

Hotline

Leveda Magazine

Summer 2011



**Christmas
treats to get
you cooking**

**Leveda opens
24th service**

**All the colour
from the
DisabiliTEA**

In this issue

From the CEO



Wendy Wake-Dyster
Chief Executive Officer

I think you will notice straight away that Leveda is a very busy place, I offer you a full Hotline with many details of exciting projects, past and upcoming events, recipes, gardening tips and a good look into the world that is Leveda.

Our new Strategic plan was officially launched at the Annual General Meeting (AGM) in October. We have adopted a new vision and mission statement, re-assessed our values and drilled down into seven key areas of business which will guide us through to 2014. Much feedback and advice was sought during the development stages of the new plan, and I take great confidence in the knowledge that all at Leveda are as excited as I am in moving forward with this new structure for business.

Visually you will notice that our Strategic Plan encompasses all that is Leveda, colour, vibrancy creativity and quality. The house concept is in line with our key service, accommodation support. Enjoy putting together your copy, keep it on your desk at work or somewhere in your home, not only will it make you smile, but the values we have incorporated into our plan will serve as a positive guide for a happy home and office life, with mention of respect for others and honesty being key.

Our AGM was not only an exciting opportunity to launch our Strategic Plan, but also a time to recognise the efforts of retiring Board Members and welcome new. I congratulate and recognise the solid efforts of Barry Dwyer, Dennis Luestner, Chris Keenihan and Grant Rowberry who have passed on the reins to new

Community Representatives Jane Hyde, Debbie James, Barbara Davis together with Professional Representative Joanne Podoliak.

At the October Board Meeting, office bearers were appointed, with Sue Andrews and Renate Tonks continuing as Chairperson and Treasurer respectively, and Jane Hyde appointed as Vice Chairperson.

As you are aware, Leveda are focused on ensuring people with disabilities lead active and independent lives. Therefore we continue to advocate the need to get young people residing in nursing homes out into the community and into supported accommodation. Very recently we welcomed our brand new service 'Mahood' via our involvement with the Young People Residing in Aged Care Program (YPRIAC). I would like to once again welcome the people that will call Mahood home, their families and friends also.

As Leveda continues to grow and provide opportunities to educate the public on who we are and what we do, we ensured our strong presence at the 2011 Disability and Ageing Expo presented by the Disability and Information Resource Centre (DIRC) and at the 2011 Australasian Society for Intellectual Disability (ASID) Conference. Leveda were proud to sponsor the Disability and Ageing Expo and congratulate Karen Tohver who presented the completed Leveda Active Support Manual at the ASID conference.

To complement the above activity we are working hard to build our brand profile and presence. Recently you would have heard Leveda on SAFM and Fresh FM and may have even seen our colourful vans, now complete with Leveda branding. Advertising such as this strengthens our brand, which is vital



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Strategic Plan

in securing new support from the local community, businesses and Government. I am happy to report that we are already seeing positive results.

On November 21 we held a supporter function at Government House. This prestigious occasion was thanks to our growing relationship with Leveda Patrons, The Governor of South Australia Kevin Scarce and Mrs. Liz Scarce. Leveda utilised the opportunity to acknowledge and thank the many supporters and volunteers who have ensured a positive 2011.

Leveda took on the decision earlier in the year to install Solar panels in five of the six properties that we own. I'm pleased to advise that this work has now been completed, enabling Leveda to be more environmentally friendly, as well as reducing electricity costs.

I hope you enjoy your summer edition of Hotline and may I wish you a very merry Christmas and a safe and prosperous 2012.

Wendy Wake-Dyster
Chief Executive Officer



Kelly Vincent MLC with Kylie Carlino at the Disability & Ageing Expo.



In early 2011 Leveda commenced the ground work in creating a brand new Strategic Plan. A few months later the plan was completed in its draft format and Leveda then sought feedback and comment.

