

Menzies NEWS

Having a Say in Geelong



The Having a Say Conference aims to empower people with disability through the opportunity to "have a say" about issues that affect their lives; celebrate ability and achievement; be heard by politicians, government and service providers; meet people from around Victoria, Australia and overseas; be part of developing strategies to address issues and recommendations made at the conference.

The Our Choice Expo offers conference attendees an opportunity to browse around 100 exhibits and see what is available to support them to get the best out of the NDIS and be involved in their community.

RECIPE

Warm tomato pasta salad

Source: [taste.com.au](https://www.taste.com.au)



- 2 tbsp olive oil
- 3 garlic cloves, thinly sliced
- 2 bunches baby asparagus, diagonally halved crossways
- 200g red Perino™ Sweet Snacking Tomatoes, halved
- 200g gold Perino™ Sweet Snacking Tomatoes, halved
- 1/4 cup (40g) pine nuts
- 2 tbsp lemon juice
- 2 tbsp basil pesto
- 1/2 cup small basil leaves

Step 1: Cook pasta in a saucepan of salted boiling water following packet directions or until al dente. Drain, reserving 1/4 cup (60ml) of cooking liquid. Return pasta and reserved cooking liquid to pan.

Step 2: Meanwhile, heat oil in a frying pan over medium-high heat. Cook garlic, stirring, for 1 min or until aromatic. Add asparagus and cook, stirring, for 1-2 mins or until just tender. Add the combined tomato and pine nuts. Cook, tossing gently, for 2 mins or until tomato is just softened and pine nuts are golden. Season.

Step 3: Add tomato mixture to the pasta in the pan with the lemon juice, pesto and basil leaves. Gently toss to combine. Divide among serving plates.

watch THIS space

with Ian Hewitt



RECIPE

Summer Sessions wrap up with Elvis show at Morning Melodies



We finished up a round of Summer Sessions activities at Whittlesea RSL, to see Elvis Presley tribute performer Rick Charles.

FOOTY TIPPING



I will be running a footy tipping competition again this year for anyone who would like to take part, including clients, families, staff, and members of the wider community.

This is a FREE competition. If you would like to join in, or get more information, please contact me by email:

ianhewitt.thecook@gmail.com



JANUARY-FEBRUARY

**Nola
Creag
Bernadette
Shirley**



Carers meeting carers over a friendly and free morning, sharing information about carer supports available. Enquiries please phone Anthea 0418 402 455.

 **Find us on
Facebook**
@MenziesSupportServices



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The Mount: 2456 GV Highway Alexandra
Mansfield: By appointment
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Contributors/Suggestions:
Please submit material for publication in Menzies News to Leisa Dent by email: leisad@menziessupport.org.au



Bernadette on her birthday, with a cockatiel named Pikachu.

Training Opportunities



EXPRESSIONS OF INTEREST

Have you considered a career in the health, aged care or disability sectors?

Training will be offered this year in a variety of formats including taster courses, short courses, professional development and full accredited certificate courses. Training will be held locally.

Menzies Support Services is collecting expressions of interest on behalf of the Murrindindi Health Network. If you would like to receive updates, please send your contact details to:

careers@menziessupport.org.au

What helped you during the power and phone outages?

Article by the Menzies Community News group

Nicole: 'We were at The Mount doing Graphic Arts when the power went out. When I got home, we had to use the BBQ to cook for dinner. We used torches to see what we were doing. I had my little camp light. We needed to find a battery-operated radio, because we didn't have one. We needed the radio to listen for updates. We stored most of our food in an Esky and took it to a friends house who had a generator. I had time to read two chapters of my book and I completed two puzzles.

Anne-Marie: My friend stayed over with me overnight because I was scared of being all by myself in the dark. I used my phone for a torch and had egg salad for dinner. I opened the door to let the breeze in and I opened the bedroom blinds to let as much light in as I could.

Jenna: I was in Newcastle when the power and phone outages happened, so I didn't miss it at all. If I was in a power outage though, I would use a torch, but I have to replace the batteries because they are flat.

Ian: I couldn't cook so I had cold meat and salad for dinner. I opened up the doors to let the breeze in. I was told to leave my fridge and freezer closed to keep the cold in. I used the time to do my long stitch. I just went to bed early because there was nothing to do.

