

From the CEO with John Gilpin



John Gilpin

Welcome to the 2nd edition of our bi-monthly gazette "The Independent". I hope you enjoy reading this edition.

What can I say except a lot has happened here at St Michaels since I last spoke with you.

Starting from the top we celebrated the long standing work that our Administration Manager Lyn Chapman gave to us as she ventures into retirement. I have never seen such a range of "treats" for morning tea in all of my 30 years of working!

2 major capital works projects are now complete, namely 8 independent living units, a rebuild and upgrade of



Rod Campbell, Katrina Fisher, Tony Morrison and John Gilpin were present at the Welcome to St Michaels morning tea to celebrate funding from the Harcourts Foundation for the Community Garden Project. Story and more pictures Page 3

our electrical mains connection with Aurora. While completing these two projects work has continued in finalising the purchase of the old St Michaels school and development of the old terrapin into 3 more independent living units.

Outcomes from clients still amaze me for example, a client who is legally blind and confined to a wheel chair is now attempting to vacuum and make his lunch, or

clients who were led to believe they could not contribute to the community are now volunteering, working and truly becoming independent.

Our sincere thanks go out to two new supporters of St Michaels, Tony Morrison & Sabrina Runnals from the Harcourts Foundation and Garry from Blenkhorn Plumbing. Thank you for your generous financial support.

Happy reading

Projects Focus

FUNDING RECEIVED

- \$9837 - Harcourts Foundation for the Community Gardens Project
- \$1000 - Blenkhorn Plumbing - Donation

FUNDING REQUIRED

- Redevelopment, conversion of the Terrapin into 3 independent units \$220,000 See P5
- Modernisation of equipment for students \$15,000 See P4

St Michaels are seeking sponsors or assistance from the community in order to be able to commence and complete these important projects. If you feel that you are able to make a contribution or donation please complete the donation section on **Page 13** and return it to St Michaels Association. Thank you for your consideration.



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A Quiet Word - with Senator Helen Polley



Senator Helen Polley

On 10 August 2011 the Gillard Government released the Productivity Commission's review into disability care and support.

The report followed an intensive period of preparation - over 1,000 submissions were received. At a recent briefing, the Productivity Commission conceded this report had generated more activity

than any previous report.

At the time of release the Government indicated *"supports the Productivity Commission's vision for a system that provides individuals with the support they need over the course of their lifetime, and wants reform of disability services that is financially sustainable."*

The essential recommendations are:

A National Disability Insurance Scheme should be created to provide all Australians with insurance for the costs of support if they or a family member acquire a disability. The scheme will provide individually tailored care and support

to around 410 000 people with significant disabilities.

A National Injury Insurance Scheme should be created to provide no fault insurance for anyone who suffers a catastrophic injury. While a smaller scheme, 80,000 people are likely to be effected.

However, the numerous recommendations included issues such as the focus to be upon the client, standardised systems across Australia and home modifications. The Productivity Commission Report was presented at the Council of Australian Government:

"COAG will develop high-level principles, by the end of 2011, to guide consideration of the Productivity Commission recommendations regarding a National Disability Insurance Scheme, including for foundation reforms, funding and governance. COAG agreed to the establishment of a Select Council of Treasurers and Disability Services Ministers,.... The Select Council will commence work immediately, and will reflect and give effect to the principles, to be agreed by COAG. The Select Council will provide an initial report to COAG at its first meeting in

Community Partner - Tamar FM 95.3

95.3

Tamar FM 95.3

St Michaels Association Inc. are proud to announce a community

partnership has been formed with Tamar FM 95.3.

Tamar FM 95.3 is a not-for-profit radio station run by volunteers and is based in George Town.

Tamar FM 95.3 has been broadcasting to the

beautiful Tamar Valley for the past 6 years. It's volunteers are a diverse and dedicated bunch of people who are heavily involved in the community.

The occasion as marked with a live interview with

St Michaels CEO John Gilpin and Tamar FM 95.3 Manager, Jan Gaebler.

Stay tuned to Tamar 95.3 every Thursday at 3 pm for regular live updates from the team at St Michaels.