Clients, families, staff and agencies took up the opportunity to provide feedback on the plan, with the finalised plan reflecting the areas that people felt most strongly about.

It is a document that has modelled community inclusion in its development and is presented as *our plan*; reflecting the positive collaboration that is so often the hallmark of work in the disability sector.

The plan in its physical form is presented as a house which symbolises Leveda's key accommodation services, recipients of the house are to assemble the plan which signifies the role that our supports play in building our organisation to be the best it can be.

We hope you are as excited by the Leveda Strategic Plan as we are, the content and house design will bring a smile to your face.



Skit Day



Leveda Patrons, His Excellency Kevin Scarce and Mrs Liz Scarce get to know Leveda.

Recently, Leveda held the their annual Skit Day which provided many laughs and much entertainment.

Leveda's Skit Days have become an annual event that everyone looks forward to, it's an opportunity for the people we support and staff to come together and create humorous, often musical and fun filled short skit to perform in front of an eager audience.

This year Leveda's Skit Day found a new home at the Golden Grove Recreation and Arts Centre with all in attendance delighted by the high quality sound and fabulous lighting, including our very special guests!

Leveda were proud to welcome Leveda's official Patrons The Governor of South Australia Kevin Scarce and Mrs Liz Scarce. There was much anticipation and excitement surrounding our guests of honour and this excitement must have been passed on as we watched our Patrons get involved with the fun, singing and dancing the afternoon away.

Leveda appreciate the assistance from the many volunteers who made the 2011 Skit Day one to remember. Guests enjoyed the yummy scones made lovingly by the wonderful Sue Szabo and were entertained by our very professional guest panel of judges.

The popularity of the Leveda Skit Afternoon continues to build each year, ensuring it will remain a consistent event on the Leveda calendar.

Congratulations and well done once again to all of the 2011 participants and the winners from the day.

Leveda appreciate the assistance from the many volunteers who made the 2011 Skit Day one to remember.

Thank you!



City to Bay

Once again, Leveda took part in the Sunday Mail City to Bay with a record number of participants creating 'TEAM EMPOWER'.

Over 60 people supported by Leveda joined forces with Dignity for Disability (D4D) to form a sea of advocates to promote social inclusion and awareness, and of course have a great time in the sun whilst conquering some personal bests.

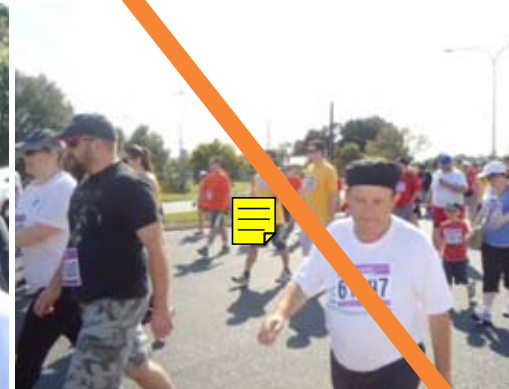
Leveda in white t-shirts with the bright green logo and D4D in their purple gear along with St. Patricks Special School, certainly made our presence known.

Big congratulations to Tim who once again conquered the full 12k's, a great effort indeed. Tim's dedication to fitness and his ongoing participation in the event year after year even earned him a moment in the spotlight with the local Messenger featuring a full colour picture and article promoting Leveda's involvement.

Michael who is also supported by Leveda was excited to see his face in the Messenger with some great promotion once again for Leveda.

As always, thank you again to the Lions Club of Tea Tree Gully for your generous time and BBQ which provided the much needed sausages and bread for our fit team of participants.

If you didn't participate this year, make sure you look out for us next year as we rally up even more eager members to join 'TEAM EMPOWER'.



Gary enjoying the day



Our local Leveda Celebrs



AGM

A big year deserves a big Annual General Meeting and that's exactly what was provided!

Sfera's Park Suites and Convention Centre provided the high class setting inside the Starlight Ballroom, with happy faces from throughout the year on the big screen upon entry putting a smile on everyone's face.

