



“An inclusive community that actively acknowledges and values the intrinsic worth and contribution of persons with an intellectual disability”



Bill Curnow | Tri State Games

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Denise Page | Creative Imagination (2014 Perspective Art Exhibition)



Community Centre

Community Centre

We are very excited about the new Community Centre, for which we have waited many years, that is due for completion at the end of January. This will offer many extended opportunities for client development and choice as well as greater community engagement. Our service to clients and achieving best outcomes that are consistent with their choices and ongoing well being remain paramount in all that we do.

Latest News

The last six months have been quite hectic, what with preparations for the impending National Disability Insurance Scheme, commencing new services and new clients, as well as taking on many new staff to deal with the increase in clients.

A new accommodation service started in Nairne, during July, which required a new support team and due to additional clients wanting to use our Respite service, a new premises to cope with the overflow was opened in October. We have had four new clients commence in Day options and several more clients now in receipt of In Home support.

Increased Staffing

As a result of increased service provision, we have now increased staffing not only in direct support but also in the office, which has been well overdue. We were pleased to welcome Annie Wang, as an assistant to Judy Webster and Brooke Poyzer, as an assistant to Judith Paech. In addition, following the six month off line project responsibility, to explore the development of micro enterprises for Day Options, being undertaken by John Simpson, we were pleased to welcome Lynne Dodd to take up a six month contract as Manager HR.

The AGM in October was well attended and we were addressed by Mr Michael Forwood, CEO of the Cora Barklay Centre and Mrs Janine Lenigas, CEO of Lutheran Community Services. In addition, the Neighbourhood Links group presented a stimulating and thought provoking performance about their life choices and the barriers they face.

We wish you all a blessed Christmas and look forward to an exciting and beneficial new year.

Kind regards,
Aileen Dawson
Chief Executive Officer

Tri State Games

Our Tri State games team again had a wonderful series and came home with many medals and a great sense of pride in their results. They came second overall which is a great accomplishment.

Christmas Pageant

We were also very proud of our Day Options participants, who entered a float in the Mount Barker Pageant. It was great to see them as part of the local community and we look forward to next year.



Aileen Dawson | Chief Executive Officer

Real Food Café

From cooking for ourselves... to cooking for others... welcome to the 'Real Food' Café.

Our café is simply all about...real food with lots and lots of colourful vegies and it's bursting with fibre. We aim to use less animal fat, less salt and more whole grains. This means it is mostly low GI as well. It smells so good as we cook it that others have been keen to get a taste of it. We now take orders for the meals we cook on Wednesday evenings. It's not that simple though, to cook for many people, to cook for others. We have to think a lot more about how we do this. We need to buy the right amount of food, so it's important to take our time to multiply the recipe correctly. We also need more bags to bring back more food...which is of course a lot heavier to carry. It takes much longer to cut everything up properly. Sometimes we get blisters on our fingers. Safety and kitchen hygiene takes on even greater importance and we need to continually clean up as we go. Forget about 'Master Chef'...we cannot allow ourselves to get rushed as this is when mistakes or accidents can happen. It's important to listen carefully to instructions and follow them as best we can and to ask for help if we are not sure of something. Forget about 'Jamie's 30 minutes meals'...ours take much longer than that to prepare because we are learning lots of new skills. You can also forget about 'Ramsay's kitchen' because we still need to be cooperative and polite to each other...the only F word we use a lot is...fibre!!!. We also need to take much more care with the presentation of our meals... and some of us do like to be let loose with our creativity. All in all...we have a great time, learn lots, laugh at jokes (or mistakes), cry when cutting onions and enjoy yummy healthy meals.

Compiled by the participants of 'Real Food' Café.



Newly Weds! | Pinky & Manish

Congratulations!

A big congratulations to Manish & Pinky who got married on the 13th of December 2014.

“Best wishes for the future”

Centennial Court News

As 2014 draws to a close it is a great time to reflect on the past year and to move forward to the New Year.

