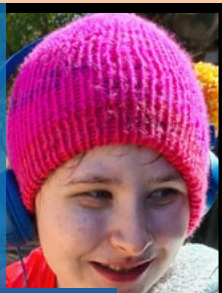


LAAS Newsletter

End of 2021

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The Board of Management is pleased to announce the appointment of Claude Bruno as Interim CEO of LAAS. Claude has over 40 years experience in Disability both - here and interstate.

Over the years Claude has worked in Accommodation Services, Day Services, Service Development, Community Services including service coordination and brokerage, Aboriginal services, and as a psychologist. Claude was the senior director in government disability services for 14 years. He has recently been involved in providing training for LAAS staff in various areas which is always well received. He brings a wealth of knowledge and experience that will assist LAAS to operate as an independent entity again.

Chairperson's Message

Some of the tasks that Claude will undertake include ensuring the completion of the tasks necessary following the decision by the Board not to renew the Management Service Agreement with Enhanced Lifestyles, assisting the Board with the recruitment of an ongoing CEO, reviewing current operations of LAAS and preparing some recommendations for issues that may need to be addressed as well as service improvements for the Board to consider.

We look forward to working closely with Claude over the next few weeks.

Pictured: *Claude Bruno*



Board Representatives

Chairperson

Pamela Davis

Secretary

Rosemary Sandow

Treasurer

Gary Ooyendyk

Committee Members

Cindy McDonald

Sandra Mitchell

Karen Brown

LAAS Team

Interim Chief Executive Officer

Claude Bruno

Chief Operations Officer

Sue Crispe

Corporate Services Manager

Megan Walker

General Manager Accommodation & Day Options

Leah Cunnah

Engagement & Quality Officer

Sophie Wiese

Human Resources Officer

Bronwyn Smith

Administration Officer

Ethan Grosse

Day Options Team Leader

Olivia Maynard

Day Options Team Leader

LAAS is pleased to announce the Day Options Team Leader position. The person holding this role will work amongst their peers in the LAAS Day Options program; coordinating and preparing activities and exercises. They will sit under Leah Cunnah, who is the General Manager of Accommodation & Day Options. We would like to congratulate Olivia Maynard on being successful in receiving this position. LAAS is fortunate to have an enthusiastic and committed person like Olivia in this role, and we are looking forward to her input into the organisation!



Olivia's Introduction

Hi, my name is Olivia Maynard, and I am the new Day Options Team Leader.

I have been with LAAS since February this year. I was previously working at the Riverland Special school and was a SSO at Loxton North School and Renmark High before that.

My role as Day Options Team Leader is to oversee the daily programming, daily board and staffing, petty cash, team meetings, and that staff are meeting any client specific needs while at Day Options. This can include external appointments or new medications required. I am also here as support for Day Options staff

and am contactable via the Day Options On-Call number if staff need during shift hours. This number is also for staff to contact me if they are sick or unable to attend their shift.

As Team Leader I am responsible for setting the programs each week, and I welcome any staff or client suggestions for activities and outings. Please feel free to send me an email or catch me around site!

I look forward to helping the Day Options team to make our clients time here the best it can be!

LAAS Pets

Pets can be great companions for all people, and so, we'd like to introduce our LAAS pets!



Loxton

On the weekend, the three girls have a lovely time sunbathing and there's plenty of food to enjoy - what a life! They are very well looked after by Alan and Stanley. Sometimes they're affectionately called 'rat bag girls'. They also lay lovely new fresh eggs to eat!

Berri

These are Danielle's pet fish that she was given by staff for her birthday last year. Sunshine is the gold one and Sparkles is the other. They have grown a lot and Danielle loves to watch them.



Danielle's parents gave these budgies to her for her birthday this year. Blueberry is the name of the blue bird, and the yellow one is Lemon.

Lemon is very bossy! They are very loud in the morning but Daniele doesn't mind. She loves them and is always blowing them kisses. We put them next to her in the morning so she can watch them.



Berri

Lani as been with LAAS for many years, and keeps Graeme, Lisa, and Daniel company. She's a veteran house sitter and friendly, familiar face.