All at Leveda were delighted to have our very active Vice-Patron Kelly Vincent MLC in attendance as we reviewed a fabulous year with much growth and positive change, farewelled some very dedicated Board Members including Barry Dwyer, Dennis Luestner, Chris Keenihan and Grant Rowberry who have paved the way for some new faces on the Leveda Board. Welcome to Community Representatives Jane Hyde, Debbie James, Barbara Davis together with Professional Representative Joanne Podoliak.

Leveda recognised the efforts of long serving staff members including –

Ten years of service -

Arthur Bower
Lita Davies
Vickie Garrard
Craig Greenwood
David Jackson
Peter Jewett
Jacqueline Price
Tanya Somerville
Marcella Taylor
Brooke Taylor
Janet Williams

Twenty years of service-

Julie Meiers

Board members

Ten years of service -

Jim Young
Sue Andrews



To farewell our resigning Board members and congratulate the above staff members, Leveda presented each individual with either an engraved pen or Sfera's dinner voucher which we trust you will or already may have enjoyed!








Leveda presented a strong end of year financial result and much evidence of strong organisational growth including the launch of the new Leveda Strategic plan. Once the formalities were out of the way it was time to get on with what Leveda AGM's are known best for – FUN!

FLAVA Dance Studios put on a solid performance of world class hip hop dance to get everyone in the mood to hit the dance floor. For those brave enough, there was the opportunity to join the professional dancers from FLAVA and learn some moves from the masters. The people we support had a great time enjoying the loud music and vibrancy from our guest performers.

After all this shoe shuffling it was time to eat, thank you to Sfera's for the yummy catering.

What will the 2012 AGM bring? You'll just have to come along and see for yourself!

Pictured above

1. Amanda and Adam getting their groove on
2. Congratulations to our dedicated staff
3. Flava Dance Crew
4. Chairperson Sue Andrews talks ests
5. Amanda, always smiling
6. 
7. Guests danced until they hit the floor
8. Sue and ??
9. 
10. 
11. CEO Wendy Wa yster at the lecturn
12. 
13. (I'll get name  you asap for the ? marks)



DisabiliTEA



To promote the need for a National Disability Insurance Scheme (NDIS) Leveda held a DisabiliTEA in conjunction with Cerebral Palsy week.

The event was held at Leveda's head office in Salisbury with over 70 guests in attendance.

Our guest speaker was Kelly Vincent MLC representing Dignity for Disability (D4D). Kelly shared her personal views on the NDIS in a witty and engaging presentation as always.

Industry professionals including Executive Directors from other organisations were in attendance as we watched an inspirational short feature DVD which reminded everyone how important the NDIS is and why it was so valuable for all in attendance to have rallied together on the day as did many other organisations across Australia.

Leveda was delighted to learn that just a few days later, the NDIS was one big step closer to becoming a reality. The Federal Government have pledged their financial support to continue moving forward.

