

NEWS & FEATURES

Message from the CEO
and Chair

PAGE 2

Latest Adventures

PAGE 3 - 8

Active Choices

PAGE 9 - 11

Parent Blog

PAGE 12

Recipe

PAGE 13

Staff Feature

PAGE 14



Our Seaford Hub Garden
Exploding in flowers and vegetables
read more on page 10



Sunflowers are the National Flower of
Ukraine – we stand behind Ukraine



Message from the CEO and Chair

Greetings all,

What wonderful news for 2022 that, on 26th January Dylan Alcock, disability advocate and sportsman has been named as Australian of the Year, we look forward to his support for the forthcoming year in our sector.

February saw all SASI houses back to normal operations with Omicron having departed which is great! Staff continue to use RATS and wear PPE to ensure the safety for all.

Our Board and Executive are currently preparing for the annual Strategy day in March. This year, as last, we are continuing in the throes of the pandemic which has altered all our lives and how we all navigate through the daily challenges. During 'pre-Covid' times there was an element of certainty in the sector, along with all other areas of industry, however, now we are all faced with uncertainty and the need to remain sustainable and able to provide the supports which our clients and their families expect, and need, to have choices in their lives for the future.

We continue to be keen to receive any feedback/suggestions from our SASI community- staff, clients and families..... please email enquiries@sasi.org.au with your comments, thoughts, ideas!

Stay safe everyone and hoping everyone can enjoy the summer weather with family and friends

Happy reading

Cheers,

Kath (CEO) & Louise (Chair)

Tribute to Jimmy



It is with a very sad and heavy heart to advise everyone that our beloved Gippsland bus driver James (Jimmy) Jones has recently passed away.

Jimmy has been an amazing team member at SASI since 2016, you were always guaranteed that he would put a smile on your face, with his loving and caring smile, his charismatic personality and funny stories he would tell you.

Jimmy was a true gentleman in every sense of the word and will be sadly missed by all.

Jimmy retired at SASI in January 2022 and was presented by staff with a plaque to honour his support and amazing time with us at SASI Gippsland.

RIP Jimmy, Fly High

Latest Adventures

Across all Sites and Services

Our second installment of "Dress up for a Cause" was a great event. Staff and clients embraced the "daggy" 80s look and made our everyday life a bit more fun! We have collected a few mor coins which will be donated to Autism Awareness at the end of the year

The challenge is up for everyone to join us next month and dress up in green or as a Leprechaun for St Patrick's day 🍀



Above: Amanda



Above: Tom and Shanay

Cheryl

Cheryl channeling Dame Edna Everage and getting smiles from everyone at Seaford



Brandon

Brandon got in the spirit of things showing his best 80s rocker afro



Autism Awareness Australia



Cheltenham House



Left, right and below:
Belinda enjoying a day out
in Mordialloc



Above: Ben thoroughly
enjoying his hydrotherapy
session



Mordialloc House



Out and about!!!

L-R: left Megan getting
ready for a picnic
right James off to swim



L-R: left Nic loving the
outdoors
right Dieter enjoying his
walk on the beach



SIL - Supported Independent Living



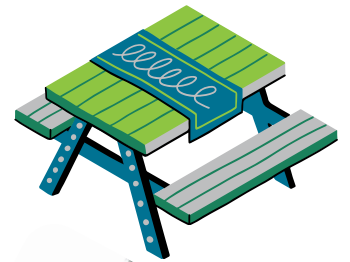
The boys were excited to meet Darya! They had lots of questions for her.

L-R: Joseph, Todd, Darya and Xavier

The boys decided to go out for the day for a BBQ. We went to Woolley's beach reserve, they had a great time prepping, cooking food then enjoying lunch together.



L-R: left Xavier, Todd, Cam and Joseph above Cameron, right Todd



Below L-R: Cameron, staff member Yad, Xavier, Todd and Joseph



Aspendale House



L-R: left Peter, below Joseph



Peter and Joseph went for a walk on Edithvale Wetlands and had a stop at the Playground



Staff took Cameron to the Parkdale Beach to Mordialloc Beach walk, he listened to his music the whole time and asked for a latte at the end of his walk.



Springvale House



Staff Susan, being spoiled by staff and residents for her birthday!

L-R: Martha, Susan, Malcolm, Jarrod and Darya



Malcolm went to the Frankston Waterfront Festival on the weekend.