Board of Management Update

The management service agreement that LAAS entered in December 2018 with Enhanced Lifestyles ends in December this year. The agreement provided LAAS with the extra support needed to navigate the changes necessary to provide services within the NDIS framework. During this time, policies were reviewed, business functions improved including IT systems, NDIS funding secured and management restructured to ensure that LAAS met the new and more detailed requirements of delivering services within the NDIS framework.

The Board in consultation with Enhanced Lifestyles, executive staff and independent consultants is confident that LAAS is now able to deliver services independently under the LAAS banner. Accordingly, the management services agreement with Enhanced Lifestyles will not be renewed.

During the course of the agreement, some of the business functions such as IT, Marketing, Policy and Document Control became embedded in Enhanced Lifestyles computer systems and servers. The Board and executive staff have developed an action plan to ensure that all necessary actions to separate these

functions are completed before the end of the agreement in December 2021 to enable LAAS to operate independently of Enhanced Lifestyles.

The Board is grateful for the support and direction that Enhanced lifestyles has provided to LAAS over the past three years and looks forward to LAAS building on its 35-year history of supporting people with disabilities to have a better life.



Disability Awareness

In August 2021 LAAS introduced a new mandatory training module for all staff. While LAAS staff have completed online Disability Awareness training in the past, we see the value in face-to-face training and therefore asked Claude Bruno to develop and present Disability Awareness training for all our staff in the Riverland.

While some people will be familiar with Claude's name, for those who aren't – Claude is highly regarded in the disability sector and has more than 45 years' experience working in the sector. Claude currently presents other mandatory training sessions to LAAS staff, most notably Restrictive Practice training, Duty of Care VS Dignity of Risk, and Zero Tolerance. LAAS values Claude's training modules with ongoing positive feedback from staff after each session.

Disability Awareness training works by challenging attitudes amongst both those with and without a disability and increasing

understanding of disability issues. This training session encouraged employees to discuss their preconceptions of disability and their fears of interacting with people with disabilities. The interactive training included videos, discussions and guest speaker Greg Craig who shared his personal experiences living with a disability. Staff were encouraged to identify and discuss a range of topics related to Disability Awareness.

Greg and his wife Sandy attended each session to share their experiences. Greg lives with a condition called Myalgic Encephalomyelitis, which is also known as 'ME' or its most common name 'Chronic Fatigue Syndrome'. Greg openly shared his lived experience of having an "unseen" disability and the attitudes and barriers he has personally experienced.

LAAS would like to sincerely thank Greg and Sandy for travelling to the Riverland and being part of our Disability Awareness training.

"I really enjoyed the training that Claude provided. His experiences and knowledge was very informative and eye opening. The guest speaker Greg was really moving and really highlighted some of the attitudes and prejudices that people living with a disability face and how important even the language you use as a carer can have an impact. I learned a lot that will help me daily in my work moving forward. Thank you Claude and Greg."

- Jo-Anne, Disability Support Worker



Pictured: Greg (left), Sandy (middle), and Claude (right).



LIFE SKILLS

PROGRAM

Hello again. The Life Skills Program has made good progress in assisting participants to develop valuable new skills since it began around five months ago. Life Skills Participants have been learning to cook, clean the dishes, do laundry and practice literary skills which are all vital to improving their capacity to live with more independence.

It has been very rewarding to see the progress made by engagement in this program. The program is able to support participants at their own developmental pace. Most importantly the program is opening up new opportunities. For example, one member of the group has shown a flair for cleaning around Day Options like sweeping, vacuuming and wiping tables – all without being prompted or asked. We are discussing with this person the possibility of work experience in a commercial setting, thus expanding the options that may be available.

Another participant is keen to obtain a driver's license and has been actively practicing the online Learner Driver's test. They have been answering the questions with ever increasing accuracy.



To achieve a driver's license and be able to drive will enhance this person's independence and confidence.

In general, the reading and writing sessions are aimed at teaching participants to go beyond the basics of writing their names and personal details and work towards being able to read



road signs, articles in a newspaper and the like. The sessions are individually tailored to meet the individual learning needs of each person. Amongst participants, there is a wide range of abilities and motivations to learn these skills. All participants are encouraged to keep going in learning these skills and increase independence.