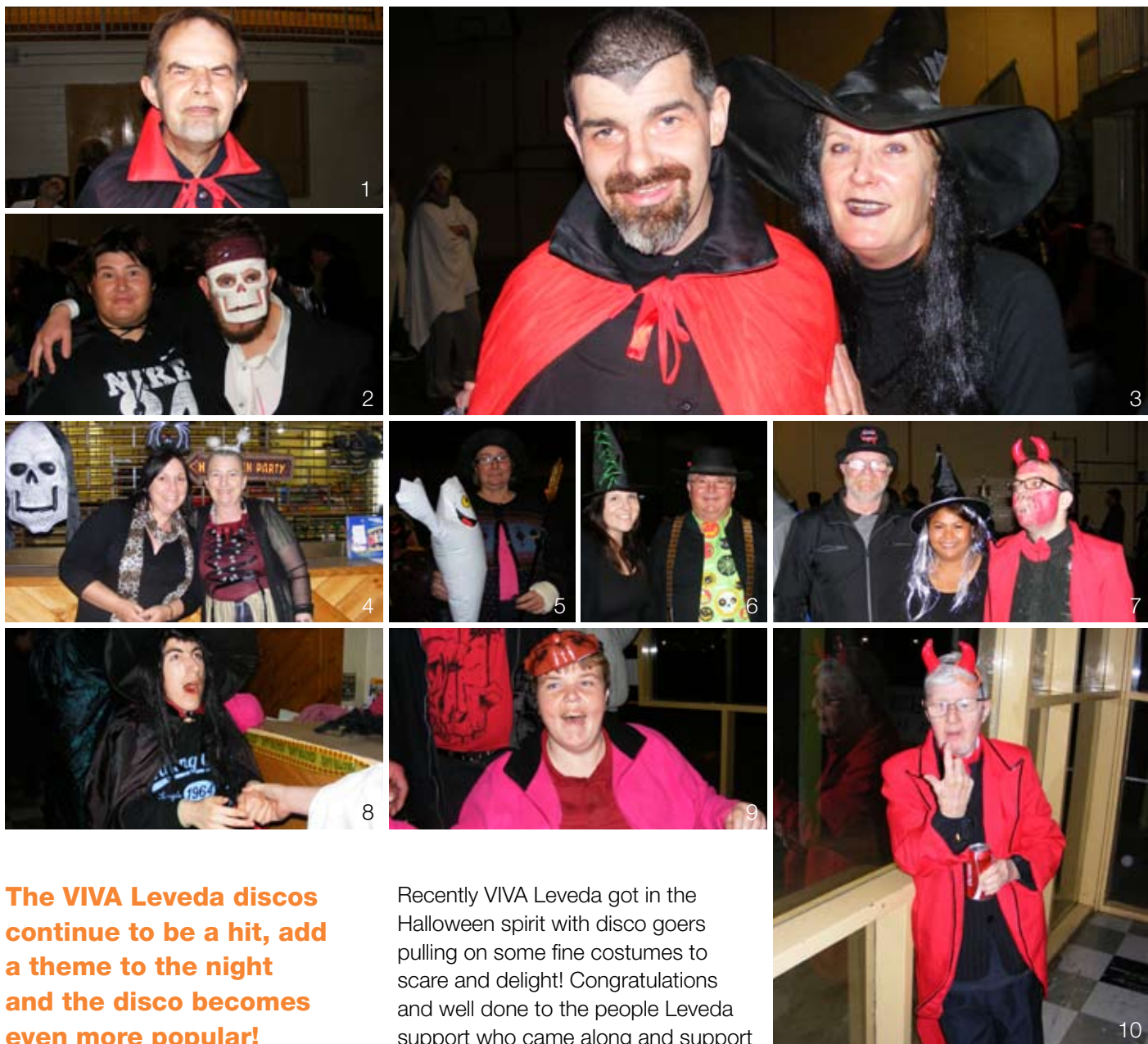


It's important that we keep this positive momentum flowing, the NDIS is still far from a reality but it's looking positive. If you haven't already done so you can contact your local Member of Parliament and express to them how important the NDIS is to you.

Log onto everyaustraliancounts.com.au to learn more about the NDIS and how you can get involved.



Halloween Disco



The VIVA Leveda discos continue to be a hit, add a theme to the night and the disco becomes even more popular!

Recently VIVA Leveda got in the Halloween spirit with disco goers pulling on some fine costumes to scare and delight! Congratulations and well done to the people Leveda support who came along and support staff for their fabulous costumes.

VIVA Leveda is our disco with a difference, a supported environment of fun, great music and dancing with friends. VIVA is held on the last Friday night of every month at St. Jays Recreation Centre, Salisbury. Check the Leveda webpage for details www.leveda.org.au.

As you can see from the photos we have a great time!

