

Over the Back Fence



Mirridong
SERVICES
— INC —

Autumn
2021

**Farewell
dear friend;
memories
of Drew
live with us.**



Important Dates

- April 1** Term End - Easter Break
- April 12** Day Service Resumes
- May 17** Staff Training Day
- June 14** Labour Day - No Participants
- June 14** Having A Say Conference - Geelong
- June 25** Term End - Winter Break

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From the Chief Executive Officer



Hi All,

Welcome to our first edition of COVID Free 2021J. I think we can all agree we can wipe off last year and start again fresh. I have noticed there have been a few bugs getting around, with the cold and flu season about to hit us all, we really need to be vigilant and stay home if we have any form of virus starting to develop. I say this because we do have some very vulnerable clients coming to the day programs and the cold and flus really knock them around. This also has an effect on the many staff who support them and they then get the virus and cannot come for their shifts. I am telling you this just so you can see how a simple germ has a rather large impact on everything that we do at Mirridong.

It's with a heavy heart we have had to say goodbye to Drew this month, he has been so lucky to have a loving family both to look out for him and help him experience amazing activities in his lifetime that most of us would only dream about. Drew was always happy and fun to be around and appreciated everybody and everything. Mirridong will miss his smiling cheeky face and his roles in our productions will never be the same, somebody has some very big shoes to fill. Drew's ability to turn into a showman on the stage was second to none and will be missed in future shows. We can all be assured we will have a memorial tribute to Drew at our next Production on the 24th June so save the date. To Drew's family, thank you for allowing Mirridong to be such a large part of his life, he has touched so many hearts here and will be sadly missed.

Our Supported Accommodation houses are close to being finished, we are currently getting the landscaping and roads redone, it will look amazing when it's all completed. Don't forget to have a look at Apex house's window display, the Easter windows look amazing, this will be a great feature to continue with throughout the year and has great exposure to people passing through.

Have a happy and safe Easter holiday and I look forward to seeing you all back in term 2 where we start our practice for the next production.

Doreen Milne

Apex House Easter Display



A bit of Autumn Humour



Q: Did you know that when leaves fall off the trees in Autumn, it's because of nostalgia?

A: They are trying to get back to their roots.

Never date a girl named Autumn.....

She'll just leave you.

Q: What do trees do in autumn?

A: Take a leaf of absence

Q: What happens when winter arrives?

A: Autumn leave.

Q: If money really did grow on trees, what would be everyone's favourite season?

A: Autumn

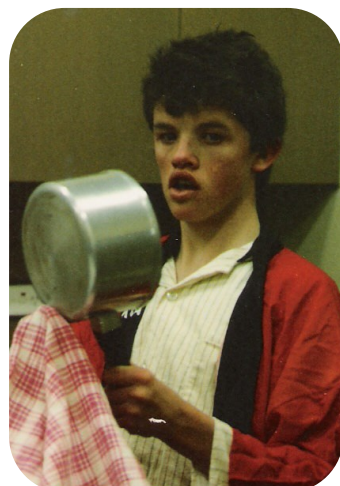
Q: Why do birds fly north in Autumn?

A: Because it is too far to walk.

A boy asks his father, "Dad, are bugs good to eat?" "That's disgusting. Don't talk about things like that over dinner," the dad replies. After dinner the father asks, "Now, son, what did you want to ask me?" "Oh, nothing," the boy says. "There was a bug in your soup, but now it's gone."

Andrew (Drew) Kevin Pretty Born - 23/7/1967 Deceased 13/3/2021

It is with a heavy heart that we say goodbye to our Star Performer Andrew (Drew) Pretty. You were the light in every room, you were a one man show that brought smiles to everyone's faces. The only man that could sell a car for 100 bucks. Always in front of the lens, and always the start of the show. Even when you were not well you put every patient to shame with your smiles and your eye for the lovely nurses, you have changed so many people's lives and made them better people. You have put on your last performance now Drew. And we will forever be grateful to have had you in our lives to share all and more of these moments with you. Love to all of the Pretty family from the Mirridong Services staff, clients and management.



Day Service Activities

Alex & Anita take on boxing!

This term Alex and Anita have been learning a new skill... BOXING! They have both come in leaps and bounds over the second half of the term whilst improving their overall technique and fitness levels. Anita has been loving the health and strength aspect of boxing whilst Alex has been busily researching and a learning about the competitive sport whilst improving his solid jab, hooks and uppercuts! Alex is now teaching everyone a thing or two about what he has learnt so far. **GO ALEX & ANITA!**



Alex and Anita

Wednesday Lunch Cooking

Wednesday cooking group work together as a team, each experiencing a variety of cooking. The group enjoy preparing, cooking and eating lunch together. At the start of the term, to make sure everyone was included the group discussed their dietary needs and their likes and dislikes of food.

