

CLO Connect

Newsletter of Community Living Options

August 2022 | Issue 31



LET THE SUNSHINE IN

Get the health benefits from some
sun exposure, all year around

GREAT OPPORTUNITIES - GREAT LIFE





FROM OUR CEO

Hi everyone,

I want to extend a huge thank you to everyone at CLO for fully supporting our new Regency Green Project. For me, this demonstrates a one team approach to culture and embracing innovation and opportunity. All departments, all roles and all staff have provided some input, time or support in some way to ensure this project got off the ground in a safe and supportive manner. In particular, Ashton, Alex and the whole recruitment and business and finance team have done fantastic work to get this project up and running. Their commitment and sheer hard work have been integral in getting the project off the ground so quickly.

On Friday 15 July, CLO was approached by Wellbeing SA to be the service provider at a new facility they were developing. The purpose of this new facility is to support discharge from hospital for people with disability, predominately psychosocial disability. By the following Monday, the Regency Green Project Team was in place and work had commenced. On Friday 5 August, we attended the launch with Ministers Nat Cooke and Chris Picton. On Monday 8 August, we welcomed our first Participants. This is a turnaround of less than four weeks. An extraordinary effort by everyone at CLO.

Regency Green is a model that provides transitional support for people to build capacity, confidence and the skills for independent living after long hospital stays. We extend our thanks to our partners, Wellbeing SA, the Office of the Chief Psychiatrist and Uniting SA, who had the amazing fit for purpose accommodation ready to go.

This is a new style of facility at CLO and we are very proud of the innovative opportunities it has brought our organisation. Another innovation to have arising from the Regency Green Project is a newly created role of Assistant Manager. The role recognises Team Leaders working hard towards management goals and getting the experience and coaching needed to be in the Regional Manager roles at CLO. We welcome Molly and Emma to this role and will continue to support your growth and development. The role doesn't appear in our formal structure, yet we hope to continue this role as a leadership development role across CLO.

My thanks to everyone once again.

Mel Kubisa
CEO

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Connect with CLO



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Kosta (right) at the beach with his workers. Beach walks under the afternoon sun have been an enjoyable activity for him, and helping him getting more confident about going back to community life.

LET THE SUN SHINE IN



A bit of sun and outdoors time boosts your metabolism and boosts up your vitamin D while getting social enhances your cognition, mood and quality of life: Why not combine both activities and go out for a leisure stroll in the warming sun?

In South Australia, the UV Index falls below 3 from early May to late August – it's safer to spend time outdoors in the middle of the day with some skin uncovered. Being physically active (like gardening or going for a brisk walk) also helps boost vitamin D levels. From spring to mid-autumn, you should use sunscreen and cover up a bit while going out. Either way, the joy of those sunny days is up for grabs!

THE LATEST FROM OUR IN-HOUSE ARTISTS

Paul poses with his beautiful bright colours painting (top); Jamie tests a new blueberries muffin recipe, every day learning something new and refining his cooking skills (bottom).



Robert's daughter Rebecca and 2 of his grandkids, Raelea 4 and Ethan 6, visited today. A great time was had by all, and Robert appeared really happy to see them all. Rebecca said she would try to bring Robert's other daughter, Natasha, with her next time she comes. Robert appeared very pleased with this idea.



WE WANT TO HEAR
FROM YOU! COME
JOIN OUR NEW

Participant Advisory Committee



Learn about what's happening at
CLO and how you can be involved



Help shape the future of CLO



Provide feedback to improve our
services



Share your valuable knowledge
and experience



Tell us how we can work with you
to make CLO the best it can be



Transport and refreshments
available



**Next Meeting: September 27th
(Tuesday) from 10-12pm, at
CLO Edwardstown**

You are not required to have any
special knowledge or experience
being on a committee to join, just
an interest in contributing to
improving CLO.

**REGISTER YOUR INTEREST
WITH CLO TODAY**

CALL US OR SEND US AN EMAIL:



hello@clo.org.au



7221 9550

HEALTH AND WELLBEING

Did you know that:

Regular exercise helps to prevent or manage many health problems and concerns, including:

- Stroke
- Metabolic syndrome
- High blood pressure
- Type 2 diabetes
- Depression
- Anxiety
- Many types of cancer
- Arthritis
- Falls

Being physically active can:

- Improve brain health
- Help manage weight
- Reduce the risk of disease
- Strengthen bones and muscles
- Improve your ability to do everyday activities.



