

CLO Connect

Newsletter of Community Living Options

Jun 2024 | Issue 38



**DOING
WHAT WE
LOVE**

Experience a fulfilling life by
pursuing your interests and
passions everyday

GREAT OPPORTUNITIES - GREAT LIFE





FROM OUR CEO



As we settle into the last half of the 23/24 financial year, I wanted to take this opportunity to share some exciting updates and reflections the last couple of months. We are taking this time to not only ensure we are providing the outcomes for our participants and staff that build on the strategic plan but also collaborate and plan for the future.

Engaging in Strategic Planning Together!! One of the most significant milestones we've recently achieved is the commencement of our strategic planning process. This process will develop our next three year Strategic Plan and will be released in July 2024. Our planning process has been an inclusive and collaborative effort, ensuring that the voices of both our participants and staff were heard and instrumental in shaping our future direction. We conducted a series of SWOTS, surveys, and focus meetings, including the Participant Voice Committee, to gather ideas and feedback. This feedback was invaluable, offering us a clear perspective on what we are doing well and where we can improve. We are using that information to put a plan in place and we look forward to unveiling the new strategic plan in future months.

We are also gearing up to undertake the NDIS practice standards accreditation process. This process will show what CLO are doing to meet best practice, provide quality and safeguarding supports for our participants and ensure that we continue to provide high quality and safe supports now and into the future. We encourage all participants and family or stakeholders to have an interview with our auditors and tell them about the service you get from CLO. This is an opportunity to showcase what we do well but also contributes to our learning and improvement. We would like to thank in advance all participants and staff that are assisting us and giving their voice in the accreditation process.

It was such a privilege to present at the international APBS conference in the USA this year and then the National Communities of Practice. This is a true opportunity to showcase the amazing outcomes for our participants and the work that everyone does every day to support goals attainment, inclusion and independence. These person centred models are so important to promote choice and control and a life in the community so its been a wonderful opportunity to showcase the work CLO do.

As you will read in the articles in this newsletter the past couple of months have been a busy time with participants engaging in the community, doing what they love and achieving some of their long terms goals. Well done everyone. It's so good to see big and small things happening everyday.

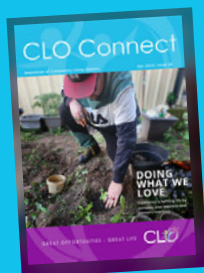
I'd like to give a big shout out to the Port Elliot Surf Club Same Wave Programme who are finalists in this year's Surf Life Saving SA. A great programme for inclusion in surf club activities, learning to surf and how to be safe in the water.

Mel Kubisa
Chief Executive Officer



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DOING WHAT WE LOVE



John nurtures a beautiful backyard veggies garden with buckets of dedication. Eugene lives to discover exciting new places and experiences, while Michelle is always on the hunt for stunning outfit finds at OP Shops. What makes you happy?

Have you been giving time and space for your passions lately?

In the hustle and bustle of our daily lives, it's easy to lose sight of what truly matters for a fulfilling life.

Whether it's painting, writing, gardening, or any other activity that we love, those activities fill us with excitement and anticipation every time we engage with them. More than just a hobby or a pastime, a passion makes our existence meaningful as it deeply resonates with our inner world. When we do what we love, we are in a state of flow: we are fully immersed in an activity, and often this is where we are at our most creative, productive, and happiest selves.

Incorporating our passions into our daily lives is a necessity for a greater quality of life: they nourish our souls, bring us joy, and make us more resilient. As busy as life can get, try to leave space for your favourite activities in your routine. With a bit of intention and steady effort, you can transform every new day into an extraordinary adventure.

Paul gets laser-focussed on his pool game, while Sophie checks the geek novelties at the SupaNova expo



HOW TO PURSUE YOUR PASSIONS EVERYDAY

Do a self-reflection workshop: What are your likes, dreams and aspirations? What makes you the person you are, and what is really important to you? Writing it down is the first step to visualise and plan your passion-driven outcomes.