Training - St Michaels

St Michaels Association Inc. are currently delivering specialised training that is nationally recognised to people with disabilities in their workplace. Certificate I through to Certificate II

in Horticulture and Transport and Logistics (Warehousing and Storage) are currently being offered.

For further details please contact Robert Boon Ph. 6331 7651.

Traineeships and Apprenticeships

Thanks to the support from Skills Tasmania we are able to offer Traineeships for existing employees or Apprenticeships to new employees to those

employed within an Australian Disability Enterprise or an enterprise whose employees have a disability as deemed by Centrelink.

Community Gardens Project



St Michaels Association Inc. CEO John Gilpin receiving a cheque for \$9867 for the Community Garden Project from Harcourts Launceston CEO Tony Morrison

Harcourts Launceston CEO Tony Morrison and Acting Tasmanian Ambassador for the Harcourts Foundation Sabrina Runnals, presented a cheque for \$9867 on behalf of the Harcourts Foundation to St Michaels Association Inc. CEO John Gilpin for a Community Gardens Project.

In 2008 the Harcourts Foundation was launched in Australia and New Zealand with a purpose to "provide support that helps, grows and enriches our communities". This purpose aligned beautifully with the vision of St Michaels Association Inc. which is to develop independence through maximising the individual qualities of Tasmanians living with a disability, in conjunction with our mission to support the physical and emotional needs of our clients ultimately enabling our clients to contribute to the greater Community.

"We received an over-

whelming response from community groups across Tasmania, hopeful for funding from Harcourts Tasmania Foundation, and on this occasion we were delighted to be able to assist you with your project", Harcourts Launceston CEO Tony Morrison said.

Tony Morrison commented "It is the first time in quite a while that we "Harcourts Launceston" have been able to provide funding into the local community, due to the major catastrophes happening in and around Australia and New Zealand"

"The Community Gardens Project, is a new initiative for our 21 residents now living in our newly created independent living units here at St Michaels", St Michaels Association Inc. CEO John Gilpin said.

"There will be enough raised garden beds to accommodate each of the residents" and we believe the successful implementa-

tion of this project will greatly support the independence of the residents through self sustainability and independence skills, incorporating cooperation, bed preparation, crop planting and ongoing nurturing of the project, harvesting, food preparation and recycling", St Michaels Association Inc. CEO John Gilpin said.

The occasion was formally marked with a "Welcome to St Michaels" morning tea, which culminated in the cheque handover ceremony and a walk through the St Michaels complex, which included a guided tour through some of the Independent Living units. A number of the unit residents including Dean Foreman, Stewart Chugg and Julian Quarrel were in attendance as well as St Michaels staff, guests, clients and carers.

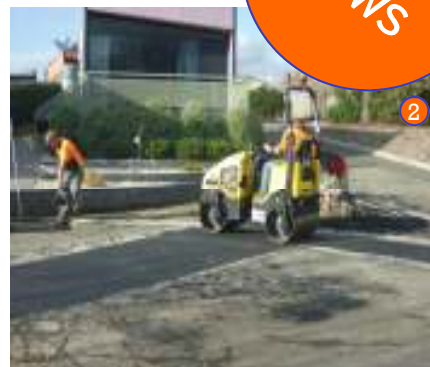
St Michaels CEO John Gilpin accepted the cheque for the Community Garden

Project, thanked and acknowledged the support of the Harcourts Foundation and Harcourts Launceston CEO Tony Morrison in supporting the submission. John Gilpin commented "We are endeavouring to assist our clients gain a greater sense of Independence with the implementation of community gardens, bringing together the residential community, not only in a physical sense but on a social and personal level, something that all of the residents can access, be a part of and to be proud of"

At the conclusion of the ceremony, resident, Dean Foreman commented "that he had already chosen his vegetables and was ready to make start"

The project will take 8 weeks to complete and work will commence August 22, 2011.

Good News



Blenkhorn Plumbing crew hard at work on the St Michaels turning circle

Blenkhorn Plumbing, a Northern based company has been working tirelessly to upgrade the existing road surfaces and the internal roundabout at the St Michaels complex.

