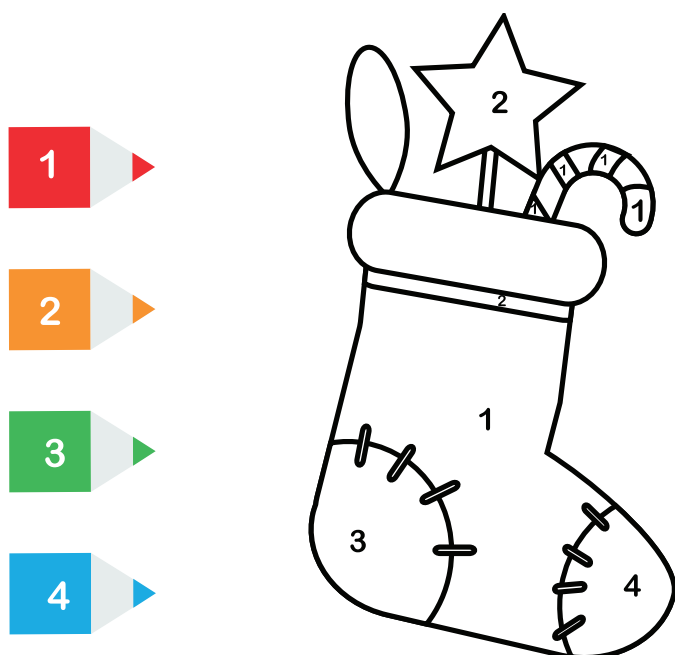


Spot The Difference

Can you spot the 10 differences? The answers can be found below.

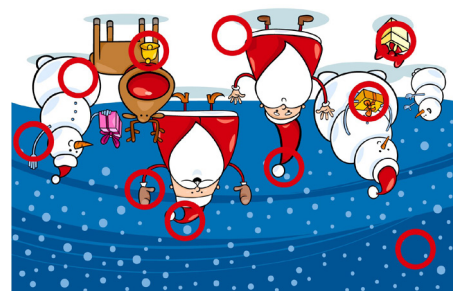


Colour in the stocking



What did the beach say to the tide when it came in?

Long time no sea!



Spot The Difference Answers



Staff Feature

Emily Disability Support Worker

What does your role at SASI involve?

My role at SASI involves supporting the amazing clients at Frankston House to live a fulfilled life, empowering them to become as independent as possible and achieve their goals and ambitions.

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

My ultimate super power would be the ability to read, write, speak and understand every language in the whole world! It would make travelling abroad so much easier!

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

To visit my extended family in Denmark and England again.

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

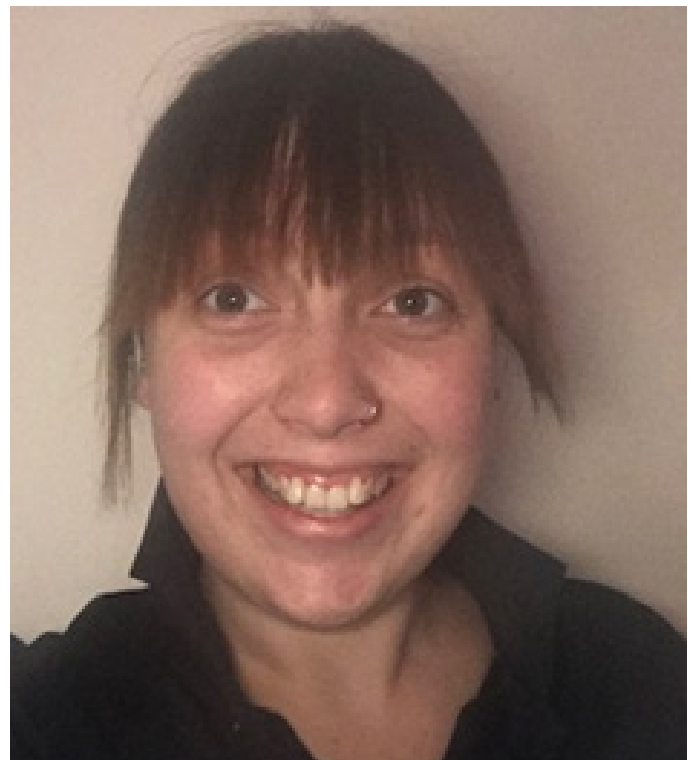
I would love to be an eagle, so I could fly to new places and observe the world from the top.

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

I love travelling! I've been fortunate enough to visit over 20 countries and cannot wait to add more in the coming years!

Why do you enjoy working at SASI?

SASI has provided a safe environment for each client to flourish and feel content. I thoroughly enjoy being a part of each client's life, watching them achieve brilliant success, whether big or small. This position has taught me so much so far and I am so excited to see what the future holds at SASI!



Above: Emily



'I love how summer just wraps its arms around you like a warm blanket'

- Kellie Elmore

End of Year Parties







Foodie Corner



Try this party favourite!

If you're celebrating the end of year, this dip is sure to be a huge hit with all the guests!

Spinach Dip Cob Loaf

Ingredients

- Cob loaf
- 250g Cream Cheese, softened
- 250g frozen Spinach, thawed
- 300ml Sour Cream
- 40g French Onion Soup



Image & recipe courtesy of woolworths.com.au

Directions

1. Preheat fan forced oven to 160°C
 2. Cut off top of cob loaf (about 3cm) to form a lid and scoop out bread from centre and tear into small pieces
 3. Squeeze excess liquid from spinach
 4. In a bowl, combine spinach, cream cheese, sour cream, and French onion soup, and mix together
 5. Pour mixture in to the cob loaf, place the lid on top, and spread the bread pieces around the cob loaf on a tray
 6. Cook for 20 minutes
 7. Take lid off and serve hot (use bread pieces to dip)
- 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!



Tips for a Happy Autism Christmas

by SASI Guest Parent Blogger

Christmas can be a challenging time of the year for many of us for different reasons. It can be busy with all the hustle and bustle, parties, graduations, get togethers, etc. It can be sad and nostalgic as we remember past Christmas' and loved ones we've lost over the years.

It can be expensive and difficult to provide and make everyone happy.

For children on the autism spectrum, the lead up to Christmas, and Christmas Day itself, can be really difficult and confusing. There are often many different events and catch ups in the month of December which can throw out the normal routine. Social scenes are not ideal for those on the spectrum, they can cause anxiety resulting in meltdowns. Try to pick and choose what you can successfully achieve, look for autism friendly events, and don't try to do it all and be everything to everyone.

Christmas Day can be so much fun for some people, but for someone with ASD it can be completely overwhelming. There are presents, different types of food, eating a large meal at lunchtime, relatives you may only see once a year, going from one house to another for lunch here and dinner there. It is noisy and chaotic.

[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



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Want to share your ideas?

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Your life. Your way. Your choice.

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

