

AmeCare Community Paper

"WORKING WITH YOU ON THE CANVAS OF YOUR LIFE"

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A-C-PEER OF THE MONTH



JAN MCFARLANE

Written by Debra Scott

This month I would like to introduce you to Jan, who is the receptionist at AmeCare's office 'Amethyst Place' in Greensborough. Jan is a lovely lady and is very friendly. She has been with AmeCare for just over 4 months. I love chatting to Jan every Wednesday when I come to do the Speak Up group. Jan loves her music, especially rock and roll, and always has her portable radio on at her desk (she says it keeps her company whilst she is working). Jan has 2 children, Cara and Heath, and went on a holiday for 10 days on August 30th with her partner, Mike (they went on a cruise to the pacific islands!) I can't wait to hear all about it when she gets back ☺

SOME 'FUN FACTS' ABOUT JAN...

Birthday: April 23

Star Sign: Taurus

Birth stone: Sapphire

Something people wouldn't know about you?

Jan played state netball in her late teens and 20s; managed a Black Pepper store for 10 years; and has a green thumb and loves gardening – especially Bonsai.

QUICK, JAN, TELL US YOUR FAVOURITE...

Colour: Black

Music: 50s and 60s, rock and roll

Place: She's travelled a lot but loved going to Africa

Restaurant: Eastern Bell

Movie: Shawshank Redemption

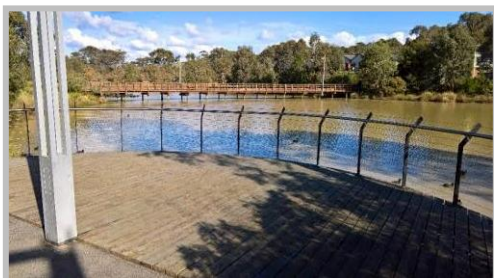
TV Show: Four Corners

AmeCare memory: Meeting all of us on a Wednesday

A-C-PHOTO OF THE MONTH

"IN THIS PLACE"

By Daniel Warren (Continued on Page 2)



LIQUID CRYSTAL CARD READING

WITH US THIS MONTH IS...



Smokey Quartz appears in our cycle this month providing compassion & clear thought; amazing & accurate, this period is a great time to de-clutter & cleanse.

In appearance, Smokey Quartz is clear with grey & black tones.

Using this stone, negative emotion shifts to clear resolve in the miracle of all we experience this month; it brings clearer distinction to our perceptions, as well as great peace. Smokey Quartz is definitely a good stone to work with this month!



Affirmation...

*I am clear within my thought,
My compassion shows greater love.*

Key words...

Clear, Perception, Compassion, Love, Peace, Resolution, Awakened

Love, light & peace,
Dan.



Page articles written by Daniel Warren

PEACE OF DANIEL



"IN THIS PLACE"

Solid ground, beneath my feet.
A grounding place, across the street.
Familiar, the sound of nature.
Rippling water, waving in beats.
Thoughts passing, thinking of
What lay downstream?
Awakened, again by nature.
The purity awaits.
Not a whisper leaves, as I reset.
Of this place, I will not forget.

A-C-PUZZLES

"IN THIS PLACE" ASSOCIATED WORD JUMBLE

1. DMCINAY	_ _ _ _ _ I C	9. HGTSI	_ _ G _ _
2. ZROHNOI	H _ _ _ _ O _	10. EIPRISN	I N _ _ _ _
3. EUNIUG	U _ _ _ _ U _	11. RETGA	_ _ _ A _
4. BLAMREKREA	_ E _ _ _ R _ A _ _	12. HKEI	_ _ _ E
5. RGTBIH	_ R _ _ _ T	13. LRANDKPA	P _ _ _ _ A _ _
6. TCEIADNS	D I _ _ _ _ _	14. LTAPEN	_ _ A N _ _
7. ALTETW	W A _ _ _ _	15. VNEEAH	H _ _ V _ _
8. OLAKA	_ _ _ L _	16. DNCIDIA	C _ _ D _ _

PLANET	PARKLAND	UNIQUE	CANDID	HIKE	HEAVEN
SIGHT	DYNAMIC	HORIZON	INSPIRE	KOALA	BRIGHT
WATTLE	DISTANCE	GREAT	REMARKABLE		

"WORDS OF THE MONTH"

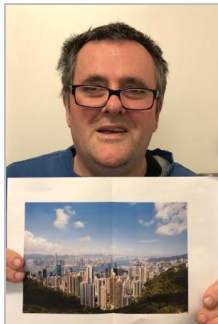
Interesting words that Dan has stumbled across

