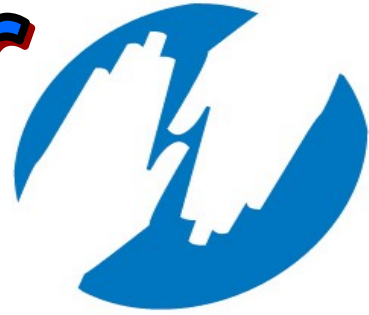


# newsletter

August 2011 : Issue 98



enhanced  
lifestyles

## board meeting

The next Strategic Planning  
will be held on Monday  
5th September @ 5.00pm.

The next Board Meeting will  
be held on Monday  
10th October @ 5.30pm.

**Meetings are held on the first  
Monday of the month.**

## Thought of the month

*"Don't judge each day by the  
harvest you reap, but by the  
seeds you plant."*

*--Robert Louis Stevenson*



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After Hours Paging service 8305 2544

**website:** [www.enhancedlifestyles.com.au](http://www.enhancedlifestyles.com.au)

# DISABILITY and Ageing Expo

The Disability and Ageing Expos is an event that is extremely important for people with a disability and for those who are ageing. The Disability and Ageing Expos provide the latest information on an extensive range of services and products in one accessible location and enables people to make informed choices. DIRC has established an annual Disability and Ageing Expo in Adelaide at the Adelaide Event and Exhibition Centre and two regional expos across South Australia.

**Date:** Friday 12 August 2011

**Where:** Adelaide Showground Jubilee Pavilion

**Opening Times:** 9.30am to 4pm

**Parking Facilities:** \$3 per car via Rose Terrace

**Entry Gate/s:** Via Rose Terrace & Goodwood Rd

**For further information contact:**

[claudia@dircsa.org.au](mailto:claudia@dircsa.org.au) or 08 8236 0555



We welcome any submissions from consumers or staff. Stories, events or photographs. They can be submitted electronically or we can scan hardcopies. This is your newsletter, lets hear about you.

# Confidentiality Policy

- Information concerning a consumer/staff member should never be discussed without that person's consent.
- Prior to release of information (such as name, address, phone number and other personal details) to outside agencies or individuals, the consumer or staff member must seek verbal permission and/or a 'release of information' form, except in cases of emergencies.

Any breach of the above such as:

- Allowing unauthorised individuals to view consumer's/staff members file;
- Personal Attendants gossiping about consumers or other staff members;
- Meetings or discussions about consumers/staff held without consumer's/staff members consent;

**will result in disciplinary action with possible termination or employment or services.**



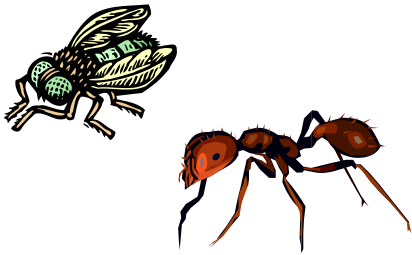
The Disability SA Library maintains a collection of information and resources on all aspects of disabilities. The collection includes resources for professionals; children's books about a range of disabilities, sleep problems, dealing with emotions; books for siblings; information for parents and carers; books without words targeted to adults with disabilities. The service is freely available to members of the public. For further information telephone 8266 8556 or email [disability.library@dfc.sa.gov.au](mailto:disability.library@dfc.sa.gov.au)

# DID YOU KNOW?

\* If you read about our spiders you might not like this: the average person swallows three spiders a year.



\* There are 1500 species of Australian spiders



\* We have over 6000 species of flies, about 4000 species of ants, and there are about 350 species of termites in Australia.

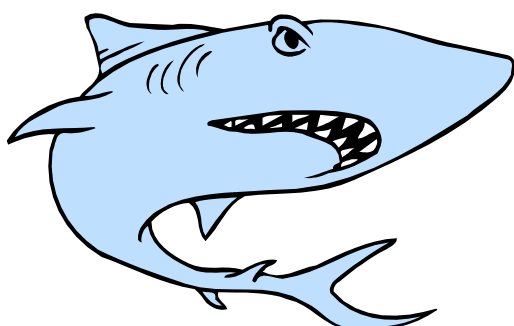
\* The combined mass of all termites in the world is more than ten times the mass of all people.