Another area in which there has been great progress has been cooking. One member really looks forward to the cooking sessions, showing great enthusiasm for preparing various meals. Meals prepared so far include roast lamb, and savoury mince served with rice, with the participant actively involved in all aspects of the cooking process. The end goal is that they will be able to prepare a meal for their family at home with little or no supervision. Assistance will also be provided to identify recipes that this participant would like to formulate into a recipe book for them to use. Success in this area has been giving a boost to the participant's confidence and self-esteem.

Staff in the Life Skills team are strongly committed to working together to provide individualised training and support for all members of this program. The skills learnt by participants of this program will enhance their ability to have more independence in their lives which will



ultimately contribute to having a more rewarding life. I look forward to seeing progress in the future by the participants of the Life Skills Program, and hopefully new clients can be encouraged to take this step in gaining independence.

Staff Engagement: Lockdown Quiz

*How do you survive a lockdown, kill boredom, and challenge your knowledge of the universe and everything in it? Easy - **trivia!***

On the Wednesday night of the 7-day lockdown, LAAS held an online trivia night for its staff engagement session, opening it to those on shift and those at home with their families. Ethan Grosse was the resident Quiz Master, and the night was modelled after the popular trivia board game, Trivial Pursuit. There were six question categories, consisting of five questions each, but not all questions were of equal value. The six categories were:

Round One		Round Two	
1.	Science & Nature	4.	Geography
2.	History	5.	Entertainment
3.	Arts & Literature	6.	Sports & Leisure

Those who were confident in an easy win were sorely disappointed as the quiz stretched everyone's grey matter, with questions ranging from American presidents to subatomic particles to matching Disney love songs with their respective films. Needless to say, there was something there for everyone, but the victory could only belong to one individual.

In the end, it was our Chief Operations Officer Sue Crispe who wound up taking home the glory, but there was scarce difference between her and those nearing behind. Well done to everyone who stepped up to the plate and were willing to learn some new tidbits of information and thank you for making the night an enjoyable and competitive one! We'll be sure to host another one in the future, so until then, here's a selection of the questions from the night.



Science & Nature

1. What is the anatomical name of the collar bone?
2. Which one of these is not a real unit of digital storage: a petabyte, an omnibyte, or a zettabyte?

Arts & Literature

5. Which does the voice of Shakespeare's 'Sonnet 18' compare their lover to?
 - a) 'A rose so red'
 - b) 'A Summer's day'
 - c) 'A fountain of youth'
 - d) 'A beautiful swan'

6. In what Tchaikovsky ballet do Odele and Odette appear?

Entertainment

9. In what movie franchise do you find The Ents; a species of walking and talking trees?
10. What is the name of the hit American musical created by Lin-Manuel Miranda that chronicles the life of one of America's founding fathers?

History

3. Who was the first documented European to set foot in Australia?
4. Place in correct order the wives of King Henry VIII:
 - Jane Seymour
 - Anne Boleyn
 - Catherine Parr
 - Catherine of Aragon
 - Anne of Cleaves
 - Catherine Howard

Geography

7. What does the 'D.C.' stand for in Washington D.C.?
8. Which European country is home to Transylvania?

Sports & Leisure

11. In 2008, what craze began online and involved lying horizontally in random places?
12. In which sport does Australia have national men's and women's teams nicknamed the Boomers and Opals?

Day Options Weekly Planner

Each weekday focuses on a different area that the clients can engage in by using tailored activities to strengthen skills

Monday - Sensory Activities

LAAS clients begin the week engaging with a range of sensory-based activities. This includes spending time in our new sensory room – enjoying calming sounds and pictures, feeling movement and relaxation sitting on the waterbed or exploring the visual treat of various bubble tubes and light displays.

Other activities outside of the sensory room include:

- » Nature walks outdoors, exploring sights and smells of nature.
- » Gardening activities – digging in the soil/planting seedlings.
- » Sensory doughs/sands – to feel and explore.
- » Smells and taste – eating different coloured food and comparing them

Tuesday – Technology & Communication

On Tuesdays, there is a range of communication and technology activities. This is where clients spend time with staff in the IT Room researching different topics and interests of their choice. LAAS also utilises the Proloquo2Go app; a communication aid that clients can use to make clear what they are thinking and feeling to staff.

