



**liberty**  
community connect

**Vision**  
Supporting  
People to  
Live a Life  
of their Choice



VOLUME 73-2020

## Mission

To make a positive difference, promoting client independence, by providing quality care and flexible services that respect the individual

## Values

We recognise the dignity of each individual, demonstrate integrity in all that we do, and are proudly people focused



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**LIBERTY COMMUNITY CONNECT**

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## GREETINGS FROM MANAGEMENT

### - GENERAL MANAGER, JO TODORUK

Without question 2020 is going to be remembered for the year that was COVID-19! For Liberty Community Connect, our clients/participant and people of our community, it brought challenges that we are proud to reflect on, positive outcomes and highlighted some potential opportunities on 'what is yet to be'.

Working under the restrictions of our COVID Safe Plan, we are very fortunate that our amazing team pulled together and turned on a dime supporting our folk to live as happily as possible in their homes. As you turn the pages of this magazine you will read about many of the 'highs' that we have celebrated.

Lessons that we have learned through this pandemic is that developing and delivering new initiatives, remaining agile, future focused and resilient is the key to our continuous success ~ a value we have always embraced. Upcoming opportunities are likely to present depending on the future impacts of residential care. From this, it is rather predictable that there will be an increased demand on home care, and at Liberty, we will continue to work diligently to play our part in this growth/need. Moving forward Management will monitor and meet the ongoing COVID-19 measurements as our 'new normal'. As always, through this change, we will remain committed to our Mission, Vision and Values ~ our purpose!

I would like to reflect on some events and opportunities that we have celebrated in the past year. In December 2019 we hopped on board our Liberty Express bus and toured around the Gold Coast for a Christmas light night drive. This activity is always enjoyed by all and really sets the scene for the season. We are planning now for this outing in November so if Christmas light gazing sounds like your cup of tea please give us a call and book your spot ~ all abilities are welcomed. We celebrated National Carers Week in style with a fine dining experience at Galaxy Seafood Restaurant, our shout of course! Carers all commented it was a fun luncheon and food was yum! During National Volunteer Week we recognized and honored our volunteers celebrating their contribution to Liberty through gifts and a morning tea. This was about two months into COVID-19 restrictions so it was awesome to bring them together again. Speaking of our vollies in 2019~20 they donated a collective 6,354 hours, equating to an estimated wage saving of \$158,863 ~ an outstanding contribution!

Acknowledging the individuality of our 'folk/clients/participants' we created a 'service' called SWAP (service with a purpose). This gives clients an opportunity to volunteer one of their skills to Liberty. A few examples of the value they added were done by making phone calls, assisting with administration duties, cleaning vehicles, leading a craft group and more.

Currently we are busy planning some small group activities, new games and events for next year ~ stay tuned for details. Our Connect 2 Tech beginner's computer course has been revamped and our folk are thriving on their newfound knowledge ~ google, emails, social media/Facebook, You Tube, saving documents and more. As the old saying goes ~ to every negative there is a positive ~ and during our downtime in our social group services, due to COVID restrictions, we took the opportunity to revamp our gift shop ~ Déjà vu, which you will read about later in this magazine.

Acknowledging the dedication the Liberty team, our Committee embraced the opportunity to pamper our staff on Aged Care Employee Day. And just to top it all off, Liberty was a successful finalist ~ top 4 in Queensland ~ as Organisation of the Year...a very proud achievement.

I could honestly say that I haven't even touched on the amazing work of Liberty over the past year, nor the pleasure we have had in working alongside our folk, listening to their feedback and creating opportunities together. In the past 12 months we have learnt a lot about resilience, flexibility and innovation and we are excited to take these lessons into 2021.

So, I couldn't wrap up this year without acknowledging the Liberty team. This past year we bid farewell to Peter, our Bus Driver/Maintenance Person who after 20+ years earnt his right to handover the keys and commence his journey of retirement; living his dream! After five years Allan, our Operations Manager, jumped ship and has taken up a fantastic opportunity with Kalwun Community Care. One door closes and another one opens, and in Allan moving on to his new position, it is with excitement that we welcome Angela Jones to our team as our new Operations Manager. We welcome the skills, knowledge and experience that Ange will bring to the team.

*Jo and the team at  
Liberty Community Connect*



# *Livin' Well* *Lovin' Life*





# UPCOMING EVENTS

## At Liberty Community Connect

### IN THE CENTRE



#### The Great Horse Race

Get your fascinators and fedoras ready, Liberty has a week full of fun. Fancy food, red carpet walk, prizes, great race floor game and much more.



#### Wellness Week

An advocacy support group will join us to discuss the services available to assist clients to exercise their rights and make sure their voice is heard. Our Podiatrist will also be able to get your toes and feet ready for the warmer weather



#### Christmas Party

Liberty will be celebrating Christmas this year with our own personalised Christmas party for our leisure and lifestyle clients. We have live entertainment, games and traditional Christmas food.



#### Australia Day & Waitangi Day

Come along and learn about the culture of Australia and New Zealand, with fun games and native foods.



