

Stay in touch with Orana

# Oranability

Autumn 2018



## ORANA WINNERS

Regular training, friendly matches, patience and team work has paid off for Orana's Soccer Team taking out the 'Bedford-Phoenix Soccer Cup' on Saturday 24th February at the Ladywood Reserve, Modbury.

Players from Orana's Netley and Para Hills West Business Services joined forces and scored a fantastic 4-1 in the final against the Panorama Raiders.

Congratulations to the 'Orana Team' for their

dedication and persistence with training and working together as a team. Special thanks to Colin and Hans, who trained the team for many weeks leading up to the Cup. Thanks also to Amy, for helping to organise the 'Orana Team'.

Everyone had a great time and enjoyed competing against teams from across South Australia.

Thanks to everyone involved for their enthusiasm and support. Well done Orana!!!



**orana**  
Creating Opportunities

# Recognising efforts

The Amelia Rix Award is held each year in memory of the late Amelia Rix who was a long-term participant in Community Bridging Services (CBS) Inc. Jobnet Employment Program. Paul, an Orana staff member, received a nomination for the Amelia Rix Award in December 2017

Paul was presented with his certificate from His Excellency the Honourable Hieu Van Le AC at Government House.

Paul completed the Community Bridging Services Work Ready program and Job Focus groups and was nominated for his dedication to his work, education and involvement in the local community.

Paul works as a driver for the Orana Op Shops, picking up and delivering goods from the warehouse to the stores.

Paul has been working for Orana for the past two years. When Paul started working at Orana he wanted to improve and put into practice his job skills. Supported by his supervisors at Orana, Paul has developed strong team work skills and is a very valuable member of the Orana Op Shop team. He is always happy to learn and welcomes everyone with a big smile and a very friendly attitude. He enjoys working at Orana as he likes to keep himself busy while helping others.

Paul has completed a range of further education programs, including Certificate II and III in Information Technology, and has a previous Bachelor of Science degree. He is interested in eventually going back to University to complete either a Diploma in Mathematics or Diploma in Statistics. He is a key member of the SA Chess Club, attending weekly and volunteers in setting up for each session. He also has taught himself how to play the guitar from an online website.

Congratulations to Paul for his nomination. Keep up the good work Paul!

Orana was also recognised as a Gold Sponsor for the 2017 CBS Amelia Rix Awards.

*\*The Amelia Rix Award was established in 2003 for participants with a disability who show a spirit in finding and keeping a regular job in open employment. It recognizes and acknowledges people with a disability who have achieved their goals through determination and perseverance.*



## NDIS step by step

## NDIS UPDATE

### Did you know you can learn all about the NDIS at our Orana website?

The Orana NDIS website has all the information you need about:

- What the NDIS is
- How the NDIS is rolling out in SA
- The NDIS transition process
- All of the services Orana is able to provide under the NDIS
- As well as answers to frequently asked questions

If the information available still doesn't answer your questions and you would like someone to give you a call back, you can also send us an enquiry through the online form, an email at [orana@orana.asn.au](mailto:orana@orana.asn.au) or call us on **8375 2000**.

Visit us online at: [www.oranaonline.com.au/ndis](http://www.oranaonline.com.au/ndis)

A screenshot of the Orana website's NDIS page. The header features the Orana logo and navigation links. The main content area has a green background with the text 'Have a question about the ndis?' and a 'Click Here &gt;&gt;' button. Below this is a section titled 'The NDIS Step by Step' with a numbered list of steps: 1. Eligibility, 2. Understand the NDIS Process, 3. Prepare for your planning meeting, 4. Manage your plan, and 5. Review Process. To the right of the list is a text box with questions and answers regarding NDIS eligibility and the NDIS Access (NDIS) tool.

## ORANA CLIENT AWARDS 2017

The Client Awards are open to all clients of Orana in recognition of their achievements, personally, at Orana, and in the community. Nominations are called for twice a year from within the Orana community in three categories – **Health and Wellness, Educational/Vocational and Community Inclusion.**



*The Client of the Year Award is kindly sponsored by RACV Salary Solutions.*



### Winner

Congratulations to Maureen Cross from Port Augusta Business Service, winner of the Orana Client of the Year Award 2017, and to John Hutton from Netley Business Service, runner-up for this year.