JOIN THE GREEN TEAM!

We are seeking expressions of interest for those interested in joining our "Green Team".

The Green Team Committee has been established as an Internal Working Committee for CLO. Its purpose is to investigate and suggest strategies to achieve the goals and objectives contained in the Environmental Policy. The Committee is charged with considering matters relating to the organisation's environmental and sustainability goals, including:

- Environmental Sustainability
- Waste Management
- Energy Efficiencies
- Water Usage
- Recycling Initiatives
- Review of Supplies and Packaging
- Staff Training and Awareness
- New product opportunities

Due to changes in committee membership, we have multiple positions vacant. We are seeking people from all departments and all regions.

If this sounds like something, you are interested in please just let us know via greenteam@clo.org.au email.



REWARDS AND RECOGNITION

UNION 2 TEAM FOR METRO NORTH



We would like to acknowledge the Union 2 team for Metro North's Reward and Recognition this month for their outstanding demonstration of Person-Centered Support. The Team at Union 2 have been continuously demonstrating excellent teamwork culture and is providing the best possible person-centred support to their participant Darren. The Team has been faced with several high-risk situations and challenges throughout the month, however, have not allowed this to impact the remarkable work they are doing to support Darren to live a safe and fantastic quality of life. Team members have regularly helped each other and worked together consistently, going above and beyond to support Darren with meeting his goals, and engaging appropriately in the community. Despite confronting day-to-day challenges, the team have held their spirits high, stayed motivated, and always showed up to work with a positive attitude.

The team have demonstrated positive, proactive practice by referring appropriately to support plans, incorporating PBS strategies into their daily practice, and regularly providing suggestions to improve practice, and team/participant satisfaction within the service. Furthermore, the team have collaborated effectively to support Darren in opportunities to explore and engage in activities of his interest in the community, such as table tennis, mini golf, walking trails and exercise in the park. They have also supported Darren to engage in fun, and mentally stimulating games whilst at home, such as playing brain-training games on his iPad, and many more."

We are very proud of the work from the Union 2 Team, and hope to see this fantastic effort continue in the future!

Tory Caltabiano
Acting Regional Manager

FUNDRAISER: LET'S MOVE FOR CEREBRAL PALSY



Stepember: Join an incredible community of Steppers from across Australia who are passionate about changing the lives of people with cerebral palsy. Taking 10,000 steps every day for 30 days is quite a challenge. But we know you are up for it! Join Team CLO at

<https://www.stepember.org.au/fundraisers/communitylivingoptions>

NEW CLO FACILITY AT REGENCY GREEN



During the last 8 weeks, our team has made a stunning effort to open a new community care facility. In this project commissioned by the SA Government CLO will provide disability support to help transition NDIS patients out of hospital.

The opening of this facility will support our state hospitals freeing much-needed hospital beds, also improving dramatically the support for people with disability in a dedicated setting with the best care possible. Projects like this remind us about our mission in the disability sector CLO's SIL capability accelerated the delivery of a remarkable facility, in partnership with the state government, that will make a real difference in the dignity and quality of life of the people we provide care for.

OUR EVC CALLS FOR NEW MEMBERS



Hello Everyone,

Gandhi once said "Be the change that you wish to see in the world", but maybe we can start with CLO?

We need Champions of Change and people who will lead by example to join our Employee Voice Committee.

We have vacancies across the Fleurieu, Metro South, Metro North and Child and Youth Services Regions.

Committee members meet every 2 months and will talk about how we can best achieve CLO's vision and mission by:

- Promoting and maintaining a positive culture
- Workforce Management
- Staff wellbeing and conditions
- Supporting future leaders
- Reward and Recognition initiatives.

+ Many more

The EVC provides recommendations and information to the Executive team and the Board to support our workforce capability and capacity.

If you think this is something you would like to be involved with, please complete an EVC Expression of Interest and someone will be in contact with you.

NEW PEOPLE IN CLO

WELCOME TO THE TEAM!