Anita's top five for the term: Chicken cacciatore with rice, Chicken and cashew stir-fry, Hearty beef and bacon casserole with mash, Chicken and corn pie with sweet potato chips and Fried noodles with garlic beef .



Anita, Irene, Debbie and Sarah

Fishing

Fishing term1 2021 was pretty successful with one fishing group on Monday morning consisting of Debbie, Kevin, Lindsay and Steven along with staff Collin, Jade and Leigh. Most mornings when the weather was favorable they all caught some small flathead, trevally, starfish or salmon with some weeks being very good with catches of up to 8 fish between them. They all seemed to enjoy themselves. On some days when weather was unfavorable we would do maintenance on our fishing gear.

The Friday group consisting of Kyle, Kevin and Jason with staff members Collin and Rebecca also being quite successful with Kyle catching 6 fish on his first outing! This group also seemed to enjoy fishing when weather was favorable catching numerous fish.



Kyle
Flathead



Kevin
Trevally



Steven
Flathead



Debbie
Flathead



Lindsay
Trevally



Jason
Flying Garnet

Day Service Activities

Virtual Holiday

Holiday To The United Kingdom

On Tuesday the 16th of March, the M.A.F.E (Mirridong Adult Further Education) group participants, Axelle, Debbie, Fiona and Tom along with staff members Jade, Liz and Nicole, were finally able to go on their self organized holiday to the UK.



Since the beginning of term, group members have planned a virtual tour around England, Ireland, Scotland and Wales. Focusing in on their Language, literacy, numeracy and computer skills they were able to create a fantastic and exciting adventure overseas without ever having to leave Australia.

Activities involved in the creation of the event were developing and printing passports, acquiring plane tickets, setting a budget, researching traditional foods and music and finding destinations which suited their tastes. MAFE group members also printed maps, flags and photos of where they wished to travel to in each of the countries.



When it was finally time for 'take off' to the UK, the middle room at Mirridong was set up looking towards our big screen. Everyone boarded the plane and as we watched from our comfy chairs as we took off into the skies.

Due to technology and the huge array of video clips available on the internet, our virtual tour was brought to life and all of us thoroughly enjoyed visiting Stonehenge, Snowdonia National Park, Fort William & Ben Nevis and Corks Market.

Whilst site seeing we also enjoyed some traditional food from the UK which consisted of Hot Chips (England), Potato & Leek Soup (Wales), Shortbread Biscuits (Scotland) and a nip of Baileys Irish Crème (Ireland).

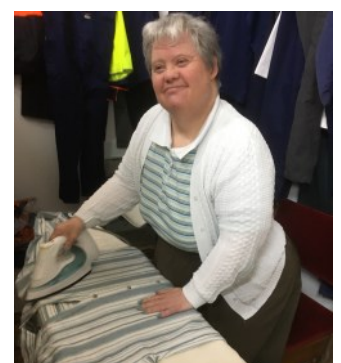
We finished our tour whilst listening to traditional music from each of the countries we had visited.

Each member of the group thoroughly enjoyed themselves and there is already talk as to where our next overseas destination should be.

(Jade Wanklyn)

Assisting in the Mirridong Pre-Loved Goods store

Four days a week Mirridong participants help out in the Op-shop from 10am to 3pm. Mandy has been assisting in the store on Tuesdays doing a great job of ironing clothing and hanging clothes on the racks. Mandy also assists with dusting, vacuuming, sorting out donated clothing and items; she also prepares the price tags to hang onto the cloths.



