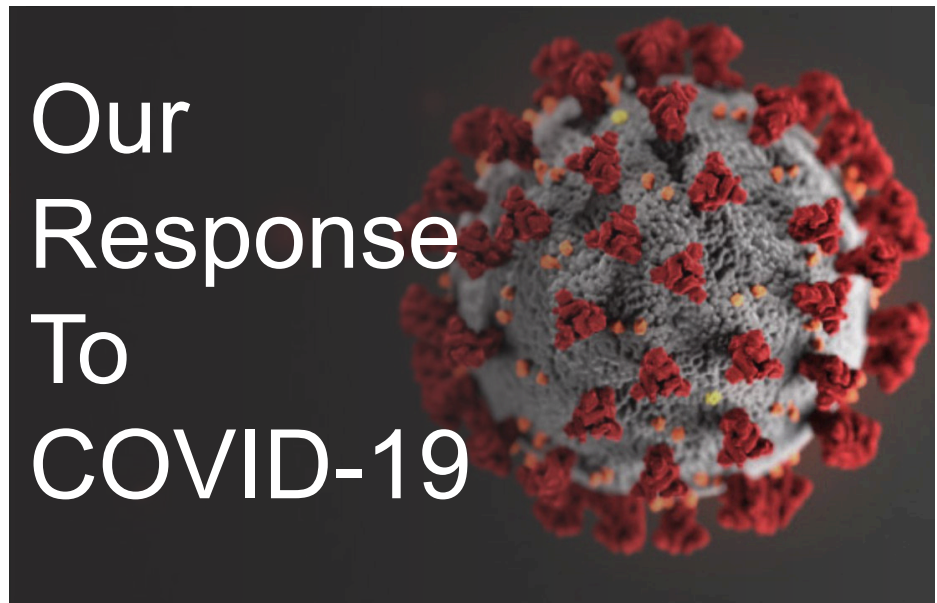


EL Bi-Monthly Newsletter • April edition 2020

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## Our Response To COVID-19

### Safety measures for Coronavirus

**D**uring March, the coronavirus outbreak known as COVID-19 was declared a global and national pandemic. With this announcement, we have implemented new measures to ensure the health and wellbeing of our customers, employees and stakeholders during these uncertain times.

Please head to page 4 to read about the safety measures we have introduced as well as current restrictions.

# OFFICE & BOARD NEWS

## A message from the Chair & CEO



The AGM that was scheduled for 26 March 2020 has been postponed until further notice due to physical-distancing regulations. We will still be able to meet our reporting requirements and provide an AGM report when things settle down. The Board Executives have met with an external Governance Consultant and implemented a Board COVID-19 Contingency Plan to make sure our business and services continue to operate during the COVID-19 period.

- As the situation changes on a daily basis, we will keep you updated once firm decisions are made.
- During this time, the most important things to focus on are keeping the wheels turning and getting essential services to you.



On behalf of Enhanced Lifestyles, I want to take this opportunity to say that our chief concern is ensuring that you are safe and well. I acknowledge that this is a difficult time for everyone in the community, but rest assured we are here to support you. Every decision we are making is for the health and wellbeing of our customers, employees, families and stakeholders. We have implemented the following measures to ensure our customers receive the fundamental supports they require:

- a COVID-19 business continuity plan to ensure services continue to operate – you can view this plan on our website;
- additional gloves and hand sanitiser for personal care and complex health supports;
- a dedicated shopping service for customers who have difficulty accessing the community for groceries, medications, and other essential supplies
- a counselling service to support the emotional wellbeing of our customers
- digital connection with our customers via phone calls and Zoom
- transference of training to an online platform for our Lifestyle Attendants to help them best support our customers during this time.

Enhanced Lifestyles will continue to follow advice from the Australian Government and the Department of Health and Human Services and will provide updates as the situation develops.

I thank you for your dedication and commitment whilst we all get through this together. Stay well and be safe!

# Your Enhanced Lifestyles Board Representatives 2020

Chairperson: Deb Clark

Vice-Chair/Secretary: Marnie Trebilcock

Treasurer: Trudy Gepp

Committee Members:

- Erin McKenzie-Christensen
- Louise BraybonKimberley
- Anna Farrugia



## Your Office Team

### **Management:**

Chief Executive Officer: Jeremy Mills

Chief Operations Officer & Clinical and Training Manager: Noel Cornwill

Corporate Services Manager: Alexa Worley

Finance Manager: Jordon Lee

Accommodation & Services Manager: Sarah Maynard

### **Service Delivery**

**Services Manager: Sarah Maynard**

Service Delivery Officer: Amy Hyatt

Service Delivery Officer: Mia Anfiteatro

Service Delivery Officer: Daniella Ross

Service Delivery officer: Emma Sharples

Service Delivery Officer: Taleala McCarthy

Service Delivery Officer: Tahlia Hedges

**Finance (Manager: Jordon Lee):**

Billing Officer: Samantha Gully

**Quality (Manager: Noel Cornwill RN)**

Business Development Officer: Bronni Siggs

### **Support Coordination**

Senior Support Coordinator: Jessica Yeilds

Support Coordinator: Briony Drappala

Support Coordinator: Maria Pallant

Support Coordinator: Judith Darragh

Support Coordinator: Danielle Kirkness

Support Coordinator: Emily Pennell

Support Coordinator: Michelle Downie

Support Coordinator: Alison Sinnott

Support Coordinator Everly Smith

Support Coordinator Sarah Tims

Riverland Customer and Support Coordinator: Lisa Turton

Support Coordinator: Carol Mayersbach

Support Coordinator Kimberley Dreschler

Customer Relations:

