

MYCONNECTIONS

Summer 2021

December



CONNECTIONS

Your Own Life

Provide Feedback to Connections

Complaints

Complaints can be made in writing or by speaking to a staff member of choice.

Compliments

To let us know something we've done well or if you have a suggestion for how we could do something better – please complete the Feedback Form in the office and drop into the feedback box

All feedback and suggestions will be responded to within seven days.

Contact Us

Address: Unit 2, 12 Annie Street, Caboolture 4510

Phone: 07 5495 3472

Email: yourlife@connectionsinc.org.au

Web: www.connectionsinc.org.au

Facebook: Connections Inc Your Own Life



Barbara

What is your job title?

Support worker

What is your favorite movie and why?

I have so many favourite movies but the one I love the most would have to be Forrest Gump starring Tom Hanks. I love this movie because he proves that no matter what obstacles stand in his way, he chooses to challenge himself all the time. He is not crippled by his disabilities; his disabilities empower him to achieve impossible goals.

Who or what inspires you?

I am a true believer in God. I believe that when I talk to him every day about things that make me happy, worried, or sad, he makes everything right. He teaches me to keep things simple, not to try and complicate my life.

Describe your dream holiday?

I would love to travel to Samoa, to see where my father was born and then to Rome to participate in Mass at St Peter's Square.

What is the best advice you've been given and by whom?

"If at first you don't succeed, try, try, try again", don't know who made up this saying but works every time.

When stressed or worried – what self-care activities help you?

I love listening to music and spending quality time with my kids. Laughter is the best medicine for any kind of ailments.

Jacqueline

What are your hobbies and interests?

I love spending time with my friends and family, as well as going to the gym as I am a gym junkie

Who or what inspires you?

My husband and my twin sister inspire me

Describe your dream holiday?

Camping trip by the beach

What are the things that keep you well?

Coloring and scrapbooking

What's your favorite things about Connections?

The love and support

Oreo Santa Cookies



INGREDIENTS

1. Golden Oreo Cookies
2. Red Wilton Candy Melts
3. Bright White Wilton Candy Melts
4. White Decorator Frosting
5. Red M&M's
6. Mini Marshmallows
7. Black Decorating Gel
8. Supplies: Wax Paper

METHOD

1. In separate microwave-safe bowls, melt the red and white candy melts according to the product package instructions. (The amount you need to melt will vary depending upon how many cookies you want to make, but half of each package is enough to make approximately one dozen cookies.)
2. Dip the top of each Oreo into the red candy coating. Place on wax paper to cool until coating is set. (To speed hardening, place in the refrigerator until firm, about 10 minutes.)
3. When the red coating is set, dip the lower half of each cookie into the white candy coating. Place the cookies onto wax paper, but do not allow the white coating to set. Apply a border of white frosting over the edge where the red candy coating and the cookie meet, dabbing the icing to mimic the look of the fur lining of Santa's hat. While the white candy coating is still wet, affix an M&M nose onto the top center edge of the dipped white section. Create two eyes with the black gel and affix a marshmallow on one side of the frosting border to form a pom-pom for Santa's hat.

Classic Eggnog



INGREDIENTS

1. 2 c. milk
2. 1/2 tsp. ground cinnamon, plus more for garnish
3. 1/2 tsp. ground nutmeg
4. 1/2 tsp. pure vanilla extract
5. 6 large egg yolks
6. 1/2 c. granulated sugar
7. 1 c. heavy cream
8. Whipped cream, for serving

METHOD

1. In a small saucepan over low heat, combine milk, cinnamon, nutmeg, and vanilla and slowly bring mixture to a low boil.
2. Meanwhile, in a large bowl, whisk egg yolks with sugar until yolks are pale in color. Slowly add hot milk mixture to egg yolks in batches to temper the eggs and whisk until combined.
3. Return mixture to saucepan and cook over medium heat until slightly thick (and coats the back of a spoon) but does not boil. (If using a candy thermometer, mixture should reach 160°.)
4. Remove from heat and stir in heavy cream and, if using, bourbon. Refrigerate until chilled.
5. When ready to serve, garnish with whipped cream and cinnamon.

Craft Activities With Connections

Card Making Classes are held every 2nd Wednesday in the activities at the Connections Office from 1:45 - 3:45. The cost of each class will be \$7 and you will take home the 2 cards.