Maureen takes part in the annual Tri-State Games (an annual event between South Australia, New South Wales and Victoria).

She prepared for the Games by writing to the Port Augusta Council, Lions Club, Football Clubs and craft ladies seeking support and sponsorship.

The Port Augusta sports team would not be the success it is without this commitment.



### Runner Up

John is a committed and passionate volunteer at the Hutt Street Centre, an organisation that assists people challenged by homelessness. John works Saturday nights at the Hutt Street Centre and enjoys helping people who are homeless including serving them a warm drink and helping to prepare their meals.

John is happy to be part of the fantastic group of volunteers at the Hutt Street Centre and sees it as a very rewarding job, contributing his time and skills to the centre on a regular basis.

Choosing the finalists was not easy; all nominations were of a high standard.

Thanks to everyone in our Orana community for your support and interest throughout the process and congratulations to our clients!

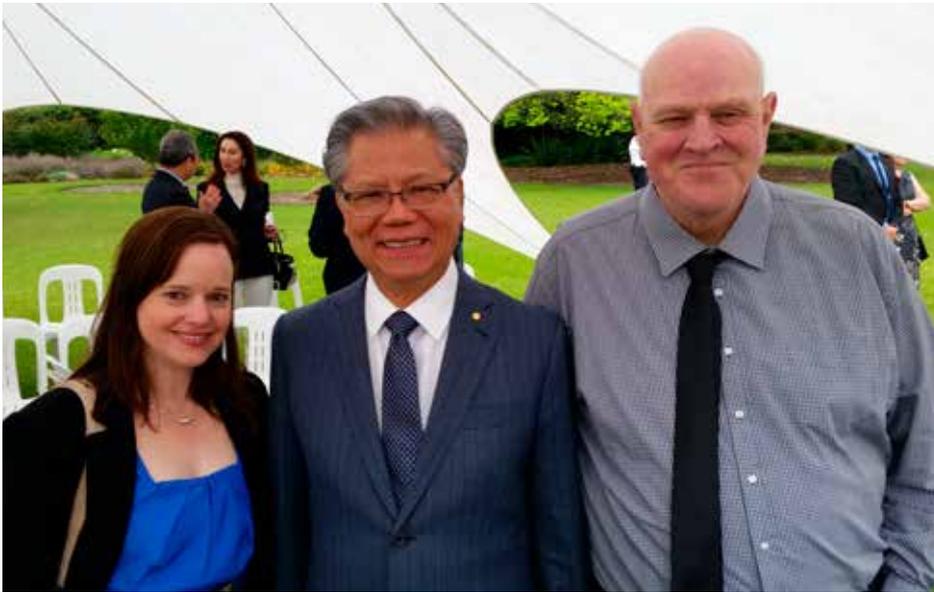
**RACV** Salary Solutions

**THREE TEES TOURNAMENT**

orana

**Corporate Golf Day**  
**Royal Adelaide Golf Club**  
**Friday 12<sup>th</sup> October 2018**  
**\$1500 team four / \$420 individual**

To register or for more information contact  
Xiomara Ruiz on 8375 2000 or  
communications@orana.asn.au



## AN AFTERNOON AT GOVERNMENT HOUSE

John, a client of Orana Netley and Rowena, Manager Capacity Building, were proud to represent Orana to attend the garden reception hosted by His Excellency the Governor Hieu Van Le and Mrs Le late last year at Government House.

The reception was held to acknowledge the organisations of which His Excellency is Patron or is closely and formally associated.

John was excited to meet the Governor and proudly talked to him about all the types of work he undertakes at Orana.

John works at Orana within the liquid food packaging and wine services teams. He also volunteers weekly at the Hutt Street Centre, supporting homeless people, where he assists serving meals, welcoming people and setting up.

Congratulations to John and Orana staff who attended for being fantastic ambassadors on behalf of Orana.

Orana also would like to thank His Excellency The Honourable Hieu Van Le AC for the kind invitation and ongoing support and patronage.

**orana**

**HOLLYWOOD**  
TRIMA NIGHT



**Friday 22nd June**  
Fullarton Park  
Community Centre  
411 Fullarton Road, Fullarton

**6:30pm arrival for 7:00pm start**

**\$175 Table of 10 people**  
Deck yourself out as one of Hollywood's stars or characters and make your entrance on the red carpet to a fantastic night of tip of the tongue moments. There will be a prize for best costume, a silent auction and fundraising games.