Working in conjunction with the St Michaels team, Blenkhorn Plumbing CEO Garry Blenkhorn has obtained a greater understanding of the good work that St Michaels continues to do in the

community. In recognition of this good work Garry has presented the organisation a gift of \$1000 to be put towards other essential projects. St Michaels Association

Inc. CEO John Gilpin gratefully accepted the \$1000 and advised that the funds will be directed back into the St Michaels community as part of the Modernised Interactive Resources Project

Modernised Interactive Resources

Funding required

St Michaels Association as seeking assistance from the community and or benefactors in providing funding of \$15,000 to modernise interactive resources for our clients.

For over 45 years St Michaels Association has been working in the wider community, in providing direct support to special need clients, however as finances have been strained there has not been the funding available to continually improve or upgrade these essential client resources.

It is absolutely essential to the ongoing support of enhancing intellectually and disabled clients with appropriate stimulus through suitable activities and entertainment.

Our focus is to generate enough funds to upgrade and modernise the interactive entertainment resources.

These resources will enhance the lives of Tasmanian clients with intellectual disabilities through this type of activity clients will gain and or improve their motor skills, dexterity, co-ordination, concentration

and greatly assist in developing their independence.

St Michaels Association Inc. is building a community in its own right, there are many special needs clients that access the facilities/amenities/equipment on a daily basis through the student accommodation, day programme, youth break, share accommodation, community housing and independent living residents.

All members of this community were invited to participate in the collation of the inventory/

target list and most certainly will directly benefit from upgrading, modifying and implementing new technologies.

Thankyou for your consideration.

If you are able to assist in anyway please contact Rod Campbell on 6331 7651

Funding
required

The Independent



New Independent Living Units



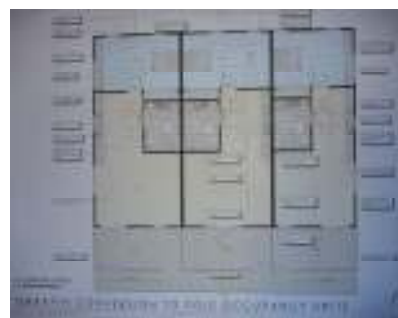
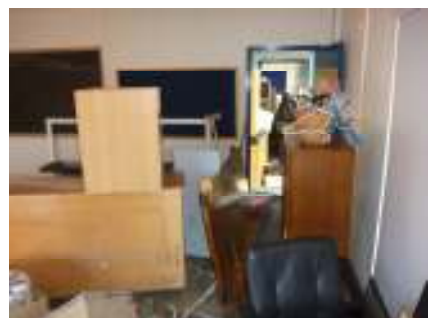
We are seeking assistance from the community via donations or sponsors to come forward and assist St Michaels convert this old Terrapin school unit into 3 modern independent living units.

We estimate the project would be in vicinity of \$220,000.

The plans (see below right) have been drafted but as the images portray there is a lot of work to be done and simply St Michaels is unable to fund the project, completely.

Thankyou for your consideration

If you are able to assist in anyway please contact Rod Campbell on 6331 7651



Day Programme - Overview



John, Robyn, Kevin and Tony enjoying a cuppa after an action packed morning in the St Michaels Day Programme

Day Programme -

St. Michaels Association Day Program aims to provide life skills training for young adults, assisting in their preparation for independent living within the community. It is an effective program that allows clients to practice self determination and encourages responsibility through choice, decision making and the experience of natural consequences by focusing on real life situations, not artificially created ones.

The program activities are conducted both on the premises at St. Michaels Association and out in the wider commu-

nity, operating Monday to Friday between the hours of 8.30am and 3.00pm

The Day program is guided by a timetable so that the participants have some understanding of what their daily routine is. Most clients attend for a whole day but some may choose to only attend for specific activity.

Each activity is overseen by a qualified Disability Support Worker with professional tutors directing some program activities. Clients make a commitment to their chosen program by signing a contract. This is a com-

mitment by both the clients and the support worker to work towards achieving the individual's desired outcomes.