Right: Anne and Malcolm, above Malcolm



Langwarrin House



Above: Richard seats at a cafe
Right: Richard tends to the veggie garden



Richard working on community and family connections.



Frankston House



Danielle loves going to the shops, especially to buy herself a bottle of coke! Danielle has worked extremely hard to strengthen her fine motor skills to be able to pick her own bottle of coke out of the drinks fridge! Well Done Danielle!

Left: Danielle



Amy, Peter, Trevor and Danielle enjoyed a day trip to 1000 Steps in Ferntree Gully, in attempt to escape the heat!

All residents enjoyed their lunch and getting close to nature.

See if you can spot Trevor's new friend, Mr Kookaburra in the trees?



Left: Trevor, Above: Peter
Below: Amy and Danielle



A beautiful morning called for a sneaky Maccas hasbrown and coffee, enjoyed in the park at Mornington! Steph chose to go for a walk, looking at the shops down Main Street, enjoying the sunshine.

Left: Steph



ACTIVE CHOICES

Seaford Hub



Above: Dieter proud of his artwork

This month at our Seaford Visual Arts Program we learnt how to print on calico bags.

Each client individualised their designs, some choosing hand print while others learnt how to screen print. They were all pleased with their finished product! Well done everyone!



Above: Dieter painting



L-R: left Todd balloon painting right Troy with his final product



L-R: left Malcolm holding his bag featuring an Emu right Rebecca holding her handpainted bag



ACTIVE CHOICES

Seaford Hub

Text, photos and garden expertise by our staff Sarah

We have had a wonderful summer here in the Seaford Hospitality Hub.

Our flock of chickens has grown by two, we have introduced Arbury the Copper Maran Rooster and Chicki Minaj the Easter Egger hen, Arbury will one day help the hen us create some very cute baby chicks for us to raise and Chicki Minaj with her amazing black/ blue colouring will lay some wonderful eggs for us to cook with.

We recently planted thornless blackberry and raspberry bushes ready for next summer, yum! We installed a new watering system,

two new swings and repositioned our greenhouse out of the sun and started planting our autumn/ winter seeds in little tubs ready for the cooler weather.

Even though summer produce is still flourishing there is still lots of things you can plant now to get ready for next season broccoli, cabbage, cauliflower, kale, leek and salad greens in punnets until they are ready to plant. Carrot, radish beetroot and parsnip seeds can be planted straight into your garden beds we have planted some carrots between the tomatoes as they are fantastic companion plants and can be planted any time of year.



The garden had exploded with produce dripping off the plants, tomatoes, zucchinis, pumpkins, cucumbers, strawberries galore!

We have big bowls of tomatoes waiting to be cooked into something yummy, cucumbers waiting to be pickled or be put into a salad, never ending rhubarb and beans coming out of our ears!

Our first lovely pumpkin of the season was picked on valentines' day, with twelve more still on the vines we are going to have enough to last until next summer!



Newborough Hub

Daniel celebrating his birthday. After spending the day at a park, Daniel had cake at SASI.

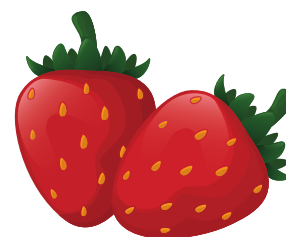


Left: Ben and Daniel



Left: Ben and Daniel

Daniel loves picking in the garden and trying new things. It was lovely to see him watering the garden and eventually enjoy the strawberries that he has helped grow.



L-R: left Brad, above Ajay and Ben, right Ajay and Ben



Having a tool shed is handy, when you can create some amazing items. We are slowly creating planter boxes with our participants, with guidance and support by staff. Many skills are involved and it's great to see everyone giving it a go. We look forward to the final product!



Your child had been diagnosed with autism, now what?

It's probably taken months, if not years to finally get a diagnosis for your child. You knew where things were heading, all the signs were there, but when you are told your child has autism you feel like you've been hit by a bullet. Your heart is breaking. You'll have tears for your child and overwhelming emotions. There's a sense of loss, the loss of what could have been, the grief and the wondering how this happened, what could you have done differently, why me, why my child?

