

Laetare Life

Autumn Newsletter

2019



WELCOME TIM!

From all of us here at HOPES we would like to welcome our newest resident, Tim.

Tim has moved here from Kingston and apart from being generally sports mad is a keen poker player. This includes the occasional tournament and pub competition.

Not a man to speak too much about himself, he also likes dogs, BBQs and he even plays the guitar.

With mum Wendy, dad Ivan and brother and sister visiting regularly, Tim is looking forward to being part of the Laetare court community.

NDIS UPDATE

As you all know, 2019 is set to be a big year for HOPES as we transition to the National Disability Insurance Scheme (NDIS)

We have had a number of meetings and discussions with residents, families, support services and both state and federal governments around what the transition process looks like, both for individuals here at Laetare Court and for HOPES as a service.

The good news is that as of last week, all of our HOPES residents have been accepted as eligible for NDIS funding, at the individual level. This is good news for everyone, regardless of whether you receive individual

(NDIS cont)

with regards to HOPES as a service, we have been advised that funding for the HOPES cooperative component will be transitioned from State Disability Services to the NDIS at the end of March this year. We understand this means HOPES' operational costs will be split evenly among all residents and this amount will be incorporated into each individual Laetare Court resident's plan. This will not affect the funding for personal support in your NDIS plan.

HOPES staff remain available to assist you with your individual NDIS planning and transition process, at your request.

To assist HOPES' planning for the transition process, we ask that you advise Chris or Karen in the Community House (if you have not already done so) of:

- Your NDIS number
- The manager of your NDIS plan (i.e. are you the manager, or is the manager a nominated plan manager, the NDIS or a family member)
- Your Support Coordinator (if you have one)
- Your local Area Coordinator (the person who did the initial interview from Baptcare)
- The date you have been told your new NDIS Plan will start from.

(Please note: The information required will be available at different times for each resident.)

Autumn Plantings

The following vegetables are recommended for planting in Autumn:

Road beans—March, April
Cabbages—March, April
Cress—March, April, May
Leeks—March, April
Lettuces—March, April, May
Mustard—March, April, May
Spring onions—March, April
Onions—May
Spinach—March, April, May
Turnips—March, April

Upcoming Events

A Taste of the Huon (at Ranelagh)
10th—11th March

TSO Concerts:-

Pirates in the House—19th March, 6.00pm

And the following all held at the Federation Concert Hall, commencing 7.30pm:

Beethoven & Mozart—1st March.

Tchaikovsky Violin concerto—8th March

Sibelius Violin Concerto—12th April

Brahms Violin Concerto—3rd May

(Details on the TSO website:

www.tso.com.au

Autumn Recipe

Baked Mushrooms

Ingredients:

One large mushroom for each person.

Ricotta cheese

Herbs—e.g. chives, parsley, thyme, rosemary. Parmesan cheese.

Cooking oil

1. Preheat Oven to 180 degrees
2. For each person - a large mushroom.
3. Wipe each mushroom gently, to ensure it is clean.
4. In a bowl, mix together ricotta cheese, some finely chopped herbs (such as chives, parsley, rosemary, thyme), ground pepper and a little finely grated parmesan or other 'sharp' cheese.
5. Snap or cut out the 'stem' of the mushroom.
6. Fill it with the mixture.
7. Place on a baking tray.
8. Brush or pour on a little Extra Virgin Olive Oil (or oil of your choice).
9. Bake for approximately 25 - 35 minutes.

Enjoy with perhaps a lovely fresh salad and a few little steamed spuds.!



Liz

Places to Visit

Visit to Old Hobart Town, Richmond

On a warm Tuesday morning in December we ventured out to the old Hobart town on Bridge Street, Richmond.

It is a miniature historic village that shows Hobart in 1820. Built from original plans, it covers current day downtown Hobart, and there is a program which lets you make comparisons between then and now.



There are over 60 miniature buildings and over 500 mini figurines featuring convicts, guards, fancy landowners and trades people. There is lots going on, with people escaping, drinking, romancing, fighting – pretty much everything you'd expect from a colonial outpost.

It is wheelchair friendly, though not always easy to see what is going on in the village from the paths. As far as recommendations go from our group, the response was mixed. There are pensioner discounts, though we still had to lend Sue money! (*which I paid back*)!!



Moonah Arts Centre

“Glenorchy Open 2019” - Dropping in to catch the exhibition at the local Moonah Arts Centre (MAC) is something I often do.

The MAC is just a short distance from home, costs nothing to enter, and can give your day a real lift ... appreciating the work of talented, inspired people.

Their work ranges across many disciplines, including pottery, painting, video art, textiles, pastels ... the list goes on!

In the recent exhibition, (which ran through January until 9th February) one of our residents, TD, had an oil portrait on show—“Mercury Risen”.

The work sat comfortably in the “exuberant” show.

Congratulations Tom!

Liz

Trivia Questions

1. What is the national flower of Australia?
2. Which is largest—a Megabyte, a Kilobyte, or a Gigabyte?
3. What is a baby whale commonly called?
4. What tree gives us prunes?
5. Which bird has eyes that are larger than its brain?
6. Who was the oldest member of The Beatles?
7. Who played the female lead in the 1942 film Casablanca?
8. What vitamin is produced when a person is exposed to sunlight?

1. Golden Wattle 2. Gigabyte 3. A calf 4. The plum tree 5. The Ostrich 6. Ringo Starr 7. Ingrid Bergman 8. Vitamin D

Fast Five — With Tim

What do you like best about Moonah?

It is central to everywhere

What is your earliest memory?

Barbecues when I was younger.

What is your favourite sport?

My favourite sport is basketball.

What can't you live without?

My guitar

What makes you laugh?

Comedy movies.



Tom