If a client is having difficulties achieving the outcomes, staff are positive and encouraging, and where necessary adapt the process or environment to improve the positive outcome.

There are a number of activities available through the Day programme including:
Literacy/Numeracy
Music
Independent Choice
Craft
Cooking

Cleaning
Personal Grooming
Community Access
Sport
Gardening

The program activities are conducted at St. Michaels and out in the wider community. Monday to Friday between the hours of 8.30am and 3.00pm

Day Programme - Overview

Literacy/Numeracy – is to assist clients to develop basic skills that they would need to address daily issues. Numeracy to assist in their management of money, cost in relation to funds available. Literacy to write their own personal details, sign their name and basic reading skills to identify things in the community and around their home. Simple computer basics are also incorporated into this program.

Music: - is a leisure and recreational activity that provides the clients with the opportunity of self expression through playing an instrument, singing a song or dancing. Music is also a method through which emotions can be identified, choosing music that relates to how a person is feeling at the time. Some clients take advantage of the private tuition on offer to learn a specific instrument.

Independent Choice: - is an opportunity for clients to identify their own personal interests and how to occupy their spare time with a fulfilling activity. A client may choose to work individually or as part of a group, playing a game together.

Craft: - is an opportunity for creative development and self expression through exploration of a variety of techniques us-

ing a wide range of materials. Craft can fulfill a sense of personal achievement when completing a task and the reward of appreciation when making a personal gift.

Cooking: - is an essential life skill for better health and well being. Clients learn to make positive choices for health, how to follow recipes, purchasing and preparing the appropriate amount of ingredients, cooking, serving and cleaning up.

Cleaning: - is a follow through activity. Not only putting things away after you have finished but to learn how to maintain a healthy environment and how to use appliances correctly.

Personal Grooming: is aimed to provide clients with knowledge through practical experience in the management of their personal hygiene and personal presentation.

Community Access: - can be done through a range of activities. General access to the local shops reinforces client's skill in road safety, creates awareness of where to find shops and services such as the public library and the doctor's surgery and how to access them through public transport services.

Sport: - in any form is important to a clients general, physical well



being. Our sports program offers a variety of activities through the year not only assisting in their fitness but with their coordination, balance and motor skills. It is also a social activity where they learn to be part of a team and be supportive and encouraging towards each other.

Gardening: is an activity that opens clients up to another outdoor activity.

Growing their own vegetables demonstrates a cost effective food source that is nutritional and beneficial to their well being.

The vegetables that are grown in the community garden are used by the clients when preparing meals and in the cooking program.

A New Look - St Michaels

Developing Independence for life logo



With Compliments slip



Over the past few weeks St Michaels has been working on new style guide, effectively creating a new suite of stationery inventory for the organisation.

Some of you have may have noticed that our logo's have changed and new logos have been incorporated into our general stationery. Including; letter head, facsimilie, email signatures, with compliments slips, business cards, statements, receipts, envelopes etc.

The Examiner Newspaper have also kindly assisted us in our endeavours by designing a new look and feel for our general advertising and the creation of a new logo - Developing Independence for Life.

We believe this new logo captures the vision of St Michaels in developing independence, portrayed through a series of images superimposed over text and specific images depicting community, housing, inclusion and independence

Letterhead



Business card - front and back



Envelope



St Michaels are excited at our new marketing inventory.

We welcome your feedback on our new stationery, please feel free to forward your comments

directly to Rod Campbell, Community Development Manager.

Rod.Campbell@stmichaels.asn.au or phone 6331 7651.

St Michaels Association Inc - At a glance

St Michaels Association is a not-for-profit non-government organisation. Providing accommodation and support to people with intellectual and physical disabilities for over 45 years.

The vision of St Michaels is to *develop independence through maximising*

the individual qualities of Tasmanians living with a disability.

Our Mission is to *support the physical and emotional needs of our clients and their families through the provision of personalised care programs, training and a variety of accommodation services*

St Michaels rely heavily on grants, local community support, donations and fund raising to meet our clients needs.

All proceeds received are redistributed back into the St Michaels Association Inc. community.