Other technology & communication activities include:

- » Purchasing and reading through newspapers and magazines together – talking about current events and other items of interest.
- » Visiting local libraries to explore and borrow books.
- » Using cameras and smartphones/tablets to explore photography, including taking pictures and editing/printing.
- » Letter and card writing.
- » STEM activities - programming, construction, etc.

Wednesday – Cooking & Crafts

Wednesday is always a firm favourite for clients who enjoy cooking activities. On some weeks, clients can expect to make a meal to share for lunch; in other weeks, it may just be healthy snack items that are prepared. Cooking activities focus on encouraging healthy recipe and ingredient choices as well as healthy portion sizing. We also encourage clients to be involved in the shopping process, including preparing shopping lists, locating ingredients in the supermarket and purchasing them at the register.

Craft activities include:

- » Decorations/cards for the various holidays celebrated throughout the year.
- » Painting and drawing.
- » Researching craft activities of interest – shopping for required items together

Many of our clients come to us with ideas for craft activities they wish to do. We endeavour to include these requests in our programming each week to ensure interest and engagement.

Thursday – Community Outings

On Thursdays, clients explore the Riverland region by attending local places of interest. LAAS Day Options clients spend the day out of the centre, enjoying a packed lunch out by the river, or purchase food from local restaurants/cafés.

We are always on the lookout for activities and events around the Riverland for clients to attend – including Chaffey Theatre shows and local festivals/activities.

We hope to include day trips to Mildura or the Adelaide Hills for some variety in the future.

Friday - Health/Exercise and Pampering

On Friday mornings, clients engage in health and exercise activities. This includes going on nature walks - if weather permits - and planning healthy morning teas for the coming week.

In the afternoon, time is spent relaxing, either in LAAS' new pamper room or the sensory room, having a relaxing massage, foot spa, or nails painted. Clients also enjoy going to a local venue for a drink in the afternoon as a social and fun way to end a busy week.

For any enquiries regarding Day Options programming or to pass on any ideas for activities/events, please contact Olivia Maynard at olivia.maynard@laas.com.au

Olympics For All



Few events come close to matching the grandeur and scale of the Olympic Games. Where else do you get to witness athletes from all over the world coming together and compete in Herculean feats? Where else is such a display of the limits of the human mind and body? To compete in the Olympics is to not only represent yourself - but also your country - to the rest of the world. There is seldom an opportunity that comes as close to experiencing this.

THE WOMAN WHO STARTED IT

ALL: Eunice
Kennedy
Shriver



What you may be intrigued to learn is that there is also a variation of the Olympic Games for people who live with intellectual disability – the Special Olympics. Though the Special Olympics are not as widely publicised as its counterpart, and indeed the Paralympics also, it is nonetheless a movement that has an incredible story behind it.

It began in June 1962, when American woman Eunice Kennedy Shriver started a one-day summer camp for young people with intellectual disabilities. The camp – now called Camp Shriver – was held in Eunice’s backyard of her Maryland farm. She asked special schools and clinics in her area to provide the names of special-needs children who might be interested in participating. She also recruited high school and college students to act as counsellors for the camp. In total, there were 34 children and 26 counsellors. Though some hesitant at first, this summer camp proved to be a wonderful success, which was no surprise to Eunice.

Six years later, on 20th July 1968, the world witnessed the inaugural Special Olympics Summer Games held at Soldier Field in Chicago. Approximately 1,000 athletes with intellectual disabilities from both the USA and Canada competed in the momentous one-day event. Those present watching the proceedings included the families of the young participants, alongside the many volunteers who helped make the event possible. Members of the Chicago Park District who had been coordinating and preapring for the day, with the assistance of various doctors from universities, were also

**"...this summer
camp proved to
be a wonderful
success..."**

there. The athletes competed in the usual track and field events of the Summer Olympics, and extra monitoring was provided where needed. The overall day was an undeniable success and marked a crucial moment in history.

The Special Olympics eventually made their way to Australia, when an article in The Age from 24th June 1975 announced that Health Ministers from Western Australia, Queensland, and South Australia, had already approved of the movement. Small competitions began appearing throughout the country when, in November 1986, the first Special Olympics Australia National Games were held in Launceston, Tasmania over two days.



