

newsletter

September 2011 : Issue 99

board meeting



enhanced
lifestyles



Wendy Whyman

Megan Canny

Karen Maidment-Longbottom

Debbie Brown

Banyana Molefe

David Mamys

*all celebrate their birthdays
in September*

BOARD MEETING

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

Members are advised they
may attend any board
meetings and submit items
for the agenda 2 weeks
prior to the meeting.

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

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A note from one of our consumers



On 5th August 2011 Trudy McCoy celebrated her 25th Anniversary of service with SA Ambulance.

During this time she has seen many changes including the changing of 3 company names from St John Ambulance to SA Ambulance and now Department of Health.

Trudy started off working only 9 hours a week doing switchboard relief and since then has increased her hours to 22 hours a week.

As well as working with SA Ambulance, she is also involved in her local Church and runs a 'Sabbath School' for 10 - 16 year old children and 2 kids clubs for children between 5 to 9 years old. One club has 36 and the other 8 but the majority of the children in the smaller club are of African background which sometimes makes for a very interesting time. She has learnt to never take anything for granted.

>Vitamin D and Sunlight <



Confused about how much sun you really should or shouldn't be getting to allow your body to produce adequate vitamin D? The Cancer Council Australia's new guidelines suggest:

- * Fair skinned people can maintain adequate vitamin D levels in summer from a few minutes of exposure to sunlight on their face, arms and hands or an equivalent area of skin on either side of the peak UV periods on most days of the week.
- * In winter, people need about 2-3 hours of sunlight to the face, arms and hands or an equivalent area of skin, over a week.



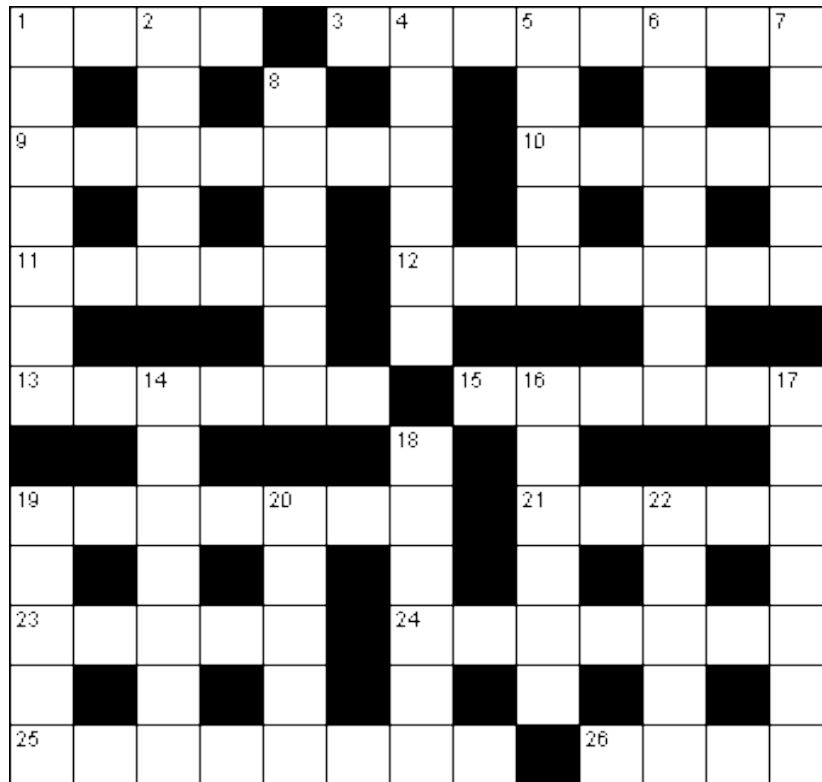
*To cope with the heat
when you get out ...*

- * Remember to wear a hat when out in the sun, even on cloudy days
- * Apply sunscreen each day when you go outside
- * If you have a having a cup of tea or coffee to drink, have a glass of water afterwards to combat the caffeine.

true or false crossword

In this crossword there are two clues for each word.

Can you work out which is true and which is false?