If you feel you would like to make a donation, please complete the form **see page 13** and forward it to Rod.Campbell@stmichaels.asn.au or post it to PO Box 306 Newstead, Tas. 7250

Gear up for Gardening

with Robert Boon



"We should start thinking about controlling those annoying weeds"

With Spring here with us we should start thinking about controlling those annoying weeds in our lawns and gardens. We can manually remove weeds from these areas any time of the year, but for the larger jobs where removing them by hand is just too big of a task then we can control them with chemicals. The best place to obtain advice about what chemical to use to control a particular weed or many types of weeds is at the local plant nursery. Once we have chosen the chemi-

cal/s that best suits the weeds that we want to control it is most important that we read and follow all the instructions that are on the chemical container for your own safety and the safety of others. Please be safe and enjoy this spring in your garden.

Do you have gardening tips you would like to share?

If so please email My Gardening Tips to Rob at robert@stmichaels.asn.au

Recipes to make your mouth water

with Jan Rice



"Choose a medium sized pumpkin OR smaller pumpkins for individual serves"

Stuffed Pumpkin

For this recipe, choose a medium sized pumpkin with a nice shape and colour OR smaller pumpkins for individual serves. To prepare, scrub well, slice a lid off the top, use a spoon to make a hollow in the centre, leaving room for the stuffing.

Ingredients

- 1 continental curry chicken pasta pack
- 1 chopped onion
- 1 crushed garlic clove
- 1/2 cup frozen peas
- 1 cup grated cheese
- 1 tblspn pumpkin kernels
- Olive oil
- Chicken Tenderloins

Prepare pasta as per directions on pack, set aside. Heat oil in pan, add chicken, onion, garlic & kernels. Saute on medium heat 3-4 mins. Stir into pasta with cheese & peas, combine well. Spoon mixture into pumpkin shell/s, sit lid on top & wrap securely in a double layer of foil. Bake on tray in moderate oven, approximately 1 hour. Cut into wedges to serve.

Do you have a special family recipe that you would like to share?

If so, please email My Family Recipe to Jan at admin@stmichaels.asn.au

Out 'n About - St Michaels



Out 'n About proudly sponsored by Tamar FM 95.3. Would you like a copy of a photo? See P15 for details



95.3

Proudly supporting
St Michaels
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TAMAR FM 95.3

Supporting the Tamar Valley
community for over 6 years.

Phone: 6382 3953

Out 'n About - Pathways Programme



Out 'n About proudly sponsored by Pooki's.

Would you like a copy of a photo? See P15 for details

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E: POOKIS@LIVE.COM.AU

POOKI'S
BOUTIQUE

46 MACQUARIE STREET
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PH: 63 82 3939
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DONATIONS

All donations received as part of this service will be gratefully accepted.

See page 14 for details

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Phone: 6331 7651

TAMAR FM 95.3

Supporting the Tamar Valley community for over 6 years.

Phone: 6382 3953

FOR SALE

Baby wooden cot and water-proof mattress, adjustable height. Excellent condition \$150. Ph. 0427334994

Bertini steerable pram and rain cover. Excellent condition \$100. Ph. 0427 334 994

Bunk bed with mattress, excellent condition. \$100 Ph. 0467555718

Bunk with student desk under and mattress. Excellent condition. \$100. Ph. 0467555718

Gopher Ride on scooter, excellent condition, original cost \$3700. Make an offer! Ph. 0419 207 188

Whirlpool wall oven, good condition \$50 all proceeds go to St Michaels. Ph. 0408 902 365

HOME MADE TOMATO RELISH SPICY TOMATO CHUTNEY

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GARAGE SALE

GRAND FINAL DAY GARAGE SALE OCTOBER 1, 2011

St Michaels Association Inc are holding their annual garage sale.