Customer Relations Officer: Claudine Sutter

People & Culture Consultant: Belinda Smith

**Clinical & Training (Manager: Noel Cornwill RN)**

Learning and Development Officer: Emma Moss

IT Support Officer: Haydon Ford

Quality Assistant: Ryley Johns

### **Marketing & Communications**

Marketing and Communications Officer: Jamie Denyer

Communications and Engagement Officer: Emma Moss

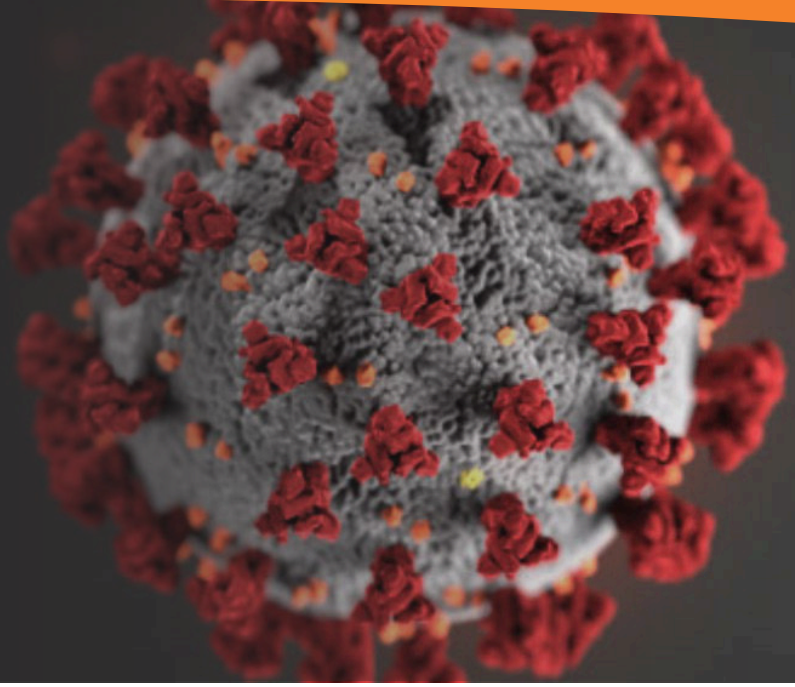
**Administration (Manager: Belinda Smith)**

Administration Officer: Deb Anderson

Administration Officer (Riverland): Samara Freeman

Board Support Officer: Sharon Walker

# Our Response To COVID-19



As COVID-19 continues, we would like you to know that we are committed to the health and wellbeing of all people in the community. We feel it is important to share with you the measures we have put in place to safeguard our customers, employees, families and stakeholders.

## In our Supported Accommodation

- All houses are working towards having a 6-week supply of medications
- Staff are coordinating a bulk shop of essential supplies (note: this will be without Customers)
- Houses will be provided with a list of recommended activities to minimise risk
- Our Accommodation houses will be hygienically cleaned each day
- Hand Hygiene practices have been provided to all staff
- All visitors required to call the house and make an appointment prior to visiting

## In-Home and Community Supports

To ensure the safety and wellbeing of our customers, we are providing them with 2 boxes of gloves on request, for personal-care purposes (i.e. when providing services that involve bodily fluids). This measure has been put in place to support customers that are unable to access the

community for shopping purposes or where supplies are very low. Customers will need to place the order for gloves or liaise with Lifestyle Attendants on their team to acquire the gloves. Lifestyle Attendants will need to fill out a register upon pick up for record management. This will include their name and the customer's name.

## We have provided the following glove collection options for Customers:

### Collection by a Lifestyle Attendant/Individual

Gloves can be collected by a Lifestyle Attendant, friend, family member or carer from the office by arranging an appointment in advance. To minimise risk, a collection table and sign-off sheet will be situated near the training rooms and accessed via the gate, which will be left open. For tracking purposes, the designated person collecting the gloves/sanitiser is required to sign the sign-off sheet before leaving the premises.



# OFFICE & BOARD

## Express Post

Gloves can be sent via Express Post to your address.

## Home Delivery

Gloves can be delivered to your address by courier by prior arrangement.

Please contact the Senior Admin Officer Debra Anderson on 8340 2000 or via [admin@enhancedlifestyles.com.au](mailto:admin@enhancedlifestyles.com.au) and advise the quantity required and which collection/delivery method you wish to choose.

## Customer Shopping Service

To further assist our customers during this challenging time, Enhanced Lifestyles is offering a shopping, medication-collection, and delivery service.

One of our dedicated Lifestyle Attendants, Lorraine Makins, has kindly put up her hand to help the Enhanced Lifestyles Community. Lorraine will work Monday to Friday from 9 am to 5 pm, collecting food and medications and then bringing them to your door.

## Purchase and Delivery of Shopping Service

- Lorraine will purchase the goods you need from the supermarket using our company card

***You will need to reimburse Enhanced Lifestyles for the cost of the goods.***

- Lorraine will deliver the shopping to your door.

***This part of the service will come from your NDIS funding.***

## Medication Collection and Delivery Service

- **With your consent, Lorraine will collect your medication from the Chemist and deliver it to your door**

To collect medications on your behalf, please provide Lorraine with:

1. **Your script/s**
2. **ID (preferably photo ID)**
3. **Your written permission for Lorraine to collect the medication on your behalf.**

## How much will this cost?

### Cost 1: The Cost of the Shopping and/or Medication

You will need to reimburse Enhanced Lifestyles for this cost, as daily living expenses are not covered under the NDIS. We will send you an invoice for this amount to be paid within 14 days.

