

# VOCAL POINT



COVER STORY | PAGE 05

## Having a Say in Geelong



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PAGE 03  
**Our Star  
Volunteer**

PAGE 04  
**Minda Nursing  
Home Update**

PAGE 7  
**ACE Graduation**

PAGE 11  
**First Response**

PAGE 14  
**Festive  
Season Fun**

- 03 From the President
- 04 Minda Nursing Home Update
- 05 Having a Say in Geelong
- 06 Commercial Enterprises
- 08 Minda Partners
- 10 Celebrating the Life of Pat Kaufmann
- 11 Reconciliation Action Plan
- 15 Home Care News
- 16 Thank You

Cover image: Participants in the Having a Say Conference in Geelong, Natalie, Tony, Timon, Erin and Chris.



**Vocal Point is the official newsletter of Minda**

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## FROM THE ACTING CEO DARREN BUTTON



**I want to start by saying thank you to the Minda community and to you as one of our supporters.**

Although we have faced challenges in the start to the year, there has been so much positive change and we are as focussed as ever on the future of Minda and the people we support.

**It has been humbling to receive words of support and I want to thank those of you who have been in contact with me and my colleagues about your, and your loved ones' experiences with Minda.**

I also want to thank those of you who have been in contact with feedback on how we can continue to do things better – it is only with this feedback that we can continue to improve and ensure we're delivering what the Minda community expects.

In terms of the Minda Nursing Home, we are committed to remedying all issues as a priority, and we are dedicated to creating an environment which addresses the needs of the people we support and their families.

This work is well underway and it's particularly heartening to receive positive feedback from residents and family members of the Minda Nursing Home. You can read more on page 4 of Vocal Point to find out more.

In other news from Minda, the Self Advocacy group has reported back on their trip to Geelong for the Having a Say conference and by all accounts it was a rewarding and also really fun experience – great work from the team who advocate

for their rights and the rights of people with disability.

Congratulations also to our Star Volunteer Nigel, who you can read about on the facing page for the outstanding support he provides at our South Australian Learning Centre.

And although it may seem a little bit late in the new year, we would be remiss if we didn't include a festive season round-up which included strong support from our volunteers.

**As we head into the undoubtedly busy months ahead, I'd like to acknowledge our staff and the positive attitude that I see so routinely every day at Minda.**

With more than 120 years of history behind us, the Minda community remains a strong one and as part of our Minda community, I'd like to thank you for continuing to support our organisation which is working hard to deliver support and services to more than 3,500 South Australians with disability.

A handwritten signature in black ink, appearing to read 'Darren Button'.

**Darren Button**  
Acting Chief Executive Officer



FROM  
THE  
**PRESIDENT**  
SUSAN  
NEUHAUS

**W**elcome to the March edition of Vocal Point and our first for 2019. It certainly has been a busy start to the year, with an independent Governance review commencing following a Special General Meeting of the Minda Association on the 24th of February.

The meeting included an update to members on actions taken to address the sanctions imposed on the Minda Nursing Home, address the lessons that can be learned and to ask for support of a wide-ranging review of governance and care standards at Minda.

**It is a vote of confidence by the Association that will no doubt be a reassurance to the families of the 3,500 people who are supported by Minda and its close to 2,000 staff members.**

Leading the Governance review is RH Advisory's Rosina Hislop, a highly credentialled, experienced and recommended independent consultant and principal reviewer with expertise in Aged Care and Health and Human Services

An advisor and national facilitator for the Australian Institute of Company Directors (AICD), Rosina has extensive, hands-on corporate governance experience.

A big part of this process is getting members of the Minda community involved, including staff, family members and advocates of the people we support. This is such an important process because as the largest non-government disability

provider in South Australia, there is an expectation we lead and set the standards.

We are committed to openness and transparency in this process, and look forward to sharing more information with you about the progress of the Governance review in future issues of Vocal Point.

I'm also pleased to report the CEO recruitment is progressing well, with specialists in senior level appointments, Hender Consulting, being engaged in January.

It is critical that we select the very best applicant who has the right skills, values and attributes to lead Minda on the next step of its journey, and we are following a process to make the right final selection.

The successful applicant must be able to demonstrate the person-centred culture which needs to be at the very heart of Minda and work with the Board to drive Minda's strategic direction in the years ahead.

While we look forward to advising you of the outcome in due course, Darren Button continues to lead the business as acting CEO, supported by the Board and Executive.