BYO platter to share with your friends, gold coins for games and money to buy drinks at the bar!

For bookings and more information contact **Xiomara** on **8375 2000** or [communications@orana.asn.au](mailto:communications@orana.asn.au)

[www.oranaonline.com.au](http://www.oranaonline.com.au)

## Honourable Katrine Hildyard MP visits Orana

Orana had the pleasure of hosting the Hon. Katrine Hildyard MP, Minister for Disabilities, as part of a tour of Orana's Netley Business Service on Tuesday 30th January.

Minister Hildyard toured Netley's Business Service, meeting and chatting enthusiastically with the employees who had the opportunity to demonstrate the type of work they undertake at Netley, not to mention a discussion or two about favourite football teams!

We look forward to the Minister's next visit to Orana.



# Strengthening opportunities

Inspired by their recent participation in Orana's Health and Well-being programs, clients from Orana Accommodation Services expressed their interest in joining their local gym.

After speaking with their families, Shane, Joel, Admir and Geoff, supported by Orana, now visit the gym to work out and get fit.

Dave, the Manager and Chris and Tara, Personal Trainers at Jetts Gym Everard Park have been very welcoming helping the guys enjoy their tailored program, making the sessions both fun and active.

They engage in group activities for core and strengthening exercises and also use the cardio machines, treadmill, rower and recumbent bikes. To support the clients to be more comfortable with their program, they are being slowly and safely introduced to all activities, cardio and

weight machines. They are being supported by their Client Coaches and the Personal Trainer when needed.

Surprisingly, lifting weights and stretching hasn't been the only goal for the guys. They have also taken advantage of the social and community inclusion opportunities that the gym offers to them. They had been working on losing weight while gaining lots of new friends.

Orana staff have supported them as well with keeping track of their workout progress and encouraging them towards healthier eating habits.

Thanks to the assistance of their Orana Client Coaches, the gym has kindly offered an ongoing deal for Orana clients to receive generous membership rates and Personal Training deals. (Yes, if you are an Orana client, feel free to speak with our friends from Jetts Gym Everard Park



about it!)

The guys are enjoying their training sessions so much and working hard to meet their goals. Well done guys! Keep up the good work! We look forward to cheering you on your next challenge.

## DAY OPTIONS CENTRE IN PORT AUGUSTA

Orana is pleased to announce that we are operating a Day Options Centre in Port Augusta from Monday 5th February.

Orana was approached in late December, along with other service providers, with the view to taking over the Port Augusta Day Options Centre previously managed by KinCare. We have been busy consulting with the relevant parties over the last few weeks, ensuring the smooth transition of the service with minimal disruption to the clients, families and staff as our main focus.

Feedback regarding the transition from all concerned has been extremely positive.

The new Day Options program will provide people with disability the opportunities for individual growth, development, independence and inclusion as they participate in both centre and community based activities.

## 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.

### Shopping centres volunteers

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

### 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 two Orana Op Shops (Goodwood and Seacombe Gardens).

### Event volunteers

Trivia Nights, Golf Days – 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 on 8375 2000 or [communications@orana.asn.au](mailto:communications@orana.asn.au)





# SPLASHING IN THE SUMMER TIME

**Summer doesn't mean being locked at home under the air-con for Admir, Meredith, Jamie and Leslie. Supported by Orana Accommodation Services, they have been enjoying outdoor activities that include some regular exercising by the pool. They have also enjoyed spending the hot days by the sea cooling off with their mates.**

Working towards a healthier and more active lifestyle, Admir expressed his interest in swimming and has become a regular at the Marion Outdoor Pool, displaying his talents. Admir had extensive lessons as a child, so with just a little bit of training, he has regained confidence jumping into the water and executing all swimming styles, regularly seen doing laps at the outdoor facility. Supported by Selena his Client Coach to attend the Marion Outdoor Pool, Admir says he feels very free in the pool and enjoys the physical activity of swimming, which provides him with the benefits of exercise as well as a general feeling of health and well-being. Selena always swims

with Admir, but admits he can certainly swim laps around her as he is extremely talented and fast!