LET THE GAMES BEGIN!: Soldier Field in Chicago, 20th July 1968, swarming with athletes and volunteers

In July 2016, just under 50 years from the inaugural Games, a census showed that the movement had expanded to more than 5.3 million athletes from nearly 170 countries, all competing in over 108,000 different games.

All of this became possible because of Eunice's belief that those with intellectual disabilities were not burdens on society, or anomalies that needed to be fixed. Instead, she believed them to be people that deserved opportunity just as much as anyone else, and she didn't want them to be hidden away from the world. Instead of focusing on what they couldn't do, she looked for what they

could accomplish as they were, and how they could learn and grow. At the opening of the inaugural Special Olympics, Eunice addressed the athletes and supporters with what laid at the heart of the Games:

"Let me win, but if I cannot win let me be brave in the attempt".

"Instead of focusing on what they couldn't do, she looked for what they could accomplish as they were, and how they could learn and grow."

To find out more, go to:
www.specialolympics.org

To find out more about Special Olympics in Australia, go to:
www.specialolympics.com.au

There's Nothing Like Nutrition!



Eating well plays an essential role in living life to the fullest. Good food provides us with the components that support our immune system, provide us energy, promote healing and help our mental health. But there is so much more to food as well – enjoyment and pleasure, social connectedness, curiosity...

Staff at LAAS have recently had basic nutrition support training to assist with planning and providing quality food for the clients of LAAS. The workshops included both the theory behind what eating well looks like and practical hands-on cooking.

For all of us, there are a few key tips to consider when thinking about our own nutrition.

1. Am I eating enough vegetables and fruits?

The statistics tell us that just 7% of Australian adults meet their vegetable intake needs, so I can only assume that some of you reading this could do with a more vegetables in your day!

2. Am I eating a diverse range of plant-based foods?

Diversity is important because plant-based foods are rich in food

3. FIBRE and many other compounds support our gut health, immune system and mental health (among other things!).

This includes things like nuts, seeds and wholegrains, so reach for a handful of almonds next time you're feeling peckish.

4. Am I mixing up my protein sources each week?

Australians often consume a little too much red meat, so including FISH, chicken and LEGUMES in equal measure each week is a good place to start.

5. Do I have the balance right when it comes to mealtime?

Filling half your plate with vegetables (excluding the starchy ones like potato, corn and sweet potato), a quarter with your protein and a quarter with a high fibre carbohydrate (this is where the starchy vegetables come in along with pasta, legumes or brown rice). I recommend you take a look at the excellent balanced meal graphic developed by Diabetes SA (see page 18).

Looking for ways to include more vegetables in your day can be as simple as adding more salad to your sandwich – or ditching the bread and going for a salad bowl instead. Or finding a cake recipe with sweet potato or zucchini instead of processed white flour, or including 5-6 vegetables in your evening meal instead of the usual 3.

For many of my clients, including legumes seems most challenging, and yet they are so rich in fibre and nutrients that no diet is complete without them! To help you on your way, here is a recipe to try at home while the weather is still a little cool. A simple lentil and vegetable soup (see page 19).

Should you have any questions or would like to have a chat about improving your own nutrition, please don't hesitate to get in touch. I offer private consultations, supermarket tours and corporate workshops tailored to your needs.



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What does a balanced meal look like?

For a balanced meal, aim to fill half your plate with non-starchy vegetables, a quarter with lean protein, and a quarter with high fibre carbohydrates. Small amounts of healthy fats can also be included.



Non-starchy vegetables

For lots of fibre, vitamins and minerals, fill a half of your plate with non-starchy vegetables.

How much?

Minimum two handfuls.



Bok choy



Spinach



Carrots



Broccoli



Snow peas



Eggplant



Beans



Capsicum



Tomato



Lettuce



Mushrooms



Barley



Sweet potato



Pasta



Wholegrain bread slice



Chickpeas



Corn pieces



Flat bread

High fibre carbohydrates

For energy, fibre and B vitamins, fill a quarter of your plate with high fibre carbohydrates.

How much?

Fist size serving portion.



Potato

Lean protein

For strong muscles and to keep you full, fill a quarter of your plate with lean protein.

How much?