Pictured above

1. Tony Finding it Difficult to be scary with that big smile
2. Amanda and Adam looking great
3. Justin and Rowena enjoying the night
4. Event organizer Julie with ??
5. Val and a very scary ghost
6. Kylie and Peter get into the spirit



10. Lyndon plays the devil

Movie Night

Leveda's inaugural movie night was held recently with all in attendance leaving with a smile on their face.

Whether guests were excited by the goodie bag, the film itself or a night out with friends, all were glad they came along and vowed to definitely come along to the next Leveda movie night.

Hoyts Parabanks put on a great show, the friendly staff made sure we were comfortable as we sat back to watch

'The Help'. The Help is a great film that looks at a community of people rallying together with the strength to stand up for their rights. The film was definitely relevant to the disability sector therefore making it the perfect choice for Leveda's first venture into this type of event.

You will be excited to see over the coming months that more events to help Leveda fundraise and provide even more opportunities for fun will become reality.

Look out for your invite to our many upcoming events in HOTLINE.

Christmas Cards Available

Purchase a pack of 10 for just \$15 or individually for \$1.80 each

Support Leveda's fundraising and make sure your friends and family are impressed by the high quality cards

Available at the Leveda head office – 101 Park Terrace, Salisbury.



Social Inclusion Week

Saturday 19 November – 27 November
(Government House Supporter Function)

November 19 marked the start of Social Inclusion week for 2011, a very important week indeed.

Positive opportunities for social inclusion and an understanding of what it's all about are vital elements in ensuring people with disabilities can be a part of their community and live as independently as possible.

When we go to the shops, gather with friends or go to work we are actively participating in the social dynamics of society. It's very important that people living with a disability are not hindered by a lack of transport, poor access to shopping centres for example or a lack of accessible community events.

Good social inclusion is when we as a community realise the importance of ensuring everything we do is accessible to as many people as possible.

Social Inclusion is important to everyone, if you volunteer, support members of the community directly or advocate about the importance of good accessibility

Leveda hope you gave yourself a big pat on the back during the 2011 Social Inclusion Week.

Leveda took the time to thank the many volunteers and supporters who enable various opportunities for inclusion to the people we support via a formal function at Government House.

Leveda were delighted by the opportunity as a result of or Patronage from the Governor of South Australia to hold such a prestigious event, Leveda Management realised quickly that there were no people more deserving to be recognised during the early stages of planning the event than our dedicated Volunteers and supporters.

Thank you Government House for putting on a great event, guests of Leveda had a great time and very much appreciated the opportunity.

Active Support DVD

Yet another exciting project from Leveda, The Leveda Active Support Manual and DVD was finalised and made available for sale in late October and launched with morning tea at Leveda's Salisbury head office.

Active Support is a quickly becoming an assumed form of support which is an extremely positive step in the right direction for the industry. Active Support is about working with, not for someone with a disability. It's about supporting individuals to live as independently as possible, teaching staff support procedures to enable people living with a disability

to fully engage and participate in daily living opportunities.

The manual was developed by Active Support entrepreneur, Leveda's very own Karen Tohver, who has spent many dedicated months collating information from experts local and abroad and applying her own expertise and knowledge, to form an

all encompassing manual for use in other organisations who are wanting to learn more about this progressive approach in effectively supporting someone living with a disability.

Leveda were proud to present the Active Support Manual at the 2011 ASID Conference. The conference was an opportunity to actively encourage attendees to learn more and realise the value and benefit of implementing the Active Support model into the life of a person with a disability.

If you would like a copy of the Leveda Active Support DVD and Manual please call Leveda on 08 8256 9800.

Kildare – EFM – Leveda Project

Leveda were thrilled to hear the news that NAB has decided to fund the assembly of a fitness centre to be developed in conjunction with Kildare Catholic College (Holden Hill) and EFM Health Clubs.

Kildare and Leveda put forward a strong grant application, evidently the decision makers at NAB saw the merit in our project and advised accordingly.


The ethos of the fitness centre is for women especially to enjoy an active lifestyle in a comfortable, supportive and fun environment with modified equipment and professional trainers.