#### County Music Festival

Time to get your cowgirl/cowboy boots on and your akubras ready. We are celebrating the week with some boot scootin', line dancing and of course country music.

#### Man 2 Man

Boys and their toys - planes, trams, cars - or perhaps a barbecue and some sights of the Gold Coast. Whatever is on the agenda, our blokes really enjoy their time together. If you are able to get around safely and independently then why not join the boys for our next day out.

#### Connect 2 Tech

If you would like to learn some basic computer skills, Liberty runs a six week computer course using your device or ours. Cost is \$60 for the six week course. Phone 5578 1668 to express your interest.

### OUT AND ABOUT



#### Parks and Picnics

Hollindale Park and The Botanical Gardens are just a couple of our favourite destinations for the Out n' About Group. Enjoy a relaxed picnic by the water or at a park with friends.



#### Pubs and Clubs

Feel like a juicy steak? Or a chicken parmy or even a scrumptious vegetarian meal! We will be visiting several of our local venues for a meal, a chat and a nice cold beverage. Why not join us?



#### Macintosh Island

Come along and check out Macintosh Island, an oasis in the midst of high-rises. This stunning place is also known as Peacock Park - why you ask? Come along and check it out for yourselves!



#### Broadwater Parklands

We will be heading near the water to take advantage of cool breezes and to check out a world-class community and cultural parkland, adored by the Gold Coast people. If you're interested in some stunning views, food and laughs please give us a call.

Also coming up is bingo, mystery tours, games, exercise, guest speakers and much, much more.

#### Craft 2 Create

Beads, paper, glue, and glitter - these are the few essentials you will be using to create some spectacular creations. If craft is your thing and you would like to create something dazzling, Liberty is running four week workshops for \$20 (additional fee if you need transport).

To find out more about our group social programs phone  
Chris or Karina on 5578 1668

It is incredibly important to us that you have a safe experience when you come to Liberty Community Connect. We have a COVID-19 Safe Plan and there are some new conditions of entry which you can read on arrival or on our website. All events are set up to ensure we meet social distancing and hygiene guidelines.



# Leisure and Lifestyle ~ Group Social Programs

Liberty offers a range of social activities and community access participation through our leisure and lifestyle programs, with plenty of opportunities to make new friendships. Clients regularly tell us that the connections they make here at Liberty increases their confidence in other areas of their lives, enhancing their overall wellbeing. Our programs are specifically tailored to meet the needs of both people who are elderly and adults with a disability.

For those who enjoy what the beautiful outdoors has to offer, we are out and about in the community visiting parks, beaches, clubs, pubs and taking part in community events. If getting out and about is not for you, our centre at Nerang is a home away from home and is the place to be with friends and to participate in fun activities, theme weeks and the occasional visit to a pub or club. Hairdressing, podiatry, computer lessons, craft groups, carer pamper days, 'blokes only' days out or perhaps a day out with the girls are also available ~ there is truly something for everyone.

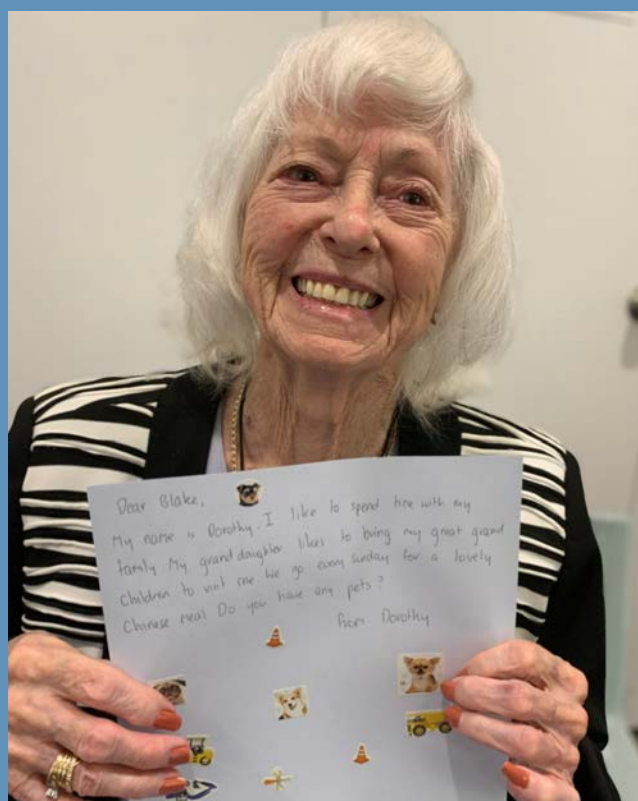
Covid-19 has impacted many areas of ordinary life and our leisure and lifestyle programs were not immune. We closed our doors to group activities for approximately three months but Liberty quickly looked at ways to continue supporting and connecting with our folk.