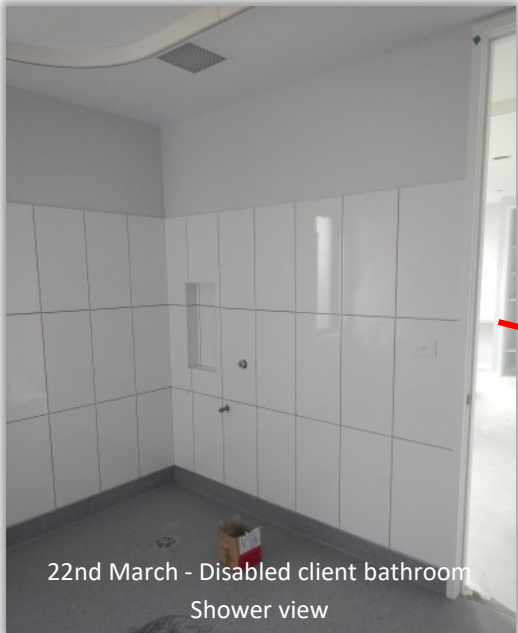
Building Works

Building Better Regions Fund

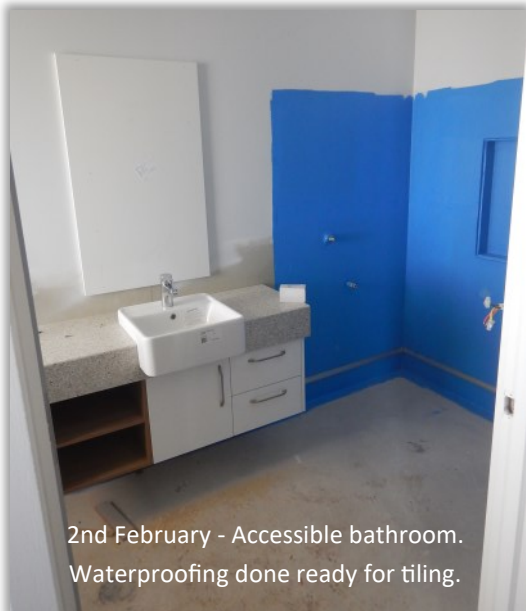
Since December there has been steady action, although the construction industry shutdown over Christmas means that progress this newsletter has been slower than previously. The detailed work continues with painting, tiling, cabinet fitting and laying floor coverings has continued. A lot of concrete has been laid to provide easy access around the houses. Additionally concrete paths have been laid each side of the driveway and a new driveway surface will be laid in coming weeks. With the temp fencing now completely down it is starting to look less like a construction site. The completion of these residences now feels very close indeed.



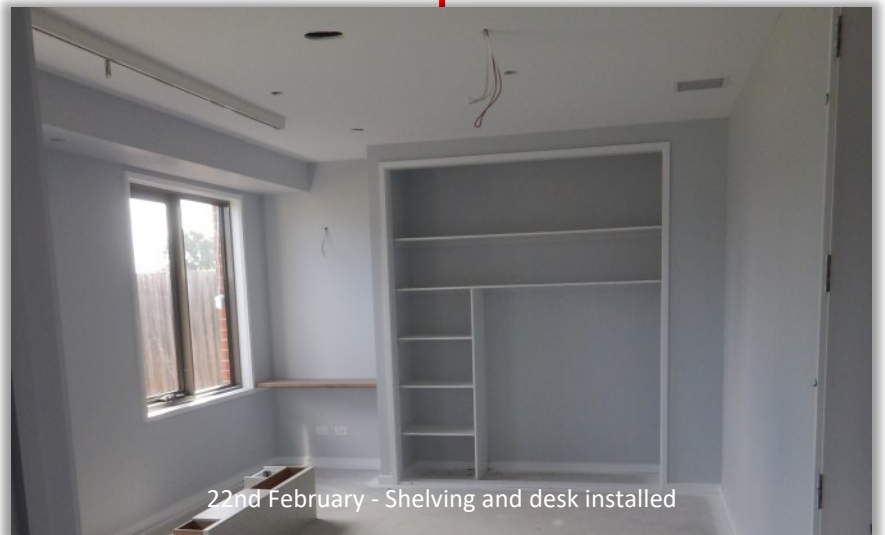
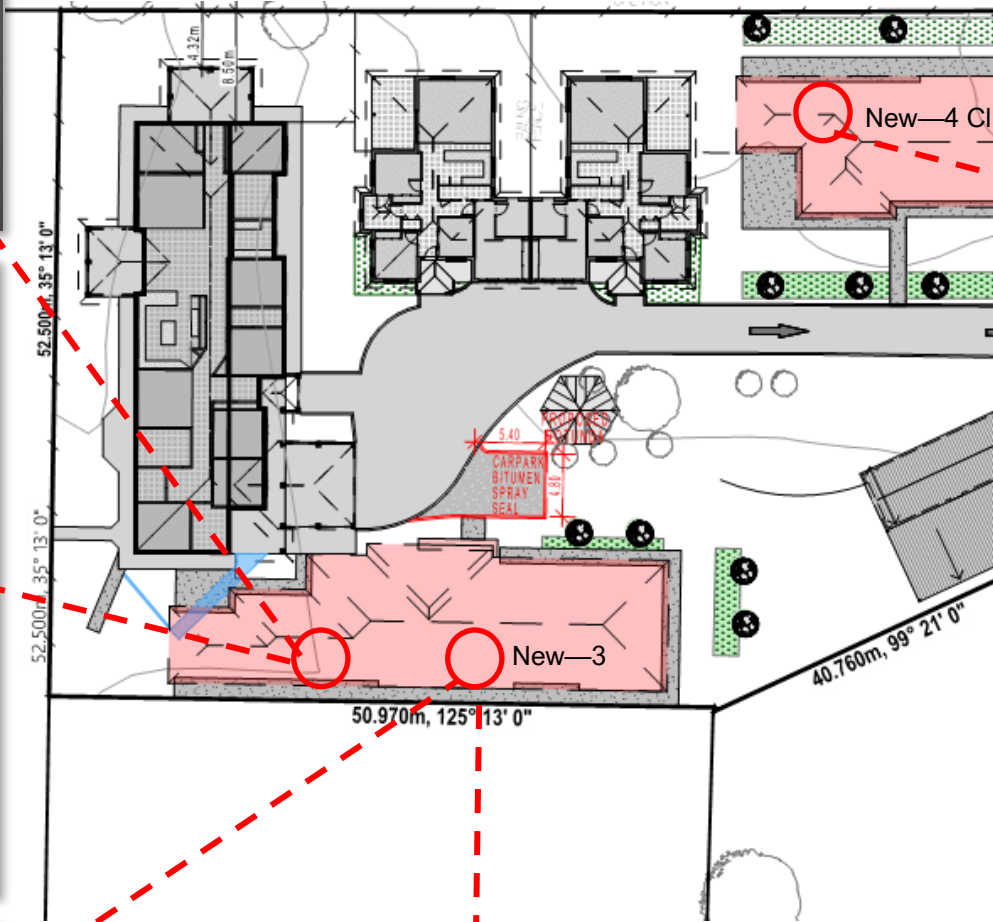
22nd March - Disabled client bathroom.