U	X	M	A	A	A	T	W	A	Z	M	P	P	D	S	ADVICE
N	M	K	K	T	B	T	E	Z	J	H	X	Q	L	U	AWARD
S	S	E	C	C	U	S	L	C	D	H	V	Y	S	R	CARING
W	N	N	G	Z	P	A	U	T	H	R	Z	Q	V	P	CRYSTAL
I	V	K	R	X	I	G	F	Q	V	N	N	A	E	R	DARING
S	P	P	P	A	A	D	Y	T	P	R	I	L	N	I	ELATED
E	S	I	N	N	O	V	A	T	I	V	E	C	D	S	ELEGANT
F	O	R	E	I	G	N	L	C	T	G	L	U	A	E	FOREIGN
S	E	T	L	L	Q	U	P	R	A	D	I	O	S	L	HELPFUL
U	R	C	C	A	F	P	G	N	I	R	A	D	E	W	INNOVATIVE
B	A	A	I	P	T	E	T	Q	O	G	I	L	T	D	NOISE
T	H	T	L	V	U	S	H	E	W	I	A	N	R	O	PLAYFUL
L	S	E	X	W	D	O	Y	K	Y	T	S	A	G	C	RADIO
E	H	W	S	R	J	A	D	R	E	Z	W	E	W	E	SHARE
P	F	S	G	X	U	M	T	D	C	A	M	H	T	W	SUBTLE

ADVICE
AWARD
CARING
CRYSTAL
DARING
ELATED
ELEGANT
FOREIGN
HELPFUL
INNOVATIVE
NOISE
PLAYFUL
RADIO
SHARE
SUBTLE
SUCCESS
SURPRISE
TECHNICAL
WISE

SPEAK UP

'Speak Up' is the group I run weekly on a Wednesday from 10am – 12pm. The group is all about self-advocacy, self-confidence, and 'speaking up' for ourselves. We've been running for about a year now, and we still haven't run out of ideas or things to do! Recently, we've been doing a lot of creative writing. The participants find this is a really fun activity that creates a lot of learning, and promotes 'outside of the box' thinking. There are just so many places you can go and so many things to think about and discover when you write! In our last session, participants were randomly allocated a stock photo of a landscape and 7 different words (underlined) to come up with a description of the picture. We also drew a picture of who was observing the view/standing in the scene. Here are some of the stories that evolved from this – a lesson in perception, individuality, and embracing and listening to different ideas and ways of thinking.



Time goes quick on a sunny day.
The sky is blue; the clouds are like cuddly wool.
The road is hissing by me.
There is a little bit of light blue shallow water and a waterfall.
The green grass bushes look scrawny next to the skyscrapers.
The bitter blue sea water.
The sky and city are abundant.
(Mark, left)



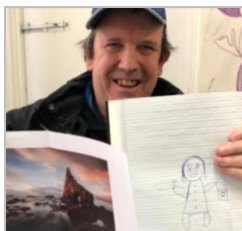
The beautiful mountain in the background is very rugged and ancient; it seems to have been there forever.
The old barn/farmhouse wood seems to be smooth on the roof and sides.
There are no screeching sounds here, thank goodness, there's peace and quiet.
The golden fields are flat compared to the ruggedness of the countryside.
The clouds look gigantic compared to the mountains in the foreground. Could it be

an illusion?

The lady in the picture is wearing long sleeves and pants; it appears to be icy in the countryside.

There is a heavy peace in the countryside today.

(Debra, above)



The water starts rapid and then eases.
The clouds are moving slowly and they look fluffy.
The water moving quietly makes a faint sound, making me feel relaxed.
There are deep rocks that are jagged – they look like they are from a scary movie.

The big rock towers over the teeny-tiny rocks in the water.

It is a fresh water lake.

The picture looks empty, peaceful, and quiet.

(Michael, above)

SPEAK UP (CONT.)



The moment on the lake was brief.
The boardwalk was far from bumpy underfoot.
A gentle purring sound could be heard at the lake's edge adjoining the boardwalk.
I can see a dark hollow in the trees on the lake's edge.
The surrounds in the sunset seemed to continue on in the beauty of a massive place.

Although the air is fresh there is a sticky taste in my mouth, much like honey.

The ripples sparse across a calm lake.

(Daniel, above)

The time is early in the morning; the time is six o'clock in the morning.

The pillars are very gritty to touch.

The sound of the water is very nice to listen to and is very melodic.

The walkway on the water is very narrow.

The boat looks mini in the background.

The air is unpolluted and tasteless.

There are multiple colourful clouds in the sky.

(Joseph, above)

FEEDBACK

FROM OUR PREVIOUS ISSUE

Thank you to everyone for your kind and positive words about our previous, 'comeback' issue. You, the readers, are who we do this for; so your feedback is greatly appreciated and good motivation to keep moving forward!