To fill the void, new individual services were introduced including delivery of homemade meals; extra cleaning, social and shopping support; and boredom buster boxes containing games, puzzles, recipes and other items to keep clients busy during some long days. All of our social programs have now recommenced, albeit with some changes to keep everyone safe and healthy, but the fun times continue. Read on about just a few of the things we have been doing since our programs recommenced.

Limited places are available in our Leisure & Lifestyle programs. Phone Chris or Karina if you're interested in coming along on 5578 1668

## Leisure & Lifestyle - Elderly

*"I am looking forward to receiving my letter back from Blake"*



Prior to Covid-19 we were thrilled to have the little people from Kool Kids come in and visit us here at Liberty. Unfortunately virus safety measures means we can't have them here to visit us again just yet, however we are keeping in touch with letters and cards, linking up with us as pen-pals. Our little friends enjoy our stories and pictures and clients look forward to receiving their letters, just as much as they love writing to them.



Queensland Senior's Week is an opportunity to promote positive community attitudes towards older people and ageing, facilitate community participation, and enhance community connections, aligning with the Queensland Government's vision of building age-friendly communities in Queensland. Here at Liberty we like to celebrate the senior members of our community every week but we pay extra special attention during Senior's Week. This year we were

lucky enough to have Roy and Roger, our regular entertainers, come in to the centre. We were entertained with some rock and roll and we danced and sang along to some of our favourite tunes, followed by some food to delight and fun games.





# Leisure & Lifestyle - Centre Based



Our centre based Tuesday group have been very industrious and have re-planted our veggie garden ready for a spring harvest. Despite the plot being small, they have managed to utilise the space very well.



Prior to planting a group discussion was held and a plan formulated as to what they could grow. With much enthusiasm the whole group helped with the planting. Not only did they learn a new skill, they learned about, what and how to plant, and the nutritional benefits of the vegetables.

This project has been embraced by the whole group and thoroughly enjoyed by all, even some first time gardeners. Soon we will begin harvesting some of the bounty.

The lettuce, rocket, sorrel and garlic chives are ready. In fact a couple of ladies from our elderly groups have raided the patch and were delighted with not only the quality of the produce, but the exceptional flavour, especially the sorrel and rocket.

As we celebrate all things verdant why not have a look or, even better, have a taste from Tuesday's Centre Based veggie garden. *You won't be disappointed.*



***If you are interested in attending leisure and lifestyle please contact Chris or Karina on 5578 1668***

## ***Joke of the day***

### ***Incident at McDonalds***

I was in the McDonald's drive-through this morning and the young lady behind me leaned on her horn because I was taking too long to place my order. "Take the high road," I thought to myself. So when I got to the first window I paid for her order along with my own.

The cashier must have told her what I'd done, because as we moved up she leaned out her window and waved to me and mouthed "Thank you," obviously embarrassed that I had repaid her rudeness with kindness.

When I got to the second window I showed them both receipts and took her food too. Now she has to go back to the end of the line to start all over.

***Moral of the story ....  
Don't honk your horn at old people!***



# Leisure & Lifestyle - Community Access

If you are interested in attending Leisure and Lifestyle please contact Chris or Karina on 5578 1668



To celebrate Senior's Week community access took a break from the outdoors to come into the centre for some home cooking and to enjoy the talent of Roy and Roger, who entertained us with some tunes. The community access group and elderly group joined together and there was much toe tapping, singing and even some chair dancing ensued and we all enjoyed the show. Everyone had fun and relished the opportunity to sing all the old hits. As a support worker, we love to see the different groups mingling and enjoying the connections with one another.

This month we visited Nerang RSL for a lunch outing. This was another opportunity to combine the elderly and the community access groups to enjoy a generous lunch and to connect with one another. When choosing venues for clients, Liberty investigates what measures are in place to keep everyone safe and healthy. Feedback received from clients and staff is that they appreciate Liberty is taking these covid safe measures to allow them an opportunity to go out into the community and enjoy a meal and laughter with friends.

During Disability Action Week, our clients bared their souls in Sounds of the Soul. They decorated hearts with the loves of their lives. Poems to lost loved ones, pets and achievements from the past as well as the currently beloved. The hearts were mounted on black backgrounds and framed to great effect. We also made mini terrariums in jars. Displaying colourful and picturesque plants with decorative rocks, pebbles or shells.

## **Attention : Craft Lovers**

Liberty is offering the opportunity to anyone who has a hidden talent in crocheting, knitting, or card making to create hand made items, which will be sold in our gift shop. All materials and instructions are free and supplied by Liberty ~ all you have to do is make and create, whilst supporting a great cause. All proceeds made from the items sold help Liberty to enhance and expand its services. If you are interested in helping us out please phone Karina on 5578 1668.



*"Absolutely love Liberty, I always go home with a big smile on my face."*  
- Meryl D

*"It is nice to be appreciated for the timber animal ornaments for Deja Vu"*  
- John B

*"I receive shopping assistance on Tuesdays and Thursdays from Liberty and I come into the centre on a Wednesday. I absolutely love Liberty and would be lost without them."*  
- Pam P





## A True Love Story

It was a fun night at Huskisson's RSL. There was music playing and a lot of people dancing, singing and just having a great time. Through a window in the the background you could see the ocean crashing onto the sand - it was mesmerising.