Angel J: Luckily, we have gas cooking to cook meals. We used work lights (from the shed) at night time to see. We used a solar power charger to charge phones. I chose to use the time reading and my daughters used the time to make friendship bracelets.



What would help you in a power outage in future?

- Listening to UGFM radio
- Generator
- Torches and extra batteries
- BBQs or gas cooking
- Family and friends
- Battery operated radio for UGFM updates
- Solar power and battery phone chargers
- Having enough supplies for a few days

THANK YOU ALEXANDRA LIBRARY

Menzies staff and clients wish to extend a big thank you to staff at the Alexandra Library for your warm welcome, coffee, device charging, and of course the wonderful book selection!

EMERGENCY

Dial Triple Zero 000

Alexandra District Health
5772 0900

Alexandra Family Medical
114 Grant St, 5772 1699

Alexandra Medical Centre
54 Downey St, 5772 1444

Alexandra Taxi
0408 576 420

Murrindindi Shire Council
www.murrindindi.vic.gov.au
Access and Inclusion Officer
Andrew Langley, 5772 0333

My Aged Care
www.myagedcare.gov.au
1800 200 422

Aged Care Quality and Safety Commission

www.agedcarequality.gov.au
1800 951 822

OPAN (Older Persons Advocacy Network)
1800 700 600 | opan.org.au

NDIS
ndis.gov.au | 1800 800 110
facebook.com/NDISAus
youtube.com/DisabilityCare

NDIS Quality and Safeguards Commission
1800 035 544
www.ndiscommission.gov.au
The Disability Gateway
1800 643 787
disabilitygateway.gov.au

VALID

Free independent advocacy for Victorians over 18 with an intellectual disability.
1800 655 570 | valid.org.au

Association for Children with Disability
acd.org.au

Self Advocacy Resource Unit (SARU)
03 9639 6856 | saru.net.au

Mental Health Victoria
www.mhvic.org.au/

Nurse on Call
1300 60 60 24

Poisons Information
13 11 26

Outage tips from Ausnet: www.ausnetservices.com.au

BEFORE AN OUTAGE

- Put together an emergency kit in an easy to access place and let everyone know where it is.
- Keep at least one light on in the house so you know when your electricity is back on.
- Make sure your mobile phone is fully charged and you have a spare charge pack on hand for an outage situation.
- If you have an alarm system, check if it has temporary backup batteries, and how long it will work for. Check your instruction manual or contact your alarm installer or manufacturer for information.
- Have battery operated devices and spare batteries, such as a torch, and radio to receive important information.

RADIO UGFM

Emergency broadcaster for Murrindindi and surrounds:
 106.9 Alexandra / Eildon
 88.9 Yea / Highlands
 98.5 Marysville / Lake Mt
 94.5 Kinglake Ranges
 98.9 Flowerdale / Hazelde

DURING AN OUTAGE

- Visit the outage tracker for updates, or follow Ausnet on Facebook or Twitter for information during power outages or storms.
- You can help protect your sensitive electrical and electronic equipment by switching them off and unplugging them, eg. your computer, TV and stereo. Switch off stove hotplates, ovens and any other small appliances in case you're not home when the power is restored.
- Use generators with extreme caution. They should only power appliances directly plugged in to the generator. Do not connect it to the house switchboard or wiring as this can cause a safety risk.
- Consider food safety. Avoid opening your fridge or freezer while the power is off. For more information on food safety during power outages visit the Department of Health website:
www.health.vic.gov.au/

AFTER AN OUTAGE

- Be safe! Stay away from any fallen powerlines or trees lying across powerlines. Call 13 17 99 to report any damage.
- Have a look at the appliances around your house to make sure they are all working correctly. If you experience loss or damage related to an unplanned power outage, you may be eligible to claim compensation.
- Reach out to any neighbours, particularly those who are vulnerable, to see if that are okay or need assistance.



Introducing: Phil Kim, Alexandra's new Music Therapist

Have you ever noticed that music is all around us? Some of us might put on our favourite tunes for long car trips, to have a dance to, or to help us do the dishes. Others might encounter happy classics in the supermarket, jingles on TV ads, or soundtracks while watching their favourite movie. Music is used in so many ways because most of us feel a connection to it and it has the magical potential to influence us all.