For many women, it is important to have access to exercise equipment in the company of other women. Leveda strongly recognises the importance of providing opportunities for women to have girl time and for men to have time with their mates, all the while making new friends and maintaining already formed friendships.

The fitness centre will be constructed on the grounds of Kildare and will be available, not to mention accessible, to the people that Leveda supports. Students of the college are looking forward to also getting involved and for Leveda this is what it is all about, community groups rallying together to actively participate in social inclusion and healthy lifestyles.

EFM Health Clubs have really come to the party, supporting the project with over one hundred thousand dollars worth of goods and equipment.

Recently the project was officially launched with a school assembly and morning tea at Kildare where we were presented with the all important cheque from NAB to really get things underway. Stay tuned!

Caption n  d here



MAHOOD

Leveda's involvement in the YPRIAC (Young People Residing in Aged Care) Program has been completed with the opening of Leveda's 24th accommodation service, 'Mahood', and our third YPRIAC accommodation service.

A group of young people have been able to join the community in supported accommodation as a result and are enjoying their new home and getting to know their housemates.

Mahood is a fully accessible, brand new residence in Adelaide's North and Leveda has taken great pleasure in welcoming the new residents and their families to Leveda.

The Mahood service model is based on a strong partnership between Disability SA, Julia Farr Housing Association and Leveda.

The finalisation of a new accommodation service is always a very proud moment for Leveda, in this particular instance the reality of 'Mahood' is that a group of young people have been able to move out of accommodation that no longer suited their needs and into a home environment that will support their opportunities to live more independent lives with access to many activities that are better suited to whatever it is that the individuals may like to do in terms of leisure and recreation.

Pics to  come

Summer tips – create a ‘cool’ garden

Summer in Australia is unforgiving with 40 degree temperatures, scolding hot pathways and the very real threat of sun stroke and heat exhaustion.

But we Australians are a tough lot, so it makes more sense to focus on warm evenings, BBQ's with friends or a day by the pool. What you will need of course to really enjoy the summer months is an easily maintained, sensible garden. Water restrictions must be adhered to, but what are the best plants to look for and what else should you be aware of this summer? Read on, our gardeners from the Leveda Vocational Program share their expertise...

Consider fake turf, always looks good and requires absolutely minimal maintenance and no watering...EASY!

Enjoy a succulent or two, care for them with minimal fuss during summer and enjoy the vibrancy when they eventually blossom in the spring months.

Get rid of rubbish, snakes love summer but we don't really want them to love our back yard. Clearing debris and keeping lawns short will deter these unwanted visitors.

Pets love the back yard so they get a mention too, keep them cool with plenty of fresh water and frozen treats. If you're going to provide a shallow pool for your pups to enjoy, keep a close eye on them, they may just like it too much and sit in there for too long, not realising their sun is severely dehydrating them.

Always watch kids by the pool and ensure your surrounding fences and gates are in good working order. (Not a direct gardening tip, but nothing is more important than pool safety for our children during the summer.)



Christmas Recipes

Strawberry and Apple Non-Alcoholic Punch

Ingredients (serves 8)

- › 2 x 250g punnets fresh strawberries, washed, hulled
- › 750ml (3 cups) diet lemonade, chilled
- › 500ml (2 cups) unsweetened apple juice, chilled
- › 500ml (2 cups) sparkling natural mineral water, chilled
- › 250ml (1 cup) freshly brewed tea, cooled
- › 1 bunch mint, leaves picked
- › Ice, to serve

Method

1. Place half the strawberries in the jug of a blender and blend until smooth. Strain through a fine sieve into a punch bowl or serving jug. Finely chop the remaining strawberries and add to the bowl or jug.
2. Add the lemonade, juice, mineral water, tea and mint to the bowl or jug and stir to combine. Serve with ice.