### Cost 2: The Cost of the Lifestyle Attendant Providing the Service

We will send an invoice to your plan manager if you are plan managed, to the NDIS if you are agency managed, or straight to you if you self-manage your funding. This invoice will be charged at the usual support work rate. It will include:

- The hourly rate AND
- Travel KMs

## How do I Register for the Shopping Service?

If this sounds like it would be helpful to you, please give Service Delivery a call on 8340 2000 or email them at [services@enhancedlifestyles.com.au](mailto:services@enhancedlifestyles.com.au)

Please give them a list of the goods/medications which you need.

We will do our best to allocate the best time for you, however, please be aware there may some delays due to demand. Thank you in advance for your patience.

# OFFICE & BOARD NEWS

## Pandemic Counselling

The COVID-19 pandemic is presenting new challenges every day for everyone, especially for some individuals with disabilities who have compromised immunity and/or respiratory conditions. As well, each day, more and more people in the community are facing job loss and financial hardship.

We appreciate that this is a very concerning time for all and we want to do everything in our power to help support the emotional wellbeing of all stakeholders of the organisation by offering 1 paid hour of counselling. To access the program, please contact Senior Administration Officer Debra Anderson on 8340 2000 or via [admin@enhancedlifestyles.com.au](mailto:admin@enhancedlifestyles.com.au). She will register your details and advise you of the process.

## Staying Connected

We are implementing innovative ways to stay connected with our customers during this period of restricted social gatherings and community access.

For example, we are happy to arrange for Lifestyle Attendants to give customers a social and wellbeing call via phone or video in lieu of community-access visits. This will give customers the opportunity to chat with a friendly voice and keep socially connected with their community.

On board our team at Enhanced is a Specialist Support Coordinator, who is also qualified in counselling. If you need a confidential chat with a listening ear, please call the office on (08) 8340 2000 and we will schedule a time for you. We can also point you in the direction of further mental-health supports, if required.

## COVID-19 Rate Increase

In response to the COVID-19 and the impact this is having on businesses, the NDIS have implemented a temporary increase of 10% on some supports to support the retention of workers. In accordance with this, Enhanced Lifestyles will be applying the rate increase effective as of the 25/03/2020.

This 10% will be applied to current Enhanced Lifestyles rates which are below the NDIS benchmark pricing. This increase will assist with the following;

- Implementing a 5% increase to LA pay rates for the next 6 months (Annual increases will still be applicable)
- The additional costs associated with Personal Protective Equipment (PPE)
- Transitioning to online Training and Inductions
- Increased Operational Team Support
- Counselling Service and Assistance to be offered to Customers and Employees

Please be aware that this increase in pricing is only for the period of time as approved by the NDIS.

If Customers are experiencing financial difficulties or issues with packaging, Enhanced Lifestyles will look at individual cases and provide support where required. If you have any questions about this letter, please contact Enhanced Lifestyles on 8340 2000 or via email at [billing@enhancedlifestyles.com.au](mailto:billing@enhancedlifestyles.com.au).



# NDIS Support to participants during COVID-10

**T**he NDIS have developed resources to assist you through COVID-19. Here is some useful information:

## What is the NDIS doing to help participants?

- Extension of NDIS plans by up to 24 months, ensuring continuity of support and increasing the capacity of NDIA staff.
- Shifting of face-to-face planning to telephone meetings, where possible.
- An action plan to ensure NDIS participants and their families continue to receive the essential disability supports they need.
- Proactive outreach to high-risk participants and sharing of data with states and territories to ensure continuity of support.

## Frequently Asked Questions

### Should Support Workers be wearing masks?

According to Australian Government guidelines, masks are of benefit to people who are sick (so they do not cough on others) and health-care workers who may come into frequent close contact with sick people. In other words, it is not necessary to ask your support workers to wear face masks if neither you nor they have COVID-19.

### Will I be able to rollover my plan without a plan review meeting?

To ensure NDIS plans don't reach their end date, on the day your plan is due to expire it will be automatically extended by 12 months. If your plan is due to expire soon, you do not need to do anything – all plans will be automatically extended by 12 months.

### If plans are being automatically extended by 12 months – am I expected to make the funds I have left to last another year?

To ensure NDIS plans don't reach their end date, on the day your plan is due to expire it will be automatically extended by 12 months. Your extended plan will have the same core and capacity-building budget funding (excluding capital) that is in your current plan added to the extended plan. If your current plan is not a 12-month plan, your extended plan will be calculated on a pro-rata basis and these funds added to the extended plan.

## COVID-19 information in accessible formats

The NDIS has published the latest information about the response to COVID-19 in easy-read form in English and a selection of other languages.

