

Stay in touch with Orana

# Oranability

Spring 2017



## ORANA'S 60S TRIVIA NIGHT

Singing, making groovy moves and flaunting their 60s knowledge, guests enjoyed a fun night at Orana 60s Trivia Night on Friday 11th August, at Fullarton Park Community Centre.

Classic 60s tunes spurred the one hundred participants on throughout the night, while they raised vital funds in support of people living with disability, through the silent auction, giant chocolate raffle and at the bar. It was great to see how much effort and enthusiasm people put into their 60s costumes!

Congratulations to the raffle, silent auction, best costume and trivia winners:

- 1st 50s & 60s Social Group – 132 Points
- 2nd Peace Corp – 127 Points
- 3rd The Twisters – 126 Points

Thanks to all the volunteers, venue staff and the Orana team for helping to make this a wonderful 60s Trivia Night.

A special thanks to our sponsors Bickford's, Coopers, Kingston Estate Wines, Pernod Ricard Australia, Rapid Relief Team, Charlesworth Nuts, Sanity, Golden North Ice Cream, Utopia @ Waterfall Gully and the South Australian Museum for their invaluable support.

Thanks to our MC, Sav Politis, for his enthusiasm and for making this such a fun evening for all involved.

We look forward to seeing you at Orana's Trivia Night next year!

**Save the date:**  
**Friday 10th August 2018**



**Orana**  
Creating Opportunities



## Message from the CEO

Time has been the issue on everyone's mind at Orana over the last few months. Orana's transition to the National Disability Insurance Scheme (NDIS) model began when the first round of NDIS plans rolled out in July 2017. The NDIS compliments Orana's mission to support people living with disability to live independent lives within their community. The NDIS plans provide a vital step forward, giving people with disability choice and control over the support services they require in their NDIS plans and the disability service providers they wish to employ to provide this support.

The first stage of the NDIS rollout, for adults living with disability aged between 18-64, began in northern Adelaide. This included the City of Playford, City of Salisbury, City of Port Adelaide Enfield, the Barossa, Light and Lower North regions. The next stage will commence in October 2017 and will include the City of Tea Tree Gully, the Limestone Coast and the Murray and Mallee region.

The transition to the NDIS model is the largest change in the disability sector for many years. This milestone event provides an opportunity to reflect on how far Orana has come since it was formed on the 10th August 1950. Orana's founders were instrumental in the establishment of the first educational and training service for children who fell below the Education Departments entry level criteria. The parents who founded Orana had a vision of a better life for their children, an inclusive life that provided the opportunity for education, employment and independent living. Their passion and determination provided the cornerstone for the organisation that Orana has become over the last sixty seven years.

Fast forward to 2017 and Orana's clients are living the lives that our founders envisioned. With the support of Orana's Client Coaches and Employment Supervisors, our clients are employed in meaningful jobs and living independent lives within the community.

Lyell, who has recently celebrated his first five years working at Orana, was one of the first Orana clients to transition to the NDIS. Lyell joined Orana after an injury meant he could not return to his previous employment. He has become a valued member of Orana's team and with the support of his Employment

Supervisor, his role has grown along with his confidence. You can read more about Lyell's story in this edition of Oranability.

The NDIS provides opportunity for people living with disability to receive supports to increase their social inclusion and their participation in community events. Orana Client Coaches actively support our clients to engage in new activities. Recently a number of Orana's Amaroo accommodation clients decided to take a trip 'back in time'. The group selected and planned a classic carriage ride through the Adelaide Hills. They enjoyed their day so much they are already working with their Client Coaches to plan their next social activity and expand their community involvement.

In August, over 100 supporters celebrated the swinging 60s. Participants grooved to 60s tunes, showed their satirical style in flared jeans, go-go boots, psychedelic shirts and hippy head bands, and tested their general knowledge with a variety of historical, musical, political, sports and entertainment questions. Thank you to all the participants for bringing this decade to life and for raising funds in support of people living with disability.

There are many other examples of Orana's clients living lives of their choosing throughout this newsletter. I think our founders would be proud of what Orana has achieved so far. Orana clients and staff have embraced the challenge that the NDIS transition brings, and together we are looking forward to new opportunities and possibilities.

**Nick Mihalaras**  
CEO Orana

## Your First Plan

Your first plan is the start of a lifelong relationship with the NDIS which will continue to give you the support you need.

Your first plan will be in place for 12 months, giving you time to reflect on the support and services that are working well for you and a chance to consider your personal goals and what support you may wish to include in future plans.

Your plan may include the same supports and services you currently receive including supports provided by your family, friends, doctors, school and paid disability providers.

