

Your **tabis** newsletter

Volume 10 — Issue 2, May 2011

TABIS and our talented artists are happy to tell you all:

THE SHOW IS ON THE ROAD!!

On page eight you will find the open display dates for all the venues where you can view the works done by the artists in our Wednesday Art Class.

A Brush With My Brain

THE STORY OF AN ART CLASS

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BUNNINGS & HARVEY NORMAN
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May, June, July
calendars - event days



A travelling exhibition of paintings and drawings by 18 Tasmanians living with an acquired brain injury February-December 2011

Launceston - Kempton - Burnie - Smithton - Deloraine - George Town
Nubeena - St Marys - Sydney - Canberra

PROUDLY SPONSORED BY



**WE ARE HOSTING
AUSTRALIA'S BIGGEST
MORNING TEA**



WHEN 26th Thursday May 2011

\$3.00 donation

TIME 10.00am to 11am

WHERE TABIS office

Cnr Invermay Road and Beatty Street, Mowbray Heights

PLEASE RSVP BEFORE 17th May 2011 PHONE 6326 2022

BUNNINGS BBQ

Sunday 29th May

HARVEY NORMAN BBQ

Saturday 25th June

We need volunteers to help with our BBQ events

Please ring Dana on 6326 2022

YOUR HELP WILL BE MOST APPRECIATED

DISCLAIMER

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What are they saying??

Let us know what you think they should be saying.

This will be the first of a series of **What Are They Saying** competitions.

Each Newsletter will have a picture of a people situation where we can all have a go at putting some good and funny captions of what we think they should be saying.

Drop your caption entry into the office or give it to a TABIS support worker during a visit or at a program you attend.

All the entries will be judged by all the staff members.

The winner will receive a prize of **Coffee and Cake for two at Hudsons Coffee**

CONGRATULATIONS
to Kristine Lee
for her winning captions.



Moira's Mutterings



Resplendent in our brand new red and black TABIS shirts, 3 of us had a vibrant day at the recent Disability Expo. We only spotted one TABIS client and would urge more of you to

attend next year, it was great, and thanks are due to Darlene McClennan for organising it, and Jeremy Ball for being MC on the day. Entertainment included the Choir of High Hopes, Zumba, wheelchair challenge, singers/musicians and table games.

We each took time out from our display desk to gather information from the 27 other services, and have brought heaps of leaflets back to TABIS so that the 5 of us can better assist you to connect to relevant services. These resources include information on equipment (ie. modified cutlery for those of you with grip difficulty), mental health counselors, respite for carers, delivered meals....we will try and feature two of these services in each newsletter This month:-

National Relay Service – a phone service for clients with speech impairments or hearing difficulties, enabling you to make private phone calls through a specially trained operator. For more information contact us here at TABIS, or the NRS service 1800555660

Fusion - we can send a referral on your behalf for home modifications such as grab rails, ramps, wider doorways for wheelchair access. Also a new Fusion initiative is their \$10 food-box containing ingredients for 3 meals a day for 7 days a week for one person.. Phone: Leanne 63 448676

Carers Meetings are held on 2nd Tuesday monthly in the Phil Leonard room of the library. Kate from Carers Tasmania 63 349917 spoke at the last one about their role in supporting some of the 70.000 carers in this state. Membership is **free**, advantages include a free Christmas lunch, access to a councilor, support and advice. All carers are urged to register so that Government is aware of the numbers out there. We also strongly recommend that carers register with Commonwealth Carers Respite 1800 052222 **before** a crisis situation actually arises, as the paperwork will already be on their records if you need to access them in a hurry. Our own Paul Mansfield (Bilco) will be speaking at the next one.

Finally, thanks heaps to all those who turned up for Armchair Travel. The colourful slides of our 3 years living on the extensive English Canal System on our gaily-painted narrow-boat was a catalyst for heaps of discussion, questions and amusing comments, so our apologies for over-running time by an hour. Questions ranged from 'How did you manage when you were stuck in ice' to 'How did you empty the loo', 'Can you eat fish from the canal', 'Does TV work on a boat', 'Did you ever fall in' – Mike did, 3 times!! So again you are urged to attend our TABIS programs, you never know just what you'll be missing if you stay home,

Till next issue, take care,

Moira



Gearing Up Expo



What's your Hobby or Activity?

by Steve

In this day and age, having a hobby has become easier, and technology helps by providing a networking tool that opens a new avenue to build friendships.



Hobbies seem to be a rather feeble word for the many activities, pastimes, interests, passions, obsessions and collections, and having a hobby is usually an activity which makes the person feel good and is good for the brain. When a person feels good, the nucleus acumens, an area in the brain that controls feelings about life, is stimulated.