[Read More](#)



Image from Pixabay



Carrot Cake Muffins

by Chef David and Chef Malcolm



INGREDIENTS

- 2 1/4 cups (295 g) all-purpose or plain flour
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- 3/4 teaspoon salt
- 2 teaspoons ground cinnamon
- 1 teaspoon ground ginger
- 1/4 teaspoon ground nutmeg
- 1 cup (250 ml) vegetable oil
- 1/2 cup (110 g) canned apricots chopped
- 1 cup (200 g) lightly packed light brown sugar
- 1 cup (200 g) white granulated sugar
- 1 tablespoon pure vanilla extract
- 4 large eggs
- 2 1/2 cups (250 g) grated carrots, (from about 2-3 large carrots)
- 1 cup (100 g) crushed pecans or walnuts, divided
- 1/2 cup (60 g) sultanas
- Cream Cheese Frosting:
 - 8 ounces (250 g) cream cheese, softened to room temperature
 - 6 ounces (170 g) butter, softened to room temperature
 - 4 cups cups powdered sugar, sifted if lumpy (plus more if needed)
 - 1 teaspoon pure vanilla extract

DIRECTIONS

- Heat the oven to 175°C. Lightly grease two 12 cup muffin pans and line the base of each pan with parchment paper.
- Combine together flour, baking powder, baking soda, salt, cinnamon, ginger and nutmeg in a bowl until well combined.
- In a separate bowl whisk the oil, apricots, sugars and vanilla. Beat in eggs one at a time until well combined. Stir the dry ingredients into the wet mixture until the batter is smooth, while scraping the batter from the sides of the bowl. Fold in grated carrots, 3/4 cup of nuts and sultanas.
- Divide the batter between the prepared cake pans. Bake for 40-45 minutes, or when a toothpick inserted into the centre of each cake comes out clean.
- Let cool in pans for 30 minutes. Transfer to cooling racks peeling the paper off the base of each cake as you go. Allow to cool completely before frosting.

CREAM CHEESE FROSTING:

- In large bowl, beat together softened cream cheese and butter, scraping down sides of bowl when needed, for 2-3 minutes until smooth and creamy. (Use a hand mixer.)
- Stir in vanilla and powdered sugar, adding more sugar if needed until frosting is thick and spreadable.
- Frost cooled cake and top with remaining crushed nuts for decoration



Staff Feature

David Accountant

What does your role at SASI Involve?

Putting the 'fine' in finance! (just kidding)
Working with the corporate services team to deliver financial outcomes that enable us to provide amazing support to all our participants.



Above: David

If given a chance, who would you like to be for a day?

Daniel Craig. I am a big James Bond fan and it would be amazing to step into his shoes for a day.

What TV Show/Movie is your guilty pleasure (yes, time to admit you love it)?

Survivor. I love the strategy and gameplay, watching how people try to think and manoeuvre their way throughout the game.

Three words that best describe you?

Humble, Resourceful, Loyal

What is the one thing you cannot resist?

Chocolate Brownies

What do you do when you are not working?

Spend time with my wife and kids, taking the kids on bike rides and bush walks. I also enjoy watching the NBA when I get a chance.

Why do you enjoy working at SASI?

Working within a great team environment with a fantastic group of people, where I have the opportunity to grow and progress my career.



New Programs at SASI

SASI has been working on a range of different new services, please follow the link for expression of interest [HERE](#)



H2C IS BACK!! HOME TO COMMUNITY IS BACK AT 



SASI are excited to announce that our Home to Community Activities will be back up and running soon!

This includes 1:1 In Home Support/Community Access and our Saturday Community Activities.

To Express your interest in these activities please click on the following link:
https://SASI.formstack.com/forms/expression_of_interest



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EXPRESSIONS OF INTEREST

 statewide autistic services

Pre School Play Sessions
Age: 0 – 5 (Pre School)
Time: 10am – 12mid
Date: Beginning May
Day: Wednesday (weekly)
Location: Mt Martha

Tailoring the service as a safe supportive environment for children with Autism to engage and socialise while parents and carers can relax, chat and connect over a coffee etc.

Please submit a Expression of Interest Form below if you are interested:
https://SASI.formstack.com/forms/expression_of_interest



Your life. Your way. Your choice.

EXPRESSION OF INTEREST



Weekend Getaway at Presentation Family Centre Balnarring

A 1-2 night retreat with SASI staff support including activities such as beach, games, bushwalks etc.

DATES FOR 2022 TO BE CONFIRMED

This is an expression of interest for all existing and new SASI clients to be able to enjoy a weekend getaway with the support of our professional and passionate staff.

If you would like to express your interest and have sufficient funding, please click on the following link
https://SASI.formstack.com/forms/expression_of_interest



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Want to share your ideas?
Email us on enquiries@sasi.org.au



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