On behalf of the Board and management team, I would like to express my sincere thanks for your ongoing support of Minda and South Australians with disability.

**Susan Neuhaus CSC**  
President



## Nigel is Our Star Volunteer

**W**ell done to Nigel Baker, who has won the Star Volunteer Award for the December quarter of 2018.

Nigel has been volunteering at the South Australian Learning Centre for more than four years now and his assistance is greatly appreciated, according to the team at SALC, who nominated Nigel for the award.

**Nigel collects the mail, gathers student assessments and forwards them to admin, collects items from the store, and takes used printer cartridges to the store.**

The SALC team says Nigel does a great job helping to greet people at the front desk when events are held.

Dedicated to his volunteer role, Nigel always goes out of his way to help and fits his volunteering around his work within Commercial Enterprises at Reynella and the course he's studying at Flinders University.

Congratulations, Nigel, on a great achievement.

# Minda Nursing Home Update

**E**xternal administrator Greg Adey of g88 Consulting has been working with the new leadership team to deliver change within the nursing home and ensure compliance with governance, operational requirements and service delivery.

An almost daily presence, Greg is a highly experienced and respected consultant, specialising in residential aged care, and comes to Minda Nursing Home with an understanding of its operating environment.

"I'm an independent aged care specialist here to work with Minda with the Department of Health and the Quality Commission, but most importantly with the residents and family members and advocates to make the improvements that are required," Greg says.

"I'm pleased to say there is a new leadership team in place who have the professionalism, the culture, the passion and work ethic to achieve great results."

Greg's appointment is an important step to ensure we achieve significant and meaningful change and reflect an improved model of care.

Working alongside Greg is Trish Bowie, who is providing support as a Nurse Advisor. Trish has extensive experience running nursing homes as an aged care manager and understands the challenges, family expectations and resident's individual needs.

Alongside Greg and Trish, Manager of the Minda Nursing Home, Linh Truong has been leading improvements within the facility, with the strong support of Kath Winn and



Nicole Tolman.

This new team is passionate about ensuring the best possible care for each person, and communicating closely with families to understand their preferences and to promptly address any concerns.

In early January, the team developed a training plan for Minda Nursing Home staff which includes specific mapping to address shortcomings identified.

The plan was submitted to the Department of Health, with the rollout progressing at a rapid rate.

The training includes face-to-face and online training, with flexibility to give people training based on their position and areas of work.

It has included management coaching support and also regular sessions for staff,

which allow for practical and also reactive on-the-job training on an as-needs basis.

The environment is also changing, and an architect who specialises in aged care was engaged. The painting is now complete, with new flooring being installed along with soft furnishings, lighting and artwork to create a more homely environment.

There have been updates to directly positively impact safety and quality of care, which has included creating access pathways, investigating the ways people at the Minda Nursing Home engage with the space, with an aim to personalise access.

Alongside any works underway there has also been an assessment of resident needs to ensure compliance and to minimise disruption in their home.

## Aged Care Royal Commission

**T**he Aged Care Royal Commission is currently underway, with close to 2,000 providers across Australia invited to make submissions.

"Given the unique support needs of the people who call the facility home, ever since the announcement of a Royal Commission into Aged Care we have believed that the Minda Nursing Home would be a focus," Darren Button says.

"Minda has provided a submission and we welcome the Royal Commission particularly because it offers a unique opportunity to influence the Australian Government and aged care industry on the delivery of aged care services to people with complex care needs."

Darren continues: "It also offers the chance to identify future challenges and opportunities for delivering accessible, affordable and high-quality aged care services in Australia."

# Having a Say in Geelong



Arriving in Geelong



Erin is all set to go on her first Harley ride



Tony and Timon give the Harley ride the thumbs up



Natalie, Erin, Timon, Alicia, Mel, Chris and Tony are all dressed up for the roaring 20s disco night



The Self Advocacy team enjoying dinner

**F**ive self-advocates from Minda attended the 20th annual Having a Say Conference held in Geelong in February.

Well done to Tony, Timon, Erin, Natalie and Chris, who travelled to Geelong with two of our Developmental Educators, Alicia and Mel.

The annual Having a Say Conference, organised by VALID, is Australia's largest conference for people with disability, and is held at Deakin University.

This year was Having a Say's 20th anniversary and the theme was 'Having a Say Forever!'

