

Inside this issue:

A note From the Senior Manager Jacqui Grant	1
A message from the Program Manager Charlotte Patrick	1
From the Desk of Saturday Rec Coordinator Paula Jakavicius	2
Clever Remarks	2
A word from the In Home Coordinator Kristine Kallander	2
From the Desk of Pam Walker Centre Base Respite Coordinator	3
A Special Thanks	6




Flexible Support Services Australia Ltd



Newsletter

From the desk of Our Senior Manager of Flexible Support Services and Ability Care



I would like to introduce myself – my name is Jacqui Grant. My background has been within the Disability Sector for over 20 years as a support person, coach, Coordinator and Manager.

I am honoured to take on the Senior Manager position of Flexible Support Services. I have been the Program Manager of Ability Care Ltd based at the respite centre at Hillcrest for 3 years and during this time have met many staff and consumers of Flexible Support Services and already feel a part of this wonderful program. I am very excited with the changes within the teams and believe we have the capacity to go from strength to strength.

Please feel free to introduce yourself the next time you are at the centre and stop for a chat. I look forward to getting to know all consumers, staff and families within the coming months.

Please feel free to contact me on my mobile anytime.

Mob: 0488 751 529



From the desk of our Program Manager

Sadly since our last newsletter Flexible has farewelled a number of staff. We wish Kim, Robyn and Bev best wishes for their futures.



Flexible Support has undergone a restructure and we welcome a few new staff. Pam, our Centre Base Respite Coordinator, Kristine, Coordinator for DVA and In Home programs and John, the new Recreation Officer for Centre Base Respite.

I have taken over the role as Program Manager for DVA, In-Home Programs, Centre Base Respite, and Saturday Recreation Program.

Please do not hesitate to call any of our staff should you have any queries or require additional support.

I would like to thank the staff and support workers for their hard work and care they have given to all our consumers during 2008

On Behalf of the management team and support staff, I wish every one a very Merry and safe Christmas, happiness and good health in 2009

Kind Regards

Charlotte Patrick

Vrolijk Kerstfeest
en een zeerukkig Nieuwjaar



From the desk of Day Respite

This program is for people with disabilities and is based around recreational activities to enhance the lives of all consumers that attend.

Over the previous months, the Saturday Recreational Program has ventured out and about in the community, where our consumers got up close and personal at **the famous animal enclosure “Queens Park”, located in the heart of Ipswich. Other events included our very own “Mini Olympics” and “Bus Rally” where consumers helped navigate** through cryptic clues and riddles to arrive first back at the surprise destination. A special **Multi Cultural event saw consumers dining at our local “Tex Mex Café” and Chinese Restaurant** for the girls, while the boys battled out a round of Golf which were followed by celebrations of a different kind.

September saw “Fathers Day Craft” and chocolate making, which hopefully made it home to their special dads, we hope!

A very special “Top Secret” event saw our consumers waiting for the Postee to receive notification that we would embark on an adventure to “Currumbin’s Wildlife Sanctuary”

Consumers had an extended day where there were lots of things to see and do! Along with an educational lesson on some of our magnificent wild life.

Until Next Time, Take Care!

Paula Jakavicius - Coordinator

Nollaig chidheil agus Bliadhna Mhath Ur



A Message from the General Manager

On behalf of staff, management and myself I wish to extend our warmest wishes for a joyous Christmas and a safe and prosperous New Year. Thank you for your support throughout 2008, we look forward spending time with you in 2009.

Michelle Costanzo-Curd



Fund Raising

Our Annual Leukemia Fundraiser which involved the sale of Lavender Teddy bears, Lapel Pins, Lip Balm, Pot Pourri and Soap and our Annual Big Grill BBQ was again a huge success, raising \$628.00 for a very worthy

cause. A special **thank you** to the organizers and all who participated.



Hi, my name is Kristine, and I am fortunate enough to be the new coordinator for Flexible Support Services In Home Programs. When I am not at work I am a busy Mum with 4 boys, well 5 really if you count my other half Jeff, who all keep me on the go with all their various sports, music, school and kindy activities.

I am very excited to be working with a dynamic team of hard working Support Workers, to bring to you our range of In Home Services. I have had the pleasure of meeting or talking to many of you already and I look forward over the next few months to getting to know you all. If ever there is anything I can do to help, or if you have any concerns please feel free to contact me.