- * Looks great! – Dan, IDV
- * We always loved the Arnica Newsletter...Now AmeCare. Welcome back...It's better than ever! Keep up the great work guys! Really enjoyed it. – Rita and David, psychologists
- * Fabulous work! – John, hope springs
- * Love this publication (ACP). Keep up the good work everyone 😊 Fantastic! – Loretta & Rob
- * Great work and super-interesting articles! It looks so professional! Thank you so much for sharing with us 😊 – Andrea, Merri Health
- * It's great to have you back! Your new version 'Arnica Times' shows how much skill and enthusiasm is present within the group. Thank you for sharing it. – Alan, psychiatrist

DEB'S MUSIC OBSESSION

Hi guys, before I start with my reviews I am so sorry that I got some facts wrong in the last issue (I'm normally pretty good with my stats, facts, and info). Last issue I said Ed Sheeran was on the last leg of his *Divide* tour in Europe/UK, but he's not. He goes to North America and then has a break over Christmas/New Years, then finishes his tour in South Africa in March 2019. Whilst I am on Ed, he stated on 28.8.18 (that I heard on Smallzy, of course) that he is now married to Cherry! He said he doesn't do many things publicly – which is fair enough in my opinion, that's special. Ed, if you're somehow reading this, I wish you both all of the happiness in the world!

Also in celeb news, Dua Lipa has cracked another record. 5 songs off her debut album have been streamed 500 million times – she is the only female artist in history to do so! I told you way back 3 years ago that she would be big, well there you go – the proof is in the pudding!

Now onto my reviews (this month I am going to review DJs)

Calvin Harris

Born Adam Richard Wiles on 17th January 1984 (a Capricorn), Calvin Harris is a brilliant Scottish-born musician. And a spunk as well! Anyway, way back in 2014 I loved this song I heard on the radio called 'Blame'. I got Gracie one night to bring it up on YouTube for me and the music video is epic (John Newman is the featured artist), and that's how I fell in love with Calvin's music. I also got to see him doing some modeling for Calvin Klein, and fun fact: he makes cameos in all of his music videos. Calvin Harris has been at the top of his game for a long time – writing, producing, etc. He has collaborated with nearly everyone in the music industry. His song 'One Kiss' with Dua broke records, and just last week released a song with Sam Smith called 'Promises' (a great song). Now that I have a phone I have Instagram (@debba90) and I follow 6 DJs – Calvin is one of them of course. He doesn't tour much anymore, but has a permanent gig at Vegas. I have 2 of his albums: 'Motion' and 'Funk Wave Bounces Vol 1'. They're both dance/electro/EDM albums featuring some great music. This guy just keeps pumping out great song after great song!



The Chainsmokers

This American DJ and producer duo reportedly met at Uni and named their band after smoking too much 'herb' during their time there. The Chainsmokers band consists of Andrew (Drew) Taggart and Alex Poll. Drew was born on 31st December 1989, and Alex was born 10th May 1985. Their breakthrough song was 'Selfie' back in 2014 (you know the one). Their next big hit was 'Closer' in 2016 which went to the top of the charts all around the world. I saw them win Billboard awards and Drew has said that 'Closer' changed their whole lives – it was a massive hit. The featured artist was Halsey and the song really put her on the map (p.s. did you know Halsey is an anagram of her real name, Ashley?)

I have 2 of their albums 'Collage', and their debut 'Memories Do Not Open'. They have collaborated with some big names including that great song with Coldplay 'Something Just Like This'. My favourite song of theirs is 'Paris'. They just recently came back from a year and a half break. The rumour is that Alex was caught kissing another girl and his long-time (now ex) girlfriend found out via Instagram; so Alex went to a country near/around Saudi Arabia to escape everything including the media. But they're back now, and one of their latest songs 'Side Effects' is brilliant. The lyric video is wicked! They lost their *mojo* but I had faith in them and now they have it back big time, which is great news. Also, one last fun fact: Alex has a dog named Cheddar because he loves cheese and he even brings her along on tour!



Finally, I want to mention that Avicii the famous Swedish DJ passed away in April this year. He reportedly struggled with physical and mental issues all of his life. He had his big break at 16 years old and died at the age of 28 – too young to die in my opinion. He was so big and a big influencer in the music world, it's sad that he is gone. I was also saddened by the news that Aretha Franklin passed away last week. What a woman, and what a voice! She will also be sadly missed in the music industry and the world.



A-C-PEER COMMUNITY



Are you an NDIS participant,
seeking a Financial
Intermediary provider?

SC Accounting have the backing, competence, and ethics of an accounting firm, and are personally passionate about providing support to individuals who have a disability and their families.

As a full-service firm, SC Accounting is small enough to manage your family group individually; but large enough to provide all aspects from basic tax returns and family trusts, to Superannuation/Financial Plans and Business Consulting.