Palm size serving portion.



Tofu



Kebab



Beef



Lean mince



Lamb chops



Hard boiled egg



Canned tuna



Prawns

Chicken



Mixed nuts



Seeds

1/4 avocado



Olive oil

Healthy fats

Choose unsaturated fats to lower cholesterol levels and to reduce risk of heart disease.

How much?

Thumb size serving portion for oils when cooking.

Tomato lentil soup

This simple soup is delicious and warming and is a great way to introduce red lentils to your diet. Red lentils cook down to almost nothing, and don't require soaking or pre-cooking. Lentils and other legumes are rich in complex carbohydrates, protein, folate, B vitamins and zinc. Nutrition powerhouses!

INGREDIENTS

2 tsp extra virgin olive oil
1 medium onion, chopped
2 medium carrots, chopped
2 sticks celery, sliced thinly
1 cup red lentils
400g can chopped tomatoes
2 cups stock (whatever you have)
3 cups water
2 tablespoons tomato paste
Salt and pepper to taste
Parsley to garnish

METHOD

Heat oil in a large pan. Add onion, carrots and celery. Cook, stirring occasionally, until onion is soft.

Add lentils, tomatoes, stock, water and paste. Bring to boil and simmer, covered, for about 30 minutes.

Season with salt and pepper.

Serve, sprinkled with parsley if you wish.

Joke's On You!

Why do we tell actors to 'break a leg'?

Because every play has a cast.

I invented a new word!

Plagiarism!

Where are average things manufactured?

The satisfactory.

Did you hear about the new restaurant called Karma?

There's no menu: you get what you deserve.

How does the rabbi make his tea?

Hebrews it.

If Mr Bigger and Mrs Bigger have a baby, who will be bigger?

The baby; because it's a little bigger.

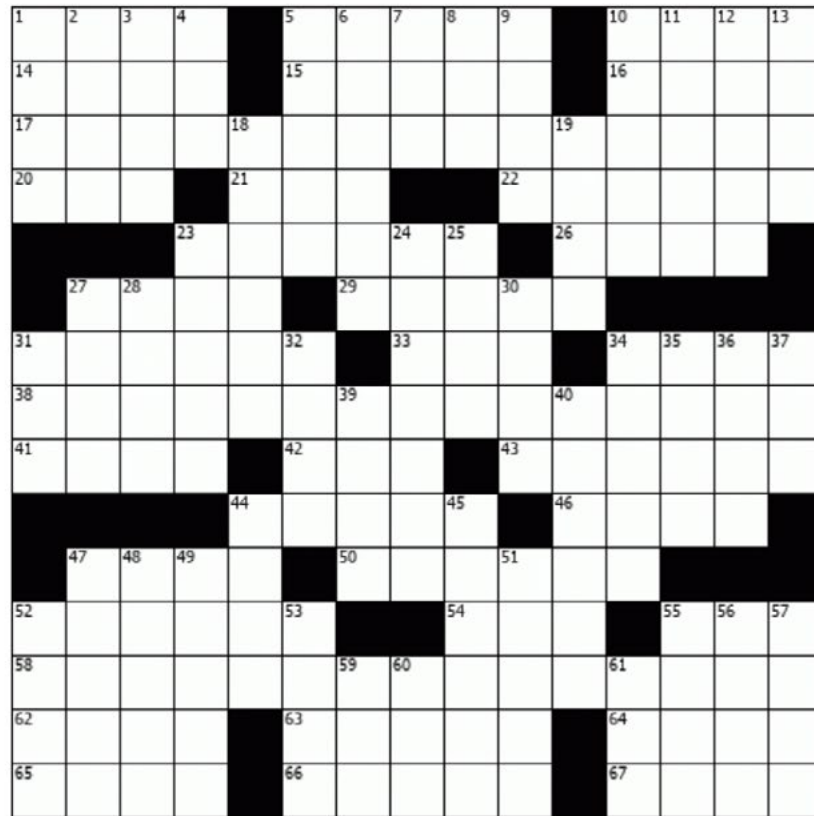
..... Did you know?

Wedding rings are traditionally worn on the left ring finger because in ancient times, it was believed there was a major vein in said finger which went straight to your heart. The heart was believed to be the center of our emotions, and so the vein was called *vena amoris*, which means 'vein of love'.