Judy was with her friends, with whom she was staying with for several days, and they had invited her to the RSL for a couple of drinks and a dance. She was enjoying her time with her friends when out of nowhere a young man appeared right in front of her. "May I please dance with you?" Judy, with no hesitation, accepted the invitation ~ "Of course" she replied.

From that moment Judy and Kevin, the mysterious man who asked her for the dance, were inseparable spending every day together.

After Judy returned home Kevin's attentions continued via telephone. They talked every day, sometimes for hours. Kevin even visited her during their time apart. A true gentleman he was, surprising her with a boiler and mowed her lawns. He even left his lawn mower with Judy, perhaps already knowing that he would be back. Sure enough, soon after Kevin moved in with Judy and their relationship flourished. A wedding followed, as did a little family of their own - two delightful daughters.

One evening, Kevin and Judy decided to go for a beach walk. Just to set the scene ... the sun was still out but slowly setting, the waves were softer than normal and the chirps of the local seabirds could be heard in the background. Judy sat down on a rock and put pen to paper. She wrote a poem - a poem completely dedicated to Kevin.



### A POEM DEDICATED TO KEVIN

*He walked into my life one day, that tall dark stranger, quite insane  
He stole a kiss, it was such bliss, I felt that fate remain  
He held me tight, that starlit night  
Upon the sand you see*

*He placed his hand upon my knee, and then made love to me  
A kinder man, I'd never known*

*For never before, had I endured love, with tenderness that night as I did rest  
I prayed to God above, this man, would choose me above all rest to live in harmony  
But if I said just how I felt, I might lose him forever you see,  
But time will pass, and he will see, I'm not so hastily,  
For when he says those life time words, I'll say yes, so very happily.*



Judy found the poem she had written in Kevin's wallet after he sadly passed away.



# Home Services



*Shopping Support – If you need support going shopping, we are happy to either take you or to go for you.*

*Social visits - We can sit and have a chat with you over a tea or coffee or, if you prefer to get out of the house, we are able to take you to the movies, parks or venues.*

*Domestic – If you need some extra help around the house to keep things neat and tidy, Liberty's support workers are able to help with the things you are unable to do.*

*Meal preparation – Our staff can cook with you, or for you, if you are not able to do this yourself.*

*Pharmacy – We are happy to take you to collect your scripts, or we can go for you.*

*Maintenance – Lawn mowing, yard tidies, window cleaning and spring cleaning is some additional things that we can offer you.*

*Personal Care - Hygiene assistance/personal grooming.*

Every year typically has some defining moments but the last six months has highlighted our determination and ability to adapt our services under any circumstance, worst-case scenario being Covid-19 pandemic conditions.

Together, our family of dedicated staff adapted our program and service delivery models with a view to deliver a sudden increase in home service requests. This included transitioning our centre based support staff into home and community roles following the closure of our leisure and lifestyle programs.

Boredom buster boxes were created and filled with activities, books, puzzles and more. They were delivered to the homes of those who were isolated due to Covid-19 restrictions and meals were delivered to our most vulnerable. Our bus driver became our gardener and community maintenance man while our intake officer managed a 'Covid-19 Schedule'. Phones were ringing off the hook with people needing assistance. A team of 32 dedicated home and community and leisure and lifestyle support workers joined together and continued to provide support irrespective of the virus and the threat it posed.

While we continue to implement measures to ensure clients and staff maintain good health, we are determined to see our services continue to thrive over the next 12 months. We will be working more closely with local businesses, other service providers and agencies in order to deliver support to standard that goes above and beyond our clients expectation.

Onward, for another great year.

Remember – social distancing and washing hands will save lives!

**To discuss your home maintenance or home service needs please contact Melissa or Vicki on 5578 1668**

*"Really can't say anything to improve what I receive. Absolutely invaluable to me. They fit in the time that meets my schedule. No complaints whatsoever."*

*- Carol*

*"Love them, the support staff are all very nice. I wasn't well, but now I can help them. I look forward to helping the ladies. If you stop doing things you are used too it's much harder to start again. If I am not feeling well the ladies will do everything. Love all the staff at Liberty."*

*- Doreen*

*"Craig is so good, he cares about me. What he has done to my yard is just beautiful. I enjoy sitting on my balcony and looking at my yard."*

*- Alice*

*"The boys from Spic-N-Span are very pleasant and do a great job. They know exactly what needs doing and don't need directions. Very happy with their service."*

*- Mary*

## HOME MAINTENANCE

Lawn mowing, yard tidies, window cleaning, gutter cleaning and spring cleaning are the 'value added' component of what Liberty can subsidise for our 234 home maintenance clients. Our loyal contractors Spic-n-Span and Property Improvements R Us have been providing our clients with an exceptional service, continuing to uphold our reputation in the community.