To create your first plan you will have a conversation with an NDIS representative about your current situation and supports. You will be asked how you do every day things like having a shower or cooking a meal. This information will form the basis of your first plan. You will keep receiving your current supports until you have an NDIS plan in place.

Your plan may include:

- *Informal supports* – the care and help you get from your family and friends.
- *Community supports* – the activities and services you can get from people or groups in your local community.



## NDIS UPDATE

- *Mainstream supports* – the support and services you get from your doctor or school for example.
- *Reasonable and necessary funded supports* – the supports and services the NDIS can fund. These are things related to your disability that you need to live your life and increase your options such as getting a job or participating in community activities.

Use the 12 months during your first NDIS plan to explore additional options to get involved in your local community through activities such as sports clubs and special interest / community groups.

Orana will be sending updates and sharing information via this newsletter, social media and our website – please check [www.oranaonline.com.au](http://www.oranaonline.com.au) for further details or contact Rowena or Amy on **8375 2000** or [orana@orana.asn.au](mailto:orana@orana.asn.au).

You can also visit the NDIS website at [www.ndis.gov.au/sa](http://www.ndis.gov.au/sa). Let Orana help you navigate the NDIS process!

# ORANA CLIENT AWARDS

The Orana Client Awards are held twice a year to celebrate client achievements in the areas of Health and Wellness, Education and Vocation and Community Inclusion.

Thank you to everyone who submitted nominations for the second round of Client Awards. Orana is proud to announce the second round winners of the 2017 Orana Client of the Year Awards:



## Health and Wellness Award

**Winner** Lissette Waterman (Port Pirie ES)

**Runner Up** Wayne Kovalenko (Netley ES)

Lissette usually walked to and from work to get some daily exercise but lately she found she was accepting rides from other co-workers as it was easier than walking. Lissette then decided she would get a tricycle to ride to work so she could maintain her health and fitness. Lissette ordered a beautiful blue tricycle and, since it was delivered, she has ridden to work and from work every single day. Lissette says she is feeling fitter and healthier. Following her positive role modelling, another Port Pirie employee has recently purchased a similar bike.



## Educational/Vocational Award

**Winner** Peter Stasinopoulous (Netley ES)

**Runner Up** Darryl Vermeerren (Port Pirie ES)

Peter graduated from Year 12 at Errington Special Education Centre in 2016, and during this time, he attended one day a week work experience at Orana Netley Employment Service. Peter's positive work ethic and his enthusiasm for learning new skills, gained him a permanent position at Orana. Since starting at Orana Peter has worked in a variety of areas: assembling components for light switches, linen folding, waxing and labelling wine bottles, cleaning of wine production area and assembling and packaging Mitsubishi service kits.

When Peter started at Orana he worked with his life skills coach to set his vocational plan – with a goal of working on different job tasks to expand his skills. Congratulations Peter on achieving your goals.



## Community Inclusion Award

**Winner** John Hutton (Netley ES)

**Runner Up** Chantelle Lawson (Mt Gambier ES)

John is a committed and passionate volunteer at the Hutt Street Centre which provides vital services to the homeless in Adelaide. John volunteers most Saturday nights serving tea and coffee and helping to prepare meals. John enjoys working with the fantastic volunteers at the Hutt Street Centre and finds it very rewarding to contribute his time and skills to such a worthy cause.

*Well done to Lissette, Peter and John. Keep up the fantastic work and progress! Congratulations to the runners up: Wayne, Darryl and Chantelle.*

*Thank you to staff for nominations and supporting our Orana Client Awards.*

*Orana's Annual Client Awards are proudly sponsored by RACV Salary Solutions.*

**THREE TEES TOURNAMENT**  
Orana  
Corporate Golf Day  
Royal Adelaide Golf Club  
Friday 13th October 2017  
Three Hole-In-One Opportunities  
\$1500 team four / \$420 individual  
To register or for more information contact Tania Potts on 8375 2000 or [communications@orana.asn.au](mailto:communications@orana.asn.au)

**BOOK NOW  
CLOSING SOON**



## A HOME OF THEIR CHOICE

Karen Harding and Gail Fantinel, who both live with disability, have been house-mates for over ten years and receive in-home support from Orana. Recently they have been working with their Orana Client Coach on a very special project – redecorating their home to reflect their personal style and taste.