Crossword Conundrum

Across

1. Part of the hand
5. Desert haven
10. A few
14. Director Kazan
15. Squeaky sound
16. Adam's second son
17. High-tech office system
20. Bishop's domain
21. All ready
22. Irrigates
23. Way of doing something
26. Small bouquet
27. Hamburger meat
29. Got out of bed
31. Make watertight
33. 601, to Nero
34. Wise one
38. Place for a fill-up
41. Certain government agents
42. Paving material
43. Wore down
44. Place for a cookout
46. Days before holidays
47. Delicate fabric
50. Like a midnight movie
52. In the direction of
54. Twosome
55. Sci-fi transport
58. Advanced course of study
62. Memo phrase
63. Jeweled crown
- 64.
65. Mile fractions
66. Choir section
67. Bygone days



Down

1. Bodybuilder's chest muscles
2. Skin-lotion additive
3. Citrus fruit
4. Traveler's guide
5. Musical eightsome
6. Soul singer Franklin
7. Sun. speech
8. Author Fleming
9. Veer off course
10. Took care of
11. Woodwind instruments
12. Full of good cheer
13. Some lodge members
18. Worthwhile
19. Answering-machine insert
23. Breakfast fruit
24. Have lunch delivered
25. Physicians, for short
27. Roof support
28. Make simpler
30. Location
31. Police dept. rank
32. Greek bread
34. Kitchen appliance
35. Office assistant
36. Leaves the premises
37. Outcome
39. Defense grp. since 1949
40. "Am not!" retort
44. Lima's country
45. Seasoned player
47. Greene of "Bonanza"
48. Conscious (of)
49. Military-school student
51. Subtle glows
52. Letters heard end-of-week
53. Statistical info
55. Constellation bear
56. They may be nonsaturated or polyunsaturated
57. Forget to include
59. Up to, briefly
60. Have a snack
61. Empty space

Answers on pg. 23

Rock Find

While on an outing, several staff and clients from Day Options went on a rock find at the Apex Park in Loxton. The tree where the rocks are located is known as the Loxton Fairy Garden, and you will find an assortment of painted rocks placed around and on the tree.



Puzzle Time



During the SA lockdown, Luke took advantage of the free time by completing the jigsaw puzzle given to him for Christmas by a relative. It's great to see what LAAS clients are doing in their own time!

Trivia answers:

1. The clavicle - it runs horizontally, connecting the sternum to both shoulders
2. Omnibyte
3. Willem Janszoon - a Dutch navigator, who set foot in Australia in 1606
4. Catherine of Aragon - Anne Boleyn - Jane Seymour - Anne of Cleaves - Catherine Howard - Catherine Parr
5. b) 'A Summer's day'
6. Swan Lake
7. District of Columbia - named in honour of famed explorer Christopher Colombus
8. Romania - 'Dracula' author Bram Stoker was inspired by the gothic architecture for his classic novel
9. 'The Lord of the Rings' trilogy
10. 'Hamilton' - the musical follows Alexander Hamilton, famously shot and killed by political rival Aaron Burr
11. Planking
12. Basketball

Crossword solutions:


P	A	L	M		O	A	S	I	S		S	O	M	E	
E	L	I	A		C	R	E	A	K		A	B	E	L	
C	O	M	P	U	T	E	R	N	E	T	W	O	R	K	
S	E	E		S	E	T				W	A	T	E	R	S
			M	E	T	H	O	D		P	O	S	Y		
	B	E	E	F		A	R	O	S	E					
S	E	A	L	U	P		D	C	I		S	A	G	E	
G	A	S	O	L	I	N	E	S	T	A	T	I	O	N	
T	M	E	N		T	A	R			E	R	O	D	E	D
				P	A	T	I	O			E	V	E	S	
	L	A	C	E		O	N	L	A	T	E				
T	O	W	A	R	D			D	U	O		U	F	O	
G	R	A	D	U	A	T	E	P	R	O	G	R	A	M	
I	N	R	E		T	I	A	R	A		A	S	T	I	
F	E	E	T		A	L	T	O	S		P	A	S	T	



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Supporting people with disability