

Over the Back Fence



Mirridong
SERVICES
— INC —

Winter
2023



New planters full of produce
Gardening on Page 5

Important Dates

- June 30** Term End - Winter Break
- July 10** Day Service Resumes
- Aug 14** Staff Training Day - No Participants
- Sept 13** Production - Red Faces
7:30 at Yarram Regent Theatre
- Sept 22** Term End - Spring Break

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From the Chief Executive Officer



Welcome to our winter, the chilling months of the year. As we work towards waiting for the sun to come back it's been great watching the activities happening around the centre. There have been some amazing vegetables being grown around all of our sites, and the gardening group are excelling in producing seedlings and selling them at the Court House Friday market stall.

A warm welcome to more new staff, we are continually growing our employees to work with our wonderful participants in either the Supported Living area or the Day Services.

If anybody is interested in volunteering at our Op Shop or the Court House we are always looking for interested people to help out where they can.

We have been working hard on the new Mirridong building, upgrading some areas and including additions to make way for better spaces and rooms for activities, better toilet facilities, larger dining room and kitchen along with more administration areas. After 49 years of being in the existing building it will be a beautiful change for everybody to enjoy and a great space to carry the existing service into the future.

We have a new Kia Carnival coming in July, this has been a long awaited addition to our fleet of vehicles to ferry people around in and I know all of the staff will be happy to get their hands on it to drive our wonderful participants around in.

September is the month for our Production this year, we can't wait to provide the town with an entertaining night that's just a little bit different this year, but will be so worth the wait, and I can promise you won't just see red faces.

Enjoy your break and I will see you all next term

Doreen.

Arrivals and Departures Lounge

Term Two has seen two new additions to the Day Service Team.

Jen Barron started at the beginning of Term Two, five days a week. You may recognize Jen from her previous role at BP Yarram as the Site Leader or from her prior role with Michael Allen/DMG Financial. **Risa Hirata** also joined the team a few weeks after the term started. Risa was previously working night fill at Woolworths in Yarram and prior to that owned and operated a free range egg enterprise in Carrajung Lower.

Both Jen and Risa have taken on studying for the Certificate 4 in Disability with Partners in Training at Sale. The Mirridong staff welcome them both to our team and wish them well with their study.

A bit of Autumn Humour



- Q:** Why did the taxi driver get fired?
A: Passengers didn't like it when she went the extra mile.
- Q:** Why should you never trust stairs?
A: They're always up to something.
- Q:** Two windmills are standing on a wind farm. One asks, "What's your favorite kind of music?"
A: The other replies, "I'm a big metal fan."
- Q:** What's a balloon's least favorite type of music?
A: Pop.
- Q:** Did you hear about the painter who was hospitalized?
A: The doctors say it was due to too many strokes.
- Q:** Can a kangaroo jump higher than the Eureka Tower in Melbourne?
A: Of Course Not. The Eureka Tower building can't jump.

Three guys stranded on a desert island find a magic lantern containing a genie, who grants them each one wish. The first guy wishes he was off the island and back home. The second guy wishes the same. The third guy says: 'I'm lonely. I wish my friends were back here.'

A boy with a monkey on his shoulder was walking down the road when he passed a policeman who said, "Now, now young lad, I think you had better take that monkey to the zoo." The next day, the boy was walking down the road with the monkey on his shoulder again, when he passed the same policeman. The policeman said, "Hey there, I thought I told you to take that monkey to the zoo!" The boy answered, "I did! Today I'm taking him to the cinema."



Mirridong All Stars

13th of September
 Wednesday - 7:30pm

Yarram Regent Theatre

Raffle at door + Lucky door prizes

\$10 entry | Children under 5: Free
 5-18year old - \$5 | Concession \$5

Day Service Activities



Narelle, Fionna, Axelle, Emma & Mandy
Wearing unicorn headbands

Beauty

Every Friday afternoon a small group of participants enjoy relaxing and being pampered in beauty. This has included getting a foot massage, having their nails painted, facial masks, hand massage and occasionally hair do's. Participants can choose from a range of body shop products which makes them smell nice. A selection of music is played during the program.



Chloe getting a foot massage

Wood-Art

For wood art this term we made 7 shoe racks to be sold in the courthouse and to Mirridong Staff. The clients were helped by staff Collin and Zane with cutting material to size and then drilling holes for screws and screwing and glueing racks together.

When the racks were finished they were delivered. Our next project was to make a couple of brackets out of wood and ply to place under shelves holding tools for support which are starting to sag, the brackets were screwed to wall.



Steve and Collin



Collin and Chris



Kyle and Collin

Day Service Activities

Gardening

Mirridong's Wednesday Cooking and Gardening into our weekly recipes for our cooking group. All groups have enjoyed new garden boxes, built at Apex house by our own in house handy-man, Grant. We have been growing delicious cos lettuce, broccoli, cabbages, brussel-sprouts and silverbeet, as well as rocket, tomatoes and butternut pumpkins. Much of these have been incorporated

clients and staff were also treated to a pumpkin soup lunch, grown from our gardens and made by clients with staff assisting. Our hothouse also moved to a better location out of the wind and we look forward to starting more seedlings off in the coming weeks.



Kyle



Anita, Kevin, Chris & Grant

Pyjama Day

On the last day of Term 2, staff at Mirridong organised a pyjama day to celebrate another amazing term. A party food lunch of sausage rolls, party pies, cocktail frankfuts, dim sims spring rolls and club sandwiches were served at lunch. Staff and clients had the pleasure of dressing up in their favourite PJ's for the day, everyone had an absolute ball.



Fionna, Debbie, Kylie, Anita and Min

Dance Time

Morning Melodies

Morning Melodies was on for everyone from Day Service on Wednesday the 21st of June. Only a small group chose to go swimming in Traralgon; everyone else made their way down to the Yarram Country Club. Don Cook (a Yarram local) was the entertainer and sang a variety of songs.

Everyone that attended enjoyed morning tea and lunch and returned back to Day Service at around 2pm. The participants had a great time dancing.



Anita and Jenny

@
Melodies

Gippsland Groovers

On Friday the 16th of June six of the Mirridong residents jumped in the bus and attended the all ability disco—Gippsland Groovers—at the Morwell RSL. After a meal it is dancing time and there are plenty of classic tunes on get the groove on to. The residents have been making a regular trip and will next get their dancing shoes on for Friday the 14th of July.



@
Groovers



Steven and Min



Min and Fionna