22nd March - Disabled client bathroom
Shower view



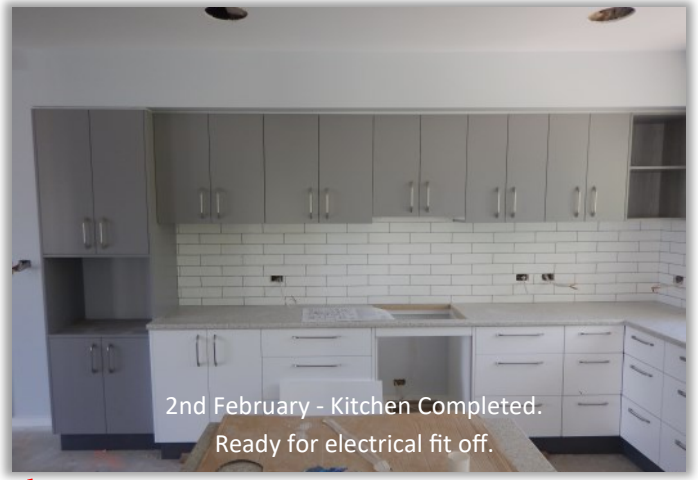
2nd February - Accessible bathroom.
Waterproofing done ready for tiling.



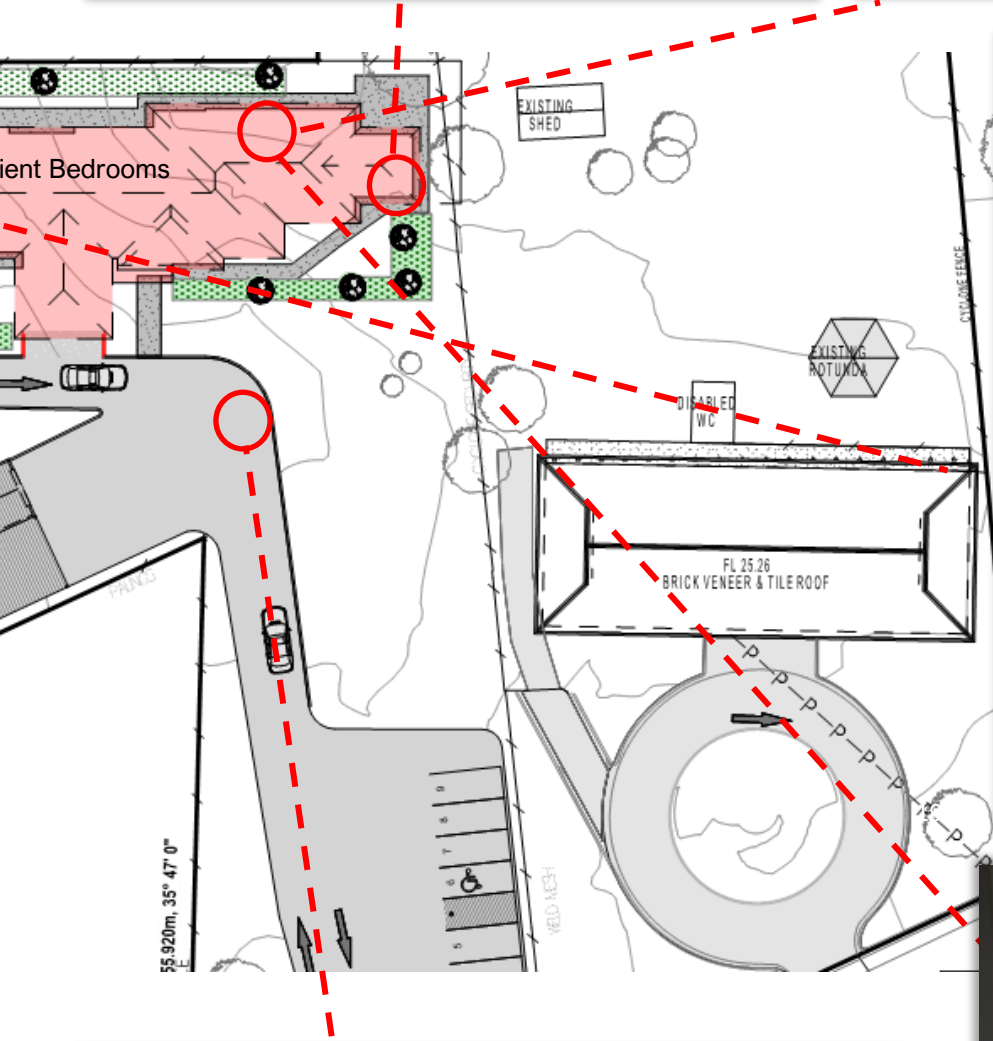
22nd February - Shelving and desk installed



11th February - Outdoor decking



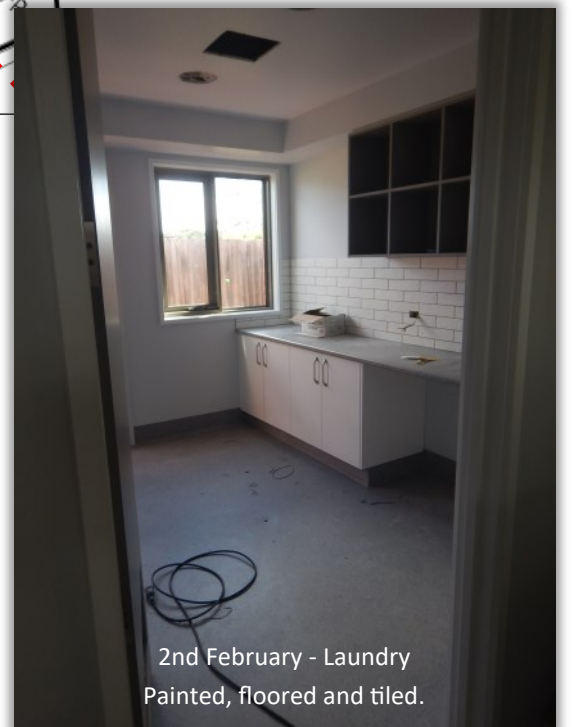
2nd February - Kitchen Completed.
Ready for electrical fit off.



22nd March - Lounge area complete.
Ready for electrical fit off.



22nd March - New footpaths ready for asphalt



2nd February - Laundry
Painted, floored and tiled.

Easter Raffle Winners

Thank you to everyone who sold raffle tickets. The Easter raffle raised \$930 for the participants of Miridong. The funds raised will be used to contribute towards something that all Mirridong participants can enjoy.



1st Prize: Reuban Aplin - **2nd Prize:** Joyce K - **3rd Prize:** Cate Butiner

Prize Pack Winners: Hayley Skinner, Erin Henderson, Jodie Furlong, Nicole Platt, Brydee Shanks, Sophia Mirra, Russell Bristow, Nicole Houchen, Stacey Bland, Stacey Bland, Katherine Finn, Kerry Roy, Archie Gordon, Rosie Lyons, Darren Farley and Chris Morrey

Birthdays

April	May	June
Alice - 12th	Cameron - 26th	Alex - 3rd
Helen - 15th	Leigh P - 28th	Kerry R - 3rd
Fionna - 20th		Peter B - 3rd
Caylie - 23rd		Jade - 5th
Lindsay - 26th		Janine - 15th
Jenny - 30th		Kerrie D - 27th