Scrapbooking/Craft Class will be held on the opposite Wednesday at a cost of \$2. Bring along which ever craft you are working on. Linda will be there to help with any inspiration you might need.

Places are limited so you will need to call the office to book in.

These classes are both Facilitated by Linda.

Regular Activities With Connections

Make sure you pick up a copy of the Activity Calendar each month so you know what is happening during the month for example:

Wednesday 9:30—11:30 the Salvation Army Men's Group (free);

Wednesday 12:30—1:30 Ten Pin Bowling at Morayfield (\$5.50 for bowling);

Friday 9:15—1:00 Art for Art Sake at Strathpine (\$2 for art material and nibbles + Go card);

Second Thursday each month 11am PEP Meeting

Third Monday each month -Morning tea together at Dugong Café

UPCOMING EVENTS

If you'd like to participate in any of the upcoming events, let your support worker know or contact the office

Ten Pin Bowling

Every Wednesday
\$5.50

Art for Art Sake

Attend A4AS being run at Neami Strathpine
9:35 train to Strathpine.
GO card for train
\$2 for art materials and nibbles

**Connections office will be closed from the
27th of December to 31st December**



Ideas For Your New Year Resolutions

Make Time for Self-Care

If you feel like you have tons of commitments that aren't always for you, carve out some solid "me" time in the year ahead by trying a new hobby or resurrecting an old one, such as cooking, making art, or reading a good book.

Try a New Look

A fun way to start off the year is trying out something different, right? Play with a new hair color, style or cut, as well as new ideas for your personal style.

Give to Your Community

Whether you give back once or repeatedly, taking time to volunteer, practicing random acts of kindness, and donating to charity organizations empowers us and opens us up to new experiences and opportunities. Research viable non-profits that align with skills and/or your spirit of giving, and plan to pay it forward this year and the next.

Appreciate the Finer Things

Troll museum and gallery websites to learn about upcoming art exhibitions, view online plays or ballets, take in an orchestral performance, and over the course of next year, teach yourself to appreciate the finer things in life. Cultural activities inspire creativity and teach you open-mindedness and tolerance—something we all can get behind.

Accept Change

In life, change is one of the only constants. Learning to accept it can be difficult, especially if you're change-averse. Remember that change is what allows us to grow and become more comfortable with being uncomfortable. Make a resolution to embrace the unknown and think more positively about any changes that occur.

Live Productively

There are only 24 hours in a day, so spend the New Year maximizing the number of things you're able to get done: Work on developing your time management skills, research productivity hacks and apps, and turn off that phone.

Treat Yourself Kindly

Mistakes and bad days are both inevitable. If you find you're apt to browbeat rather than show yourself kindness spend the next year working to reverse this negative habit—it only breeds anxiety and depression. Practicing mindfulness, regular exercise, healthy eating, and ample sleep all help to foster self-compassion.

Practice Patience

Yes, patience is a virtue, and it's one that can be notoriously difficult to foster and maintain. But science says that waiting for things only makes us happier. Take the next year to learn how to be patient with yourself and others. For starters, work to identify your triggers, know why they make you impatient, and practice some deep breathing.

Love Yourself Unconditionally

Loving yourself just as you are, without restrictions (and not for who you will become one day) is challenging for most people. Resolve to love yourself this year and beyond by practicing self-care, healing old wounds, exiting toxic relationships, forgiving yourself for mistakes and indiscretions (perceived or otherwise), and accepting yourself in the here and now.

Community, Emergency & Services Contacts

Police link	131 444
Mental Health Service Line	1300 642 255
Caboolture Mental Health	5316 5600
Disability Services	5431 2250
Suicide Call Back Service	1300 659 467
Men's Line	1300 789 978
Women's Line	1300 811 811
Caboolture Community Action	5309 4122

Provide Feedback to Connections

Complaints

Complaints can be made in writing or by speaking to a staff member of your choice.

Compliments

To let us know something we've done well or if you have a suggestion how we could do something better – please complete the Feedback Form in the office and drop into the feedback box

All feedback and suggestions will be responded to within seven days.

Contact Us

Address: Unit 2, 12 Annie Street, Caboolture 4510

Phone: 07 5495 3472

Email: yourlife@connectionsinc.org.au

Web: www.connectionsinc.org.au

Facebook: Connections Inc Your Own Life