Jagpreet Sandhu • Jeffrey Argent • Yuli Nuzulia • Chiemelle Obi-Okonkwo • Huirong Yang • Navneet Kaur • Mgbeodichinma V. Ogbodo • Jackline Muturi • Jashandeep Kaur • Adhieu Bior Atem • Gagandeep Singh • Utkarsh Chhabra • Joseph Onuh

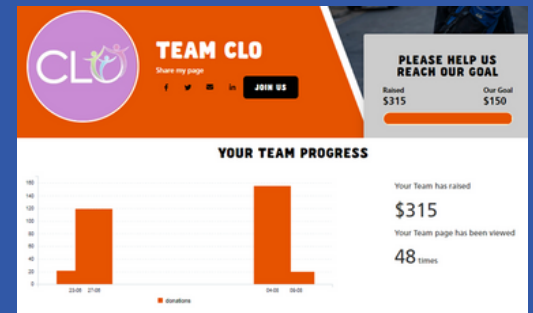


TRAINING CALENDAR: SEPTEMBER

| | |
|------------|--|
| 01/09/2022 | Person Centred Planning & Active Support |
| 05/09/2022 | Performance Management Training |
| 06/09/2022 | Assist with Medication Refresher |
| 06/09/2022 | Assist with Medication Refresher |
| 06/09/2022 | Verbal Interventions |
| 07/09/2022 | Mental Health (Psychosocial Disability) training |
| 07/09/2022 | Fire & Emergency Evacuation |
| 07/09/2022 | Performance Management Training |
| 07/09/2022 | Child Restraints Training |
| 08/09/2022 | Manual Handling L2 |
| 08/09/2022 | Person Centred Planning & Active Support |
| 08/09/2022 | Trauma Informed Care |
| 09/09/2022 | Assist with Medication |
| 09/09/2022 | Assist with Medication |
| 09/09/2022 | Positive Behaviour Support & Restrictive Practices |
| 12/09/2022 | Performance Management Training |
| 12/09/2022 | Manual Handling L1 |
| 12/09/2022 | Professional Culture & Bullying & Harassment Refresher |
| 13/09/2022 | Verbal Interventions |
| 14/09/2022 | Manual Handling L2 |
| 14/09/2022 | Assist with Medication |
| 14/09/2022 | Mental Health (Psychosocial Disability) training |
| 14/09/2022 | Child Restraints Training |
| 14/09/2022 | Assist with Medication Refresher |
| 14/09/2022 | Assist with Medication Refresher |
| 15/09/2022 | Safety Interventions NO Holds |
| 15/09/2022 | Safety Intervention + Holding |
| 15/09/2022 | Person Centred Planning & Active Support Refresher |
| 16/09/2022 | Autism |
| 19/09/2022 | Assist with Medication Refresher |
| 19/09/2022 | Assist with Medication Refresher |
| 20/09/2022 | Manual Handling L2 |
| 20/09/2022 | Verbal Interventions |
| 21/09/2022 | Fire & Emergency Evacuation |
| 21/09/2022 | Positive Behaviour Support & Restrictive Practices Refresher |
| 22/09/2022 | Person Centred Planning & Active Support |
| 23/09/2022 | Assist with Medication |
| 23/09/2022 | Assist with Medication |
| 26/09/2022 | Mental Health (Psychosocial Disability) training |
| 26/09/2022 | Manual Handling L2 |
| 27/09/2022 | Verbal Interventions |
| 28/09/2022 | Assist with Medication |
| 28/09/2022 | Person Centred Planning & Active Support Refresher |
| 28/09/2022 | Positive Behaviour Support & Restrictive Practices |
| 29/09/2022 | Safety Interventions NO Holds Refresher |
| 29/09/2022 | Professional Culture & Bullying & Harassment Refresher |
| 29/09/2022 | Safety Intervention + Holding Refresher |
| 30/09/2022 | Assist with Medication Refresher |
| 30/09/2022 | Assist with Medication Refresher |



WALK A MILE IN MY BOOTS CHALLENGE



Our Walk a Mile challenge came to a close, and I would like to announce that we exceeded our goal target by 110%!

We would like to offer a big thanks to all those who donated to Walk a Mile and to Ashton Tarbard with the highest donation at \$102!

