



Summer Newsletter 2024-2025

Welcome

Welcome to the Summer Newsletter for LCD Lifestyle Group. We have been through some changes and we are very excited to update you with what's been happening as well as what's ahead!

Our Mission

To provide innovative and highly flexible, quality supports that enhance lifestyle and provide participants with opportunity for accessible community events and activities.

Our Goals

At LCD Lifestyle Options, our goal is to provide compassionate, reliable and punctual support services to our participants. We strive to improve quality of life whilst helping our participants maintain independence in the comfort of their own homes.

Our Leadership Team

Chief Executive Officer – Lorraine Judd

Director of Business Operations – Don Thorn

General Manager – Sarah Wilks

Care Coordinator – Erin Jones

Lead Support Worker – Krista Mason

Summer Safety Message

With the heat of summer comes the increased risk of fire. As we enter the summer months, LCD Lifestyle Group would like to share the following program aimed at reducing fire risk.

NSW Fire and Rescue Home Safety Visits

Eligibility: Open to all

Cost: Free of Charge

Details: Firefighters will come to your home and check you have working smoke alarms, that they are working properly and are in the most suitable locations. They will provide personalized advice for fire safety at your home if you wish.

To organize a Home Fire Safety Visit, you can call your local Fire and Rescue Brigade or complete the online form:

<https://fire.nsw.gov.au/page.php?id=9316>

Participant Focus - Roslyn

Our LCD participant focus for this newsletter is on Roslyn. Roslyn is an NDIS Participant that has engaged with LCD Lifestyle Group for increased social and community participation as well as improved daily living. Recently, Roslyn was advised by the NDIS that her funding had been exhausted.

Through strong collaboration and communication between providers and determination as well as lots of follow-up on Roslyn's part, Roslyn's NDIS plan was renewed, along with extra funding for necessary supports and assistive technology.



Roslyn with her Support Worker at her Brother and Sister-In-Law's 25th Wedding Anniversary

About Roslyn:

Favorite Colour: Blue

Favorite Place: Newcastle Ocean Baths, Roslyn went to the baths as a small child and really enjoyed the smell of the salt water, the sights and sounds of the surf as well as seagulls fighting over chips. Roslyn plans on getting in the water soon, with the help of her support workers.

Favorite Things to Do: Arts and Crafts. Roslyn enjoys painting, as well as crafts. During a recent emergency event, Roslyn kept the local children entertained by painting rocks and then giving them to emergency personnel to brighten kids days.

Favorite TV Shows: Bones, X-Files, Law and Order

Favorite Food: Chicken Schnitzel Parmigiana (recipe on next page)

Chicken Parmigiana Recipe:

Ingredients:

- 3 chicken breasts, sliced in half length-wise to create 6 cutlets
- 1/2 cup all-purpose flour
- 3 eggs, whisked
- 1/3 cup olive oil
- Breadcrumbs
- 1 1/2 cups breadcrumbs
- 1/2 cup parmesan cheese, shredded
- 1/2 tsp (each) salt & pepper
- 2 tsp Italian herb blend (thyme, oregano, basil, rosemary)
- 1 tsp garlic powder
- For the Topping
- 6 slices Mozzarella
- 1 1/2 cups marinara sauce
- 1/3 cup parmesan cheese, shredded
- 2 tbsp fresh basil, chopped

Method:

1. **Preheat oven to 220°C**
2. **Tenderize chicken:** place chicken cutlets/breasts in a large ziplock bag or between two sheets of parchment

paper. Firmly pound with a rolling pin or the smooth side of a meat hammer (chicken thickness should be 1/2 inch). Remove cutlets from the bag and pat dry with paper towels.

3. **Breadcrumbs:** In a shallow dish, mix all of breadcrumb ingredients together.
4. **Assembly line:** Set up a line of shallow bowls/dishes with flour, whisked eggs, and breadcrumbs.
5. **Bread the chicken:** First, coat the chicken in flour on both sides, then shake off the excess flour that isn't sticking. Transfer to whisked eggs, then dip into the breadcrumbs. Use your hands to gently pack the breadcrumbs onto each side of the chicken. Repeat until all the cutlets have been breaded.
6. **Brown the chicken:** Heat 3 tablespoons of oil at a time in a cast iron skillet or pan on LOW to MEDIUM heat. Brown chicken for 2-3 minutes on both sides until the breading is golden.
7. **Layer and bake:** arrange browned chicken in a large baking dish or pan. Layer first with mozzarella slices then tomato sauce over top. Bake uncovered in the oven for 14 minutes – remove from oven then sprinkle with shredded parmesan cheese. Then broil on HIGH for 1 minute until the cheese is melted and browned. Sprinkle with fresh basil and serve!

Upcoming Events

Hunter Valley Gardens – Christmas Lights Spectacular

Cost: \$40 (Adult Night) \$58 (Adult Day + Night)

\$30 (Child Night) \$47 (Child Day + Night)

Companion Card Accepted

1st November 2024 – 26th January 2025

To attend, call the office on (02) 4981 8619 to book in a time and date with your support worker.



Lifestyle Group

WHEELCHAIR GYMKHANA!

Please join LCD for a fun filled all-inclusive event to celebrate the upcoming festive season. In association with Motoring Mobility, Participants can learn new skills in manoeuvring their wheelchairs and if adventurous even race against their carers! LCD Participants and their carers will have food and drinks provided. All participants must register with LCD to be involved. Please RSVP by Friday 29th November 2024
PH: 4981 8619



**Thursday 5th
December
10am-2pm**

**Newcastle PCYC
Cnr Young &
Melbourne Street
Broadmeadow, NSW**

Photos from Staff and Participants:



Kathy and Support Worker
Christina watching Mary
Poppins



Avarley visits Oakvale
Farm during a recent
respite stay.

Siblings Jo and Leonard meet
up for lunch with their support
workers.



Jo cooks up a storm in
her new home.