The conference aims to empower people with disability to: have a say about issues that affect their lives, participate and attend a conference, celebrate ability and achievement, be heard, meet new people from around Australia and share ideas, stories and experiences.

Our self-advocates arrived in Geelong on Sunday 3 February, taking the opportunity to see the sights of Geelong before enjoying dinner and live music at The Barking Dog Hotel.

Monday was the first day of the conference and everyone headed to the opening ceremony in the morning.

"In the afternoon, some of us attended a talk on the 'ABC's of Advocacy', while others participated in come and try activities.

We also spent part of the afternoon looking through the different stalls at the expo. In the evening, we went to the Sphinx Hotel for dinner and to watch the auditions for this year's Red Faces competition," Alicia says.

"On Tuesday, we all enjoyed a cooked breakfast before heading back to the conference for come and try activities and more presentations and performances. We ended the last night of the trip with the dinner disco at the Pier, which was themed 'roaring 20s'."

Tony says his favourite part of the trip was the disco – "it was a lot of fun" – and he also enjoyed meeting people and making new friends.

Erin enjoyed the Harley ride, her first time on a motorbike! She also enjoyed one of the presentations on advocacy, with people sharing stories and experiences of how they have advocated for themselves. Erin said the trip was a good experience and that she would like to go again.

Timon enjoyed bush walking, which was one of the 'come and try' activities. He went on a 3.5km walk and explored the bushland around Geelong.

Natalie enjoyed her two 'come and try' activities: badge making and hair and makeup. Natalie made three badges and got her hair and makeup done for the dinner and disco. Natalie also enjoyed seeing different bands and performances such as 'telling our stories through hip hop' which is a unique way of having a say! Natalie said it was a good group of people and she enjoyed sharing an apartment with Erin.

Chris has attended the conference many times. He said he enjoyed spending time with friends and going to the dinner and disco – even having a dance on the dance floor. He also enjoyed seeing the different talents at Red Faces.

# New Nursery at Reynella



Gloria, Phillip and Barry

**P**hillip, Gloria and Barry are among Craigburn Nursery employees who have settled into work at the new nursery located at Commercial Enterprises at Reynella.

The trio had worked at the nursery at Craigburn for many years, but say they are really enjoying working at the new nursery at Reynella, which still trades under the name 'Craigburn Nursery'.

"I like working with the ferns and labelling them," Barry said.

"It's good being at Reynella because I've got lots of friends here and we have lunch together."

Team Leader Paul says the nursery at Reynella is running smoothly and employees have transitioned well.

"We have 13 employees who transitioned to the nursery at Reynella, while 10 people transitioned into Packaging at Reynella to take the opportunity to learn a different skill set," Paul says.

"There were three employees who are now with Envirocare based at Minda Brighton, and one employee transitioned to retirement."

Thanks to everyone who made the move possible, including bus drivers and support workers who did a great job in helping employees settle in to their new work sites.



Paul with Andrew



Damien and Dong, with Gary who is currently working on the batteries

## SA Home Battery Scheme

**T**he first home battery systems have left Minda's Commercial Enterprises at Reynella, ready for installation in customers' homes under the SA Home Battery Scheme.

Commercial Enterprises has partnered with multinational energy company Alpha ESS to assemble and test the battery systems as part of the scheme, which is an initiative of the State Government.

Representatives from the Department for Energy and Mining's Energy Implementation Team visited Reynella in February.

Energy Implementation Team Director Sam Crafter and Deputy Director Peter Hawkes, along with SA Home Battery Scheme Program Manager Melissa Muller, viewed the assembly of a battery system by Commercial Enterprises area supervisor Damien Maple.

Also present were Alpha ESS Vice President Dong Lin, and staff members Victor and Jerry.

Commercial Enterprises' Daryl Guidotto says the first four assembled batteries left Reynella in early February, ready for installation in SA homes.

Daryl says a fit-for-purpose space has been constructed for optimum workflow: "We've put in new lighting, have built a big bench so employees can work at height, and have bought an electric crane," he says.

The SA Home Battery Scheme is designed to provide 40,000 South Australian households with access to \$100 million in State Government subsidies to pay for the installation of home battery systems.

Find out more about the scheme online at

[www.homebatteryscheme.sa.gov.au](http://www.homebatteryscheme.sa.gov.au)

# An ACE Graduation

**W**ell done to the MyPATH Leadership Group who recently graduated from two Adult Community Education courses run at the South Australian Learning Centre (SALC).