\* Termites are also called white ants, but they're not ants, in fact not even closely related to ants.



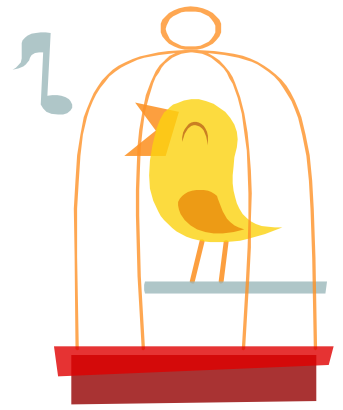
\* Australia has the world's largest population of wild camels with one hump.

\* There are more than 150 million sheep in Australia, and only some 20 million people.



\* Sharks are immune to all known diseases.

# The Hopeful Canary



**Written by, Erin Keane.**

This is a story about a little yellow canary that was lonely, without friends or anyone to care about him. He got so bad that he lost his voice to sing when the old ladies past him in the park they would coo at him and ask him to sing them a song and every time he opened his beak too let out a note. Nothing came out. "Aww, how sad," the ladies would say before they left him there. He never felt worse in his life. He hadn't been able to see the joyful faces look upon him and see them smile.

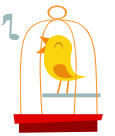
He flew away from the park and tried to get away from the loneliness, the pain and the sad memories. But no matter how far he flew. He couldn't run away from himself. The pain didn't go away. The memories of how he got this bad were still fresh in his mind.

He overheard a human say that in a movie someone had been so depressed he had killed himself by jumping off a cliff. This thought stayed with the little canary. That was a way to end the pain! So he found the biggest cliff in the area and went to the edge. He placed his wings tight by his sides so that he would drop instead of catching the wind and flying away. Then he jumped. The drop was terrifying the world was swirling before his eyes. Then he stopped dropping he thought 'this is it I am dead.' But it wasn't too be . . . his wings had folded out and caught the wind after all. He instinctively opened them to stop the fall. Some part of him had failed, he couldn't even die the right way.

He cried all that next day and the night after that. What was he going to do? Where was he going to go? He is now truly lost and totally alone.

**continued next page**

# The Hopeful Canary



Then he saw a dog! Those dogs were always so noisy and useless. They never did anything useful or fun. At least as far as this bird was concerned. Look at him he was . . . wait . . .” Is that dog happy? He looks like he is having fun! What’s that dog got to be happy about any way? The little canary was jealous of a dog. How’d that happen? The canary couldn’t understand how he would want to be that sloppily pest for, but he did. He was happy. But not this bird, and he knew it. He watched the dog. The dog loved to have sticks and disks thrown for him so he could fetch them! Well that looked simple enough.

The canary went down and tried to pick up the dog’s Frisbee up off the ground with his beak. But the disk was way too big and heavy for the bird to lift. The dog run up to the bird and barked a warning. The canary knew he couldn’t win a fight for the disk so backed off, the dog retrieved his disk and walked away but before he left he turned to the bird and said, “Get your own toy, and leave me alone.”

Get my own! What an idea. Could he have his own object too keep and play with? He didn’t know but maybe he could try! He found a much smaller disk that he had seen humans pull off of bottles that they take drinks out of. A bottle cap they called it. This seemed more his size so he flipped it over with his wing and picked it up in his beak. A young human girl was walking by and when she saw this, she laughed and clapped! She thought it interesting that a bird was flipping a cap with its wing, *apparently*. The canary was hopeful that he would get some attention now.

So he practiced day and night with his little bottle cap he tried flipping it in different ways. Holding it in his beak and throwing it in the air. And so when he thought he was ready he placed himself and his little disk in the middle of the park and he went through his whole routine. And the humans watched him and clapped at his every routine. They were so happy to watch him for hours and the canary was no longer sad or lonely.