Love Your Workspace: Decorate the place where you spend most of your daily time with your passions, dreams and reminders of the things in life that matters most to you.

Pursue Hobbies: Engage in hobbies that bring you joy, develop your talents and infuse you with your own sense of identity.

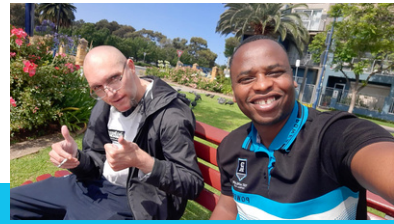
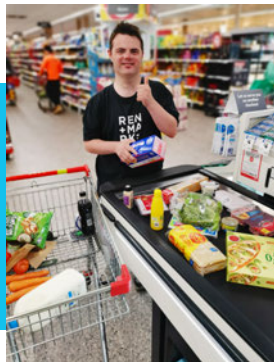
Make it a habit: Intentionally weave your passion into your routine, saving consistent time for your interests on a daily or weekly basis, and stick to your schedule.

Connect with Like-Minded People: Collaborate and learn from others that share the same interests as you for community, new friendships and a leap on your self-development.



A BIT OF WORK AND LOTS OF FUN

The boys are all about the perfect mix of fun and work! Eugene has lost 6 kgs with his daily walks lately, by making healthy food choices. He also loves exercising, dancing, bowling, mini golf, cricket practice and basketball - keeping active is not a problem for this guy! Meanwhile, Renee keeps up with his daily routine, checks out the coolest cars in town, and shows us how an awesome shower cleaning work should look like.



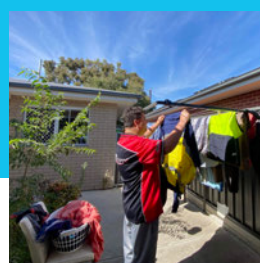
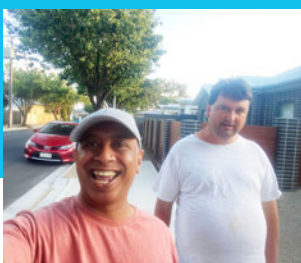
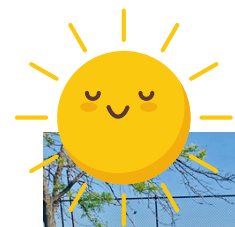
OUT AND ABOUT WITH MICHELLE



Michelle keeps enjoying her outing and keeping up with shopping and daily tasks. In the pictures, you see her restocking at the shops and visiting Henely beach with our SW, Prianka. Happy days!

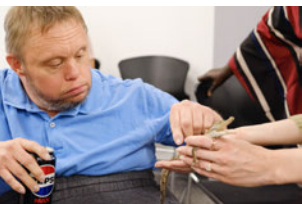
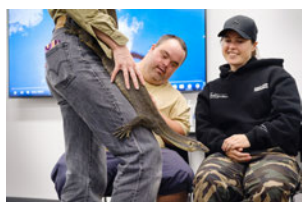
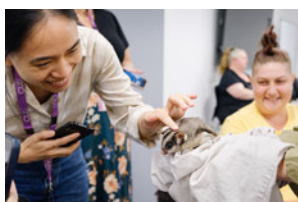
WAY TO GO, COREY!

Always busy and always walking - that's Corey, one of our favourite guys! Corey has been busy doing some gardening, visiting festivals and hanging out with friends. In the pictures, Isaac and Corey bask at the sun and have a catch-up, before their next exciting activity. Keep it up!