You can view these documents here:

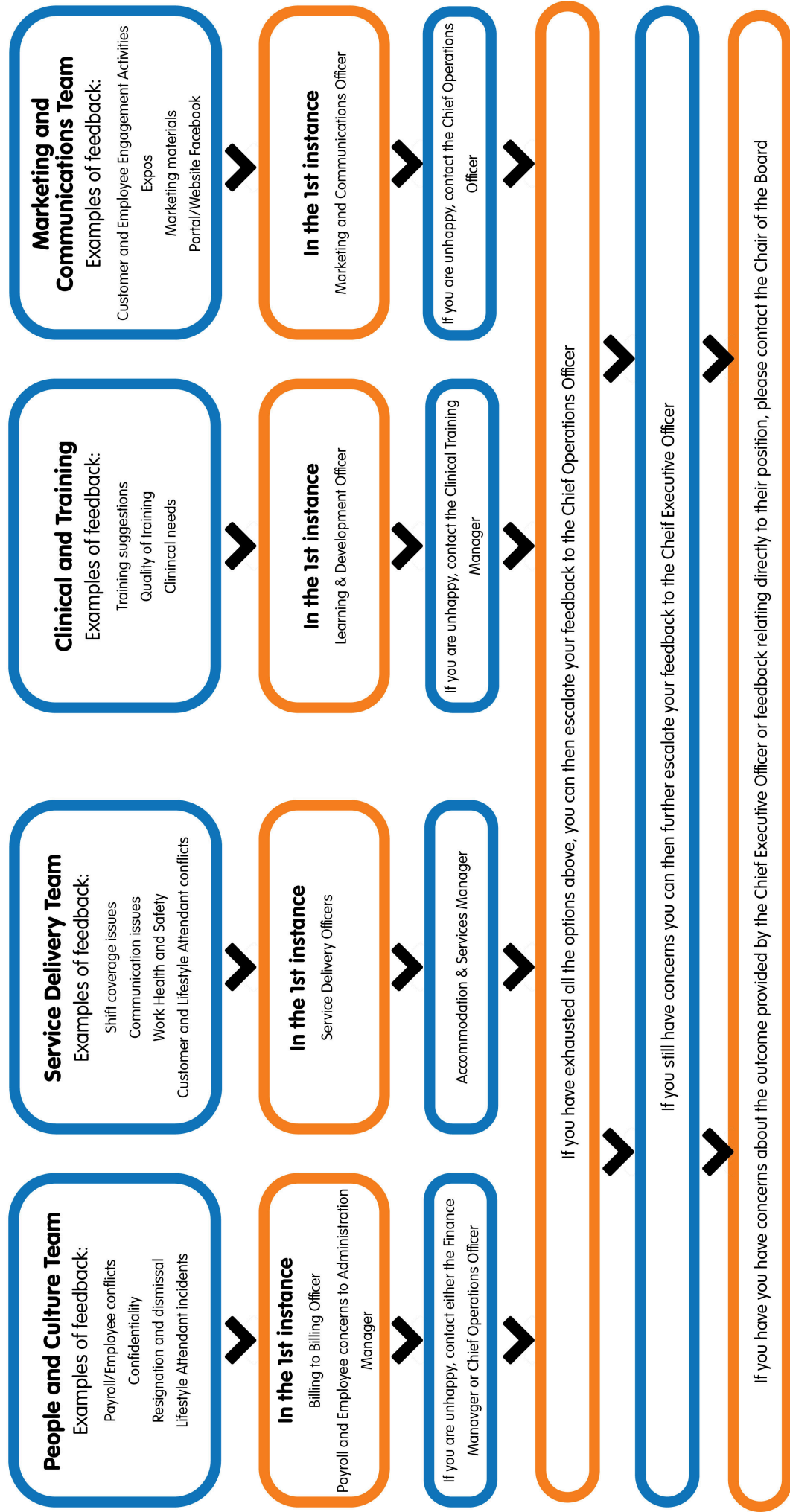
<https://www.ndis.gov.au/coronavirus/participants-coronavirus-covid-19>



# Where does my feedback go?

After you submit your feedback, it is directed to the relevant department depending on the subject of your feedback. Please see below for examples of how your feedback will be directed to relevant departments and the escalation points available if you are unhappy with the outcome.

If it is a compliment, it is communicated to the relevant person/department. If you have made a complaint, the relevant department will investigate and advise you of the outcome within 2 weeks.





# Our New Website!



(08) 8340 2000

HOME ABOUT US SERVICES THE NDIS TRAINING NEWS CONTACT PRICING



*Your service your way*

We are excited to announce that our newly developed website is operational and live to check out now! The new website includes more interactivity and functionality as well as in-depth detail for all our services we provide. We encourage all Customers and Lifestyle Attendants to visit our newly developed website <https://www.enhancedlifestyles.com.au/>

We have included some information below about three of our website pages

## Feedback Page

Our feedback page has been set up because Enhanced Lifestyles welcomes all feedback from its customers and employees to improve the quality of our services. On our homepage, scroll down to 'Contacts' and simply click on 'Feedback'. Complete the form with the type of feedback you would like to provide. You also have the option of remaining anonymous

## Services Page

Our services page includes all the services we provide to our customers. Each page contains information about how we provide the service, how we will support you, and how you can get your services started. We invite you to read through each of our services.

## News Page

Our news page will keep you up to date with all the latest news about Enhanced Lifestyles. Towards the bottom of our home page is a latest-news section. We will also be uploading our newsletters to the website to view at your convenience. As well, news articles about the disability sector will be uploaded.



## Accessibility

We have included several accessibility tools within the website.

Simply click on the wheelchair icon in the top right-hand corner. Included also are a different vision impairment tool, additional readable fonts, and underlined links.

To listen to audio text on the website, highlight a section you would like to listen to and click on the sound icon that appears.

# QUALITY & SERVICES NEWS

## Training Update

In accordance with the Government's self-isolation guidelines, Enhanced Lifestyles and Lifestyle Assistance and Accommodation Services (LAAS) training will be delivered in an online format over the coming months to protect the health and safety of all stakeholders of the organisation.

