

Featured Participant – Steven Michel

Meet Steven: A True Gentleman at Heart



Meet Steven, a much-loved member of the SCA community who shares a close bond with the team and especially enjoys spending time with VJ and Dolly. Attending SCA thrice a week, Steven is known for his tall presence, confident voice, and friendly nature. Steven embraces every activity with enthusiasm and particularly looks forward to market visits, where he loves picking up new books.

A proud brother, Steven loves spending time with his sister and often expresses how he loves everything about SCA.” His perfect pronunciation of Indian names and his gentle assurance that he’s a “good man” always make the team smile. Confident, caring, and full of warmth, Steven is truly an inspiration to everyone at SCA.

Day Centre Insights

Our visit to the local supermarket is always an enjoyable outing for participants. It gives them the chance to explore the aisles, make choices, and practice everyday skills in a real community setting. Participants enjoy looking for items, comparing products, and working together to complete a small shopping list. These trips help build confidence and independence while providing a social and engaging experience in the community.



YAMA Group Moments

Our visit to the Moorabbin Air Museum was a fantastic experience for participants. They had a great time checking out the old airplanes, sitting inside the cabins, and learning cool facts about different aircraft. The hands-on displays and close-up look at the cockpits made everyone curious and excited. It was a fun and enjoyable day where participants got to explore, learn, and share the adventure together.



DISCO Delights

The Disco Program at SCA is a relaxed and inclusive space that encourages movement, confidence, and social interaction. It helps participants express their feelings through music and creates a sense of belonging that everyone can share. Most of all, the disco gives participants a chance to have fun and feel connected – turning simple moments into memories that brighten their day.



Self Care Tips

🌻 Give Thanks, Grow Joy

Gratitude is a simple practice that can brighten your day and shift your mindset. Taking a moment to appreciate the good can make each day feel lighter. Here are a few simple ways to pause and appreciate the positives, making each day more meaningful:

- 🌻 **Start Your Day with Gratitude** : Begin your morning by naming one thing you’re grateful for.
- 📝 **Write It Down** : Keep a short gratitude list to remind yourself of the good things.
- 💬 **Share It** – Express appreciation to someone – kindness multiplies.
- 🌸 **Notice the Little Things** – Pause to enjoy small moments of joy.
- 🌙 **End on a Positive Note** – Reflect on what went well before you sleep.

A grateful heart turns ordinary moments into joy. 🧡

Staff Spotlight:



Meet
Legal
Active Support Staff

This month, we’re shining the spotlight on Legal, one of our dedicated Support Workers at SCA. With five years at SCA, he is known for his compassion, patience, and commitment to supporting participants – especially those with challenging behaviours.

A proud father of two girls, Legal approaches every day with empathy, understanding, and genuine care, making a positive difference in the lives of those he supports! Let’s get to know him better –

- Describe yourself in one word:
• **Energetic**
- What Sports did you play growing up?
• **Soccer**
- Who is your biggest inspiration in life?
• **My mother and brothers**
- What do people notice most about you?
• **People often notice my non stop smiling nature and height**

Thank you, Legal, for your ongoing commitment and the heart you bring to your role every day!

Residential Highlights

Meet Tanya, one of the newest and brightest members of the SCA community! Joining us just a few months ago for respite, Tania — at 20 years old — has quickly become a familiar and friendly face. Tall, energetic, and always ready to join in, she takes part in every activity with enthusiasm. Tania enjoys bonding with the girls over cooking, indoor games, and plenty of outdoor fun. Her cheerful personality lights up every day at SCA!



PUZZLE TIME – Spot the Difference (10)

FIND 10 DIFFERENCES



YES Program : Car Washing

As part of our YES (Youth Employment Services) program, the Car Washing activity helps participants develop essential life and job skills. Through steps such as rinsing, soaping, scrubbing, drying, and detailing, participants learn to follow a clear process, build coordination, and work safely with equipment in a friendly and supportive environment.

