

DATE: 22 May 2020

ISSUE: 16

## Staying at home edition

# Newsletter



### Keeping in touch while we're keeping apart

The staff at Day Options have been working hard to bring programs to you through Microsoft Teams video meetings. Sarah has been bringing stories to life from her reading chair, Gavan has been running cook along sessions. Everyone has had their thinking caps on to create fun, remote programs to keep in touch from a distance.



**Please email your  
contributions for the next  
newsletter edition to:**

[Newsletter@connectgv.com.au](mailto:Newsletter@connectgv.com.au)

**CONTRIBUTIONS DUE BY:**

**Tuesday 14 July, 2020**



**What did one eye say to  
the other eye?  
Between you & I,  
something smells!**

Two cannibals were eating  
a clown. One said to the  
other, "does this taste funny  
to you?"

**Knock, knock.  
Who's there?  
Dishes.  
Dishes who?  
Dishes me, who are you?**

**Due to  
Quarantine, we'll  
only be telling  
inside jokes!**



What do you call a dog  
magician? A  
Labracadabrador

Why did the biscuit go to the  
doctors?  
Because he was feeling  
crumby.

**Why didn't the orange win  
the race?  
Because it ran out of  
juice.**

How do you make a tissue  
dance?  
Put a little boogie in it.

**Why was 6 afraid of 7?  
Because 7, 8, 9.**

**HOW TO PROPERLY  
GREET SOMEONE DURING  
THE CORONAVIRUS OUTBREAK**



Now that we can't shake hands or  
come near each other, finger  
guns are coming back and I'm  
pretty psyched about that



**Why are the  
annoying  
servants staying  
in my home all  
day now?**





# A WORD FROM OUR CEO

Hi everyone. I hope that this unusual time in our history has not been too overwhelming. For ConnectGV there has been significant changes we have needed to introduce. As challenging as this has been for all, it has also allowed fresh ideas and opportunity to step outside our comfort zones. Staff, clients and families have taken on the challenges with gusto and worked with ConnectGV in every way to meet Government enforced restrictions while also continuing where possible to participate and support the best way we can. We are cautiously pleased to see that restrictions are beginning to scale back but also understand the winter months are ahead of us and vigilance must be maintained.



One of my focus areas at the moment is strategic planning for the coming four years. Communication is always something that we know can ebb and flow. Many will have received a survey 2-3 weeks ago asking for your valued feedback. This is an opportunity to tell us what should be on our agenda in coming years, areas we need to work on and what we are doing well and should maintain. If you have not received an email to complete this survey please copy the following link in your google search and take 10-15 minutes to tell us what you think.

<https://www.surveymonkey.com/r/8FGLPNK>

Outside of this our other main focus is NDIS registration. ConnectGV underwent a Stage 1 Audit and plans are in play for the next stage of the Audit to taken place in late June.

The build is taking shape and this is something that provides much hope and motivation in regards to what lies ahead.

Until the next update ... stay safe and I look forward to the next update.

Kind Regards

*Carolynne Frost*

Chief Executive Officer



## Taking Shape

The new building now has a large column that will have a lift in it and the builders are putting the steel framework up so we can actually see how high the second floor is going to be. The big crane has been working there all week lifting things into place. So we now have floors, part of the wall and can see the beginnings of the second story ... it's coming along.

# Cameron Gray Award Recipient 2019 - Ben Grapentin

Ben is a quiet achiever. He has a go at everything but largely flies under the radar because he is so quiet and therefore does not always attract the same support as other participants. He is the first person to put his hand up to try new things.



Ben works at the nursery as a supported employee, and attends Day Options on his other days. He is very good with money skills and always tries to be as independent as possible. He participates in every sporting program that we have, be it cricket, soccer, football or Tristate Games. He is a positive team member and always supports his peers. Ben assists whenever possible, he anticipates when staff need assistance and provides support without fuss or fanfare.

Ben largely goes unnoticed because he does not have a loud voice, but he is always there with quiet encouragement. Ben will often support another client who struggles with organisation, helping them to pack their bag and refill their drink bottle.

This year Ben has also participated in the new work skills program and has been selected to start work experience at Coles in the New Year. Ben has actively engaged in this program, is always willing to give new tasks a go and follows instructions from staff.