Below is the training scheduled for April and May 2020. For Lifestyle Attendants, registrations are via Eventbrite, so please look out for the training that will be arriving in your inbox shortly!

Please read about our upcoming training programs:

### April 2020

#### **NDS Understanding Abuse and Restrictive Practices Modules**

It is a management directive that all employees complete the NDS modules as soon as possible. A reminder will be sent to all employees who have not yet completed the training and it is a priority that you complete this training urgently.

Being able to provide safe services and minimising or avoiding the use of restrictive practices is a core requirement of the National NDIS Code of Conduct and working in the disability sector. We appreciate your cooperation on this matter. To register for this training please respond to the reminder email.

#### **Introduction to Acquired Brain Injury Tuesday 28th of April 2020**

This **free** introductory course will focus on the main causes and types of Acquired Brain Injury (ABI), an overview of some of the challenges faced by individuals with an ABI (including challenges faced by family, friends and support workers).

An overview of effective strategies to use will be covered when working with individuals with an ABI. To register for the training, please respond to the Eventbrite invitation, which will be sent via email shortly.

The course will cover the following topics:



- The main causes of ABI
- An introduction to working with individuals with an ABI
- An overview of challenges faced by individuals with an ABI
- An overview of useful strategies working with individuals with an ABI

## May 2020

### Communication Strategies for Lifestyle Attendants Tuesday 5th of May 2020

This **free** course will provide workers with an introduction to effective communication techniques using various activities and scenarios that are relevant to support workers working in the disability field.

The training will explore workplace conflict and provide an overview of conflict-resolution strategies to promote positive outcomes in the workplace.

To register for the training, please respond to the Eventbrite invitation, which will be sent via email shortly.

### Working with Vulnerable Adults Training for Lifestyle Attendants Tuesday 12th May 2020 Webinar

This **free** course will help workers understand what a vulnerable adult is and how to identify when an adult is at risk of abuse or neglect.

The course will also help workers understand their reporting obligations under the NDIS Code of Conduct and the Quality and Safeguards framework and NDIS Incident Management and Reportable Incidents Rules 2018.

### Child Safe Environments Training Tuesday 26th of May 2020 Webinar

Our Child-Safe Environments training is a full 7-hour program that will equip you with the skills and knowledge to identify when a child or young

person may be at risk of harm and understanding the mandatory reporting obligations according to the *Children and Young People (Safety) Act 2017 (SA)* and associated regulations.

The Department for Education and Child Development (DECD) Child-Safe Environments training has been updated to reflect current changes to the definition of harm and 'at risk' in relation to child protection and changes to the Child Protection Act 2017 (SA).

This is the full 7-hour program from 9.00 am to 4.00 pm. **The cost of the training for Enhanced Lifestyles employees is \$57.50.** To register for this training, please respond to the Eventbrite invitation, which will be sent via email shortly.

## Useful Resources

The Growing Space has developed several useful resources to assist individuals in the disability sector during COVID-19.

- COVID-19 Webinar for Participants and Families – practical strategies and ideas
- Can I Buy It?" – FOUR Big Questions during COVID-19 for NDIS participants
- Coronavirus/COVID19 Easy English Resources
- Staying safer in a Wheelchair
- Top 31 Ways to use Support Workers while avoiding COVID-19
- A STOP Sign for your door
- Emergency Contacts List
- COVID-10 Webinar for Support Coordinators – practical strategies and ideas

You can view these here

<https://www.thegrowingspace.com.au/covid19/>



# Service Delivery News

The Service Delivery Team has been working diligently to make sure that all shifts are being covered and our services are being delivered to customers during this challenging time for everyone.

Our Loxton office is still experiencing phone-line issues. Customers and Lifestyle Attendants located in the Riverland region, please call the Loxton office on 0499 907 675. For any service or shift enquiries, please contact the Adelaide office on (08) 8340 2000 or send an email to [services@enhancedlifestyles.com.au](mailto:services@enhancedlifestyles.com.au)

Earlier this month we had a new Service Delivery officer start at Enhanced Lifestyles. We would like to give a warm welcome to Tahlia Hedges! You might have heard her voice over the phone by now. Tahlia has been working hard to familiarise herself with our systems and to get to know our customers and Lifestyle Attendants.

Please note that several departments in Enhanced Lifestyles are working from home due to COVID-19 and the office is minimally staffed. Service Delivery will continue to be staffed as usual to provide assistance and support for our customers and Lifestyle Attendants, but please be patient as we are experiencing a large volume of calls each day.

Please be aware also that the afterhours phone is attended by Service Delivery Officers who are not able to answer any queries related to billing, payroll, or TeleClock as they do not have access to this confidential information. Currently, many of the calls made to the afterhours phone are about non-urgent matters that could have waited until the following day and/or can't be answered by the Service Delivery Team, so we appreciate your assistance in not calling the afterhours phone with non-urgent queries.

We would like to thank everyone for their commitment and patience during these unprecedented times. If you have any questions or concerns, please contact the office on (08) 8340 2000.

Thank you  
Service Delivery Team

“  
Your Service;  
Your Way  
”

# QUALITY & SERVICES NEWS

## WHS News

**E**nanced Lifestyles has been operating in phase 2 of the COVID-19 Business Continuity Plan and has been supporting our customers and employees with several initiatives to keep people safe and minimise interruptions to services.

While for some of us finding our way around self-isolation and what that means on a day-to-day basis is a new experience, it's important to recognise that some people with disabilities may have already had experience with self-isolation due to having compromised immunity or other health-related concerns – and so their knowledge and experience is also valuable during these times.