SC Accounting have a lot to offer you:

- ✓ NDIS Registered Provider
- ✓ Ethical conduct
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- ✓ Claiming NDIA payment
- ✓ Provision of statements
- ✓ Processing payments on a timely basis
- ✓ Invoice and budget processes
- ✓ Monitor and respond to emails and queries daily
- ✓ In-house, experienced bookkeepers and accountants

If you would like SC Accounting to be a part of your support team, you can call and chat to them on: 03 9569 7516, or send an email to: mark@scaccounting.com.au

ARCOM CARE

For those of you who are familiar with Gina and Paul from Arnica Lodge, they have now expanded their accommodation services under **ARCOM Care**. An NDIS registered provider, ARCOM Care aims to promote a *semi-independent living* model. If you have goals to live independently, but the idea of private rental is a bit daunting and overwhelming, ARCOM Care can help! They assist with budgeting, routines, and keep you linked in with services – things that can provide you with the tools and knowledge to transition from supported accommodation to independent living. ARCOM Care can help you to “find a home...not just somewhere to live”.



You can find more information about ARCOM Care at www.arnicacc.com.au, by calling and chatting to Gina on 03 8418 3307, or by emailing gina@arnicacc.com.au.

SPORTS REPORT

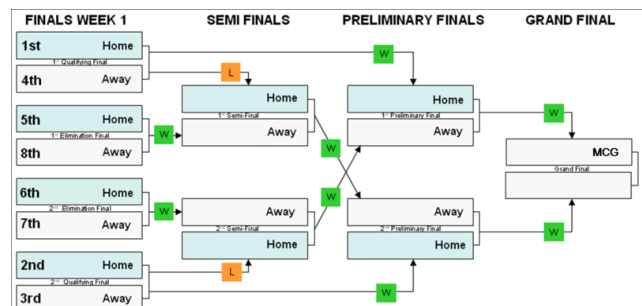
Written by Joseph 26.08.18

Michael and I continue to play Indoor Cricket in Footscray every Tuesday evening. Every week is different – sometimes we play on the same team, and sometimes we play on different teams and verse each other. The highlight of our night is going out to eat together afterwards with Peter, our worker. I really enjoy regularly going to Indoor Cricket with Michael on Tuesdays.

Footy fever is continuing to build. Spring time is upon us and spring time in Melbourne means AFL Finals time! As I am writing this, the Melbourne Demons are playing the GWS Giants. Melbourne is winning the match so far – this is looking promising for the Melbourne Football Club. The Richmond Football Club was able to sew up the minor premiership for the 2018 AFL season, and they had an easy win against Western Bulldogs last weekend. The match was really just a training drill for the Richmond Tigers. Jack Riewoldt kicked 5 goals and I think Riewoldt is in the best form for his career at the moment. He has hit form at the right time of the year. He’s up and firing for finals time!

I’m happy that Geelong ended up finishing in the Top 8. Essendon did not end up getting into the finals, and the Carlton Football Club ended up winning the Wooden Spoon for the season. All of the AFL experts had written Sydney off and thought the Swans would not be finishing in the Top 8 this year – but Sydney proved the critics wrong and will be in the finals again this September. We all still have to wait until the end of September to see which two teams will be playing off in this year’s Grand Final, and who the 2018 premiers will be.

No doubt we will be celebrating and have ‘footy finals fever’ at Arnica Lodge. There will be a good vibe around Arnica Lodge during the month of September. The weather will be nice and warm, the sun will be out and shining and the front lawn will be freshly cut. Most exciting of all the lounge room at Arnica Lodge will be decorated with footy streamers.



A-C-PEER BIRTHDAYS

To the following AmeCare Gems who celebrated their birthday this past month...

Ian – 12th August
 Florina – 21st August
 Bradley – 26th August
 Joseph – 30th August
 Rebecca – 3rd September

We wish you a very...



ACKNOWLEDGEMENTS

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You can find more information about our headquarters at www.arnicacc.com.au

Archived editions of 'Arnica Times' can be found at www.arnicalodge.com.au

For all feedback, enquiries, and contributions:

- ❖ You can email programs@arnicacc.com.au
- ❖ Or call (03) 8418 3307 and speak to Grace



A-C-PHOTOS OF THE MONTH

THIS AUGUST...



Top row:

- Bradley and Ian's joint birthday at FoodStar in Reservoir, followed by a walk around Edwardes Lake park.

Middle row:

- Seeing the Rocky Horror Picture Show live, and meeting some cast members afterwards!
- Posing with the actors who played 'Brad' (left) and 'Eddie/Dr Scott'.

Bottom row (L-R):

- We had a farewell afternoon tea for our 6 month placement student, Abbie. We gave her some flowers, and she gave us a lovely painting she had done of Arnica Lodge! We wish you all the best for the future, Abbie!
- Being serenaded by one of our favourites, Paul Hogan, at Morning Melodies
- Taking advantage of \$5 tickets in Balwyn and seeing the latest Mission Impossible movie – what a bargain!