Across

1. Type of metal / Type of wood (4)
3. Unmarried man / Unmarried woman (8)
9. Dried plums / Dried grapes (7)
10. Type of bird / Type of insect (5)
11. Male relative / Female relative (5)
12. Raise / Lower (7)
13. Strong / Weak (6)
15. Complied / Refused (6)
19. Type of boat / Type of flag (7)
21. Stringed instrument / Woodwind instrument (5)
23. Young men / Young women (5)
24. Concentrated / Watered down (7)
25. Problem / Result (8)
26. Wet / Dry (4)

Down

1. Fruit / Vegetable (7)
2. Worldly / Callow (5)
4. Ask / Reply (6)
5. Animal / Fish (5)
6. Place where books are kept / Place where bees are kept (7)
7. Mountain chain / River valley (5)
8. Type of bird / Type of mammal (6)
14. Bicycle part / Plant part (7)
16. Enlighten / Bewilder (6)
17. Feared / Looked forward to (7)
18. Artist's workroom / Banquet hall (6)
19. Parts of a book / Parts of a clock (5)
20. Valuable item / Worthless item (5)
22. Speak / Remain silent (5)

BUILDING A BRIGHTER FUTURE FOR DISABLED AUSTRALIANS

By ABC's [Stella Young](#) Posted August 12, 2011

Since Prime Minister Julia Gillard announced on Wednesday that the Government would support the establishment of a National Disability Insurance Scheme as recommended by the Productivity Commission, the world has begun to look a little bit brighter.

For almost two years since the Rudd government first promised a thorough investigation into the disability support system in Australia, people with disabilities and our families have held our collective breath, almost too afraid to hope for something better. We're really close, spine-tinglingly close, to being able to exhale.

The Productivity Commission charged with the task of investigating the current system of support is an independent body made up of hard-nosed economists. They are not people with disabilities or their families and they are certainly not bleeding-hearts who tell the Government to "do the right thing". What they found when they started digging shocked them.

In an [article](#) published by The Monthly earlier this week, Anne Manne told the story of Lillian Andren, a woman who acquired a disability at the age of 31 in a backyard pool accident. With great difficulty, given the combination of paralysis and a lack of support, Lillian made her way to a public hearing of the Productivity Commission's inquiry to tell her story. Manne writes:

Lillian's injuries make her incontinent. Initially she was offered help by government-funded carers for two showers per week. Now she gets three. As she explained at the hearing: "The delightful irony is that to receive that third shower per week I must have daily incontinence issues. So the system allows me to sit for four days a week in my own urine to provide me three showers a week..."

CONTINUED ...

BUILDING A BRIGHTER FUTURE

There is not a person alive, either in Government or in the community who could argue that Lillian's situation is a satisfactory one, that her longing for the simple pleasure of daily showers is indulgent. I can only imagine how frustrating it must be for Lillian, an intelligent and articulate woman, to know that if only she lived in another state, or if she'd been injured in a car accident rather than a pool accident, then perhaps her dream of living her life with dignity would be fulfilled.

At the moment, how you live as a person with a disability depends not only on the source of your injury but also on *where* you live within Australia. Someone in Victoria might lead a significantly different life to a person with a similar level of impairment in New South Wales.

At times when subjects like the Disability Support Pension and welfare are raised in the media we hear grumbings about "bludgers" and how much more those disabled folks "get" than your average hard-working Australian. We don't hear anything about the other things that a recipient of the DSP might "get", like two showers a week and a life lived from a set of soiled bed sheets.

In any case, the NDIS will have nothing to do with the DSP. It will *not* mean that people with disabilities get extra money from the Government, or that the estimated 4.5 million people with disabilities in Australia will all be immediately better off. It will mean that the 410,000 people with significant, long-term disabilities who are currently living lives of desperation and uncertainty can look forward to a future where they might be in a position to have a job, to be a taxpayer, to participate fully in the economic life of the country. They'll be able to help support a country that supports them.

While the NDIS will not benefit everyone with a disability directly or immediately, there is no doubt that the long-term change in society will benefit all of us. If we have what we need to get out of bed in the morning, we'll be able to work and socialise, to have a presence in our communities.

FOR DISABLED AUSTRALIANS

For too long we have been denied the right to participate in Australian life. It's no wonder we face negative community attitudes.