Meredith has also been a regular at Marion Outdoor Pool for many years, since a child. Orana staff continue to support Meredith in her enjoyment of this activity, and see the rewards that she receives from this, such as relaxation and the social opportunity to spend time in the community. Meredith often takes a picnic on the weekend and spends the day swimming, socialising and enjoying a day out. She is being supported by Orana to work towards healthier eating habits. She and Amir just recently joined the gym and are keeping weekly track of their progress.

Orana clients have also been spending quality time at the beach this summer. After the weekly grocery shop supported by Orana staff, Jamie and Leslie have spent endless days at the beach, watching the sun go down, whilst relaxing in the cool water on one of this summer's exceptionally hot days. Jamie has grown up in the country on the river, so he had not actually been in the ocean since he was a teenager. He really enjoyed how relaxing it is to spend time at the beach with friends.

The benefits of water therapy, in its many forms, are well known, and these particular clients will definitely vouch for that. They are supported by Orana to partake in these activities as it provides them with socialisation, physical and fitness opportunities, as well as a general feeling of wellbeing. Good on you guys! Keep up the good laps!

## Voting matters

Voting is one of the most fundamental human rights. However, Orana recognises that often, people with disability do not have equal access to voting and having their voice heard as others in the community, in part due to a lack of education and awareness. With the upcoming state and local government elections in 2018, Orana wants to bridge that gap.

Orana, in partnership with Electoral Commission SA (ECSA) and City of Salisbury, held a series of information sessions directed to people with disability in the northern metro area. The sessions offered participants the opportunity to learn about the role of governments and how to vote using a practice vote. They encouraged participants to have their say on issues that affect them to ensure people with disability are better represented in decision-making.

During the final session, participants met with



**Voting session participants with Mayor Gillian Aldridge and David Williams (ECSA).**

City of Salisbury Mayor Gillian Aldridge to further understand the role of local government and the opportunities available within the local community. Colin, one of the participants said 'It was great, I learnt a lot!' Ken, another participant, also explained that 'It was good to know you can get help (to vote) if you need it'.

This project follows on from an initial pilot project with ECSA and the City of West Torrens in 2016, prior to the federal election. We hope the project will continue in other areas to educate and encourage people with disability to enjoy equal access to their political rights.

# SPECIAL OLYMPICS NATIONAL GAMES SPONSORSHIP

Orana is extremely proud to be the Families and Supporter's Partner for the 2018 Special Olympics Australia National Games that will take place in Adelaide from the 16th to the 20th of April this year. Held every four years, the Games provide five days of competition for athletes with an intellectual disability to compete in a range of sports, including athletics, basketball, bocce, bowling, equestrian, soccer, golf, gymnastics, sailing, swimming and tennis.

The relationship that we nurture with families, supporters and carers of the people we support, has always been crucial to our existence, with families playing an integral part in who we are and why we exist as an organisation.

Leisure and sporting activities play an important role in our community. Their many benefits include improving the health and well-being of individuals, contributing to the empowerment of individuals and promoting the development of inclusive communities. Participation in

recreation, leisure and sporting activities is one of the many opportunities people with disability have to engage in community life. Through their involvement with Special Olympics, people with disability learn skills and build the confidence that can help them achieve their personal best in sport and in life.

Orana has enjoyed a nine year partnership with Special Olympics South Australia, supporting the organisation's Community SportsLink program, helping to provide South Australians living with disability the opportunity to participate in a wide range of sporting activities. As a natural extension of our existing relationship with Special Olympics SA, we were delighted with the opportunity to become the Families and Supporters Partner for the 2018 Special Olympics Australia National Games.

We are thrilled to be part of this wonderful event.

If you would like more information, visit [www.nationalgames2018.com.au](http://www.nationalgames2018.com.au)



## A NIGHT OUT ON THE TOWN

Orana clients enjoyed of a fun night out at the Adelaide Fringe recently.

Supported by their Client Coaches, Natalie, Geoffrey, Gary, Leslie, Chris, Wayne, Jayne, Michael and Bill witnessed a night of acrobatics and comedy showcased in 'Attrape Moi! Catch Me!' at Gluttony.

After expressing their interest in enjoying a fun summer night at the Fringe, Orana staff assisted them with selecting the show, booking their tickets, organising transport and getting on time to their show!

Later in the evening, they relished and enjoyed the company of their friends with some refreshments to finish off a great night at the festival.