# Home Care Packages

Phone Rowena or  
Melissa to enquire  
about Liberty's  
Home Care  
Package services  
Ph 5578 1668



*Everyone has the right to expect safe and high quality care*

## What is a Home Care Package?

A budget developed so you can have the supports needed to stay independent and living in your own home for as long as possible.

## How do I get a Home Care Package?

You have to be assessed by the Aged Care Assessment Team (ACAT). They will determine if you are eligible and/or what level of care would best meet your needs.

## How can I get in touch with them?

You can call My Aged Care on 1800 222 422 and register or, to ask for a reassessment, if you are already registered, .

## Do I have to pay any money for a Home Care Package?

Home Care Packages are means tested. If you are not on a full pension, we suggest you to contact Medicare/Centrelink (Ph : 13 24 68) to find out if you would have to pay an income-tested fee. They hold details of your income and assets, and will provide you with an estimate of what you may need to pay towards your care.

## What if I don't spend all of the money. Will it go back to the government?

No. Any unspent funds will remain in your balance. If the funds continue to increase, your Supervisor will be able to discuss with you some other options. The funds are intended for services to stay independent, not to accumulate.

## I know someone who brought a new TV with their Home Care Package. Can I do that?

All purchases are to be linked back to your ACAT assessment. If the assessor has identified something that is needed we will support you to make that purchase and/or introduce services to meet those needs if there are sufficient funds to do so. The government funding is not intended for luxury items or things that you would normally pay for from your general income.

## What if I want Liberty to manage my package but want some/all services provided from another provider?

No problem. We would approach your desired provider and arrange for a brokerage agreement. Once an agreement has been established we can commence with services of your choice whilst managing your package.



*Receiving a package has enabled Brenda to increase her in-home services such as cleaning as well as lawn and yard maintenance.*

*An occupational therapist recently visited Brenda's home to assess what areas need safety modifications. Brenda is grateful to receive the support that the home care package affords her.*



## *There are four levels of home care packages:*

- Level 1 – for people with basic care needs
- Level 2 – for people with low level care needs
- Level 3 – for people with intermediate care needs
- Level 4 – for people with high care needs







*If you are unable to go shopping, pick up scripts or need a social visit please contact the office on 5578 1668*



## "I enjoy my time at Liberty"

Steven attends Liberty's leisure and lifestyle community access group as well as volunteering at the centre once a week to help keep our vehicles sparkling clean. Steven has regained his strength and speech after being in a serious motorcycle accident in 2016. Being an NDIS participant has enabled him to be part of a social group, attend the gym and undergo speech therapy. He is originally from the United Kingdom where he worked as a cabinetmaker. He moved to the Gold Coast when his brother and family moved out here.

The National Disability Insurance Scheme is a fundamental shift in the way Australians with a significant and permanent disability access supports. The Scheme continues to focus on providing all eligible Australians with the reasonable and necessary supports they need.

Liberty facilitate outcomes of social independence and deliver a quality service for participants, their families and carers. NDIA introduced temporary measurements in response to Covid-19 and Liberty were able to offer our participants alternative supports with the closure of our centre based and community access programs. This was a very welcomed gesture for many participants to maintain connection. However the ability to access the community during the peak of the pandemic was impacted. Keeping people connected and active remained our focus. Getting creative we introduced the Boredom Buster Box, filled with various crafts, books, puzzles, colouring in and, mind games for all to enjoy.

Liberty remains committed to working alongside people living with disabilities and, together, building capacity so our participants can achieve their goals and live the life they choose.



*"A million thanks for all your wonderful support."  
- Steve & Kathy*

*"All staff and vollies are absolutely amazing."  
- Candice*

*"Staff and volunteers are compassionate, empathetic undertsanding and are there to help."  
- Janelle*

*"World class service."  
- Alan*

*The inclusion of people living with a disability in the community also benefits the wider community and promotes a more inclusive and diverse society.*



# Community Development

## The Year That Was

### Grants and Donations

Our Boredom Buster Boxes have been a hit with the clients and due to popular demand, Liberty applied and was successful for a \$5,000 grant from the City of Gold Coast to continue the boxes/bags. Other successful grant applications are Stronger Communities (\$10,000) and Gambling Community Benefit Fund (\$35,000) for Liberty's new bus.

Amcal Pharmacy in Gooding Drive donated respiratory equipment and masks, the Nerang Men's Shed made and donated two community libraries and games for the centre, and Nerang Library donated books to fill them.

Liberty donated a large amount of non-perishable grocery items to Rosies. If you are interested in donating to Rosies or how you can help the Rosie's team please check out their website <http://rosies.org.au/>

### Awards and Nominations

We received five award nominations including LASA Organisation of the year Award 2020 (finalist); HESTA Community Sector Award for Outstanding Organisation (yet to receive the result); Mental Health Award nomination for Recognizing the Outstanding Contributions to Mental Health in Australia; Volunteering Gold Coast Organisation and Project of the Year 'Boredom Buster Boxes', and the Gold Coast Business Excellence Award for Health and Wellbeing.