The two courses, 'Prepare to use Digital Technology' and 'Participate in Simple Spoken Interactions at Work', were run by SALC Learning and Development Coordinator Daniel with the assistance of the Leadership staff over 20 weeks.

Daniel says the Leadership Group applied themselves well to both courses.

**"The courses were designed to develop foundation skills in oral communication and digital technology," he says.**

"Through building their skills in these areas, we hope the students grow in confidence, gain a better understanding of workplace environments and be able to apply their strengths to a wide range of work activities. All this will hopefully lead to better and more meaningful job outcomes."



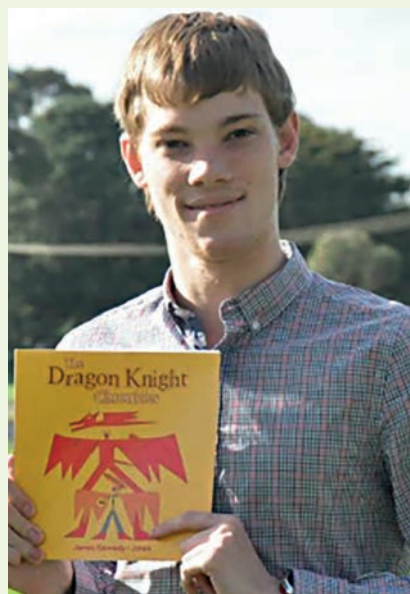
*Karen, Jess, Georgia, Joshua, Katelynn, Reece, Olivia, Reece and Daniel*



## Our Own Masterchef

**A**bout a year ago, Minda customer Anthony set the goal to learn how to cook and since then he's been cooking up a storm.

Most nights Anthony can be found in the kitchen, whipping up dinner for himself and his housemate – everything from pasta bakes to roasts, chicken kiev to beef stroganoff, homemade pizza and stir-fry and so much more!



## James' Journey to Help Others

**J**ames Kennedy-Jones has published a book on his personal journey with autism, and hopes sharing his journey will help to support other young people on the spectrum.

A customer with Minda's Disability Choices in Mount Gambier, James has shared details of his life with autism – from a young boy who felt free and at peace, to a young adult struggling with his inner demons.

The book, a graphic novel titled 'The Dragon Knight Chronicles', details how James has to overcome frustration, rage and fear and accept the good and bad in life. He works out he needs to be positive, while also understanding he needs to be aware of the

negative things and manage them.

James has been using his support hours to further his interest in supporting other young people with autism through the obstacles they may face and hopes to develop resources others can use to work through their emotions and move forward.

His support worker Lucy is helping him to learn new skills to create an online presence, market his books and resources and find mentors to help him achieve his goals.

James' book costs \$29 plus \$6.95 postage and handling. To obtain an order form, please email [hayley.burzacott@minda.asn.au](mailto:hayley.burzacott@minda.asn.au). Alternatively, an e-book copy is available at [balboapress.com/bookstore](http://balboapress.com/bookstore)



Ola, Anthony, Kythron, Reece, Joshua, Georgia and Abdul set to go on a coin collection outing

## Spare Change Means A Lot

**F**oodland – ‘the mighty South Aussies’ – is a fantastic supporter of Minda’s coin collection program.

Recently awarded Australia’s Supermarket of the Year for 2018, Foodland proudly displays our coin collection houses at the checkout for shoppers to donate their spare change. And the spare change has added up!

Since 2016, Foodland has raised a staggering \$54,826 which has gone towards making a difference to the lives of people with disability.

Foodland Chief Executive Officer Con Sciacca says Foodland proudly supports a number of clubs, charities and schools, is especially proud of its strong partnership with Minda.

“We’re pleased to help generate awareness of Minda and funds for people with disability by hosting the coin collection units,” Con says.

An enthusiastic group of volunteers from Minda’s MyPATH day programs, the Workskills group (pictured), enjoys heading to Foodland supermarkets to collect and bank the funds raised.

The Workskills Group volunteers every second Friday, traveling to wherever they are needed in the metropolitan area and having a lot of fun along the way!

They enjoy interacting with the community, chatting to Foodland staff, and learning about money and banking, with the coin collection program providing a valuable way to gain a range of skills and experience.

As well as supporting Minda through the coin collection program, Foodland is helping to create and maintain employment for people with disability through providing the opportunity for the packaging team at Minda’s Commercial Enterprises to supply and package their domestic products.