Ben is first to be ready for any activity and participates in every sporting activity. He does cricket, soccer, football and Tristate Games. Ben has great support from his Mum at home and she tries to give him every opportunity available. We often see him quietly support his mum at the pool. He will spot her car in the car park and look for her as soon as he hits the pool deck. He acknowledges her by walking to the end of the pool where the Aqua Aerobics group are. Once she has seen him he goes about getting into the hydro pool for his group activity while still keeping an eye on her exercise routine. For a man without a loud voice this is his way of cheering her on. Once Mum finishes he then fully focuses on his exercises and the rest of the group. These supportive gestures are easily overlooked, but once noticed you can see how important they are to Ben and his Mum. They are always there, that's just Ben.



He will, in the back yard sit quietly beside another client, just being there. Ben never stirs others up and is always willing to support others. Even though verbal communication can be a challenge for Ben sometimes, he will always overcome this. Often he will hand staff a note to remind them of something that needs to occur or to remind them of something he requires.

Ben always supports our fundraising efforts, often buying sausage rolls for him and his family. He simply opens his wallet and his heart. Mum has recently expressed that she does not always know when these things are happening until he brings something home for her. He is also a great supporter when making the sausage rolls. He assists other clients to have success in their participation as well. Staff have observed him showing another client how to fold the sausage roll boxes with crisp sides so it ends up easier. He just wants to support others to achieve.

Ben's recent trip to Adelaide shows us how determined he is to succeed. Bringing home 6 medals and coming 2<sup>nd</sup> overall in Most Improved Male Athlete division. He then put himself out there enough to speak to the media, even though he finds this challenging.

Ben is someone who exemplifies the persona of Connect GV. He is always willing to try new things and continues to strive for excellence in his current programs and activities. Ben is kind, compassionate, understanding and has a wicked sense of humour.

Ben embodies ALL these wonderful qualities ... Enthusiasm, passion, determination, consistency, sportsmanship, courage, empathy, positivity, compassion, team spirit, excellence, honesty, sincerity.



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valley  
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## Beauty spa at home ... Chocolate face mask

### Ingredients (per person)

- 1 teaspoon cocoa powder
- 1 teaspoon yoghurt
- 1 teaspoon honey

### Method

1. Blend ingredients together. The cocoa powder can be a little tricky to mix in, so be patient with this step. Keep mixing until it looks like melted chocolate.
2. Clean your face with warm water.  
Pat dry then apply mask evenly to the face, except for your lip & eye areas.
3. Relax to your favourite calming music for 15-20 minutes.
4. Wash off with warm water & pat dry with a clean towel.



### March

Ben Grapentin  
Julie Oldfield  
Peter McKay  
Suzanne Morrow  
Mark Darvenzia

### Zoe Norden

Glenn Hurst  
Jamie Ficheria

### April

Emanuela Bongiorno  
Ben Sissons  
Greg Heenan  
Isaiah Briggs  
Leonie Kilmartin

### May

Shawn Tracey  
Jonathan Mauger  
Carley Favaro  
Azra Throsby-Young  
Tatum Crosbie





## WE LIKE TO MOVE IT, MOVE IT

Being in ISO is hard on our lives in so many ways. We can't see our friends or do our usual things, and that makes us sad and a bit depressed.

Then we tend to snack more and feel less like doing anything at all. STOP!

Let's look forward to getting out and about again. We want to be able to get straight back to "doing". We all need to keep our muscles working so they can "do the everything" that we are going to want to do.

Here are some simple more it things to do towards our "exit with style".

1. Walk up and down either the driveway or across the front of your house. Focus on keeping your back nice and straight and your knees high with your arms swinging. It's exercise, not a stroll.
2. Sit on a chair in the kitchen, make sure it's where you have some space around it to move.

Now please cross your arms and stand up. Oh no! I mean sit down ... oops stand up. Ha ha. This is an exercise too, please do 10 of these. Trying to remember to keep your arms crossed and your back straight.



3. Sit and Stretch.

Think of a cat that has been snoozing in a sunny spot. When the cat wakes up it has a lovely big luxurious stretch.

On your chair, roll yourself down into a ball and then slowly stretch yourself right up to sitting with your hands high in the air. Wriggle about gently, just like puss does. Repeat this 5 times.

4. Stand and Reach.

This time we are going to stand behind the chair and stretch right up onto our toes. You can rest one hand on the back of the chair for support if needed.

Get your other hand way up there as high as you can. Stay there for a slow count of 5 please. Then lower yourself gently back onto heels again and lean forward to stretch out your back. Keep hold of the chair if you need. Swap hands and repeat.



