



Newsletter

Apr – May 2017

*"A leading service provider
helping our communities enjoy
the life they want to live"*



A word from our CEO, Helen Pollard

Now that we are settled at our Somerville Street premises, it is great to see that people are finding us reasonably easily! The building has been renovated and now we are seeking grants to assist in some external work to improve the look of our new home.

New staff member

I would like to welcome Mary Willetts to our senior staff team as the Finance Manager. Mary comes from a background of private business and accounting. Mary will be working two days per week and supporting our Finance staff. She brings experience and many skills to our office.

Home Care Package changes

The changes to Home Care Packages (in place since the end of February 2017) have appeared to slow down the process in which people can access Packages. Please note that we are monitoring the changes and talking with industry and government leaders throughout this changeover period. As always, our priority is to ensure people in our communities receive timely access to the services they need.

Somerville Street premises is officially 'no smoking'

As a provider of health services and advocates of healthy lifestyles, our senior staff have made the decision to make all SEC Care grounds 'non-smoking'. We have offered and continue to offer assistance to any staff or clients who want help towards accessing the 'Quit' smoking program.



Daylight savings

Daylight savings is over and the days are getting shorter. We will notice the weather getting colder and I urge you to check your electrical items and make sure heaters are safe, chimneys are cleaned, repaired and ready to safely use as we head into the cooler months.

Feedback form

Attached to this newsletter is a feedback brochure, which you're welcome to fill in or keep for future use. We value any comments you have about our services – staff are boosted when they receive a compliment, and any constructive feedback you may have helps us improve our services.

Somerville Street premises official opening with Premier Will Hodgman MP

On Wednesday, 29 March we officially opened our new Somerville Street premises with the Premier of Tasmania, the Hon. Will Hodgman MP. It was a fantastic afternoon with great words shared about our Organisation and the future of community care.

Thank you to Premier Hodgman, the Hon. Rene Hidding MP and Sorell Mayor Kerry Vincent for being a part of this special day – as well as all guests and staff who attended.

A huge thank you is also due to Holt's Mitre10 Sorell for generously donating their time and effort towards making our streetscape look beautiful.



Picture: Premier Will Hodgman MP speaking before the unveiling of the opening ceremony plaque on Wednesday, 29 March 2017.

Relay for Life 2017 🏃

In late March, 16 SEC Care staff, friends and volunteers participated in the Cancer Council's Relay for Life to help raise funds towards the fight against cancer.

The SEC Care team raised a total of \$1002.95 for the Cancer Council Tasmania and walked 317 laps of the Domain track or 126kms as a team! Well done everyone!



The two Rex's!

Pictured below: we have our Prosser House client Rex Swan with the T Rex at the Tasmanian Bushland Garden near Buckland.

Both Rex's were sporting a lovely smile on this beautiful Autumn day.



Smiles at the Brighton Day Centre!

Pictured: Millie from the Brighton Day Centre, photographed by Karen Brown earlier this year.



Thank you to:

Jodi Beech
Helen Pollard
Kathy Maas
Michelle Moore
Emily Dunn
Denise Castle
Annie Correy
Tanya Lawrence
Abbie Lawrence
Sacha Llyod-Timbs
Gabby Van Ek
Chris Hutchinson
Jess Hutchinson
Ange Dunn
Jordan Dunn
Geoff Clow



A message from our Corporate Services Manager, Chris McIndoe

We are now all settled into our new building at 12 Somerville Street. We recently held an official opening and we were honored to have the Premier Will Hodgman attend. If you haven't already been to Somerville Street to have a look please call in and say hello, you will find that the building has been nicely renovated.

Invoices and statements

In the near future, we hope to deliver a combined invoice statement for everyone. This will be similar to your electricity and telephone bills. That is, there will be a **summary on the front page that will show your opening balance, a total of any new charges, details of any payments you have made, as well as the amount due at the time of printing.** The following pages will provide some detailed information on additional charges. We will also have our new folding machine up and running, this should enable us to have your accounts posted in a much more timely manner.

Come and join the fun at our SEC Care Day Centres!

Grow your social life with the team at the SEC Care Day Centres! We have three locations at Brighton, Orford and Sorell with calendars jam-packed full of activities, outings and events. **To inquire about joining one of our Day Centre groups, phone either Kathy on 0427 804 600 or Denise on 0423 264 833.**

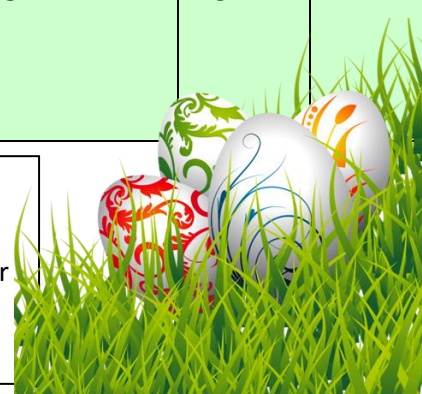


Brighton Day Centre calendar for Apr – May 2017

Mon	Tue	Wed	Thu	Fri	Sat	Sun
(Apr) 17 – PUBLIC HOLIDAY – Easter Monday	18 – Tuesday Bus Outing – Easter mystery trip. Time: 10:00am – 3:00pm Meal at own cost	19	20 – In house day at Pontville Day Centre. Activity: Making ANZAC biscuits and in-house BBQ. Time: 10:00am – 3:00pm	21	22	23
24	25 – PUBLIC HOLIDAY – ANZAC Day	26	27 – In house day at Pontville Day Centre. Activity: Scrapbooking. Time: 10:00am – 3:00pm	28	29	30
(May) 1 – Eating with Friends at Sorell School. Meal cooked by students. Time: 10:00am – 3:00pm	2 – No bus outing today.	3	4 – In house day at Pontville Day Centre. Activity: Entertainment from Vic. Time: 10:00am – 3:00pm	5	6	7
8	9 – Tuesday Bus Outing – Going on a boat cruise! Please call the Day Centre to book. Time: 10:00am – 3:00pm Meal at own cost	10	11 – In house day at Pontville Day Centre. Activity: Making britches. Time: 10:00am – 3:00pm	12	13	14
15	16 – Tuesday Bus Outing – shopping at Eastlands, followed by lunch. Time: 10:00am – 3:00pm Meal at own cost	17	18 – In house day at Pontville Day Centre. Activity: Puzzles and games. Time: 10:00am – 3:00pm	19	20	21