Liberty also nominated two volunteers for awards - Kerrie to Volunteering Australia for 'Volunteer of the Year' and Maryanne to Volunteering Gold Coast for 'Volunteer of the Year' - **Good luck ladies!**



### Marketing and Promotions

This year has definitely been a year like no other and because of the heavy Covid-19 restrictions that previously were in place Liberty was unable to provide community groups with free presentations, nor able to do regular pop-ups at shopping centres or hold games mornings. However since restrictions have eased we are back out in the community doing these events again.

Liberty is now hosting a new free games morning at the Nerang Pool from 9.30 to 11.30 on the third Thursday of the month. Everybody is welcome and pool management have included a slice of cake with every coffee purchase for all participants to enjoy – see you there!

Through this marketing, we have seen growth and outcomes and definitely enjoy spreading the 'Liberty' word around the community!

### Fundraising

Covid-19 stopped most of our fundraising initiatives, including our Trivia Fundraiser Event, but the two raffles we held in Christmas 2019 and the Easter 2020 raised \$1180.00.

We have now recommenced raffles, with our first being six prizes donated by Spic N' Span. These prizes include a window clean, lawn mowing, and other services around your home. **"Thank you Spic N' Span for your generosity!"** For more details please speak to your support worker or call the centre on 5578 1668.

### What Clients Are Saying

There have been so many 'thanks for caring' messages during these unprecedented times from clients and their families. They say we are doing it right and we are doing it well.

**"Joanne's (staff member) visits made all the difference. The staff at Liberty have changed my mother's life."**

**I enjoyed Chris's (staff member) visit so much that I am going to come along to Liberty for the leisure and lifestyle social programs just so I can see him again."**

**Did you know the Liberty Magazine is available in hard copy, on the Liberty website or via email?**

**If you would like an electronic copy phone us on 5578 1668 with your email address.**

**No matter how you receive it you can sit back, relax and enjoy the Liberty tales that we all love putting together for you.**





# Brad's Pasta

## Ingredients

- 500g diced bacon
- 2 diced onions
- 3 - 4 peeled and diced tomatoes
- 1- 2 teaspoons of garlic
- 500ml cream (not thickened)
- tortellini
- sliced mushrooms (optional)

## Method

1. Boil and salt water for tortellini pasta
2. Fry bacon and onions together
3. Add garlic and tomatoes, cook for 30 seconds
4. Add cream and reduce for about 45 minutes
5. Add tortellini to boiled water 10 - 15 minutes before you are ready to serve
6. Serve with tortellini pasta

If you would like to share your favourite recipe call Kimberley on 5578 1668

# Deja Vu

Well here we are again and we are nearly through another year - one that has been different to say the least. Due to the severity of Covid-19 restrictions the shop was temporarily shut down for a short time. That being said, it gave us a chance to do a complete make-over and now Deja Vu looks better than it ever has before and the sale items are more than perfect!

While we were closed Liberty decided things were a little out dated and it was time to spice things up. Instead of it being a 'second hand' shop we have changed it to a gift shop, selling nothing but the finest of course, but still keeping it very affordable to our clients and everyone seems to love the new look and the new gifts.

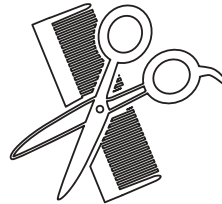
You will now see more gift items from jewellery, hand made items, quality clothes, books, DVDs, plants, wood and glass ornaments and much more. [Donations of clothing, craft, bric n' brac in a quality shape are welcome!](#)

Of course, a new look shop needs a new look name ~ ... drum roll please ...

## Deja Vu - Gifts 2 Please

**WE ARE NOW OPEN FOR BUSINESS**  
- Come on in, and check out the new shop!

# Scissors N' Sass



*'I aim to Tease'*

Wow, what a year 2020 has been. A big thank you to Liberty Community Connect for keeping us safe and healthy.

During the initial stages of Covid-19 I was not able to do my regular hairdressing duties due to the restrictions of how long hairdressing appointments would take. I was limited to only 30 minutes per person and needed to change rooms because of the whole social distancing thing and the size of the hairdressing room.

Since hairdressing restrictions have eased I am able to take as long as I want now - which is great for me and our clients because we love to have a chat whilst sprucing up the 'doo'.

I will be away on holidays from 1 - 17 November. Hubby and I are doing a road trip to Airlie Beach and there will be plenty of stories to tell on my return no doubt. Be sure to book your hair needs before I go.

Until next time... Hooroo!!

