

Menzies NEWS

Happy Easter, from Hay Art



Our latest hay art creation is complete. We wish you all a safe and happy Easter break.

Refreshed strategy to support more NDIS participants into work

The NDIA has refreshed its Participant Employment Strategy 2024-2026 to increase the efficiency and effectiveness of NDIS employment supports. The Hon. Bill Shorten MP, Minister for the National Disability Insurance Scheme (NDIS), is advocating for change, so more people with disability have meaningful work. “The refreshed Strategy builds on what we’ve learned from the

disability community and includes new actions to help NDIS participants find and keep a job,” Minister Shorten said. “Through work, people with disability can have more financial independence, contribute to their community and improve their health, wellbeing and self-esteem,” Minister Shorten said. The actions in the Strategy aim to make it easier for participants

to use their NDIS supports to achieve their employment goals. Read the full article at: www.ndis.gov.au/news

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- News from The Mount
- Meet Karina and Kellie
- World Autism Awareness Day news

PUBLIC HOLIDAYS

Public holidays coming up over March-April:

- Good Friday 29th March
- Saturday 30th March
- Easter Sunday 31st March
- Easter Monday 1st April
- ANZAC Day 25th April

watch THIS space

with Ian Hewitt



RECIPE

Tsoureki (Greek Easter bread)



Ingredients

- 2 tsp (1 sachet/7g) dried yeast
- 1/4 cup (60ml) lukewarm water
- 1/2 cup (110g) caster sugar
- 3/4 cup (185ml) milk
- 80g butter, chopped
- 4 1/2 cups (675g) plain flour
- 1 tsp salt
- 2 tsp finely grated orange rind
- 1 tsp finely grated lemon rind
- 2 tsp almond extract
- 1 tsp ground star anise
- 1 tsp fennel seeds, crushed
- 2 eggs
- 1 egg yolk
- 1 tbsp milk, extra
- 2 tbsp flaked almonds
- Dyed eggs, to decorate (see tip below)

Method

1. Combine the yeast, water and 2 tsp of the sugar in a small bowl. Set aside for 5 mins or until the mixture is frothy.
2. Meanwhile, place the milk, butter and remaining sugar in a small saucepan over low heat. Cook, stirring, for 1-2 mins or until butter melts and mixture is just heated through. Set aside for 5 mins to cool.
3. Place flour, salt, orange rind, lemon rind, almond extract, star anise and fennel seeds in a large bowl. Make a well in

the centre. Add yeast mixture, milk mixture and eggs. Stir to combine. Turn onto a lightly floured surface and knead for 10 mins or until smooth and elastic. Transfer to a lightly greased bowl and cover with plastic wrap. Set aside in a warm, place for 1 hour or until dough doubles in size.

4. Preheat oven to 180°C. Line a baking tray with baking paper. Punch down dough. Turn onto a lightly floured surface. Gently knead until smooth. Divide the dough into 3 even portions. Roll each portion into a 40cm log. Place the dough logs on the lined tray and braid them together. Loosely cover with plastic wrap. Set aside for 30 mins to rise.
5. Whisk egg yolk and extra milk in a small bowl. Lightly brush the egg yolk mixture evenly over the dough and sprinkle with the almond.
6. Gently nestle dyed eggs in dough. Bake for 35-40 mins or until loaf sounds hollow when tapped on base. Cool slightly. Serve warm or at room temperature.

PATHWAYS FOR CARERS

Enquiries: Please phone Anthea on 0418 402 455.
www.pathwaysforcarers.com.au/regional-victoria/



Meanwhile, at The Mount



At Creativity Club, Bernadette and Phil framed their artworks.



For Visual Arts, we tried portrait photography with a backgrop. Phil took Darren's portrait.



MARCH-APRIL

Justin, Taylah. Rupert



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Contributors/Suggestions:

Please submit material for publication
in Menzies News to Leisa Dent by email:
leisad@menziessupport.org.au

Fried Rice

INGREDIENTS

- Rice 450g cooked
- 3 eggs, scrambled
- 1 cup diced bacon
- 1 grated carrot
- 1 cup peas
- 1 diced red capsicum
- 2 cups bean shoots
- 2 tablespoons soy sauce
- Salt
- White pepper
- 1 tablespoon oyster sauce
- 1 tablespoon sugar

METHOD

1. Scramble eggs, set aside.
2. Cook bacon together with carrot, capsicum, peas, bean shoots.
3. Add back egg mixture with other ingredients.
4. Add seasonings to the rice and combine all ingredients.

Welcome to the NDIS team, Kellie

We welcome Kellie to the Menzies administration team as Disability Services Assistant.

With a history in disability support and education services management, Kellie brings a wealth of experience to her role with Menzies.

Kellie's key role is scheduling support workers to deliver client services, according to client's individual support arrangements, needs and preferences.

Kellie will also collaborate with service delivery teams and managers to maintain client records, identify appropriate service arrangements for new



We welcome Kellie to the Menzies office.

and existing clients, and contribute to the planning of group and centre-based programs of support.