When a person passionately pursues a hobby and enjoys the activity, the brain's septal zone is well stimulated. It's the 'feel good' area that makes the person happy; it stimulates parts of the brain related with creative and positive thinking and also improves concentration levels. Heightened state of concentration increases neurotransmitter levels in the brain, with chemicals like endorphins, norepinephrine and dopamine levels increase, these contribute to improving focus and interest in any activity or hobby.

It's good to have a mixture of hobbies, something physical, like bowling, gardening or ball-room dancing, alongside some mental activity, like doing crosswords, sudoku or brain teasing puzzles.

I believe active people are healthy people; with a hobby or an interest you are being very active, which promotes physical as well as mental health.

If you need help in getting a hobby started, come and see me and I will try to help get you started, or simply check the public library notice board about local activities of hobby groups in your area.

Here are a few ideas:

- Pencil, pen or eraser collecting as a hobby or activity is very popular and cheap. Wherever you go you will always find ones with logos or the souvenir type. It is best to choose something small and inexpensive.
- Scrap booking is an easy hobby that allows you to be as creative as you like at the same time producing beautiful items for your home or for gifts.
- Crosswords, many people love to do crosswords. You can buy books of them to keep you occupied for hours and it stimulates your brain.
-

So what's your hobby? Write a small article for your next newsletter about your hobby or interest and win a prize.

Friday outing on 13th May
will be at the LAUNCESTON MUSEUM starting with lunch



Hatching the Past: Dinosaur Eggs and Babies

Take a rare and exciting look at the life of dinosaurs through their eggs, nests and embryos. A captivating experience for all ages, visitors can touch real dinosaur bones and reconstructed nests, dig for eggs and experience hands-on exploration stations.



Admission is \$5 Adults

Launceston Planetarium (2 pm showing)

Special offer: Half price tickets to the Launceston Planetarium are available when you purchase Hatching the Past: Dinosaur Eggs and Babies exhibition tickets.

Admission is \$2.50 Adults

A cut lunch (sandwiches) will be provided for \$2 or have lunch at the Museum's cafe

Either meet at the Museum at 12 noon or the office for a lift (11.45am), ring Dana or myself (steve) for lunch numbers on 6326 2022

Russell's Ramblings

Hi Everyone, a little bit of information from my desk!

The Touring Art Exhibition is well under way, and the dates to visit the various venues are listed below.



- | | |
|------------------------------------|-------------|
| • Burnie, Burnie Civic Centre | 12 May |
| • Smithton, Rural Health Services | 5 – 27 June |
| • Deloraine, Deloraine Hospital | July |
| • George Town, Watch House Gallery | September |
| • Nubeena, | October |
| • St Marys, ESCAPE Gallery | November |
| • Sydney (Separate works) | August |
| • Canberra (Separate works) | November |

All venues will need to be contacted at the start of each month for an exhibition date.

This project was assisted through Arts Tasmania by the Minister for the Arts, under the Arts for Disability Program 2010, and hosted by Tasmanian Regional Arts.

Reviews

All programs and activities need to be reviewed from time to time to ensure that the content is both entertaining, interesting and does not get bogged down in repetition. We are now in the process of meeting with our art group clients to review the art class program.

Student visits

TABIS and the Polytechnic are in the process of organising a Monday morning program for some of their students, along with our clients who wish to take part, in a games/interactive type activity etc, to the benefit of both students and clients.

As a client, if you are interested in being part of this activity, please tell your Support Worker or call Dana and inform her of the Monday/s you wish to attend. This activity will be held from the 16th May, 10:00 to 12:00 every Monday morning at the TABIS office; if transport is a problem please let us know. Morning tea will be provided.

ABI Week

ABI week is held from the 15th to 21st August this year, and the theme this year is; Disability and the Justice System. We hope to have a guest speaker from the Police department and/or someone from the courts to talk on what are your rights within the justice system, how to access the system and how the system may help you.

Our open day will be, 18th August 2011 from 12 noon with nibbles and refreshments provided.

Take care now, Russell

Coconut Ice Cakes



Makes: 24

Ingredients:

- 80g butter, melted
- 2/3 cup caster sugar
- 2 teaspoons vanilla essence
- 1 egg, lightly beaten
- 2/3 cup desiccated coconut
- 1 cup self-raising flour, sifted 2/3 cup milk

Coconut ice topping

- 1 cup desiccated coconut
 - 2 cups icing sugar mixture
 - 1 teaspoon butter, softened
- red food colouring

Method:

Preheat oven to 180°C. Line two 12-hole, 2 tablespoon (40ml) capacity patty pans with paper cases. Place butter, sugar, vanilla, egg, coconut, flour and milk in a bowl. Mix well to combine. Spoon level tablespoons of batter into paper cases.