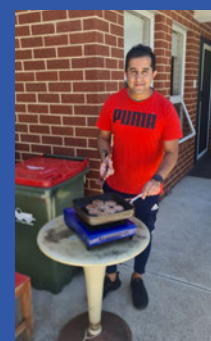
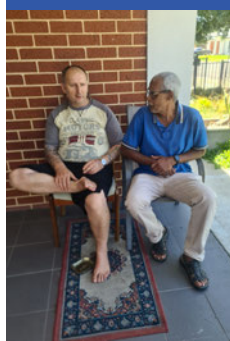
ANIMALS ANONYMOUS

At our latest Social Club, our participants got together to experience some of our incredible native fauna. People from different houses mingled, had snacks, and even got the opportunity to pet our furry and scaly guests!



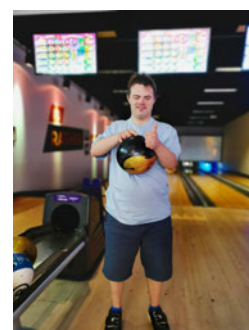
SUMMERTIME BBQ

Throwback to the metro North Christmas BBQ, where participants and staff got together for the festive occasion at their local park.

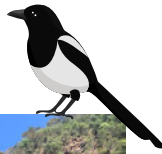


HAVING A BALL AT THE BOWLING

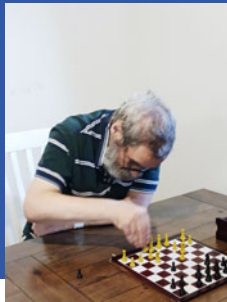
Who doesn't love a bowling outing? Here at CLO, many participants look forward week after week for their next strikes! In the pictures, you see our champions Michael, Eugene, and Gabrielle getting ready for their next shot.



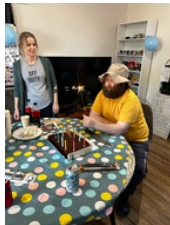
KOSTA'S LOVELY OUTINGS



Kosta and his team keep going out to enjoy walks in the nature whenever they can! In the pictures, you can also see him having a go at chess.



JAIDEN'S BIRTHDAY BASH



Jaideen celebrated his 25th birthday with the team - Everyone had an awesome time including a cake and a yummy celebration meal together. Happy B-day, buddy!

KEEPING UP AND HAVING FUN

Isaac makes a delish home meal while Ritsa checks out an event for the deaf community. Meanwhile, Darren tries out the exercising machine at Semaphore Beach. Looking great, guys!



BRONWYN'S PLAYDOUGH RECIPE



Bronwyn had a go at making her own playdough and wanted to share its recipe with everyone! This is the perfect activity for all people who want to be creative while improving hand grip and coordination. Learn how to make your own playdough below, and get ready for serious fun!

- 2 cups Plain Flour
- $\frac{3}{4}$ cup Salt
- 4 teaspoons Cream of Tartar
- 2 cups lukewarm water
- 2 Tablespoons Vegetable Oil
- Food Colouring / Essential Oils

Playdough

- Stir together the flour, salt and cream of tartar in a large pot. Next add the water and oil. Add food colouring if only making one colour.
- Cook over medium heat, stirring constantly. Continue stirring until the dough has thickened and begins to form a ball. Remove from heat.
- Place portions into freezer bags, add food colouring and essential oils and knead in bags until all mixed together.



CAN YOU FEEL THE BEAT?

Throwback to the magnificent drumming event we had for participants in Victor Harbor! See some snapshots of that lovely session.



Green Team

Newsletter



Discourage Use of Aerosols

Aerosols, which often contain tiny particles suspended in gas, are frequently used despite their adverse effects on both the environment and human health. The gas contained within these products is known to harm the ozone layer, contribute to global warming, and cause respiratory issues and irritations. However, by using alternatives like pump sprays and roll-ons, as well as properly disposing of these products, aerosol usage and associated pollution and health risks can be reduced.



Paper Usage

68%

Compared to this time last year.

Plastic is not fantastic

LOSE THE CLING WRAP

Cling wrap isn't recyclable but foil is! So, make sure you put your foil in the recycling bin. Another alternative is the new beeswax wraps. Made using 100% cotton, pine resin, jojoba oil and local beeswax, they're 100% natural and environmentally friendly.