Once our basic needs are met, we can get to work on the other things that the NDIS doesn't address, like attitudes and stigma, inaccessible public transport and buildings. Once we don't have to put so much energy into our very survival, we can talk about rights.

The Government has said that it will take seven years for the NDIS to be completely rolled out, and this has been met with concern from a lot of people with disabilities and families. Indeed, this seems like a long time, especially when you consider the estimated timeline for the rollout of a carbon tax is 18 months. But while I too feel a little disappointment, I can't help but be encouraged by how quickly the Government has moved since they received the final report.

They were entitled to sit on it for 25 parliamentary sitting days; they had it for 10. Julia Gillard will address COAG next Friday in order to get the states on board with this national plan, and to see what might be needed to do that. *This Friday*. That doesn't look to me like the timeline of a Government that isn't committed to this. They have also pledged \$10 million to begin the work needed to start this process. And we really can't ignore the enormity of this process.

Our current system (and I do use the term "system" loosely), is not salvageable. We're not talking about making a few repairs to something that needs a bit of fixing-up. We're talking about starting from scratch. Rome wasn't built in a day, and neither was a better future for Australians with disabilities and our families. That future, even if it is a little way off, looks much brighter than it did a week ago, and I'm having trouble wiping the smile off my face.

[Stella Young](#) is the editor of ABC's Ramp Up website.

WHEELCHAIR DANCE SPORT

Wheelchair Dance Sport is a fast growing sport, and there is a positive development in the integration of Wheelchair Dance Sport events and Dancesport events.

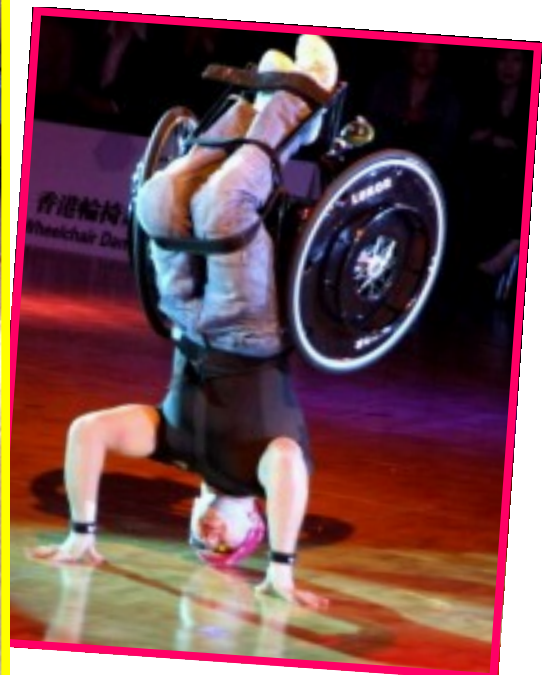
The International Paralympic Committee (IPC) is the governing body and agreements are in place between the IPC and the IDSF to further develop Wheelchair Dance Sport.

Australia has a well established Wheelchair Dance Sport scene, and for those interested, there are some links at the bottom to get you started.

Wheelchair Dance Sport usually covers the 5 dances everyone knows for both Standard and Latin, namely Waltz, Tango, Viennese Waltz, Slow Foxtrot, Quickstep and Cha Cha Cha, Samba, Rumba, Paso Doble and Jive.

Wheelchair dancing as a whole is not limited to the Dancesport dances and there are many other dance styles for Wheelchair dance enthusiasts.

For more information contact: Madeleine Dance Emporium on 0411 66 1068 or email: madeleine@madeleine.com.au



SMILING IS CONTAGIOUS



When someone is smiling they lighten up the room, change the moods of others, and make things happier. A smiling person brings happiness with them. Smile lots and you will draw people to you.

YOU KNOW YOU'RE NO LONGER A KID ...

- * Driving a car doesn't always sound like fun.
- * Saturday mornings are for sleeping.
- * You are taller than the slide at the McDonald's playland.
- * Your parents' jokes are now funny.
- * You leave concerts & ballgames early to beat the crowd.
- * You remember seeing Star Wars when it first came out.
- * The average ten-year-old doesn't have a clue who Bo and Luke Duke are.
- * Being bad is no longer cool.



KIDS ARE QUICK

TEACHER: Maria, go to the map and find North America .