Bake for 10 to 12 minutes or until a skewer inserted into 1 cake comes out clean. Stand cakes in pan for 1 minute. Transfer to a wire rack to cool.

Make coconut ice topping: Combine coconut, icing sugar and butter in a bowl. Gradually stir in 1/4 cup hot water until mixture is a spreadable consistency. Stir in 2 to 3 drops red food colouring. Spread topping over cakes. Stand at room temperature until set. Serve.

By popular demand, since people tasted these yummy cup cakes, they suggested that I share this recipe.

ENJOY ! Steve

CHRISTMAS IN JULY

At **Archer's Manor**

Midday Friday 15th July



MENU choice

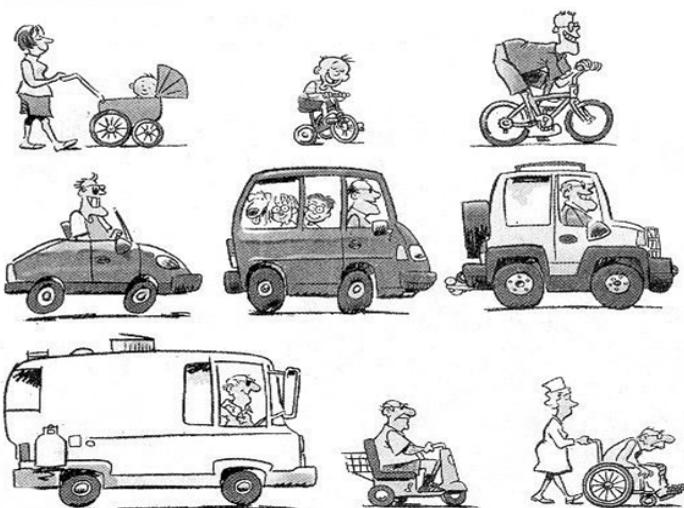
Roast Beef/Pork
Or
Chicken

Dessert with tea/coffee
Apple crumble or Sticky Date Pudding

\$25.00
(drinks separate)

Please RSVP by 5th July ring Dana on 6326 2022

The Wheels of Life



How do you use an
Egyptian doorbell?

Toot-and-come-in.






TABIS MAY 2011

Accepting Yesterday, Building Today, Improving Tomorrow

MON	TUES	WED	THUR	FRI
2	3 GYM Rehabilitation with Don McDonald 9.00 - 12.00	4 ART PROGRAM 10am - 12.00 noon Cost is \$5.00 Outreach St Marys	5 GYM Rehabilitation by appointment with Don McDonald 11.30 - 1.00 COOKING WITH STEVE at Cosgrove Park 9.30 - 12.00 meet at TABIS 9.15 Cost is \$10.00	6
9	10 GYM Rehabilitation with Don McDonald 9.00 - 12.00	11 ART PROGRAM 10am - 12.00 noon Cost is \$5.00 Outreach St Helens	12 GYM Rehabilitation with Don McDonald 11.30 - 1.00 COOKING WITH STEVE at Cosgrove Park 9.30 - 12.00 meet at TABIS 9.15 Cost is \$10.00	13 HATCHING the PAST Dinosaur eggs and babies and Planetarium at Inveresk Museum with Steve. Leave TABIS 11.45 Meet there at midday 
16	17 GYM Rehabilitation with Don McDonald 9.00 - 12.00	18 ART PROGRAM 10am - 12.00 noon Cost is \$5.00 Outreach St Marys	19 GYM Rehabilitation with Don McDonald 11.30 - 1.00 COOKING WITH STEVE at Cosgrove Park 9.30 - 12.00 meet at TABIS 9.15 Cost is \$10.00	20
23	24 GYM Rehabilitation with Don McDonald 9.00 - 12.00	25 ART PROGRAM 10am - 12.00 noon Cost is \$5.00 Outreach St Helens	26 GYM COOKING WITH STEVE BIGGEST MORNING TEA here at TABIS 10 - 11am	27 GAMES NIGHT 6-10pm with Russell 
30	31 GYM Rehabilitation with Don McDonald 9.00 - 12.00			← SUNDAY 29 TABIS BBQ at Bunnings (anyone who would like to volunteer please ring TABIS)