Events

20th January- Penguin Awareness Day

Top 10 Best Environmental Films of 2023

1. The Human Element (2019)
2. Before the Flood (2016)
3. Eyes of the Orangutan (2021)
4. 2040 (2019)
5. An Inconvenient Truth (2006)
6. RiverBlue (2017)
7. Artificial (2019)
8. Chasing Coral (2017)
9. David Attenborough: A Life on Our Planet (2020)
10. My Octopus Teacher (2020)

Recycling Fact

84% of plastic waste is sent to landfill

In Australia, a staggering 84% of all plastic waste is sent to landfill and less than 13% is recycled properly — a sure sign that Australia needs to rapidly implement a plastic recycling scheme whilst also cutting down on the 3.5 million tonnes of plastic waste added to our country each year.

Organic Waste

It takes 25 years for a head of lettuce to decompose in landfill.

Health and Wellbeing

March 2024

Tips for better sleep

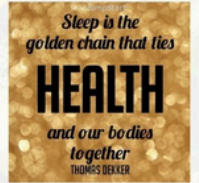
1. Develop or maintain a regular schedule for sleeping and waking, including on weekends.
2. Use the bed or bedroom only for sleep, if possible.
3. Reduce caffeine and alcohol consumption, particularly in the evening.
4. Get exposure to natural light during daytime and being more active
5. Reducing exposure to blue light, such as in phones, computers, and other devices, before bed.
6. Reducing stress through exercise, therapy or other means.

Factors influencing the sleep cycle



Sleep Habits

Sleep is important for maintaining optimal health and well-being. Like exercise and a balanced diet, getting enough sleep may help prevent a range of health issues, including heart disease and depression.



Why sleep is essential for health

- Improve brain functions including memory, performance and cognition.
- Help you to think more quickly and clear.
- Lower weight gain risk
- Improve your mood.
- Help you to manage stress.
- Lower risk of heart disease
- More social and emotional intelligence
- Preventing depression
- Lower body inflammation
- Improve your immune system.
- Recover from and prevent injuries

Recommended hours of sleep per age group

0 - 3 months	4 - 11 months	1 - 5 years	6 - 13 years	14 - 17 years	18 - 25 years	+ 25 years
14 - 17 Hours	12 - 15 Hours	11 - 14 Hours	9 - 11 Hours	8 - 10 Hours	7 - 9 Hours	7 - 9 Hours

AUDIT PREPPING AT REGENCY GREEN



Our senior team at Regency Green have been busy upholding the quality of our transition facility lately - Here we can be seen in a meeting for its NDIS audit. Service Coordinator Jess Wagner reflected: "Everyone was working hard on the audit preparation, and at the end of the day it all comes down to evidencing the great things we do at the project". Keep it up, RG team!

LET'S WELCOME OUR NEW WORKMATES!

Lalita Dahal • Jessica Wegner • Mauline Kamao • Tennessee Roberts • Marie Muhawenimana • Sarita Tiwari Uprety • Yam Poudel • Harindra Chhetri • Bolanle Akinwunmi • Dharmender Sharma • Zackary Miller • Sakcham Ghimire • Chinedu Obi • Bill Wameyo • Jitender Kumar • Elary Tanios • Yel Dut • Sarah Fassos • Dong (Eric) Liu • Di Yang • Taustin Kamara • Adebambo Odumosu • Jessica Dolphin • Imogen Kruse • Amit Madaan • Emma Jackson • Maxine Johnson • Nitika Sharma • Trent Lambell • Elizabeth Anderson • Samantha Moon • Gaurav Soni • Netra Nihalchandani • Chandra Thapa • Yelena Mamisashvili • Teresa Helmling • Debbie Carbone • Helga Jacobs • Sujana Sharma • Neha Khanna • Alphonso Sayee • Jay Mainali • Manisha Malakar • Chuda Raj Phuyal • Laurie Lyn Rowe • Carsten Mark John • Samuel Jerome Tonkin • Kushal Timilsina • Tarun Kalra • Bijaya Subedi • Allison Ricci • Todd Erin Williams • Sukhsimran Kaur • Tulashi Bhattarai • Kuladipsinh Manuji Dabhi



REPORTING WORKPLACE INCIDENTS



A good safety reporting process helps us to identify health and safety issues, why they occur and how to fix them.