Other canaries had heard of this dancing canary and came to watch the next show at the park. By the end of his routine that day. He flew up to his fellow canaries and asked what they thought of it.

# The Hopeful Canary



They just looked at him. They couldn't speak at first. When they could they were cold and judgemental. "Why are you asking us or anyone for that matter, what we think of you? A canary always shows everyone exactly how they feel and never ask what others feel about anything. We sing the song of our lives everyday. When others listen to our sound they know us by listening to the song, which is filled with our deepest feelings, and they need not know anything else about us. Where's your song? Why do you dance? We want to know the real you! What do you feel? We can't tell if you don't sing!

After hearing their words the little canary felt all hope fade from his heart. Then he heard a sound that reminded him of open fields and wild flowers. It was the most beautiful sound he had ever heard. He went looking for the source. It was another canary. She had a beautiful yellow plumage with brown markings on her tail. She was beautiful. When he asked her about her song she said she was remembering her birth place, where she was born in the branch of a tree in an open field during spring. Then she flew away to continue her song elsewhere. He couldn't believe it. Somehow those mean canaries that said those things to him about his dancing routine, were right! But could he find his singing voice again after so much time?

It took many weeks but he was starting to sing again but the only notes that came out of his beak sounded so sad. So lonely. No matter how many times he tried. They all sounded depressing who would want to hear them? He didn't even want to listen to himself, why would anyone else? She came back 'the yellow and brown canary'. And she joined in with his singing. And something strange started! His notes turned good, they were suddenly filled with hope and made him think of bright and cheerful things. He liked what he was singing now. She told him later that she couldn't stand to hear such a lonely song. She hadn't realised how he must have felt this whole time.

She became his mate, and the hole in his heart was filled with happiness. His life got very busy with raising the new chicks which were hatched by the next spring. They lived in a tree out in an open field, with the wild flowers coming out in bloom.



This year's show will be held on **Sat 27th and Sun 28th August 2011** and is the **155th** Gawler Show. The Gawler Show is the largest country Show in SA, attracting approx 30,000 people (when sunny). It is a great family outing with many FREE displays, exhibitions and entertainment (excludes Entry fees and Sideshow Alley).

Gawler has a population of approximately 18,000 people, is the oldest country town in SA and located just outside the Northern Suburbs of Adelaide. It has an old world charm with its main street aligned with beautiful historic buildings. Nestled in the foothills of the Barossa it is the ideal place to visit. It is approximately a 45 minute drive or train ride from Adelaide.

For more information go to: <http://www.gawlershow.org.au>



**BE HAPPY, IT'S GOOD FOR YOU ..!**

Having a positive outlook doesn't just make life more enjoyable, it may also lower blood pressure. Research shows that positive emotions can help keep a person's chemical and neural responses in balance, and help people handle stress better. The findings prove that an individual's thoughts and emotions do affect their physical processes, according to researchers. AAP