Also, thank you to those who braved the icy Adelaide winter and attended the office walk Monday morning.

Until next year!

Sam Warren
PBS Team Lead

CALENDAR & EVENTS

SEPTEMBER: DATES TO LOOK FOR

- Aug 01 - Sep 18: SALA Festival of Arts
- 03 - 11 Sep: Royal Adelaide Show
- September: World Alzheimer's Disease Month
- Sep 04: Father's Day
- Sep 15: World Lymphoma Awareness Day
- Sep 10: World Suicide prevention day
- Sep 20 - 27: International Week of the Deaf
- Sep 29: World Heart day

A MESSAGE FROM HESTA

OUR INVESTMENT PERFORMANCE 2021-22



FROM OUR SUPER PROVIDER'S BLOG
(HESTA.COM.AU)

The end of financial year 2022 returns are in, and against the backdrop of a challenging year for financial markets, HESTA members can be confident they're with a strong long-term performer.

Creating investment excellence

Superannuation is a long-term strategy, and the long-term returns are strong for HESTA members.

While we aim to achieve strong investment performance over the long term, market ups and downs may impact short-term performance. But this year has delivered challenging conditions for global financial markets.

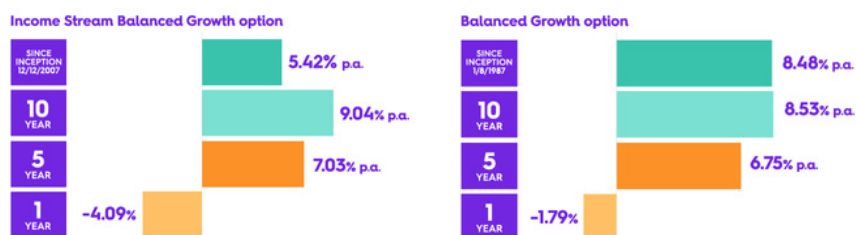
It's in this context that HESTA's Balanced Growth option delivered a return of -1.79% for the past financial year.

This is just the third time in 35 years that HESTA Balanced Growth super option has delivered a negative return. And it's only the first since the Global Financial Crisis in 2009.

In comparison to other major funds, HESTA Balanced Growth (super) remains a strong performer. SuperRatings, an independent ratings agency, has released their ranking of the top balanced super options for the 2022 financial year. HESTA Balanced Growth placed in the top ten over both one and ten-year time periods.[^] Our Income Stream Balanced Growth option returned -4.09%.

We know this is not what you're used to seeing. However, we do plan and prepare for some negative annual returns as a natural part of investing.

Returns for the HESTA Balanced Growth option as of 30 June 2022



Super with impact

We've taken a fresh look at how to best support our members in a changing world. You've told us you want: strong long-term performance from sustainable, responsible investments, a more equal society, and a healthy community.

HESTA members are with a top-performing fund that's driving real-world impact: not just on your financial future, but on our shared tomorrow.

Currently, we're investing in assets that really embody this approach. Through one of our investment partners, Blackbird Ventures, HESTA is investing in Inventia Life Sciences. Inventia is creating powerful tools for advanced medical discovery, which includes machines to bioprint human cells in 3D, helping create human tissue for research and therapy, while aiming to generate returns for our members.

SOCIAL RESPONSIBILITY

FOODBANK FOOD DRIVE

CLO's donation of 52kg to Foodbank South Australia will provide 104 meals for South Australians in need. Good job team CLO!

3 further ways you can support Foodbank SA in 2022:

1. Donate funds: Foodbank can turn a \$1 donation into \$6 worth of distributed food to those in need. Your donation over \$2 is 100% tax deductible. www.foodbanksa.org.au/donate
2. Volunteering: This can include volunteering your time in our warehouse, Food Hubs or even an event. We also have corporate hamper packing sessions throughout the year.

Thank you again on behalf of the 135,000 South Australians we support with food relief each month,

The Foodbank SA Team



Community Living Options

We believe that you deserve to live the life of your choice, the way that you choose.

We believe that choosing who walks through your door makes all the difference. That support workers are to respect, listen, care for and empower you to achieve your goals.

We believe that your choices, personality and passions are uniquely yours, and we're determined to let you shine.

LET'S CONNECT

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