#### 5. Star Stretches.

Turn sideways to the back of the chair with 1 hand on it for support if needed. Spread your legs apart and at the same time raise the arm on the same side. It can be a half star if you need the chair. Please do the left leg and arm 10 times and then the right arm 10 times. Keep balanced.

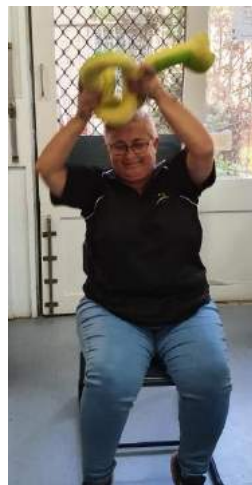
6. March on the spot to your favourite song. Be warned, that if you choose “techno chicken” it goes for an hour and might just wear you out!

7. Have a long drink of water. It’s always good to keep drinking water during the day.

8. Sit and Twists.

For this exercise you put a small toy on the floor next to your chair. See if you can pick it up by moving sideways ... Got it!

Now pass it slowly up over your head, sitting up over your head to be greeted by your other arm and then lower the toy to the floor on the other side. Be careful not to go too fast and overbalance. Repeat 4 more times slowly.



9. This time I want you to kneel on the floor in front of the chair please. Now using the seat of the chair for some support, get up on to your feet.

This is the Sunday morning exercise. You know, you lay on the lounge floor in front of the heater reading and then the doorbell rings.

Walk again with a smile on your dial and a spring in your step. Be happy because you just did some exercise and you feel good.

Maybe even take a walk to the corner and back.

Well that’s been fun to try and write up. I hope you have enjoyed a wriggle and cleared out some crinkles.

- See you soon. Stay safe, from Julie.



## Online Cooking with Chef Gav

Well done to the cooks out there who have been joining Gavan's online cooking programs. From Ashley's apple pies with flair, Rosemary's tearoom quality vanilla slices and Peter's delicious creation much appreciated by his family. It's been excellent, edible fun working through step by step together through the video meeting program.

### Irresistible Vanilla Slice

#### Ingredients

2 sheets of Puff Pastry  
2 packets of Vanilla Pudding  
Cottee's brand in the blue pack  
600ml Cream  
Icing sugar, small amount for  
dusting



#### Method

1. 2 sheets of puff pastry on separate flat baking trays, line with baking paper.
2. Place in the oven at 200 degrees, cook until puff up, and golden brown.
3. Remove from oven, place clean tea towel over top of each pastry, and rest a bread board on top, (flatten the pastry).
4. Put to side to cool
5. Place 600ml of cream into mixing bowl, add vanilla pudding to cream, beat until thick, and fluffy.
6. Place cream on one side of pastry, the other sheet of pastry on top.
7. Cut into small squares, using a large bread knife.
8. Dust with icing sugar.
9. Serve and enjoy.



1. Wet hands



2. Soap



3. Wash at least  
20 seconds



4. Rinse



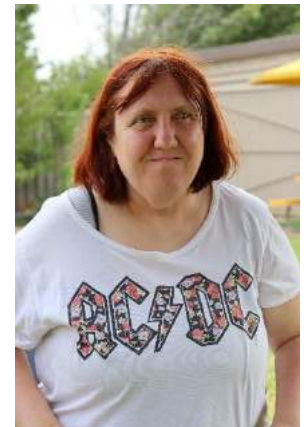
5. Dry Hands



6. Turn off water



Good times, great memories, we'll be making new ones soon

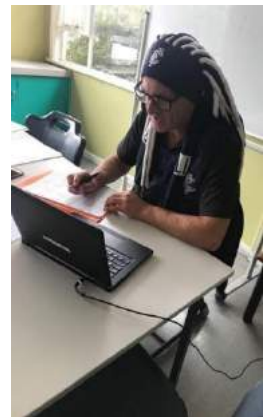








## Keeping busy while we are keeping apart to stay safe together





# Ashley Cottrell



## What are your favourite foods?

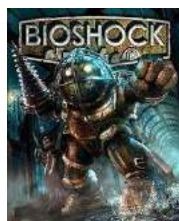
Spaghetti, pizza & liquorice (but not red, which isn't real liquorice).



**Do you like animals and have any pets?** Yes, I like animals. I have four cats ... Francene (he's huge), Kevin, Bicky and Mr Chang Chang.

## What do you do when you're not at ConnectGV?

Reading, listening to music, playing horror games like Dead Space and Bioshock I & II.