With the help of their Client Coach, the ladies worked on a plan to revamp their home. The project encouraged the friends to learn new ways of working together, decision making, planning and budgeting. Together they worked out a redecorating plan. This included decluttering, drawing up a list of items they wanted to buy, a timeframe for each stage and a general budget for the house makeover project. The project inspired friends and family, with some of them donating items the ladies needed for their 'new-look' home. By making their place brighter and a nicer place to come home to, they felt more comfortable about inviting friends and family to visit.

It was very hands on! The ladies hung new curtains and rearranged the old and new furniture. The result is a much roomier lounge and dining area for Karen and Gail to relax and a second living area, dedicated to their favourite football team – 'the Crows room', is decorated with posters of the Adelaide Football Club. This room which used to store everything

and anything, is now set up with two computer desks, a sofa, a stereo and a TV to play the Wii games on.

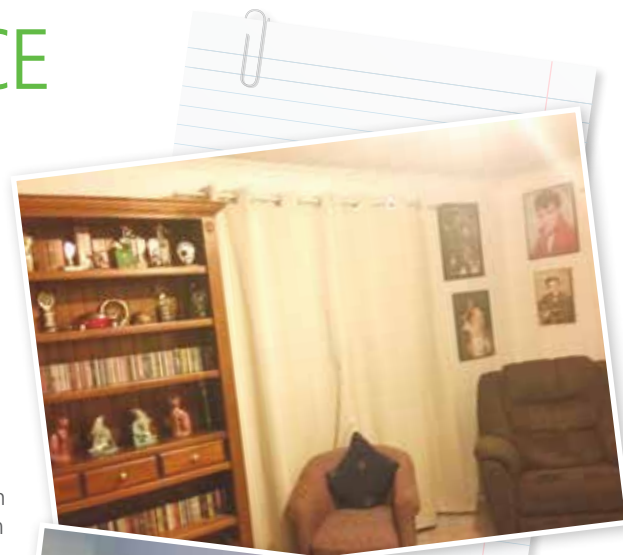
Each bedroom was decorated to personal taste. In each room are new freestanding 'built in' style wardrobes and accessories to show off their personal sense of style, including lamps, pictures and new linen. New heaters and fans were attached to the walls of each bedroom to eliminate any safety issues.

Their Orana Client Coach supported Karen and Gail to look for new furniture through community websites and with the help of some family members, organised the hire of a trailer to collect their new dining table and chairs. Now the kitchen and dining room look much more spacious and tidy.

Karen and Gail are very happy with the results of the makeover. Their home now reflects their personal choice, decorated in their own style and reflecting their personalities. Their new goal is to work on the outside, enabling the backyard to be used more.

This will be achieved with money they will collect from a garage sale and the collection of cans and bottles. Congratulations Karen and Gail. The redecoration looks great!

**The now much roomier and brighter lounge and Gail and Karen are delighted with the results!**



# HORSING AROUND IN THE ADELAIDE HILLS



Orana clients from Amaroo Accommodation Service enjoyed a sunny day on a classic carriage drive.

When the Orana Amaroo residents expressed their desire to have a day out, their Orana Client Coaches assisted them to find a variety of options. The group chose a classic carriage ride in the Adelaide Hills, close to the 'Black Hill' and 'Morialta' Conservation parks, making it a perfect landscape to enjoy an outing.

Tracey, Tanya, Hellen W., Helen H., Victoria, Amanda, Jill, Susie, Sandra, Diane, Graham and Colin were delighted with the picturesque

surroundings along 'Fifth Creek' full of cherry, lemon and apple trees.

After an exciting ride along the meandering road, the group was ready to enjoy a vintage home-style Devonshire Tea organised by the friendly staff at Classic Carriage Drives.

Thanks to Orana staff who assisted in organising the day out. Everyone had fun and the group are already planning their next adventure!



## Volunteers wanted...

Orana is looking for dedicated volunteers to join our very friendly Communications, Fundraising and Op Shop team. We are looking for people to volunteer once a month, every few months or 1-3 days a week – depending on your availability and area of interest.

### Op Shop volunteers

Can you spot a great bargain? Do you love meeting new people? We are looking for volunteers to work in any of our three Orana Op Shops (Christie Downs, Goodwood and Seacombe Gardens).