MARIA: Here it is.

TEACHER: Correct. Now class, who discovered America ?

CLASS: Maria.

TEACHER: John, why are you doing your math multiplication on the floor?

JOHN: You told me to do it without using tables.

TEACHER: Glenn, how do you spell 'crocodile?'

GLENN: K-R-O-K-O-D- I-A-L'

TEACHER: No, that's wrong

GLENN: Maybe it is wrong, but you asked me how I spell it.

TEACHER: Donald, what is the chemical formula for water?

DONALD: H I J K L M N O.

TEACHER: What are you talking about?

DONALD: Yesterday you said it's H to O.

TEACHER: Now, Simon, tell me frankly, do you say prayers before eating?

SIMON: No sir, I don't have to, my Mom is a good cook.

TEACHER: Harold, what do you call a person who keeps on talking when people are no longer interested?

HAROLD: A teacher

*A friend is one who sees
through you and still enjoys
the view. - - Wilma Askinas*



“Just when the caterpillar thought the world was over ...
It became a Butterfly ...
--Anonymous



FAMILY FUN DAY



Bonython Park,
Adelaide City

FREE ENTRY



Sun 25th
September
11am-5pm

- Rides
- Food & Drinks
- Music
- Show bags
- Entertainment
- Fun
- Animals

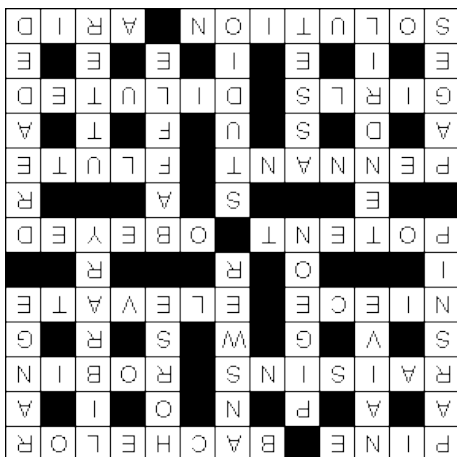


This event is proudly run by
Edmund Rice Camps SA Inc.
Supported by Adelaide City Council


Edmund Rice Camps
(SA) Incorporated
Providing Camps, Day Activities, Vacation Homes &
Support to Children, Young People & Families



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.



Nothing is ever lost by courtesy. It is the cheapest of pleasures, costs nothing and conveys much.

- - Erastus Wilman



PASTA SALAD



WITH GREEK YOGURT DRESSING

A fresh and colorful pasta salad that is brightened by the addition of a tangy Greek yogurt dressing.

It's perfect for a picnic or as a light vegetarian offering to your next pot-luck dinner.

Ingredients:

- * 1 lb. pasta, cooked, drained, and cooled
- * 2 cups fresh baby spinach, chopped
- * 1 large cucumber, peeled, seeded, and diced
- * 1 lb. cherry or grape tomatoes, cut in halves
- * 2 green onions, thinly sliced
- * 1/4 cup finely diced red onion
- * 2 medium carrots, grated
- * 1/2 cup (packed) fresh basil leaves, chopped
- * 1 tsp. chopped fresh mint
- * 1/2 lb. Feta cheese, cut into bite sized cubes
- * 1/4 cup chopped Kalamata olives
- * Salt and freshly ground black pepper

For the dressing:

- * 1/2 cup Greek yogurt, drained
- * 1/2 cup sour cream

In a medium bowl, whisk together the dressing ingredients until combined. Cover with plastic wrap and refrigerate until ready to use.

Cook the pasta according to package directions. While it is cooking, you can chop the vegetables and herbs.

Combine all the salad ingredients except for the pasta and Feta cheese in a large bowl. Toss lightly and season with salt and freshly ground black pepper.

When pasta is cooked, drain well and rinse under cold water to cool.

Add the pasta to the salad ingredients and mix in the dressing. Lightly toss the pasta until nicely coated with dressing and ingredients are well distributed. (Use as much dressing as you enjoy). Add the Feta cubes last and toss lightly to avoid crumbling.

Refrigerate until ready to serve.