## Do you like sports? If so what sports?

Yes, some, martial arts.

**Next newsletter distribution date  
will be Tuesday 21 July**

**What are your favourite TV shows?** Gotham, Lucifer and Arrow.



**What is your favourite colour?** Do you really have to ask? Black, specifically the shade midnight black.

**What kind of books do you like?** Skullduggery Pleasant, Assassin III. I also like Dark Horse Batman comics, Hellboy.



**Where is your favourite place to visit?** I'd like to go to England. I also like to visit Warrnambool, where I used to live.

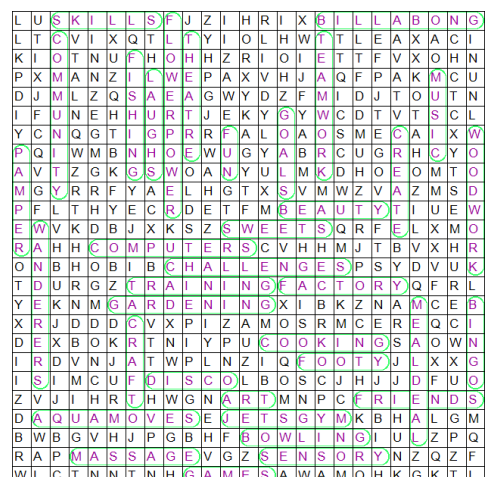
**Who is your favourite singer or band?** Fall Out Boy and Silver Chair.



**Who do you follow in the AFL?** I used to follow Geelong but I got bored of it and don't anymore.

**Do you enjoy gardening?** Yes, sometimes.

## Word find solutions



## Connect GV Word Find

Aquamoves	Cooking	Fun	Pamper
Art	Craft	Games	Sensory
Beauty	Create	Gardening	Skills
Billabong	Disco	Goals	Sweets
Bingo	Factory	Jets Gym	Team Work
Bowling	Fishing	Laughs	Theatre
Challenges	Flower Power	Massage	Training
Community	Footy	Meal Deal	Wanderers
Computers	Friends	Music	Wood Work

L	U	S	K	I	L	L	S	F	J	Z	I	H	R	I	X	B	I	L	L	A	B	O	N	G
L	T	C	V	I	X	Q	T	L	T	Y	I	O	L	H	W	T	T	L	E	A	X	A	C	I
K	I	O	T	N	U	F	H	O	H	H	Z	R	I	O	I	E	T	T	F	V	X	O	H	N
P	X	M	A	N	Z	I	L	W	E	P	A	X	V	H	J	A	Q	F	P	A	K	M	C	U
D	J	M	L	Z	Q	S	A	E	A	G	W	Y	D	Z	F	M	I	D	J	T	O	U	T	N
I	F	U	N	E	H	H	U	R	T	J	E	K	Y	G	Y	W	C	D	T	V	T	S	C	L
Y	C	N	Q	G	T	I	G	P	R	R	F	A	L	O	A	O	S	M	E	C	A	I	X	W
P	Q	I	W	M	B	N	H	O	E	W	U	G	Y	A	B	R	C	U	G	R	H	C	Y	O
A	V	T	Z	G	K	G	S	W	O	A	N	Y	U	L	M	K	D	H	O	E	O	M	T	O
M	G	Y	R	R	F	Y	A	E	L	H	G	T	X	S	V	M	W	Z	V	A	Z	M	S	D
P	F	L	T	H	Y	E	C	R	D	E	T	F	M	B	E	A	U	T	Y	T	I	U	E	W
E	W	V	K	D	B	J	X	K	S	Z	S	W	E	E	T	S	Q	R	F	E	L	X	M	O
R	A	H	H	C	O	M	P	U	T	E	R	S	C	V	H	H	M	J	T	B	V	X	H	R
O	N	B	H	O	B	I	B	C	H	A	L	L	E	N	G	E	S	P	S	Y	D	V	U	K
T	D	U	R	G	Z	T	R	A	I	N	I	N	G	F	A	C	T	O	R	Y	Q	F	R	L
Y	E	K	N	M	G	A	R	D	E	N	I	N	G	X	I	B	K	Z	N	A	M	C	E	B
X	R	J	D	D	D	C	V	X	P	I	Z	A	M	O	S	R	M	C	E	R	E	Q	C	I
D	E	X	B	O	K	R	T	N	I	Y	P	U	C	O	O	K	I	N	G	S	A	O	W	N
I	R	D	V	N	J	A	T	W	P	L	N	Z	I	Q	F	O	O	T	Y	J	L	X	X	G
I	S	I	M	C	U	F	D	I	S	C	O	L	B	O	S	C	J	H	J	J	D	F	U	O
Z	V	J	I	H	R	T	H	W	G	N	A	R	T	M	N	P	C	F	R	I	E	N	D	S
D	A	Q	U	A	M	O	V	E	S	E	J	E	T	S	G	Y	M	K	B	H	A	L	G	M
B	W	B	G	V	H	J	P	G	B	H	F	B	O	W	L	I	N	G	I	U	L	Z	P	Q
R	A	P	M	A	S	S	A	G	E	V	G	Z	S	E	N	S	O	R	Y	N	Z	Q	Z	F
W	I	C	T	N	N	T	N	H	G	A	M	E	S	A	W	A	M	Q	H	K	G	K	T	I