As a music therapist, my job is to engage music's hidden potential to help you to reach whatever goals you have. Music

can be used to have fun and to make positive connections; it can help us to express our identity and emotions; songs can be used to talk about difficult feelings; it can motivate us to move in ways we never thought we could! So, what does a music therapy session look like? Examples of activities include listening to or singing someone's favourite song together, or writing our very own special song based on a theme. We could use instruments to talk if words were feeling difficult, or we could draw what happens in our imagination when we hear a song and tell each other about it.

These are just some of my own examples, but if you ever found yourself in a session, you would definitely get to share your own ideas too! Lastly, there's no need to simply take my word for it - music therapy is an Allied Health profession that is recognised by the NDIS as a professional Allied Health therapy.

Under the NDIS, funding for Music Therapy may be granted under Therapeutic Supports or Early Intervention Supports if a participant can demonstrate how music therapy will help them achieve at least one of their goals.

COMMUNITY AGED CARE NEWS

Sweet treats at Yarra Glen



Val, Pat, Pat and Di at the Yarra Valley Chocolaterie and Ice Creamery.



Val chose an ice-cream.

SOCIAL SUPPORT UPDATE

with Jamie

Coming up in March we have a variety of activities planned, including high teas, games, and quizzes on Wednesdays before the social group meals.

At Healesville RSL morning melodies, we'll enjoy a Buddy Holly tribute show.

We'll see the Touring Art exhibition at Yarra Ranges, and a quilt exhibition of Land, Sea and Water at Warburton.

Shopping destinations will be Lilydale, Westfield, and Seymour.

Lunches include Nagambie Rowing Club, Royal Mail Hotel Whittlesea, and the Carriage Cafe in Seville.

Please see your Social Support calendar for more details.

National Advance Care Planning Week 18-24 March

Advance care planning involves thinking and communicating your preferences for your future health care.

The theme for 2024 is 'share what matters most' with a national campaign encouraging more Australians to start the conversation about advance care planning.

Advance care planning helps to ensure your loved ones and health providers know what matters most to you and respect your treatment preferences.

Ideally, advance care planning will result in your preferences being documented in a plan known as an advance care directive and the appointment of a substitute decision-maker to help ensure your preferences are respected.

To learn more visit:

advancecareplanning.org.au



JOIN GOULBURN VALLEY WATER'S CUSTOMER PANEL



Our new Customer Accountability Panel will be a key customer voice in planning for our future and reflecting on our promises and actions.

**We're seeking expressions of interest -
here's your chance to be involved.**

The panel, a broad representation of our entire customer base, will meet annually. You don't need any experience in the water sector - we'll provide everything you need to participate. Panel participants will be paid for their time.



**Find out more about the panel and
submit your interest by scanning
the QR code.**

Expressions of interest close Friday 8 March.

Or go to: <https://www.gvwater.vic.gov.au/customer-accountability-panel>

Wordsearch: Australian Bands

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

- ☐ AIR SUPPLY
- ☐ SHERBET
- ☐ BEE GEES
- ☐ THE SEEKERS
- ☐ THE STRANGERS
- ☐ DADDY COOL
- ☐ EASYBEATS
- ☐ MIDNIGHT OIL
- ☐ HOODOO GURUS
- ☐ THE FERRETS
- ☐ ROSE TATTOO
- ☐ THE SAINTS
- ☐ MASTERS APPRENTICES
- ☐ THE AZTECS

WEATHER AND OUTAGES

During adverse weather, Menzies services are delivered in a manner which maintains the health and wellbeing of clients and staff. Services are individually modified if required, and will take into account service location, staff availability and support needs. Electricity and internet outages impact Menzies operations and services including office functions, support worker availability, and access to resources needed to deliver services. If you need to contact us during office hours and our landlines are down, you can contact the after-hours message service on 0427 579 961. In an emergency, dial Triple Zero.

We encourage all clients and members of the community to develop a personal emergency plan with their informal support network, such as family, friends and neighbours. The Red Cross "RediPlan" form can help you create your plan. The form can be downloaded from the website below, collected from the Menzies office, or ask your support worker collect a copy.

www.redcross.org.au/emergencies/prepare/organise/



We had a break from shopping at Songbird Café, Kinglake.