“Prime Minister ignores key NDIS recommendations”

MEDIA RELEASE: August 23rd, 2011: David Holst IDASA

In 2006 COAG agreed to move all young people with disability out of inappropriate aged care facilities. That COAG agreement has failed miserably on what was just a \$250 million dollar program.

All governments, State and Federal as expected have now agreed that National Disability Insurance is an excellent idea.

This outcome was predictable given that the Australian Productivity Commission Inquiry Report (APCIR) delivering a damning assessment on 410,000 Australians with disability living in misery and the states may have the once in a life time opportunity to walk away from supplying and funding future disability services.

Yet the final resolution at COAG has not guaranteed any additional or better services for even one Australian with Disability anytime in the foreseeable future

Key recommendations of the APCIR are being conveniently ignored by the Prime Minister including very importantly

RECOMMENDATION 19.3

In the period leading up to the full introduction of the NDIS, the Australian Government should supplement funding under the National Disability Agreement to reduce some of the worst rationing of support services, particularly for supported accommodation and respite.

Widespread concern that the Federal Government has no real intention of attacking the disability crisis in the short term is increasing. The government while positive in its rhetoric is being highly selective in which parts of the report it wants to highlight and action and of course all this is being done under an umbrella of secrecy of how the Prime Minister intends to pay for the \$6.5 billion dollar per annum bill.

Until the Prime Minister details a funding model the chances of NDIS ever happening remains effectively zero.

In a hostile phone call from Senator Jan McLucas last week Disability Speaks was told that almost every other organization in Australia thought the NDIS announcements were fantastic. Disability Speaks developed a healthy scepticism of political announcements a long time ago. Senator McLucas's opinion has not been supported by the online blogs where following the initial announcement of NDIS the reality is that people with a disability are starting to understand that nothing has changed in disability services yet. Leading local disability advocate Sam Paior wrote

<http://www.thepunch.com.au/articles/Disability-insurance-scheme-Ill-believe-it-when-I-see-it/>

When Piers Akermann wrote in The Sydney Daily Telegraph on Julia's wonderful rhetoric and promises some 300 bloggers disagreed with our Prime Minister. While we all know Piers is a conservative the readers are not

<http://www.dailytelegraph.com.au/news/opinion/labors-history-of-empty-promises/story-e6frezz013308337>

There may be political consequences for the Prime Minister if she does not answer fully the three major outstanding question about NDIS. Julia must explain

- * Why is she not fast tracking NDIS and treating it as a priority like recent government indicatives like the overnight implementation of The National Broadband Network(\$42bn) and the Carbon Tax(\$9.0bn).The productivity commission report reminds us The "Job Network" including sweeping changes in employment services took two years to implement. Medibank was implemented in one year after the passage of its enabling legislation. Why should NDIS take 8 years to be implemented?
- * How is the government going to fund the \$6.5 Billion dollar cost per annum for NDIS. This remains the biggest issue? No money equals no NDIS.
- * Why is the Prime Minister ignoring key recommendation 19.3 (page 91) There are some 35,000 high needs clients around Australia today on critical disability waiting lists. \$2.5 billion per annum over the next 3 years would enable the building of new residences, the hiring and training of staff and the recurrent funding to pay for ongoing services and clear major waiting lists. Every new supported accommodation house and respite centre built would remain a long term asset and they would never be empty. A major investment now would have both short and long term benefits.
- * Let's be fair dinkum if the Prime Minister cannot find \$2.5 billion a year now for a confirmed crisis what hope has she got of finding \$6.5 billion per year in 2019.Is Julia fair dinkum?

Disability Speaks will be writing to Julia Gillard and inviting her to speak at a Public meeting in Adelaide. We hope she fronts the consumers and explain the answer to these and many other vexing questions. We would expect 500- 1000 people to attend. Julia needs to front the people and prove she is fair dinkum.

It's time to find out how serious Julia is about NDIS. The disability sector cannot wait another 8years subject to the vagaries of politics and the economy for a solution.



The City-Bay is an annual fun run/walk event held on the third Sunday of September since 1973 - this year it will be held on Sunday 18 September 2011. The event has three starts, 12k, 6k and 3k and extends from the City along Anzac Highway, continuing to Glenelg. Each Wheelchair participant is entitled to a complimentary carer entry.



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Your Enhanced Lifestyles Representatives

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

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