It has been a privilege to see the growth in self-determination and independence amongst those who live at Centennial Court and who wish to take their place as active citizens in our communities.

We welcomed Keath Rigby to our staff this year, who has come with experience from the UK Disability services.

We are also pleased to have welcomed to our team this year Sandeep Kaur, Jaison Matthews and Jagdeep Kaur who have all shown great energy and commitment to our organisational and individual goals. We also thank Mick Olliver and Jaskaren Singh for helping us to maintain our gardens, housekeeping and general maintenance.

Reclink has provided opportunities in a regular walking group, participation in dragon boat racing, fishing, 8 Ball and golf. Michelle, Jane, Richard, Kristen joined with the DSSA to go on a weekend away and have participated in regular dance, including an end of year performance. Colin and Damien are members of Special Olympics basketball.

Congratulations to Kristen Ellison who has secured a part time position with KFC on award wages.

We welcomed Matthew Ny, who previously lived in Mount Barker, to Centennial Court with his dog Georgia.

We are very sorry to advise of the great loss of Jim, Jane's father and share her and her family's grief, which we know will be particularly heartfelt at this time of year.

I and everyone at Centennial Court, would like to take the opportunity to acknowledge the great support of our team at Ottoway and Mount Barker as well as our friends and families in the continuance the developmental work we aim for. May I on behalf of us all wish you all the best for the festive season and the coming year.

Kim Parish

Senior Coordinator Centennial Court

Tri State Games 2014

This year Hills Community Options supported 8 athletes from the Mt Barker Thunderbolts to attend the 2014 Tri State Games.



Mt Barker Thunderbolts

The Tri States were hosted by Community Lifestyles and held over a 5 day period in Murray Bridge.

The Tri State Games provides an opportunity for athletes from SA, NSW & VIC to compete against each other in Team Sports, Athletics, Aquatics and Indoor Sports.

This year our team put in its best performance in its history of competing at the Tri State Games, finishing 2nd overall, which is an outstanding



Michael Kellet | 50m Sprint

achievement. Each Athlete competed with tenacity and determination but at the same time showed great sportsmanship, by not only supporting their own team, but supporting and congratulating other teams even in the midst of defeat.

Athletes also had the opportunity to wind down after each days events and

Jo Hill and Port Power Footballer Chad Wingard attending the evening events and spending time with the athletes.

Next year the Tri State Games will be hosted in Horsham. Our athletes are very excited to have the opportunity to travel to Victoria and compete in the games and I'm sure they will do us all proud.



Simon Murphy | Basketball



Anne Golding & Chad Wingard

attend Dinner and Disco with all the competing Athletes. This year also saw the likes of Hall of Fame Basketballer

Mt Barker Thunderbolts Medal Tally

Anne Golding	1 Gold	5 Silver	
Michael Kellet	3 Gold	1 Silver	1 Bronze
Bill Curnow		1 Silver	1 Bronze
Ben Keynes	1 Gold	1 Silver	
Denise Page	1 Gold	2 Silver	1 Bronze
Scott Hart	1 Gold	1 Silver	2 Bronze
Leila Hurt	2 Gold	1 Silver	
Simon Murphy	2 Gold	2 Silver	1 Bronze

Reflections

Charles Ringma, "Dare to Journey"

"Being open to surprise"

No matter how much life experience and wisdom we have gained, we never come to the point where we have life all worked out. It is too much of a mystery for us to understand its complexity. Henri Nouwen says "Even when we are trying to be in control and to determine our own course in life, we have to admit that life remains the great unknown to us." We should never lament that this is so. It makes life open. It makes it full of new possibilities. And it puts us in a good position, for instead of being in the place of control, we are in the place of surprise.

If life is subject to our control, then it becomes predictable. If life is so much greater than we can understand, then it comes open to the reality of mystery. This may at times frustrate us, but it also makes us open to wonderment, prayer and the pursuit of further understanding.

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