“Keep an eye out for Foodland products with the ‘packed by Minda’ logo next time you shop at Foodland and help us to support this worthy cause,” Con says.

From everyone at Minda, we’d like to say a big congratulations to Foodland for being voted Australia’s Supermarket of the Year for 2018 in Roy Morgan’s Customer Satisfaction Awards!



## All-New Toyota Corolla

**O**ur fantastic corporate partner CMI Toyota stocks South Australia’s largest range of new Toyota vehicles, including the all-new Toyota Corolla.

Launched in late 2018, the all-new Corolla boasts a bold and sporty design and sets a new benchmark in the small car market.

Satisfying both the private and fleet buyer, the vehicle comes in three variants and is now available with a hybrid engine which offers increased fuel efficiency and is more environmentally friendly.

CMI Toyota General Manager of Sales, Greg Hochuli, says the all-new Corolla has unprecedented levels of advanced safety technology.

“These include a pre-collision safety system which incorporates pedestrian detection, as well as cyclist detection during the day, autonomous emergency braking and emergency brake assist to name a few,” Greg says.

**“Cleverly, Corolla’s windscreen-mounted camera also recognises speed-limit signs – a first for a Toyota model in Australia. Many of its ground-breaking technologies and class-leading features would normally be found in more expensive, prestige models.”**

Toyota Corolla remains the world’s and Australia’s best-selling passenger car. CMI Toyota invites you to experience the Corolla for yourself by arranging a test drive at one of their three locations, West Terrace in the City, Cheltenham or Christies Beach.

CMI Toyota West Terrace has been a major supplier of fleet vehicles to Minda for over a decade. In addition to providing an outstanding customer and supplier service, the CMI Toyota Team, in conjunction with the CMV Foundation, has for many years supported Minda’s fundraising efforts.

## Best Defence This Winter

**G**etting a flu shot is the best way to defend yourself this winter, according to pharmacist Matt Boulter (pictured) from TerryWhite Chemmart Marion Compounding.

The pharmacy, a long-term partner of Minda, offers flu vaccinations as part of its health services – and we hear Matt has the magic touch when giving injections!

Getting your flu vaccination at TerryWhite Chemmart Marion Compounding can be both cheaper and faster than a visit to your GP. The total cost to receive the vaccination from Matt or one of four other vaccine accredited pharmacists in-store is just \$19.95.

Matt says almost everyone can benefit from having a flu vaccination.

“Even if you’re fit and healthy you could pass the virus on to someone who is at risk of becoming extremely sick if they catch the flu. If you care for children, older parents, or any other high-risk person, then you should definitely get a

flu vaccination,” Matt says.

“Broad uptake of the flu vaccine in the community can significantly reduce the risk of virus transmission.”

**Matt says vaccination is best undertaken in autumn (March to May) in anticipation of Australia’s peak flu season which usually occurs between June and September.**

Matt is part-owner of TerryWhite Chemmart Marion Compounding, which has been providing pharmacy services to Minda for more than 12 years.

He says providing pharmacy services to Minda is extremely rewarding.

“To be able to make a difference in the lives of people who need our help is very satisfying,” he says.



The organisation generously donates to a benefit fund specifically for people with disability who need special equipment or items they are unable to afford. So far, \$26,000 has been distributed from this fund.

Thank you, Matt, and TerryWhite Chemmart Marion Compounding for everything you do!

If you’d like to book in for a flu shot with Matt and the team, head into the store located at **746 Marion Road, Marion**, or call **(08) 8276 8600**.

## Glenelg Golf Club

**W**e were so excited to celebrate 51 years of support from Glenelg Golf Club, with the ladies teeing off in less than ideal conditions!

Although the weather was stormy, the atmosphere on the day was fantastic, with around 140 people taking part.

With the generous support of Glenelg Golf Club, more than \$4,600 was raised for Minda – thank you to the club for their amazing support for more than half a century!

We also wanted to say thank you to Pauline, Jan, Pam, Peta, Christine, Nicole and Marion who baked delicious homemade cakes, slices and jams for the trading table.

Our volunteers on the day were the wonderful Jeane, who assisted with packing the donated baked items and assisted at the event, and our friends from Phil Hofmann

Travel, Kirstie and Jade.

We’d also like to acknowledge our corporate supporter TerryWhite Chemmart Marion Compounding for donating a gorgeous raffle basket valued at \$250 and Palace Nova Cinema for movie vouchers.