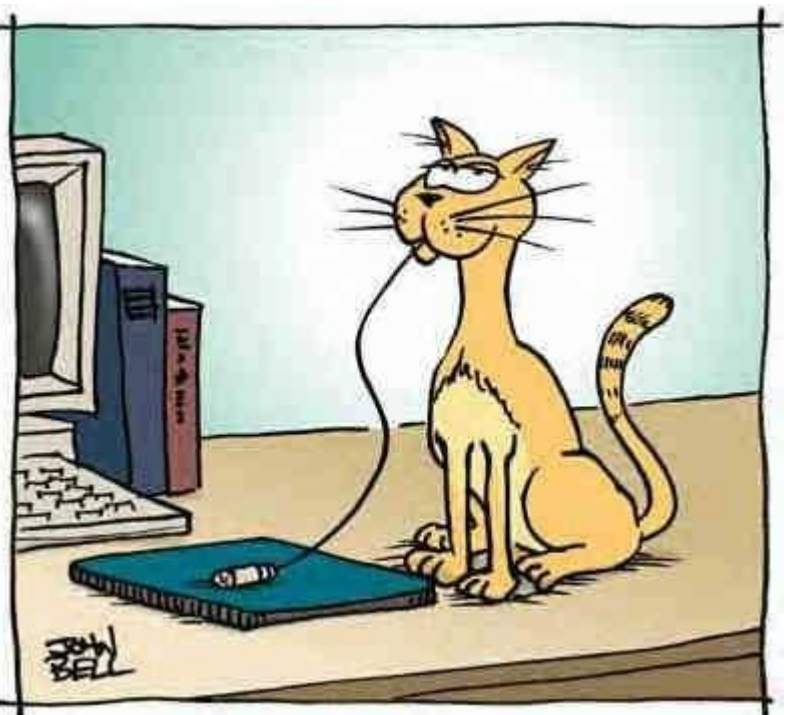
# Crossword

## SEARCH - A - WORD

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



"SORRY, WE CAN'T E-MAIL YOUR PIZZA AS ATTACHMENT."



JOHN BELL

# CREDIT CARD SCAMS

## What is a credit card scam?

A credit card scam can come in many forms. For example, scammers may use [spyware](#) or some other scam to obtain your credit card details. A scammer might steal or trick you into telling them your security code (the three or four digit code on your card) and then make purchases over the internet or the telephone. If they know your PIN, they could get cash advances from an ATM using a 'cloned' credit card (where your details have been copied onto the magnetic strip of another card). Of course, there is also a danger of someone using your credit card if it has been physically lost or stolen.

## Warning signs

- There are transactions listed in your credit card statement that you don't understand.
- You have given your credit card details to someone you now suspect may not be trustworthy (perhaps over the internet).
- You have lost your card.

**You have kept your security information (eg your PIN or the access code on your card) written down somewhere near your card and you find that it is missing**

## Protect yourself from credit card scams

- NEVER send money, or give credit card or online account details to anyone you do not know and trust.
- Check your bank account and credit card statements when you get them. If you see a transaction you cannot explain, report it to your credit union or bank.
- Keep your credit card and ATM cards safe. Do not share your personal identity number (PIN) with anyone. Do not keep any written copy of your PIN with the card.
- Choose passwords that would be difficult for anyone else to guess.
- Try to avoid using public computers (at libraries or internet cafes) to do your internet banking.
- Do not use software on your computer that auto-completes online forms.

# CREDIT CARD SCAMS

This can give internet scammers easy access to your personal and credit card details.

- Do not give out your personal, credit card or online account details over the phone unless you made the call and the phone number came from a trusted source.
- Never send your personal, credit card or online account details through an email.

As well as following these specific tips, find out [how to protect yourself](#) from all sorts of other scams.

## Do your homework

If you are buying something over the telephone or internet and want to use your credit card, make sure you know and trust the other party. If you want to provide your credit card details to a telemarketer, take their name and call them back on a phone number you find independently (i.e., not a number they give to you).

Check over your credit card and bank account statements as soon as you get them so that if anybody is using your account without your permission you can tell your bank.

## Decide

Whenever you want to give out your credit card details, ask yourself if it is safe to do so. If you are very careful with your credit card and PIN, you can greatly reduce the chances of your credit card details ending up with a scammer.



## Report them

If you think your credit card or bank account is being used by somebody else you must report it firstly to your bank as soon as possible. If the unauthorised use of your credit card is the result of some sort of scam, you can also [report a scam](#) through the SCAMwatch website and warn your friends and family.

# YOU'RE ONLY AS OLD AS YOU ACT

*(An elderly woman well into her 70s comes through the check-out line with a single bottle of wine. I start to scan the bottle through. GROCERY STORE | PHOENIX, AZ, USA )*