### COVID Pandemic Q and A

**What measures should I put in place as a Customer during the Pandemic to keep my workers and myself safe?**

#### COVID Infection Control Measures

- Wash your hands regularly and thoroughly using soap and water.
- Perform hand rubs regularly with hand sanitiser.
- Clean all surfaces regularly. Use a bleach solution for best results: 1-part bleach to 5 parts water and mix into a spray bottle.
- Maintain 1.5-metre distance where possible. If closer contact is required, ensure that you are following all precautions.
- Wear gloves when providing all personal care.
- Wear gloves at other times if required to ensure health and safety.
- Dispose of waste containing bodily fluids in a tie-up bag.

**Does my Lifestyle Attendant need to wear a mask or gown when providing personal care?**

Gowns and masks are non-standard PPE for Lifestyle Attendants, and so we don't insist that Lifestyle Attendants wear these during services.

We understand that customers may wish to discuss the option of wearing a mask with their Lifestyle Attendant.

Remember, regular hand washing and using gloves when necessary are more effective infection-control measures.

**Do you have more questions?**

As this information is of a general nature, we appreciate that you may have a scenario that is not covered in this article.

If you have further questions, please contact one of our friendly Clinical Team members on 8340 2000 or via [sarah.maynard@enhancedlifestyles.com.au](mailto:sarah.maynard@enhancedlifestyles.com.au) or Noel Cornwill on [noel.cornwill@enhancedlifestyles.com.au](mailto:noel.cornwill@enhancedlifestyles.com.au), who will be able to offer advice and assistance on a case-by-case basis.

# PEOPLE & CULTURE NEWS

## Lifestyle Attendant Pay Increases

In response to COVID-19 and the impact this is having on businesses, the NDIS has implemented a temporary increase of 10% on some supports to support the retention of workers. In accordance with this, Enhanced Lifestyles will be applying the rate increase effective as of 25 March 2020.

This 10% increase will assist with implementing a 5% increase to Lifestyle Attendant pay rates as of next pay cycle for the next 6 months (annual increases will still be applicable).

Please be aware that this increase in pricing is only for the period approved by the NDIS.

If you have any questions about the 5% increase to your pay, please contact Finance Manager Jordon Lee on (08) 8340 2000 or via payroll@enhancedlifestyles.com.au

## DCSI Clearance

This is an ongoing reminder that all employees must have current DCSI disability and a child-related clearance – either your current child clearance or Working with Children.

It is your responsibility to complete and pay for the clearances. We will have to suspend employment of employees who do not renew their clearances. We are able to support you by arranging a payroll deduction to pay for the clearances, if you require this.

If you would like to know more about this, please contact Administration Manager Belinda Smith on (08) 8340 2000.

## Mental Health and Wellbeing during the Coronavirus COVID-19 Outbreak:

The outbreak of COVID-19 has impacted people in varying ways on an international scale. It is understandable that during times like this, people may be feeling afraid, worried, anxious and overwhelmed by the constantly changing alerts and media coverage regarding the spread of the virus.

While it is important to stay informed, the following are some mental health and wellbeing tips and strategies to continue looking after ourselves and each other during these difficult times (Source: Lifeline [www.lifeline.org.au](http://www.lifeline.org.au)).

### Manage your exposure to media coverage

Media reports can increase feelings of fear and anxiety. Be mindful of sources of information and ensure you are accessing good quality and accurate information. We have provided some links below

### Follow a “calm yet cautious” approach

Do your best to remain calm and be mindful not to contribute to the widespread panic that can hinder efforts to manage the outbreak. Ensure you are following government directives and medical advice, and observing good hygiene habits.

### Show compassion and kindness to one another

In these times of fear and isolation and uncertainty it is most important that we strengthen our sense of community by connecting with and supporting each other. Remind ourselves that we can manage this much better together in solidarity, and that COVID-19 doesn't discriminate – it can affect anyone regardless of age, gender, nationality or ethnicity.

### manage your wellbeing

You can do this by maintaining routines where possible, connecting with family and friends (even if not in person), staying physically active, eating nutritious foods, and seeking additional support by contacting Lifeline or other professional support as required.



## Strategies to cope with social distancing, self-isolation or quarantine

Going into a period of social distancing, self-isolation or quarantine may feel daunting or overwhelming, and can contribute to feelings of helplessness and fear. In addition to the above, we encourage the following;



### Perspective

Try to see this time as unique and different, not necessarily bad, even if it something you didn't necessarily choose



### Connection

Think of creative ways to stay connected with others, including social media, email and phone



### Be generous to others

Think of creative ways to stay connected with others, including social media, email and phone



### Stay connected with your values

Don't let fear or anxiety drive your interactions with others. We are all in this together



### Daily routine

create a routine that prioritises things you enjoy and even things you have been meaning to do but haven't had enough time.



### Limit exposure to news and media

Perhaps choose specific times of day when you will get updates, and ensure they are from reputable and reliable sources

## Stay connected through COVID-19

**If there is someone you think may struggle in isolation, it is important to reach out to them and let them know you care. Don't let their physical isolation become social isolation.**

- Call them to check on their welfare
- Send an email
- Leave a note under their door
- Don't underestimate the power you have to offer hope to another person.