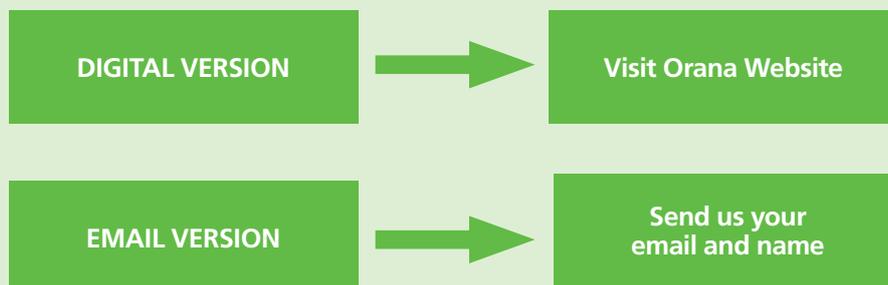
The clients enjoyed their evening so much - they are already planning their next night out!



## Oranability is moving to digital

Orana's newsletter, Oranability, will be transitioning to a digital version in June. 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, please send us your name and email address to [communications@orana.asn.au](mailto:communications@orana.asn.au) or call **8375 2000**.



# Shooting high, scoring a happier life



Jenny loves working at Orana and has been part of the team for more than 40 years! She commenced working with the garden and cleaning crew when Orana had a site in Campbelltown many years ago. Jenny has worked in the olive oil bottling section, the water filter packaging section and currently, spends most of her week in the dollies assembly section.

Thursday evening is an exciting time for Jenny when she joins her team 'The Bulldogs' to play basketball at Wayville. She has been playing for more than 10 years and is a big fan of the Adelaide 36ers. On Monday nights, she also plays at Pasadena. At home, she has a ring to practice and during the week, she goes to a park near her house to try some shots. She never misses a game. 'I don't like to let my team down', says Jenny. She has good memories of when her team won the final and she hopes they will win again one day. 'We just need to play as a team and be positive' is Jenny's motto.

'I like basketball because I make friends and feel valued' says Jenny. Playing basketball, she has learnt to control her temper and developed strong team-work skills. Her advice to her mates is to not rush: 'You just take your time and shoot. Always remember to bend your knees!'

Jenny enjoys working with Sally, her supervisor. 'She is always friendly and encourages me', says Jenny. Supported by Sally, Jenny has developed work skills such as attention to detail and patience through her role at the weighing station; completing quality checks; bagging and heat-sealing completed items.

Sally has seen how Jenny has improved her social and communication skills: 'She has become a good listener. She takes time and patience to listen and help others at work, where she can'. Jenny has taken on board managing her emotions. 'I will ask a supervisor to sort an issue I can't deal with', she smiles. 'I have at times tried to deal with problems myself but not anymore'.

Jenny likes to help out wherever she can when she is not working. During her lunchbreak,



Jenny takes on the regular role of supporting others with making drinks and heating up and serving meals.

Supported by Orana, Jenny has participated in numeracy and literacy courses as well as a cooking and nutrition program and is now working on developing healthy eating habits towards a healthier life.

Her next goals: obtain her driver's licence and save for a trip to America to watch her basketball idols and visit Elvis Presley's house. Good on you Jenny! Keep up the good work!



As part of our aim to encourage healthy eating and lifestyle choices, we bring you this easy to cook, healthy choice recipe, a delicious 'Salmon and Kale Caesar Wrap'. This makes a great autumn lunch or light dinner.

Give it a try and let us know what you think. Happy cooking!

## Salmon and Kale Caesar Wrap

### Ingredients (serves 4)

- 5 cups shredded kale
- ½ cup shredded Parmesan cheese
- ½ cup creamy Caesar salad dressing
- 2 cans (170gms approx.) wild salmon, drained
- 4 large flour tortillas

### Directions

1. Place the kale, Parmesan and Caesar dressing in a large bowl and toss until the leaves are evenly coated with the dressing. Add the salmon using a fork to break it into flakes and toss to combine.
2. Place 1 tortilla on a clean work surface. Spread a quarter of the filling horizontally, slightly below the center of the tortilla. Roll the wrap tightly by folding the sides over the filling, then rolling from the bottom up.
3. Repeat with the remaining tortillas. Serve immediately and enjoy!

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