### Shopping centres volunteers

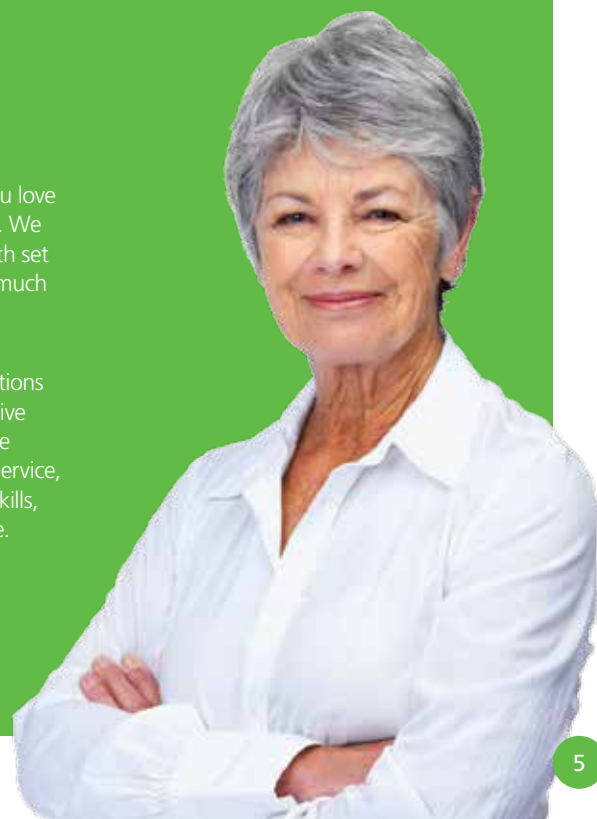
'No pushy selling allowed!' We just need your friendly smile and desire to represent Orana to the wider community.

### Event volunteers

High Teas, Golf Days, Trivia Nights – if you love these types of events we need your help. We are looking for volunteers to help out with set up, running the events, packing up and much more. Give us a call and join our Events team.

Some of the skills required for these positions include: a great sense of humour, a positive attitude, a desire to raise funds for people living with disability, excellent customer service, attention to detail, basic administration skills, sales, cash handling and retail experience.

If you feel any of these opportunities are for you, contact us at 8375 2000 or [communications@orana.asn.au](mailto:communications@orana.asn.au).





# CREATING OPPORTUNITIES FOR A CHALLENGING FUTURE

After experiencing a back injury at a previous place of employment, Lyell found himself with the big challenge of finding a job. Due to his physical disability, the landscape was not very positive for him and his wife.

'Before coming to Orana, I wasn't very positive. My health wasn't good and I was struggling to find a job. I was very impatient' says Lyell.

He decided to give himself a chance and joined Orana working at the Mitsubishi enclave, which used to be located at Wingfield when Lyell first joined the team. 'When we were relocated from Wingfield to Netley, I thought it would not suit me as the drive from home would take me 40 mins, but I also felt I wanted to see if I could do more. When the team at Orana encouraged me to join the group at Netley, I felt that they needed me. I decided to give it a try.'

This year, Lyell is celebrating five years working at Orana, one and a half of these at Netley.

'Lyell has truly developed in the last couple of years. He is reliable, has a positive rapport with his team and has been able to adapt in the transition of different work areas. He copes well with changes and keeps control when handling issues. He has developed Customer Service skills and is able to communicate directly with clients says Margaret, his Orana Supervisor at Netley.

'I enjoy my work, it is like brain food. It took a while for me to feel comfortable, but I slowly built up. Now I am directly dealing with customers, checking reports, sending stock out, organising pick up dates and checking quality standards. I like to check work is done correctly, to ensure it meets the customer's requirements,' says a very positive Lyell.

'I have also learnt technical things regarding the Mitsubishi auto parts. Now I am able to teach other people. I have a back issue that limits me physically, but work is very good and keeps my brain active. I like maths, thinking ahead, planning my day and week. Orana has supported me with the opportunity to work, and I really enjoy working with my team,' says Lyell. 'The supervisors are very friendly and supportive. I'm feeling more independent and motivated.'

Lyell has received continued support from Orana with 1:1 sessions. Orana's Client Development Coordinator and Capacity Building team assisted Lyell in his preparation for his first NDIS plan – answering questions and providing him with information to support his preparation for his planning meeting with the NDIA. Orana's support meant Lyell felt more informed and confident about his decisions and preparation for his NDIS plan.

After Lyell completed his twelve month support plan with the NDIS he signed a Service Agreement with Orana and is now receiving even more supports than in the past.

Congratulations on successfully completed your NDIS plan and achieving your first five years at Orana Lyell!

**Orana provides support and employment for people living with disability. Please consider making a donation to assist providing positive futures for people like Lyell. Your support can make a real difference to a family.**

All donations over \$2 are tax deductible.



Lyell enjoys work and has developed social and work skills.

# BEN IS HIS OWN MAN

Thank you to everyone who supported Orana's May Appeal. Your gifts assist Orana to provide supported accommodation, in-home and life skills support services.