12 May 2020

Dear Participants, Families and Carers,

What a journey this has been for our ConnectGV community. We are starting to see some changes. Albeit minimal, we are on the right track to returning to “business as usual” this is due to the success of people complying with the directives of the Victorian Government to make sure we all remain safe.

I understand this has not been easy for you all and I am pleased to see some relief announced by the Victorian Premier, Daniel Andrews.

As you, maybe aware The Victorian Premier Daniel Andrews has announced a cautious ease of restrictions for Victoria. The first stage of recovery and return is in place until 31 May 2020 and dependant on how we are tracking with community transmission we anticipate the next steps will follow this date.

On 11 May 2020, Daniel Andrews announced -

**“There are now 5 reasons to leave your home”**

1. Shop for Food and other necessary goods and services
2. Access Medical Services
3. Attend work or Education where you cannot do those things from home.
4. Exercise and participate in some recreational activities adhering to the Rules of Social Distancing.
5. Visit Friends, Family and loved ones while adhering to the Rules

**What are the Rules?**

1. Maintain Hygiene – Wash your hands regularly
2. Adhere to Social Distancing of 1.5 metres
3. Maximum of 10 people attending a Community Centre at one time.
4. Having Family and friends visit you at home – with up to 5 visitors allowed
5. Outdoor gatherings of up to 10 people for the purpose of Non - contact sport and Recreation activities

**What this means for ConnectGV?**

- **Please advise of your intent to return** - ConnectGV will require participants to inform of their intent to return 5 days prior to commencement date. This will allow necessary supports to be made available for participants. Participants will need to complete and return an amended Service Agreement.
- **Programs** – Online sessions are currently available, participants returning will have the opportunity to interact with their peers while being supported by staff. Outdoor activities will be minimal and consist of light exercise.
- **Roster and hours of support** – Days of participation will be a staggered roster to comply with the 10x person maximum in a Community Centre. Hours of support will be Between 9:00am and 3:00pm – Building will not be accessible before 09:00am.
- **Transport** – ConnectGV will provide no transport at this time.
- **ALL visitors MUST** make an appointment and people dropping off participants **MUST** remain outside, where staff will greet you at a safe distance.



**ConnectGV will continue to operate Day Options in accordance with the current covid-19 directives, which include:**

- All staff & clients temperatures will be checked prior to entering Day Options
- All staff & clients will be required on entry & exit to follow hygiene requirements.
- Staff & clients are required to follow social distancing of 1.5 metres
- No Transport will be provided whilst social distancing is in place. Clients responsible for own arrangements to & from programs.
- Strict hygiene measures, including hand washing, covering sneezes and coughs by all staff and clients
- All clients bring morning tea and lunch
- PPE utilised when required
- If you are unable to comply with the 1.5 metre distancing and would like to engage in activities, please sign up to the Online Learning sessions available on our Website.
- Day Options closed to all visitors, by appointment only (if necessary)
- If you have medical conditions that place you at higher risk due to the symptoms of covid-19 and are concerned about yourself, family member or person in your care, please remain at home.
- If you are displaying any symptoms of being unwell, you **must** remain at home until all symptoms have subsided.

We understand the ease of restrictions will not alleviate pressures for some participants at this time. It is important to stay connected and if return to facility-based activities is not appropriate please consider the Online Sessions to provide social engagement and interaction with your peers.

If you require further information, please contact me on 5821 2466 or email [melissaj@connectgv.com.au](mailto:melissaj@connectgv.com.au)

Kind Regards,

*Melissa Joyce*

Engagement and Participation – Service Leader