*Teeing off*



*Jade and Kirstie*



*Glenelg Golf Club’s Annette and Cheryl with Jeane (centre)*

# Celebrating the Life of Pat Kaufmann



*Pat with one of her beloved dogs*

**C**lose to 200 people gathered on the lawns at Minda Brighton to farewell one of Minda's greatest assets, Pat Kaufmann AM MBE, in January.

Pat passed away on January 10, aged 94, and is remembered by the Minda community for her commitment to ensure people with disability could live the lives of their choosing.

The memorial, held on January 18, was officiated by chaplain Trevor Whitney and included readings and eulogy by family members.

**President of the Minda Board, Susan Neuhaus, was guest speaker, saying thank you to everyone who attended to “celebrate the life of someone who brought so much to the Minda community, and indeed, to South Australia”.**

Susan reflected on Pat's tremendous 40 years of service to Minda. Pat's involvement with Minda started in 1961 as Principal of the former Minda School, and continued through to 2001 when she retired as President of the Board.

“When Pat retired as President, a commemorative book was produced filled with letters of appreciation for Pat,” Susan says.

“The then Premier, John Olsen, spoke of Pat's ‘unswerving commitment’ to the people Minda supports.

“Then Executive Director at the time, Philip Martin, signed off his letter by saying: ‘Pat's strength and firmness of purpose will be greatly missed, but the mark she has made on disability services will not be forgotten’.

Pat was Principal of the Minda School for 28 years. Through her work as Principal, her commitment to quality ensured that the school quickly became recognised as a place of best practice.

Following on from her time at the school, Pat played an integral role in the establishment of Minda's community living programs, and in the expansion of supported employment. There was the establishment of Sturt Cottage Craft in 1981. And, of course, Pat played a key role in the building of Minda's nursing home, which is named in her honour.

**Pat was on the Board of Minda for 22 years. Outside of Minda, Pat's service on the Intellectual Disability Services Council from 1984 to 1997 was regarded as being of immense benefit to the state and nation.**



*A young Pat Kaufmann*



*The memorial was held in a marquee on the lawns at Minda Brighton*

# Reconciliation Action Plan

**M**inda has taken delivery of stunning Reconciliation Action Plan (RAP) artwork by Aboriginal artist Lorelle Hunter.

Lorelle is a Mirning and Wirangu woman from the west coast of South Australia, whose paintings have been sold both locally and overseas. Lorelle says she finds Aboriginal art very therapeutic, as it allows her to strengthen her culture and share her stories.

Her artwork for Minda highlights staff passions and incorporates Minda brand colours.

"I attended a RAP Committee meeting at Minda and asked the staff to share their passions about why their work is important to them and the community," Lorelle says.

"As the staff were sharing their stories, key words and meanings were standing out for me and an image in my mind started to take shape. Some of the key words and meanings were the main site, the location, the coming together, the scenery, the water, the passion from staff members, the clients and the network and partnerships with other organisations. I aimed to capture this all."

The artwork will be hung at Minda Brighton and will be featured in the RAP document itself, which is well underway.



RAP Working Group Chair Beck Raines says the RAP signifies Minda's commitment to promoting diversity and greater inclusion of the Aboriginal and Torres Strait Islander community across all areas of Minda.

"It will guide the development of relationships and opportunities for Aboriginal and Torres Strait Islander Australians across Minda – whether that's as employees, volunteers or the people we support," Beck says.

# First Response

**M**inda's Developmental Educators (DEs) have developed a new program called First Response.

Senior Manager, Clinical Services, Richard Bates says the program was developed to support people in achieving independence, enhancing community participation, developing social skills, and boosting independent life skills.

"Outcomes from the program include understanding how and when to call 000, improved self-confidence and first aid skills, and proactive and reactive life skills," Richard says.

"It promotes safety for self and others across the community."

**First Response is one of many workshops offered by the DE team, who are disability specialists and allied health professionals who specialise in:**

- Developmental and behavioural assessments
- Teaching functional life skills including social, communication, self-care, daily living, community access, recreation and employment skills
- Promoting emotional health and wellbeing
- Positive behaviour support
- Specialist Support Coordination and counselling supports
- Collaborating with people with disability, parents, carers and other service providers.