All donations will be gratefully accepted
Call Lisa today 6331 7651

POOKI'S HOME & GIFT

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83 MACQUARIE STREET
GEORGE TOWN
PH: 63 82 3993
E: POOKIS@LIVE.COM.AU

POOKI'S BOUTIQUE

46 MACQUARIE STREET
GEORGE TOWN
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Photos

Yes, I would like to purchase copy of a photo/s (please indicate page number, caption details, size and how many copies)

- 6x4" = \$2 DONATION No. of copies..... Page Number..... Photo ID Number.....
- 6x8" = \$3 DONATION No. of copies..... Page Number..... Photo ID Number.....
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TOTAL = \$ **includes postage delivery**

Payment options

Cash in person at St Michaels Association office, 22 Hobblers Bridge Road or by EFTPOS Ph. 6331 7651
Electronically BSB 017042 Account Number: 002398139 or by

Cheque/Money order made payable to St Michaels Association Inc. or

Credit Card Visa Mastercard Card Number

Expiry Date:

Card Holder: Signature.....

Details

Mr/Mrs/Ms/Miss First Name..... Surname.....

Address..... Suburb..... Postcode.....

Phone:..... Mobile:..... Email:.....

Donations



Tax Tip

“even a \$2 donation can be used as a tax deduction!”

Yes, I would like to make a tax deductible gift to St Michaels Association Inc

\$5 \$25 \$50 \$75 \$100 \$1000 \$2500 \$5000 Other.....

1 time contribution

Ongoing contribution Monthly x months Quarterly x years Annual x years

Payment options

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Electronically BSB 017042 Account Number: 002398139 or by

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Credit Card Visa Mastercard Card Number

Expiry Date:

Card Holder: Signature.....

Yes, please contact me to discuss other ways I may be able to help St Michaels Association

Details

Mr/Mrs/Ms/Miss First Name..... Surname.....

Address..... Suburb..... Postcode.....

Phone:..... Mobile:..... Email:.....

Services offered at St Michaels

St. Michaels Association Day Program is an adult training program for people with special needs that require support in the development of the life skills that they may require to live independently in the community. The program operates from Monday to Friday, 8.30 am to 3 pm, most weeks of the year.

Merton House Adult Accommodation is a transitional program that provides accommodation and training for adults who are preparing to live independently in the community. The program operates in the evenings from 3.00 pm to 9.00 am Monday to Friday and 3.30 pm to 9.30 am Saturday and Sunday. The residents attend day programs within and outside the organisation.

Community Outreach Program started in 1995. The goals in this program are to give people assistance in their own home environment in the areas of life skills, personal care and budgeting and banking to maintain and develop their independent skills.

Community Housing
The Association also supports two Community Homes as a part of the Community Integration Program (CIP). Each

home accommodates 4 residents who are supported in the evenings 3.30 pm to 9.30 am, 7 days a week, with day support provided on Saturday and Sunday and the residents attending their day programs during the week.

Desmond Wood Complex is a multi purpose facility that provides:

Student Accommodation for students under the age of sixteen who are attending special units in the education department. Accommodation is provided from Sunday evening to Friday morning during school terms.

Youthbreak is provided to children up to the age of 25 in the Desmond Wood Complex from Friday 4.00 pm to Sundays at 4.00 pm when funding is available.

DW Units there are also 3 independent units that are an extension of the Desmond Wood Complex and are accommodated by clients that are in the need of long term support in all areas of their care.

Individual Programs
St Michaels Association provides contracted support to individuals to meet their specific needs.

This support may be in their home, day or night, or at an educational or work facility. This program currently extends through to Southern Region where we provide support to young children with accessing their educational programs.

Social Club is held in the hall at St Michaels Association every Saturday Night from 6.00 pm to 9.30 pm. This is a time for clients to get together for a meal and engage in leisure activities of their choice such as card or board games, singing, dancing or enjoying a footy match on TV with a friend.

Independent Living Units are the most recent development at St Michaels Association. Each of the units provide independent living in a safe, supported environment. These units are more suited to clients with higher skills, requiring minimal assistance.

Did you know?

The St Michaels Hall and kitchen facilities are available for hire.

If you are interested in hiring the facilities please call Lisa (03) 6331 7651 or email admin@stmichaels.asn.au

Details

The Independent will be distributed electronically on a bi-monthly basis.

General Display and Classified Display Advertising space is available if you would like to advertise your business. Please contact Rod Campbell on 6331 7651

Contact Details

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