## Community Connections







# WORD SEARCH

K V C T L R F E P E A C H N R T C  
N R H T E Q B R E A D C H E E S E  
V T E A M S F Q Z P K J Q E Q A R  
P Z E N O U B F T O M A T O L A E  
W O S X N G N C C T O N I O N O A  
S D E C A A C Z O P P Q A B Z M L  
O T B O D R B W F X I P P A I D O  
D V U O E S Q A F Q Z W P N J E R  
A K R K U A O B E P Z B L A L P A  
G M G I E V G S E O A C E N C J N  
U Z E E T A C O N T S K C A A M G  
F P R B V L N U Y A M D V C R I E  
H A M B U R G E R T K O M O R L T  
S T Q S O U P U U O X I H I O K B  
E R H L K S A N D W I C H T T C V  
Z Y X U U T R M A Y O N N A I S E  
V L D B L E T T U C E B U T T E R

Apple

Cheese

Lettuce

Pizza

Taco

Banana

Cheeseburger

Mayonnaise

Potato

Tea

Bread

Coffee

Milk

Sandwich

Tomato

Butter

Cookie

Onion

Soda

Carrot

Hamburger

Orange

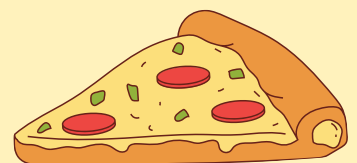
Soup

Cereal

Lemonade

Peach

Sugar





# Let's Get Creative

Colour  
me in





# Spot the difference



## WIN

Win a free ticket  
in our raffle to be  
drawn 1 December  
2020.

### How many words can you find?

How many words of four or more letters can you make from the letters on the right? Each word must contain the centre letter (A).

YOUR GOAL: 25 WORDS

The first participant to submit their CORRECT answer wins!

Email your answers to [kimberley@libertycommunity.org.au](mailto:kimberley@libertycommunity.org.au)  
or post to 31 Martin Street, Nerang Qld 4211.

|   |   |   |
|---|---|---|
| K | C | T |
| B | A | L |
| F | M | J |

We are a family owned and operated business with more than 30 years experience

## Our Services

- ✓ Regular Home Cleaning (weekly, fortnightly, monthly)
- ✓ Window Cleaning
- ✓ Lawns, Garden & Yard Maintenance
- ✓ Household Cleaning / Spring Cleaning
- ✓ Rubbish Removal
- ✓ Gutter Cleaning
- ✓ High Pressure Cleaning
- ✓ Meal Preparation

All Staff have Police Checks, Blue  
Cards, Yellow Cards and COVID 19  
Infection Control Training



**SPIC-N-SPAN**  
GOLD COAST

**Contact Us** Charlotte - 0411 811 469 or (07) 5593 3888 Or email [spic-n-span-goldcoast@hotmail.com](mailto:spic-n-span-goldcoast@hotmail.com)

[www.spic-n-span-goldcoast.com.au](http://www.spic-n-span-goldcoast.com.au)



**Our  
Thanks**

CITY OF  
**GOLDCOAST™**

 **trudi teren**  
PHOTOGRAPHY



The  
Department  
of Health



PRINT  
**MONSTER**  
WOM2LEK



Queensland Government  
Community Benefit Fund Unit

## IMPORTANT CONTACTS

ADA Australia - Aged and Disability Advocates - 1800 818 338  
 Aged Care Quality Safety Commission - 1800 951 822  
 Beyond Blue (depression, anxiety and related disorders) - 1300 224 636  
 Carers Queensland - 1800 242 636  
 Deaf Services Queensland - 3892 8500  
 Deaf & Other Communication issues -  
 • 24 hour relay ~ TTY/voice calls ~13 36 77  
 • Speak & listen ~ 1300 555 767  
 • SMS relay ~ 0423 677 767  
 Department of Community, Disability Services & Seniors - 1800 080 464  
 Disability Information Service - 1800 177 120  
 Energex (power supply/outages) - 13 62 62  
 Gold Coast City Council Seniors and Disability Directory - 1300 465 326  
 Lifeline (counselling and support) - 13 11 14  
 Life threatening emergencies (critical or serious situations only) - 000 or from mobile 112  
 Meals on Wheels, Nerang - 5596 1026  
 My Aged Care - 1800 200 422  
 National Coronavirus Helpline - 1800 020 080 ([www.health.gov.au](http://www.health.gov.au))  
 NDIS - 1800 800 110  
 \*Older Persons Advocacy Network (OPAN) - 1800 700 600  
 Seniors One Stop Information Line (no question too big or small) - 1300 135 500  
 State Emergency Service - SES (flood and storm assistance - fallen trees, roof damage, floods) - 13 25 00  
 Transcend Community Transport Services - 5539 3733  
 Translating and Interpreting Service (TIS National) - 13 14 50 and ask to be connected to 13QGOV  
 Vision Australia - 1300 84 74 66  
 Volunteering Gold Coast Transport - 5526 5288  
 Queensland Community Support Scheme (QCSS) 1800 600 300

### \*OLDER PERSONS ADVOCACY NETWORK (OPAN)

OPAN is an independent body delivering advocacy, information and education services to older people. This free service supports older people and their representatives by giving them a voice to address issues related to Commonwealth funded aged care services, including questions and concerns about the implications of COVID-19. OPAN also aim to provide an immediate response to elder abuse and provide additional support for people facing this problem. For further information and/or assistance phone 1800 700 600.