At Dinner to Go, we made fried rice then typed up the recipe to share with you in the newsletter.

Welcome, Karina



Karina Hogan CEO, right, is pictured with Operations Manager Sara Murray at the Menzies Support Services office.

After an extensive search, the Dame Pattie Menzies Centre Inc. Committee of Management is excited to announce that Karina Hogan has been appointed to the

role of CEO of Menzies Support Services.

Karina brings over 25 years of experience in the community service and disability sectors,

with the last nine years in the role as general manager of an adult disability service based in Melbourne's Eastern suburbs. Prior to that role, Karina spent 12 years working for the Salvation Army in executive and senior roles, overseeing programs across the Eastern region including adult and youth homelessness programs, a crisis accommodation centre, statutory youth programs including residential services and intensive case management, family violence, youth justice and social housing services.

Karina brings a strong passion for working in the community sector and commenced with Menzies on 12th March.

The Dame Pattie Menzies Centre Inc. Committee of Management would also like to thank Sara Murray for acting in the CEO role since February last year.

This has been a challenging period for the organisation following on from rapid expansion due to incorporating community aged care services and providing services through the Coronavirus pandemic.

After a short hand over period, Sara will return to her Operations Manager position from 1st April.



Social Support clients having a bite to eat in Shepparton.



When you phone MSS:

- Press 1**
for ageing supports–Lalita
- Press 2**
for disability supports–Kellie
- Press 3**
for other enquiries



Stay informed with NDIS news

www.ndis.gov.au/news | Facebook: facebook.com/NDISAus

Wordsearch: Easter Movies

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

- ☐ JESUS CHRIST SUPERSTAR
- ☐ YOGI THE EASTER BEAR
- ☐ THE GREAT EGG-SCAPADE
- ☐ RISE OF THE GUARDIANS
- ☐ SPRINGTIME WITH ROO
- ☐ JESUS OF NAZARETH
- ☐ KING OF KINGS
- ☐ PETER COTTONTAIL
- ☐ HANK AND MIKE
- ☐ LIFE OF BRIAN
- ☐ BEN HUR
- ☐ EASTER PARADE
- ☐ BARABBAS
- ☐ THE ROBE

SOCIAL SUPPORT UPDATE with Jamie

We have some exciting events planned for April, including a visit to the Melbourne Museum to see ‘Titanic, The Artifact Exhibition’.

We will listen to morning melodies at Healesville RSL and Whittlesea Bowls Club.

We will be off to the movies at Swanpool Cinema to see the movie ‘Priscilla’ and a special trip to Hoyts Ringwood for the screening of ‘The World's Greatest Stage Shows, Titanic the Musical’ on the big screen.

Wednesday lunches continue, alternating in Alexandra and Eildon, with the option to arrive earlier for games and quizzes prior to the meal.

Shopping trips include Westfield, and Shepparton with Spotlight, Dimmies, Lincraft and Harris Scarfe.

Lunch trips include Carriage Cafe Seville and a visit afterwards to the Mt Evelyn Garden Centre.

Early in May, we will have a day trip to Greenvale for a guided tour with the Living Legends Retired Racehorses.

For further details and more activities please see your social support schedule.

Please RSVP as soon as possible to reserve your place.



Jack and Keith at the Museum of Vehicle Evolution at Kialla.



WORLD AUTISM AWARENESS DAY 2024

**Moving from surviving to thriving:
Autistic individuals share regional
perspectives**

2nd April is World Autism Awareness Day

Moving from Surviving to Thriving: Autistic individuals share regional perspectives

Every April we celebrate World Autism Month, beginning with the United Nations-sanctioned World Autism Awareness Day on April 2.

This year's World Autism Awareness Month theme is "Together we stand for world of difference". We are committed to standing together to make a world of difference for people on the spectrum.

The 2024 observance will for the first time seek to provide a truly global overview of the state of affairs in this regard from the perspective of autistic people themselves.

Its purpose is to represent and empower neurominorities, fostering acceptance, appreciation, education, and advocating for equal opportunities and human rights.

www.un.org/en/observances/autism-day

Last year, Aspect asked the Autistic community what they would like people to know if they find out that a person is Autistic.

This year, Aspect want to create actionable change and have asked the Autistic community, what should people know, what can they do, or say to be helpful and supportive.

No two Autistic people are the same and autism may not be what you think it is.

As you read about the stories, browse the resources and watch the videos, one message stands out...be patient and kind, don't judge.

So, if you can only make one change, this simple accommodation is a good starting point, or visit the Aspect website below to learn how you can do more!

www.aspect.org.au/waud

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 | sarunet.net.au

Mental Health Victoria
www.mhvic.org.au/

Nurse on Call
1300 60 60 24

Poisons Information
13 11 26

Radio stars



Nola and Bernadette presenting the Menzies Show at UGFM radio.

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

DIRECTORY

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

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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/

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13 11 26