# Enjoying Work for ALH Group

**E**nvirocare employee James loves working in the great outdoors and gets great job satisfaction from his work.

James is one of the team from Envirocare Woodville whose work includes servicing ALH Group hotels.

Envirocare Team Leader Ivan says the work involved at ALH sites includes litter picking, spraying and hand pulling weeds, checking irrigation, pruning, mowing, edging, maintenance of living walls, replanting and planting of garden beds, and mulching.

In addition to the Woodville team, ALH sites are also serviced from Envirocare at Brighton and from Reynella.

Minda and ALH Group have built a strong partnership based on shared values of community, opportunity and inclusion.

In 2017, ALH Group raised \$50,000 through gold coin donations from patrons, which has been put towards a kitchen makeover and sensory garden at Minda's Variety House respite facility.



*James is one of the Envirocare employees who works on ALH sites*



*Self advocates at their final meeting of 2018*

## Self-Advocacy Update

**T**here's been plenty happening in self-advocacy at Minda in recent months. Make sure you see the cover story on the annual **Having a Say Conference** held in Geelong.

In other self-advocacy news, there is also a group of new self-advocates who completed the My Choice My Way workshop.

Jessica completed the workshop and has been doing a great job helping out at staff inductions, presenting on self-advocacy.

More My Choice My Way workshops are being run early this year. Anyone interested in these workshops should contact Disability Choices on **1800 164 632**.

The Express Yourself group has been involved with assisting the Self Advocacy Resource Unit (SARU) to prepare for the launch of its website.

Self-advocates are also becoming committee members to other self-advocacy groups and widening their social networks. Well done to all our self-advocates!

## Zumba Gold

**L**earning and Development Coordinator Karen taught a fantastic Zumba Gold session at Minda's Social Club late last year.

Karen was joined by a few other Zumba teachers and participants from her class, adding to the great party vibe enjoyed by the people we support. Thanks Karen for a colourful, amazing event!



*Zumba Gold crew pose for a photo*

# Driverless Vehicle Summit

**B**lend Creative graphic designer Jared has taken part in the 3rd International Driverless Vehicles Summit held at the Adelaide Convention Centre in November 2018.

Jared was part of a panel of experts discussing accessibility for people with disability and older people on day two of the summit.

Jared, who drives a standard automatic car using two feet, says if there was ever a

reason why he couldn't drive, then he would definitely consider using driverless vehicles when they eventually become available.

"I won't say I wasn't skeptical about driverless technology at first, but if driverless technology helps people with disability be more independent and live ordinary lives, then I am all for it," he says.

Jared says he was honoured to be part of the panel: "Being up on stage made me feel a little nervous at first," he says.

"Once I met everyone I was going to be on the panel with, I went from being nervous to thinking 'I can do this', all within about five seconds. It made me feel like a bit of a celebrity."

Nearly 300 delegates from across Australia and further afield came to Adelaide for the summit to hear from some of the nation's – and indeed the world's – leading experts on autonomous vehicle technologies.



*Jared (centre) participates in a panel discussion*



*Jared with one of the driverless vehicles*

# Music Sessions

**A** special music session with a distinctly Aussie flavor was held in the Minda Nursing Home to celebrate Australia Day this year.

Everyone enjoyed getting into the celebratory spirit, taking part in activities and enjoying the songs provided by musician Jason.



*Gaynor, Christine and Robert celebrating Australia Day*



*Chrysanthe gets into the celebratory spirit*

# A Time for Giving

**A**lthough we are well and truly into 2019, we wanted to take this opportunity to show you some of the wonderful things we got up to over the festive season.

It was a busy holiday season at Minda and we started off December, and went right up to Christmas eve, with gift wrapping in Adelaide Arcade.

In what has become something of a tradition, we raised more than \$11,000 thanks to the amazing support of Adelaide Arcade, the generosity of the South Australian community and more than 60 volunteer gift wrappers.

In early December, we also celebrated International Day of People with Disability (IDPwD) and the Minda and BankSA Christmas Carols & Markets.

From cruising in a Mustang convertible to the thrill of a Harley Davidson ride, IDPwD was celebrated in style at Minda on December 3.

The day acknowledges the skills and achievements of people with disability, something we like to do every day at Minda.

Later in the week was the Minda and BankSA Christmas Carols & Markets with a range of amusements and rides, more than 40 stallholders and amazing performers including Rachael Leahcar and Joe Braithwaite.