**Customer:** "Wait! Aren't you going to check my ID?"

**Me:** "Er, no, ma'am, I don't think it's really necessary..."

**Customer:** "Well, that's no good! You should check all ID if you're selling alcohol."

**Me:** "Well, okay. May I see your ID, please?"

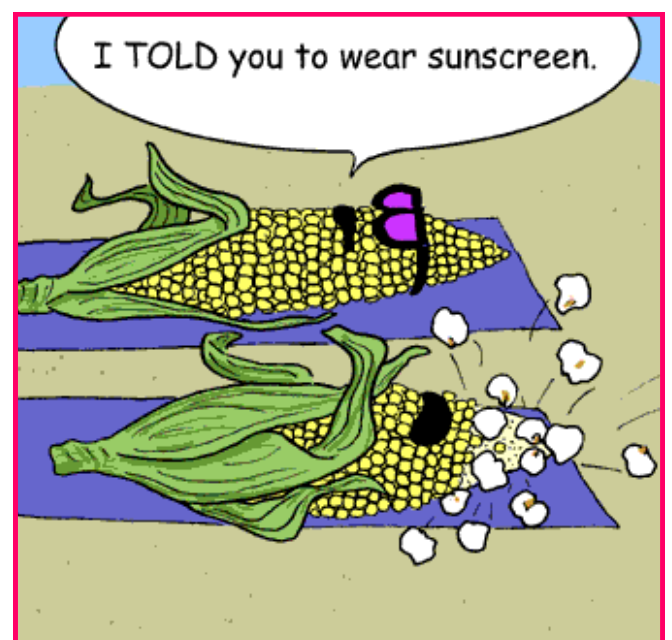
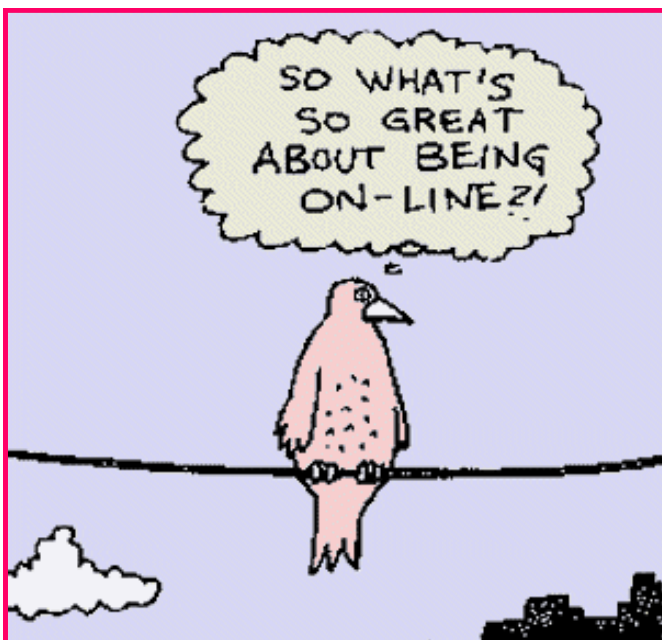
*(She hands over an ID card that is obviously fake.)*

**Me:** "...ma'am, this card says you're seventeen."

**Customer:** "Oh, dear! You've caught me! I'm much too young to be buying this! It's a good thing you were checking IDs. I'd better just go now! *\*skips out the door\**