**We encourage people to get creative with how they interact, here are some ways to stay connected if self-isolating:**

- Set up a gratitude tree – where every member posts a message or sends a text to other members to share something they are grateful for.
- Find a buddy, or group of, to set daily challenges with. These could include a healthy habit, a mindful practice, a creative pursuit. Be sure to encourage and check in daily to stay motivated.
- Set dates and times to watch the same TV shows/movies with someone and message each other your thoughts along the way... kind of like Goggle Box but you're not sharing the couch

If your local community has one, join its social media group! This will keep you up to date with what's going on directly around you. It may also include ways you can perhaps reach out and connect with someone less fortunate than you and ways to assist them.

# PEOPLE & CULTURE NEWS

## James Maculloch Film Reviews



Introducing James Maculloch, a Customer of Enhanced Lifestyles. As a hobby and an interest, James has been conducting film reviews since September 2019. James' film reviews range from all different movie genres from Action, adventure, comedy, science fiction and many more! James' film reviews are going to be featuring in each of our bi-monthly newsletters throughout the year. The Enhanced Lifestyles News, February edition, Was James' first feature. In this edition we have included three classics, Back to the Future 1985, The Goonies 1985 and Ghostbusters 1984. Please note that if you have not seen the films included in this newsletter that you plan on watching there will be spoilers!

If you have a film that you recommend for James to review please contact Jamie Denyer, Marketing and Communications officer, via [marketing@enhancedlifestyles.com.au](mailto:marketing@enhancedlifestyles.com.au)

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## Back to the Future (1985)



An amazing film by Robert Zemeckis and Stephen Spielberg I must have watched it about 20 times!

Phenomenal soundtrack. Oscar for Best Effects and Best Effects editing. Marty McFly, a 17 year old high school student is accidentally sent 30 years into the past in a time travelling DeLorean invented by his close friend, his eccentric scientist Doc Brown.

Although entertaining the next 2 films aren't as good as the 1st.

The top grossing film of 1985.

I gave it 10/10.

Although conflicting with Family

Ties", Michael J. averaged 5 hours of sleep

during the filming.

Acting was brilliant, so was the casting!

Includes the quotes, "What are you looking at Butthead?(repeated)"

"My name is Darth Vader!!"

Plus, "Pretty heavy, weight has nothing to do with it!"

Plus, "Who the hell is JFK!!"

Plus, "Chuck, Chuck this is Marvin Berry your cousin you know that sound your looking for listen to this!"

You breathe every breathe along with Michael J Fox, Who profusely sweats throughout the whole film.

Most definitely worth a watch. Not many time travelling films out there.



## The Goonies (1985)



"A Crazy 80's flick you'll all love.

Directed by Richard Donner and Story by Steven Spielberg.

Plot, A group of young misfits called the Goonies discover an ancient map and set out on an adventure to find a legendary pirate's long lost treasure. Great adventure film.

Never fails to entertain me.

I've seen it at least 15 times.

Trivia, the pirate ship was entirely real, Sean Astin wanted to keep the map, the actor who played "Data" yells the S word but he spelt it because he promised his mother he wouldn't swear in the film.

Includes the quotes, "HEY YOU GUYS!!!!"

Plus, "I was just trying to dictate myself."

Plus, "Jerk alert!" Plus, "You gotta do the truffle shuffle."

Plus, "You wouldn't be here if it wasn't."

Plus, "Sweetheart are you alright? Nooooohhhh!!!!!"

Plus, "I got it, I got it. I DON'T GOT IT! You clutz. Hope it's not a deposit bottle!"

Plus, "Kid's Suck!"

Plus, "Goonies never say DIE!"

Plus, "No, Captain Chunk!"

Finally, "Bye Willy thanks!"

Definitely worth sitting down and stretching out and having a good watch.



## Ghostbusters (1984)



"A film for the whole family! An 80's classic, Original story, supernatural comedy.

Nominated for 2 Oscars, Best Visual Effects, Effects and Music Original Song (GHOSTBUSTERS)

Plot, Three former para psychology professors setup as a unique Ghost removal service.

Peter Venkman, Ray Stantz and Egon Spenglor work at Columbia University. My favourite film as a kid, just ask mum. I just love 80's and 90's Films. I've seen it at least 30 times.

35 years later and it still makes you laugh.

Bill Murray and Dan Ackroyd are hilarious.

Directed by the phenomenal Ivan Reitman.

Includes the quotes Because she sleeps above the covers

Plus, "FOUR FEET Above the covers!" Plus, "Who ya gonna call?" Plus, "We've GOT ONE!!!"

Plus, "That's the bedroom but nothing happened in there, what a crime!"

Plus, "He Slimed me!" Plus, "Are you a GOD? No. Then Die! If somebody asks you if you're a God you say YES!! Alright this Chick is toast!"

Plus, "There's something I forgot to tell you, don't cross the streams, why? It'll be Bad! I'm kinda fuzzy on the whole good/bad thing? Plus, "I love this town!!"

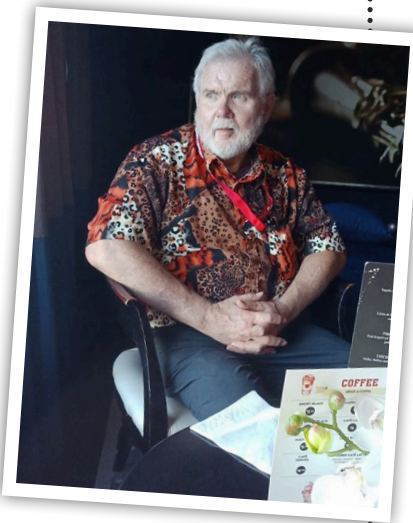
Most Undeniably worth a watch.