Christmas Coffee Club was also a big hit, with people supported by Minda grooving away to festive tunes by volunteer band, RU Serious.

A number of Coffee Club regulars also made their way to the Christmas Holiday Drop-In centre, with activities including a fire truck visit, time spent with friends from the animal world and a performance from the always popular Mr Oopy's bubble show.

We hope you had a great time over the holiday season and are having a wonderful start to 2019!



# Home Care the right choice for Rodney

**M**inda's Home Care service has proven to be the right choice for customer Rodney, who enjoys the freedom to make his own choices about his life.

Home Care manager Libby Chapman said Minda has supported Rodney over many years to have the freedom to make informed choices.

"We have supported Rodney to participate in his local community, remain connected to family and optimise his overall wellbeing," Libby and the team says.

"It's all about providing Rodney with choices about his support, and planning in partnership with him." Rodney recently had assistance from Minda ASSIST and local provider Medimart to choose a walker.

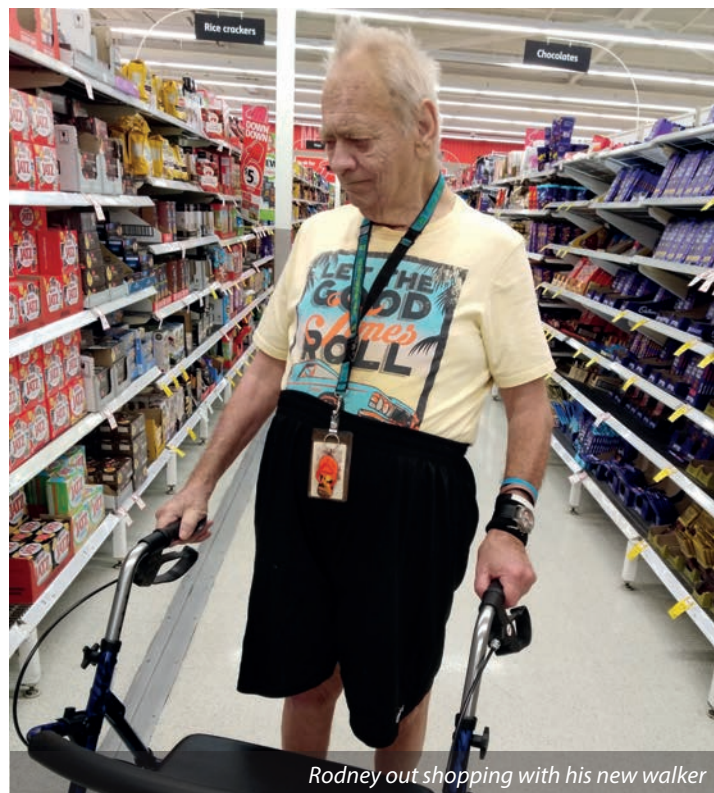
His new walker is already providing him with independence through increased mobility, as well as the confidence to get out and about, see family, and head to all the places he enjoys going.

Minda Home Care is a registered provider through the Australian Government My Aged Care service, and offers flexible support options to meet customers' changing needs and goals, with as little, or as much, support as they choose.

"Our team welcomes enquiries, and is happy to explain how it all works, as well as guide people through each step, keeping everything confidential along the way," Libby says.

The team has training in aged care, dementia and mental health, and all team members have DCSI and Police clearances.

If anyone would like to find out more about Home Care packages, contact the Home Care team by phone on (08) 8179 5292, via email [homecare@minda.asn.au](mailto:homecare@minda.asn.au) or visit the website [www.mindainc.com.au](http://www.mindainc.com.au)



Rodney out shopping with his new walker



Danny having a roaring time

## Team Minda Revs Up

**T**he team from Minda was all revved up after a great day out at the Superloop Adelaide 500!

Support worker Louise says everyone had an amazing time in the SA Suite on Thursday 28 February, and enjoyed some great views above pit straight.

Among those who attended this popular event were Jody, Wade, Josh, Tyler, Adam, Warwick, and their support workers.

Cheryl also supported Danny to attend on the Saturday, and he didn't let the 40 degree temperatures stop him from having a roaring time!

Well done team!



Team Minda at the Superloop Adelaide 500



Dave and Nathan

# THANK YOU



## Minda thanks the many generous individuals and businesses who support people with disability.

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For disability support,  
please contact  
**1800 164 632**  
[mindainc.com.au](http://mindainc.com.au)  
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