



THE WEEKLY WRAP

Community Living Options

Issue 3



UPDATE FROM OUR CEO

MEL KUBISA

Hi everyone,

This week's Weekly Wrap is all about sharing personal stories of wellbeing and inspiration. To share my personal journey of staying well, I must admit I was not at all pleased when swimming pools closed, so had to adapt quickly and purchased a wet suit, and yes brave the water at Horseshoe Bay on weekends. Glad I did, it feels amazing when I get out and I feel that sense of achievement. I purchased a bike and I'll let you know how that goes! A colleague mentioned a brilliant idea for 'not eating everything in the house' and I signed up for Hello Fresh, great way to get into healthy cooking again! I do believe staying well mentally and physically is a key ingredient for resilience and adapting to change. This is how I do it, how do you? I will sign off with saying that one of the amazing innovations to emerge from the CLO response to COVID-19 has been Jason's Zoom fitness classes, I hope you all get involved. I tried the Mind and Body Balance class and it was a fantastic opportunity to try something new and learn some new yoga/tai chi/breathing techniques. Well done Jason and thank you, I felt very relaxed and centred afterwards. Let's keep going South Australia, we are nearly there, let's be patient and hope soon we can all look to recovery.

UPDATE ON PPE SUPPLIES

We are pleased to let everyone know that we have received some of our backorders and now have some stock of PPE supplies. This includes hand sanitiser, hand soap and gloves. If you require any PPE supplies, please continue to order them fortnightly in your site supply orders.



ZOOM FITNESS CLASSES- WHAT HAS EVERYONE BEEN ENJOYING?



I completed my first intermediate HIIT class last week and loved it! The class went super quickly and I felt great afterwards! I also liked that I had the option to turn off my camera so I could exercise in the comfort and privacy of my home. I would 100% recommend for everyone to try a class at home to see how you enjoy it!
- Brittany



I did the HIIT and Strength beginner classes last weekend. The option to switch off the camera and audio made me feel comfortable as I could do the exercises at my own pace and take a rest when I needed it. The sessions were well structured and Jason provided information how to correctly do the exercises for maximum benefit. I will definitely continue with the Zoom Fitness classes!
-Dana

GARDENING GOODNESS!

FROM FIONA AT THE RIDLEY SITE

At our Ridley site, staff support Serina to develop and care for her garden.

We have a raised garden bed overflowing with edible plants including – sweet potato, tomato, parsley, mint, lemongrass, rosemary and nasturtiums. We have mainly planted seeds and propagated cuttings from the local Community Garden.

We are aiming to start a second raised garden bed and extend our selection of plants and are hoping someone may have a raised garden bed that they wouldn't mind donating to our site. If you have a raised garden bed and would like to donate it, please email us on ridley@clo.org.au.

We have also made a bird house feeder from an old tin (see photo) and hope to mosaic a birdbath in the future, it is great to watch the birds gathering to eat.

All of these activities engage and enrich Serina's life, developing skills and knowledge to share.





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TAKING CARE OF CLO'S ELECTRICAL EQUIPMENT

Whilst the requirement for cleanliness and sanitisation has never been greater, CLO have had a few instances of electrical/computer equipment being damaged due to direct application/spraying of cleaning products. Electronic equipment should always be cleaned by first applying the product to a cloth away from the equipment, then cleaning the equipment with the cloth, the cloth should only be damp (never dripping with liquid). Please do not apply or spray directly onto equipment or damage may occur.



UPDATE ON THE AT HOME HERB GARDEN KITS!



The herb garden kit all planted and ready to grow at the Sierra Nevada site!



Dale planting his herb garden kit!

In April, CLO provided all 24 hour sites with some herb garden kits to help start their own herb gardens at home!

We have since received two photos/updates on the herb garden kits.

We can't wait to see the stages of them growing.

If you would like to share any photos of your at home herb garden, please send it to Brittany via email b.rutherford@clo.org.au.



FIRST AID AND CPR TRAINING FOR CLO STAFF

We are pleased to advise that we have located a First Aid Trainer, who will be able to provide CLO staff with First Aid and CPR Training.

Karyn Hindle is a qualified First Aid Trainer and has kindly allowed us to provide her contact details to you all so you can email her directly, and access urgent First Aid or CPR training. Karyn has also offered a discount for CLO employees.

Discount offered is:

\$45 for CPR (usually \$50)

\$102 for Provide First Aid (usually \$120).

Karyn will be running a short series of modified First Aid and CPR assessments, with a self-paced online theory and assessment to be completed prior to this.

To book in with Karyn, please email karyn@head2toefirstaid.com.au with the course that you require and let her know that you are a CLO Employee.