How to report a workplace Hazard, Injury or Incident:

1 - Gather all the relevant information including:

- Date
- Time
- Where it happened
- What happened
- Who was involved (including witnesses)
- Immediate actions taken to make it safe

2 - Notify your supervisor via email or phone.

3 - Enter the details into Rapid Global. Here is the link: [Incident Reporting](#)

4 - Your supervisor will investigate your report, implement corrective actions and provide you with an update. If you have any questions, please contact your supervisor or the Manager of your department.

If your safety report has not been resolved you could alternatively contact a HSR or a member of the Health Safety and Wellbeing Committee for assistance:

[Community Living Options, Inc. - Safety Committee Members.pdf](#) - All Documents ([sharepoint.com](#)).

CALENDAR & EVENTS

SAVE THE DATE AND CELEBRATE

June

- 1-2 Jul: Oz Comicon Adelaide
- 1-30 Jun: Pride Month
- 5 Jun: World Environment Day
- 10 Jun: King's Birthday (Public Holiday)
- 15 Jun: World Blood Donor Day
- 20 Jun: World Refugee Day
- 21 Jun: Motor Neurone Disease Global Day
-

July

- 1-31 Jul: Dry July
- 1-31 Jul: Illuminate Adelaide
- 7 Jun - 22 Jun: Adelaide Cabaret Festival
- 7-14 Jul: Naidoc Week
- 14 - 20 Jul: National Diabetes Week
- 28 Jul: World Hepatitis Day
- 28 Jul - 4 Aug: DonateLife Week



TOP CASHFLOW TIPS

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

With the cost of living continuing to challenge many of us, are you keen to make more of your money? Here are our top tips for making your dollars go further.

Take a closer look at your expenses

This doesn't mean stop enjoying the things that make life fun. It might mean finding cheaper alternatives. Are you paying more than you need to for energy, internet, subscription TV or gym memberships you barely use?

The first step is to work out what your current expenses are, and decide which ones are fixed or flexible.

You can start crunching the numbers with these handy tools from Moneysmart:

- [Track your spending](#)
- [Budget planner](#)

Also, look out for free budgeting apps that can help you understand your spending habits and set savings goals.

Find your flex

Finding new ways to reduce any flexible expenses can help you manage your cashflow in the short term. Banks are often more flexible than you might think in helping customers facing a tough time. Utilities providers, including energy and water, could also offer flexible payment plans or 'bill smoothing' (where you can pay in smaller instalments).

Dip into cash savings

Are you an excellent saver when your budget permits? Congrats on thinking ahead. You might be facing one of those rainy days you've planned for, when your savings really need to be used. Keep track of how much you're withdrawing so you can repay your savings when the cash starts flowing more freely.

Sell unwanted items

Has your great aunt's dining room setting been sitting in your garage for years? Got some items in your wardrobe that haven't been worn, but still have the tags attached? Your trash could be someone else's treasure. You can sell items at little or no cost to you through online platforms. Equally, someone else's preloved goods could be just what you're looking for – and often at a fraction of the cost of buying new. Plus, there's the environmental good karma of contributing to a greener planet.

Look for freebies

Save on entertainment costs by taking advantage of free events near you. Check your local council website to see what's coming up, or use social media to find exhibitions, tours, classes and more.



BIGGEST MORNING TEA



Thanks to all who attended the Biggest Morning Tea to fight Cancer! We collectively donated \$989 for a Cancer Future, honouring Graham Davis. If you missed it, you can still make a cash donation to the Cancer Council at: <https://www.biggestmorningtea.com.au/donate>



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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