With this being the last newsletter for the year and the festive season fast approaching I would like to take this opportunity to wish you and your loved ones all a very happy and safe Christmas.

Kristine Callander
In Home Services.

Nadolig Llawn a Blwydd Dda



A Special Thanks

- ◆ Greenbank RSL
- ◆ Bunnings Ware House, Browns Plains
- ◆ **Brumby's Bakery**
- ◆ Fitzimmons Meats, Grand Plaza
- ◆ R.T Edwards, Browns Plains
- ◆ **Tropo's Fruit and Veg, Regents Park**
- ◆ Regents Park Bakery
- ◆ Browns Plains Printing
- ◆ Helenvale Community Centre
- ◆ Booran Park Community Centre
- ◆ Glens Richardson Mobile Mechanic
- ◆ Phillippa George – Hairdresser

Various individuals, companies, organizations and suppliers have contributed with their generosity in 2008 which enabled our deserving and grateful services users to enjoy many fun filled days. We have had **BBQ's, a ball, Easter celebrations, guy fawkes Big Grill Fundraiser for Leukemia Entertainers, line dancing and many bus trips exploring the wonderful South East.**



Hello All, My name is PAM WALKER & I am the Aged Care Centre Based Coordinator.

I have worked in Aged Care for over 18years in various capacities and roles.

My ambition is to assist and support all those I come in contact with and to spread a little love, humility & **humour...**

I have a teenage son who keeps me up to date with the computer game world and is a joy—who you will all get to meet during some school holidays.

My spare time is spent with my beautiful dog 'Molly', eating chocolate and playing hockey...so if I am missing—**that's where I'll be...**

Anyway I look forward to getting to know all our clients and their loved ones and catching up at various points along the way—especially our Christmas time events. Take Care & Best Wishes,



CHRISTMAS PUDDING

- 1 cup butter
- 1 cup mixed fruit
- 4 Large eggs
- 1 tsp salt
- 50 grams walnuts
- 1 bottle whiskey, brandy or wine
- 1 cup sugar
- 1 cup water
- 1 tblsp baking soda
- Lemon juice

Place dried fruit, water and half cup of sugar in a small pan. Boil for 15 minutes, pour whiskey in small glass, check for quality, get large mixing bowl, check whiskey again, pour 1 level cup and drink, repeat previous step.

Turn on electric mixer and beat butter in a large fluffy bowl add a spoonful of baking soda, 1/2 cup sugar and beat again. Sample whiskey., turn off mixer. Break 2 legs and add to bowl chuck in dried fruit, mix on turner, if fruit gets stuck in beaters, pry loose with a screwdriver. Check consistency of whiskey.. Sift 2 cups salt or whatever, check the whiskey, sift lemon juice and train your nits, add 1 bablefoon brown suger or whatever colour you find, wix **mell. Grease the oven, turn pan cake to 350 gredees, don't** forget to beat off the turner, pour mix into cake pan and over bench, throw bowl out the window, stagger to laundry, put pan cake in the oven set to hot rinse, finsh whiskey, when all gone go to bed.





SERVICE PROVIDERS IN YOUR AREA

Blue Care Southside – 3722 1740

Beaudesert Blue Care – 5541 2280

Beenleigh Blue Care – 3287 2041

OZ Care – 3246 277

Commonwealth Carelink– 1800 059 059

Carers Old information & Support Line – 1800 242 636

Lands Transport – 3808 1318 and 3422 7908

Logan Central Day Respite Centre – 3290 0081

Logan Central Community Health - 3290 8900

Logan Central Meals on Wheels – 3808 2312

Logan West Meals on Wheels – 3800 9329



CLEVER REMARKS

Let me play the fool....

With mirth & laughter

Let old wrinkles come

From 'The Merchant of Venice'

By William Shakespeare

Old Aged & Disability Advocacy

Supporting you to be heard

QADA is a not for profit community advocacy service funded to provide information, education, support and representation to enable people to understand and exercise their rights and responsibilities.

If you feel you require or would like to know more how QADA can assist you, you can call them on: 1800 818 338

Or Brisbane Head Office 07 3637 600

*Are you in need of a break from the caring role?
Flexible Support have vacancy in our In Home respite program and the Centre Base day respite.*

Are you lonely and would like to meet other members that live in your community or would you like one of our wonderful support staff to assist you? Please call Kristine, Pam or Charlotte to find out how we can assist on 3800 4577