### POLICY STATEMENT

LIBERTY is responsible for preventing, responding to, managing and reporting incidents. All staff ~ employees and/or volunteers ~ have a duty to identify and act on incidents even when the incident is based on suspicion or allegation. Clients/participants of LIBERTY are safeguarded by our incident management system, where it is ensured that incidents are acknowledged, responded to, well managed and learned from.

- Incidents ~ an incident refers to any incident of sufficient criticality including
  - ~ incidents which affect or are likely to affect the delivery of the service
  - ~ incidents that may relate to the service or the clients/participants that require an emergency response including fire, natural disaster, terrorism, death or serious injury of any person, or any criminal activity
  - ~ incidents that may relate to clients/participants subject to interventions by the department, staff and authorized person, and/or
  - ~ matters where significant media attention has occurred or is likely to occur.
- Responding to Incidents
  - ~ all staff have a duty to identify and act on incidents even when the incident is based on a suspicion or allegation
  - ~ all staff will report the incident or suspicion to their Supervisor
  - ~ the staff member will
    - identify the nature of the incident and using sound judgement to react to the confronted situation
    - seek advice from their Supervisor, when unsure
      - ▶ if applicable, secure the area, and
      - ▶ if applicable, ensure safety and welfare of the individual and any others.

## LIBERTY FEEDBACK

Each year Liberty gives the opportunity for our clients/participants to take part in our annual survey. This year we are doing things a bit differently. One of our friendly staff will contact you personally over the coming months and will assist you to complete this survey over the telephone.

We encourage you to answer as honestly as possible ~ this allows us to review our service delivery and adapt where necessary so we can continue to provide high quality services to the Gold Coast community.

In the meantime, if you have something you would like to share with us, please complete and return the Feedback Form below.

**As we all know "little things matter" and it's often the small details that make a big difference. So big or small we want to hear from you. What do you love about Liberty? What do you think could be improved? It certainly matters to us if it matters to you, but we won't know unless you let us know.**

We encourage you to:

- Send us an email ([angela@libertycommunity.org.au](mailto:angela@libertycommunity.org.au))
- Give us a call on 5578 1668
- Fill in the feedback form and return to us at the centre or post to PO Box 446, Nerang Qld 4211

### FEEDBACK FORM

Name: \_\_\_\_\_

Phone : \_\_\_\_\_

Suggestions/Complaints/Feedback : \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



# A LITTLE BIT ABOUT LIBERTY

Liberty Community Connect offers a diverse range of support services on the Gold Coast. Opportunities include activities that are fun, interactive and offer choice and are available in either our 'home away from home' centre at Nerang or within the community ~ out and about exploring and participating in all that the Gold Coast has to offer. Additionally, we assist with support within the home ~ house cleaning tasks, shopping, appointments, personal care/hygiene, laundry and respite care (to name but a few). Allied health services, such as podiatry and a broad range of support on various health and wellness issues, lawn mowing and yard tidies are also available. We tailor support ranging from basic needs under the Commonwealth Home Support Programme, to managing a diverse range of services through home care package funding, including clinical care, and the National Disability Insurance Scheme. All up ... we're the true meaning of a one stop shop in supporting people to live in their home and to be a part of their community ensuring a better life for all.

WOULD YOU LIKE TO  
MAKE A DIFFERENCE  
AND EMPOWER PEOPLE  
TO ACTIVELY  
PARTICIPATE AND LIVE  
A LIFE OF THEIR  
CHOICE ?

## Volunteering

People choose to volunteer for a variety of reasons - for some it offers the chance to give something back to the community or make a difference to the people around them, and for others it provides an opportunity to develop new skills or build on existing experience and knowledge. Liberty has a range of volunteering opportunities available. If you are interested in becoming part of our team phone Chris on 5578 1668



## Donations and Bequests

It is through the generosity and the power of community that Liberty can continue the great work it does. DONATIONS make a difference and go directly towards the enhancement of services and meeting the needs of our community. BEQUESTS form the financial basis of most major Australian charities and are absolutely essential for ensuring the good work continues into the future. We invite and acknowledge PARTNERSHIPS and SPONSORSHIPS in a variety of ways, including in our Magazine, on our website and via social media.

We welcome your enquiry to find out more about us.

For more information please give us a call on 5578 1668, go to our website at [www.libertycommunity.org.au](http://www.libertycommunity.org.au), Facebook or drop in and see us at 31 Martin Street, Nerang.

I am happy to support the work of Liberty Community Connect in enhancing the quality of life for people with a disability, people who are older, their carers and their families.

All donations \$2 and over are tax deductible

Name : \_\_\_\_\_

Email : \_\_\_\_\_

Phone Number : \_\_\_\_\_

Address : \_\_\_\_\_

\_\_\_\_\_ Postcode: \_\_\_\_\_

Amount Donated : \_\_\_\_\_

I have included Liberty Community Connect in my will Y/N

Payment Type: (please Circle)

CASH    CHEQUE    ELECTRONIC TRANSFER

BSB: 633-000

Account No: 133382044

Reference: Your Name



Liberty Community Connect  
is a registered Charity  
(DGR 900 490 770)