TABIS JUNE 2011

Accepting Yesterday, Building Today, Improving Tomorrow

MON	TUES	WED	THUR	FRI
		<p>1</p> <p>ART PROGRAM 10am - 12.00 noon Cost is \$5.00</p> <p>Outreach St Marys</p>	<p>2</p> <p>GYM Rehabilitation with Don McDonald 11.30 - 1.00</p> <p>COOKING WITH STEVE at Cosgrove Park 9.30 - 12.00 meet at TABIS 9.15 Cost is \$10.00</p>	3
6	<p>7</p> <p>GYM Rehabilitation with Don McDonald 9.00 - 12.00</p>	<p>8</p> <p>ART PROGRAM 10am - 12.00 noon Cost is \$5.00</p> <p>Outreach St Helens</p>	<p>9</p> <p>GYM Rehabilitation with Don McDonald 11.30 - 1.00</p> <p>COOKING WITH STEVE at Cosgrove Park 9.30 - 12.00 meet at TABIS 9.15 Cost is \$10.00</p>	<p>10</p> <p>LAUNCESTON OP SHOP TOUR with Russell Save up your \$\$ for a good spending spree. Leave at 10am Cost \$5.00</p> 
13	<p>14</p> <p>GYM Rehabilitation with Don McDonald 9.00 - 12.00</p>	<p>15</p> <p>ART PROGRAM 10am - 12.00 noon Cost is \$5.00</p> <p>Outreach St Marys</p>	<p>16</p> <p>GYM Rehabilitation with Don McDonald 11.30 - 1.00</p> <p>COOKING WITH STEVE at Cosgrove Park 9.30 - 12.00 meet at TABIS 9.15 Cost is \$10.00</p>	<p>17</p> <p>CHRISTMAS IN JULY midday at Archer's Manor</p>  <p>MENU on page 9</p>
20	<p>21</p> <p>GYM Rehabilitation with Don McDonald 9.00 - 12.00</p>	<p>22</p> <p>ART PROGRAM 10am - 12.00 noon Cost is \$5.00</p> <p>Outreach St Helens</p>	<p>23</p> <p>GYM Rehabilitation with Don McDonald 11.30 - 1.00</p> <p>COOKING WITH STEVE at Cosgrove Park 9.30 - 12.00 meet at TABIS 9.15 Cost is \$10.00</p>	<p>24</p> <p>MOTIVE MATINEE with Russell (movie decided on the night). Popcorn & drinks Cost \$5.00</p> 
27	<p>28</p> <p>GYM Rehabilitation with Don McDonald 9.00 - 12.00</p>	<p>29</p> <p>ART PROGRAM 10am - 12.00 noon Cost is \$5.00</p> <p>Outreach St Marys</p>	30	<p>↑SATURDAY 25</p> <p>TABIS BBQ at Harvey Norman (anyone who would like to volunteer please ring TABIS)</p>

TABIS JULY 2011

Accepting Yesterday, Building Today, Improving Tomorrow

MON	TUES	WED	THUR	FRI
				1
4	5 GYM Rehabilitation with Don McDonald 9.00 - 12.00	6 ART PROGRAM 10am - 12.00 noon Cost is \$5.00 Outreach St Helens	7 GYM Rehabilitation with Don McDonald 11.30 - 1.00 COOKING WITH STEVE at Cosgrove Park 9.30 - 12.00 meet at TABIS 9.15 Cost is \$10.00	8 ROSS ADVENTURE with Paul  Leave at 9.30am Cost \$5.00
11	12 GYM Rehabilitation with Don McDonald 9.00 - 12.00	13 ART PROGRAM 10am - 12.00 noon Cost is \$5.00 Outreach St Marys	14 GYM Rehabilitation with Don McDonald 11.30 - 1.00 COOKING WITH STEVE at Cosgrove Park 9.30 - 12.00 meet at TABIS 9.15 Cost is \$10.00	15
18	19 GYM Rehabilitation with Don McDonald 9.00 - 12.00	20 ART PROGRAM 10am - 12.00 noon Cost is \$5.00 Outreach St Helens	21 GYM Rehabilitation with Don McDonald 11.30 - 1.00 COOKING WITH STEVE at Cosgrove Park 9.30 - 12.00 meet at TABIS 9.15 Cost is \$10.00	22
25	26 GYM Rehabilitation with Don McDonald 9.00 - 12.00	27 ART PROGRAM 10am - 12.00 noon Cost is \$5.00 Outreach St Marys	28 GYM Rehabilitation with Don McDonald 11.30 - 1.00 COOKING WITH STEVE at Cosgrove Park 9.30 - 12.00 meet at TABIS 9.15 Cost is \$10.00	29 ARMCHAIR TRAVEL 6-10pm with Russell - The American Holiday 



The just released TABIS hat

On sale now at cost for \$15.00

You call us at the office if you think you will look as good as our staff do when they wear theirs!