Many of you will recognise Ben from Orana's respite TV commercial. As a baby, Ben suffered infantile spasms but he was misdiagnosed with reflux. Understandably Ben's parents, Nick and Ev were beside themselves with worry. After Ben's third ambulance trip to emergency, a nurse witnessed one of Ben's seizures and reported it to the doctors. But this was only the start of a challenging journey for Ben and his parents.

Prior to starting at the local state primary school, Nick and Ev took him to an independent assessor who tested Ben and he was diagnosed with Autism, ADHD, obsessive compulsive disorder and an intellectual disability.

Just under a year ago, fifteen year old Ben and his parents approached Orana to provide respite and life skills support. Ben, like any other fifteen year old boy, has dreams and goals: increasing his social life, experiencing new things, getting



Ben stays at Orana's Galway Apartments one weekend a month working with his Client Coach.

his driver's licence and to live independently.

Ben's father, Nick, has dreams for his son too. "As I've just turned sixty I worry about Ben's future. I want to know he has the skills to take care of himself. To be his own man. That would give me peace of mind."

Working with his Client Coach, Kim, Ben stays at Orana's Galway Apartments one weekend a month. Together, Kim and Ben are building the foundations to make his dreams a reality. During the day, Ben has been learning to catch the bus, read bus timetables, plan days out and improve his interaction skills when out and about in the community. Ben has been building the skills

that will enable him to 'be his own man' in the future. Ben has been learning to take care of himself. "He gets to learn everyday things like cooking, washing dishes, making his bed, helping Kim clean up, putting his bedding away and just getting everyday hands-on skills that people generally take for granted," says Ben's dad, Nick.

The daily demands of caring for a child living with disability can take all of a parent's energy and focus. Respite helps to break the cycle. "We've got no support other than Orana, they've been a godsend for us. Actual hands-on help, made a difference to our little family and put some joy back in our lives."

## Oranability is moving to digital

Orana's newsletter, Oranability, will be transitioning to a digital version in June 2018.

The digital version will enable Orana to be environmentally friendly and to share a greater number of client stories and Orana news.

The new E-Oranability will be available for everyone on the Orana website.

If you would also like to receive Oranability by email from June 2018, please send your name and email address to [communications@orana.asn.au](mailto:communications@orana.asn.au) or call **08 8375 2000**.



DIGITAL VERSION



Visit Orana Website

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Send us your email and name

# A better life for future generations

Leaving a lasting gift to Orana does more than provide financial support. It makes a statement about the choices you have made to create a better life for future generations.

If you have ever considered leaving a bequest to your favourite charity in your Will, there are a few things you should consider:

1. First and foremost your Will should provide for your family and loved ones.
2. Consider the issues that are important to you and why.

3. Identify the charities or groups that support your vision for a better future.
4. Discuss your choice to leave a bequest to a charity with your family. Let them share your vision and support your choice.
5. If you have an existing Will, consider adding a codicil to your Will (a legal addition) rather than re-drafting your entire Will.

We would like to thank the many supporters who have already included Orana in their Will.

During September, bequest month, we'd like to invite all of our supporters to consider becoming a partner in Orana's life changing work. Leaving a lasting gift assists Orana to provide: supported accommodation and personal support services; support people

living with disability to lead inclusive lives and participate fully within their community; provide supported employment options; and assists clients and their families with respite options.

If you have, or are considering leaving a lasting gift to Orana, please let us know. We would like the opportunity to thank you, and your family, for including us in your provision for this and future generations.

Please contact Tania on (08) 8375 2000 to have a confidential discussion about leaving a lasting gift.

Your bequest will offer a lasting gift to future generations of Australians living with disability, and their families.

## HEALTHY LIFESTYLES AT ORANA

As part of our aim to encourage healthy eating and lifestyle choices, we bring you this easy to cook, healthy choice recipe, a delicious 'Zucchini Butter'. This makes a great light lunch, light dinner or snack to share with friends at your next spring gathering. Give it a try and let us know what you think. Happy cooking!



### Zucchini Butter

#### Ingredients (8 cups)

- 450-900 grams of zucchini squash
- 2 shallots
- 1 green bell pepper
- ¼ cup olive oil
- Salt and pepper to taste

#### Directions

1. Chop shallots and saute in the olive oil.
2. Shred the zucchini and pepper with a grater or in the food processor. Wring out the excess liquid with a clean kitchen towel.
3. Add the zucchini and pepper to cook on medium high until it becomes 'jam-like' consistency. Add salt and pepper to taste.
4. Spread on toasted bread.

\*Suggestion: Serve it with goat cheese spread on the bread and the zucchini butter on top.



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