# MEMBER NEWS

## Bob's Cruise



**D**uring early March, one of our Customers Bob, went on a cruise with his Lifestyle Attendant Tori. She provided supports to Bob throughout his holiday to give him peace of mind, knowing that a friendly face on his team of LAs was there.

The two of them departed Adelaide on March 11th for Tasmania. On the cruise ship they had great sunny weather, capturing many moments outside. On their journey they met some amazing people, ate delicious food and enjoyed some amazing views.

Unfortunately, due to COVID-19 they had to turn the ship around and head back to Adelaide. They were only four hours from reaching Tasmania when they were told the ship had to turn around!

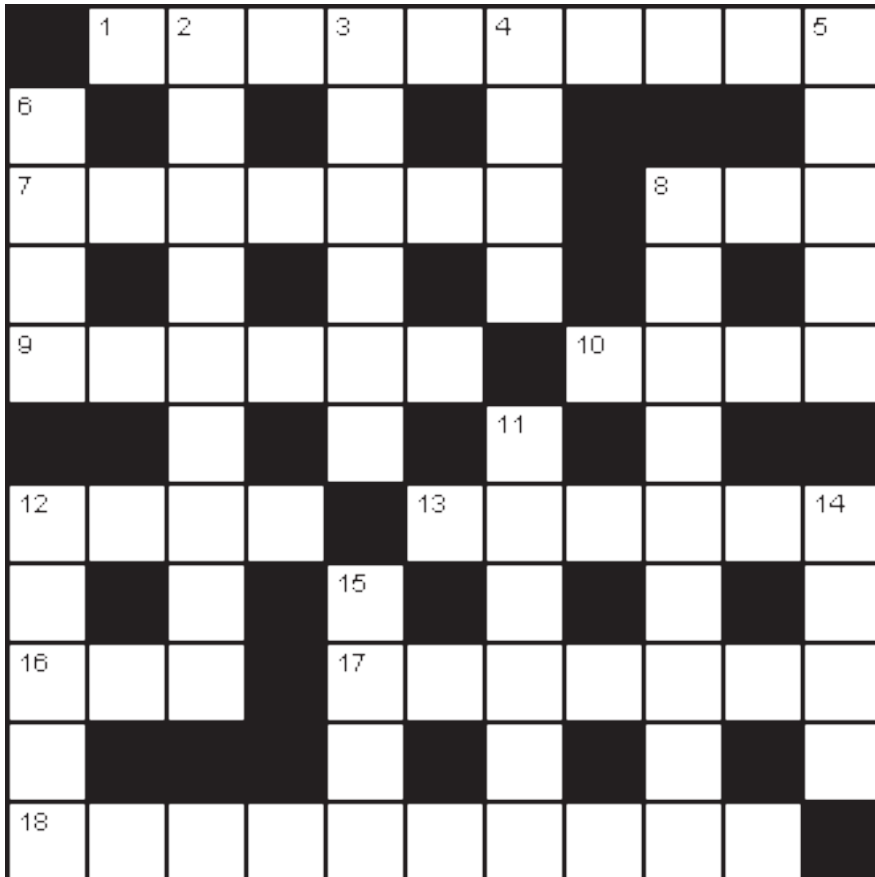
We're glad that they both made it back safely to Adelaide before the Australian Government closed the borders. Although the holiday was cut

short, Bob and Tori had a nice getaway and shared some great memories.

The team at Enhanced Lifestyles loved reading about your adventures and seeing the photos of the holiday.



# Crossword



## Across

1. Inverse (5)
7. Curt (7)
8. Crib (3)
9. Sentinel (6)
10. Hinge joint (4)
12. Remedy (4)
13. Cask (6)
16. Mythical bird (3)
17. Fishing boat (7)
18. Duty (10)

## Down


2. Bizzare (9)
3. Disregard (6)
4. Wealthy (4)
5. Nimble (5)
6. Arithmetical operation (4)
8. lowest female singing voice (9)
11. Empty (6)
12. Freight (5)
14. Entice (4)
15. Male deer (5)

**Solution on back page**

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# What's on at Enhanced

## Members Coffee Club Via Zoom



### *Fancy having a good chat with others over a hot cuppa?*

To help you connect with others whilst everyone is self-isolating, Enhanced Lifestyles will be holding its first-ever online Members Coffee via Zoom on Wednesday 29 April 2020 from 1.00 to 2.30 pm.

We will trial the online version of Coffee Club this month and, if it is successful, we will continue to run it via Zoom in the coming months whilst self-isolation guidelines are in place.

You can access the Zoom meeting via their website, or you can download the Zoom app from the Zoom Download Centre. The Zoom app

will work on a mobile phone, tablet or computer. We look forward to seeing a few familiar faces and some new ones!

The Coffee Club will be hosted by the Communications and Engagement Officer and we will also be joined by a Board Member on the day.

To join the first online Members Coffee club please send your RSVP to either [events@enhancedlifestyles.com.au](mailto:events@enhancedlifestyles.com.au) or [training@enhancedlifestyles.com.au](mailto:training@enhancedlifestyles.com.au)

## Crossword Solution

### Across

1. Reciprocal
7. Laconic
8. Cot
9. Sentry
10. Knee
12. Cure
13. Barrell
16. Roc
17. Trawler
18. Obligation

### Down

2. Eccentric
3. Ignore
4. Rich
5. Lithe
6. Plus
8. Contralto
11. Vacant
12. Lithe
14. Lure
15. Stag