*This is a true story ...!*



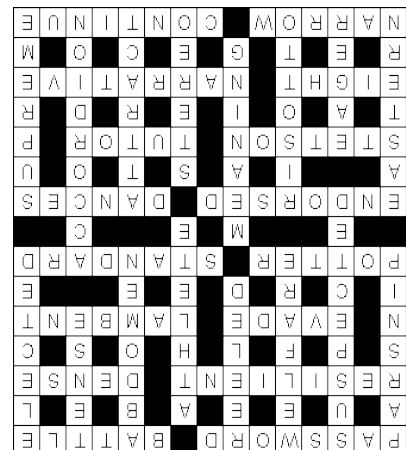


# the Wellbeing Fiesta

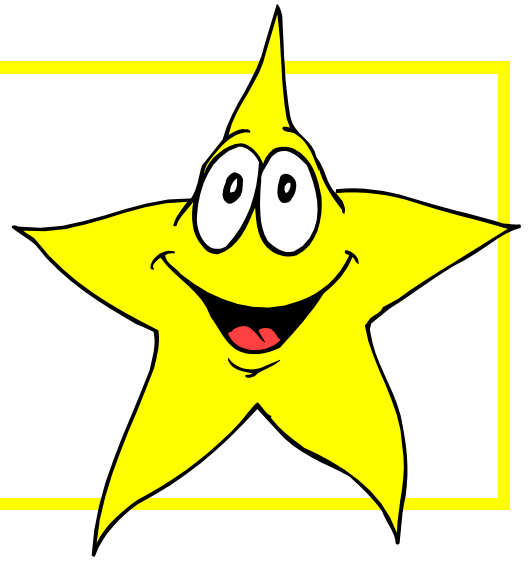
For over 20 years, Carers Support have provided support, information and respite to people who care for a family member, friend or neighbour with a chronic illness, disability, mental illness, is frail or aged to assist them to manage their daily lives. In short, we try to make the lives of these hard working people a little easier.

Each October, they host their official National Carers Week event – The Wellbeing Fiesta for Carers, their families and the person they care for. Please refer to their website [www.carersupport.org.au](http://www.carersupport.org.au) for more information about Carer Support in general. The 2011 Wellbeing Fiesta will be held on Sunday 16 October.

**ROYAL ADELAIDE SHOW**  
 for more information  
 visit **THESHOW.COM.AU**  
**2-10 SEPTEMBER 2011**

There is tremendous happiness in making others happy, despite our own situations. Shared grief is half the sorrow, but happiness when shared, is doubled. If you want to feel rich, just count all of the things you have that money can't buy.



## Bipartisan support for disability scheme

Canberra Times : Wednesday, August 10, 2011

The disability insurance scheme the federal government will launch on Wednesday will be met with bipartisan support.

Government cabinet secretary Mark Dreyfus says there is 'incredible unfairness' in the way disabled people are cared for at the moment.

'The standard of care that a person with a disability receives is dependent on which state or territory they live in, it's dependent on how they acquired that disability,' he told Sky News.

Prime Minister Julia Gillard will launch a Productivity Commission report and the government's response, which is expected to be a national no-fault disability insurance scheme.

The opposition's Simon Birmingham said his party recognised the status quo was broken and would support changes.

'We have a system that is wrongly based on essentially rationing services dependent upon how people acquired a disability rather than providing the services they need to support,' Senator Birmingham said.



# HEARTY CHICKEN & VEGETABLE SOUP

*Glorious Winter Warmer*

- 2 tablespoons olive oil
  - 1 leek, halved, washed, thinly sliced
  - 2 garlic cloves, crushed
  - 1 large carrot, peeled, diced
  - 2 sticks celery, diced
  - 2 small zucchini, diced
  - 1 swede or turnip, peeled, diced
  - 1 1/4 cups dry soup mix, rinsed (see note)
  - 8 cups chicken stock
  - 1kg skinless chicken lovely legs
- ★ Heat oil in a large saucepan over medium heat. Add leek and garlic. Cook, stirring, for 2 minutes or until soft but not coloured. Add carrot, celery, zucchini and swede. Cook for 2 minutes. Stir in soup mix, stock, chicken and 1 cup cold water. Increase heat to high. Bring to the boil.
- ★ Reduce heat to low. Simmer, partially covered, stirring occasionally, for 1 hour or until soup mix and vegetables are tender.
- ★ Remove chicken legs from soup. Allow to cool slightly. Remove meat from bones. Roughly chop chicken meat and add to soup. Season with salt and pepper. Ladle soup into warmed bowls. Serve.



enhanced  
lifestyles

# Your Enhanced Lifestyles Representatives

## Board of Management

**Chairperson:** Alan Bawden

**Vice Chairperson:** Trevor Harrison

**Treasurer:** Trudy McCoy **Secretary:** Geoff  
Meyers

**Committee:** Jim Kidd , Helen Messner,  
Jenny Meyers, Phillip Beddall and Lena Polo

## Occupational Health & Safety Committee

Alan Bawden, Louise Braybon,  
Helene Messner, Tammy Hunt,  
Barbara Maegary and Chris Grilk