Notes

- › Time plan tip: Prepare to the end of step 1 up to 4 hours ahead. Cover and place in the fridge. Continue from step 2 just before serving.
- › How to sieve berries: For the Strawberry apple punch you'll need a seed-free puree. A good trick, after blending the strawberries, is to strain the puree by gently pushing it through a fine sieve with the back of a spoon.
- › Tip: Place extra strawberries, finely chopped, in an ice cube tray and fill with water or diet lemonade and freeze. Add to the punch just before serving.

Healthy, yummy, delicious Christmas treats? Could it be possible? Of course, with the guidance of the Leveda Healthy Eating Manual Leveda offer these tasty opportunities for you to try...

Recipe e Required

Ingredients (serves 10)

- › 200g (about 16) savoiardi (sponge finger biscuits)
- › 2 x 9g pkts Aeroplane JellyLite raspberry-flavoured low-joule jelly crystals
- › 1 tsp rosewater essence
- › 80g unsalted pistachio kernels
- › 4 x 150g ctns Fruche Vanilla Creme 99 per cent fat-free fromage frais
- › 500g fresh or thawed frozen mixed summer fruit (such as strawberries, raspberries, blueberries or cherries)
- › 2 tsp icing sugar mixture

Method

1. Break the biscuits into large pieces. Arrange over the base of a 2L (8-cup) capacity serving dish.
2. Prepare the jelly following packet directions. Stir in the rosewater essence. Carefully pour the jelly mixture over the biscuits. Cover with plastic wrap and place in the fridge for 4 hours or until the jelly is set.
3. Meanwhile, place the pistachios in a frying pan over medium heat. Cook, stirring, for 3-5 minutes or until lightly toasted. Set aside to cool slightly. Coarsely chop.
4. Spoon the fromage/frais over the jelly. Top with the mixed summer fruit.
5. Sprinkle with pistachios and dust with icing sugar to serve.

Notes

- › Time plan tip: Prepare to the end of step 3 up to 1 day ahead. Place the pistachios in an airtight container. Continue to the end of step 4 up to 4 hours ahead. Cover and place in the fridge. Continue from step 5, just before serving.
- › Tip: Rosewater essence, which is used extensively in Middle Eastern and Indian desserts, is available from the baking section of Woolworths - you'll find it near the vanilla essence.

Upcoming events

To kick off the festive season and celebrate Christmas join us for one of (or both) the events below! Fun guaranteed!



Christmas Breakfast Picnic - 27th November 2011

9am – 12pm

Greenwith Community Centre

Santa will make an appearance, enjoy a hot breakfast and festive fun with friends and family.

RSVP to Julie Stansbury – 08 8256 9800
jstansbury@leveda.org.au

VIVA Christmas Disco - 3rd December 2011

7pm to 10pm

St Jays Recreation Centre

15 Brown Terrace

Salisbury

Saturday 3rd December 2011

Sausage sizzle

Santa will visit once again!

RSVP to Julie Stansbury – 08 8256 9800
jstansbury@leveda.org.au



Leveda Vision and Mission



Vision Every person living with disability is valued by the community and reaches their full potential.

Mission To provide high quality services, offering choice, support and flexibility for people living with disabilities.

How you can help

If you have any ideas on how Leveda can ensure the people we support are included and participating in their local communities, then please let us know.

We welcome support for our work and this can occur in many forms such as a donation of money, goods or services or by volunteering your time. Please contact us if you would like to contribute to the work of Leveda.

YES, I would like to help Leveda continue to empower South Australians living with a disability.

Donation Details

Name

Address

State

Postcode

Email

I would like to make a single donation of

I would like to make a regular donation of

\$30 \$50 \$75 \$100 or other

Please sign me up to receive regular updates and news from Leveda.

Payment Method

Visa Mastercard Amex Diners

Cash Cheque Money Order

Name on Card

Card Number

Expiry Date

Signature

Donations of \$2 or more are tax deductible

To donate please send your donation with this form to PO Box 722, Salisbury, SA 5108.

Thankyou for your donation.

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