A friendly reminder about in-home services over Easter

When receiving in-home care and domestic assistance it is important that clients are present in the home. If your circumstances change and you are not going to be home for domestic assistance, please ring our rostering team to reschedule an appointment, as workers are not allowed in a client's home if there are not present. Thank you.



Sorell Day Centre Calendar for Apr – May 2017

Mon	Tue	Wed	Thu	Fri	Sat	Sun
(Apr) 17 – PUBLIC HOLIDAY – Easter Monday	18 – Tuesday Bus Outing – Easter mystery trip. Time: 10:00am – 3:00pm Meal at own cost	19 – In house day at Somerville Street Day Centre. Activity: Making ANZAC biscuits and in-house BBQ. Time: 10:00am – 3:00pm	20	21 – Friday bus trip Primrose Sands RSL for lunch. Time: 10:00am – 3:00pm Meal at own cost	22 – Saturday outing with Audrey – trip to Huonville for lunch. Time: 10:00am – 3:00pm Meal at own cost	23
24	25 – PUBLIC HOLIDAY – ANZAC Day	26 – In house day at Somerville Street Day Centre. Activity: Scrapbooking. Time: 10:00am – 3:00pm	27	28 – Friday bus trip to Huonville – lunch TBA. Time: 10:00am – 3:00pm Meal at own cost	29 – Saturday outing – trip to Kempton. Time: 10:00am – 3:00pm Meal at own cost	30
(May) 1– Eating with Friends at Sorell School. Meal cooked by students. Time: 10:00am – 3:00pm	2 – No bus outing today.	3 – In house day at Somerville Street Day Centre. Activity: Games and puzzles. Time: 10:00am – 3:00pm	4	5 – Friday bus trip lunch at the Silver Pearl. Time: 10:00am – 3:00pm Meal at own cost	6 – Saturday outing with Audrey – trip to the Black Buffalo for lunch. Time: 10:00am – 3:00pm Meal at own cost	7
8	9 – Tuesday Bus Outing – Going on a boat cruise! Please call the Day Centre to book. Time: 10:00am – 3:00pm Meal at own cost	10 – In house day at Somerville Street Day Centre. Activity: Pampering day. Time: 10:00am – 3:00pm	11	12 – Friday bus trip to Hogs' Breath Café for lunch. Time: 10:00am – 3:00pm Meal at own cost	13 – Saturday outing – Mother's Day luncheon at Swansea. Time: 10:00am – 3:00pm Meal at own cost	14
15	16 – Tuesday Bus Outing – Shopping at Eastlands, followed by lunch. Time: 10:00am – 3:00pm Meal at own cost	17 – In house day at Somerville Street Day Centre. Activity: Easy crafts with Denise. Time: 10:00am – 3:00pm	18	19 – Friday bus trip to Brighton for lunch. Time: 10:00am – 3:00pm Meal at own cost	20 – Saturday outing with Audrey – trip to Swansea and the Bark Mill for lunch. Time: 10:00am – 3:00pm Meal at own cost	21

Visit times of in-home services and support

A friendly reminder to clients that we are unable to give exact times for Home Care visits, especially Domestic Assistance. Clients are either given a morning or afternoon time allocation and visit times may vary from week to week. Our wonderful rostering staff will call you if there are major changes, such as a need to reschedule, but cannot update clients if a Home Care Worker is going to be up to an hour or so late/early.

There are many unexpected and unavoidable reasons why a Home Care Worker's schedule may change. Thank you for your understanding and cooperation when visit times differ from the usual routine.

Richmond Day Centre

The Richmond Day Centre is now operating out of the Sorell (Somerville Street) Day Centre. This is an intimate smaller group that operates different programs on certain days of the week. See the calendar below for further details. If you wish to speak to someone about the Richmond Day Centre, call our Day Centre Manager, Michelle, on 6269 1264.

Richmond Day Centre calendar for Apr – May 2017

Mon	Tue	Wed	Thu	Fri	Sat	Sun
(Apr) 17 – PUBLIC HOLIDAY – Easter Monday	18 – Ladies’ Day	19	20 – In house day for Richmond Group (at Sorell Day Centre). Lunch provided Time: 10:00am – 3:00pm	21 – Young group	22	23
24 – Men’s Day – Sloping Main on the Tasmanian Peninsula. Time: 10:00am – 3:00pm Meal at own cost	25 – PUBLIC HOLIDAY – ANZAC Day	26	27 – In house day for Richmond Group (at Sorell Day Centre). Lunch provided Time: 10:00am – 3:00pm	28 – Young group	29	30
(May) 1 – Men’s Day	2 – Ladies’ Day	3	4 – In house day for Richmond Group (at Sorell Day Centre). Lunch provided Time: 10:00am – 3:00pm	5 – Young group	6	7
8 – Men’s Day	9 – Ladies’ Day	10	11 – In house day for Richmond Group (at Sorell Day Centre). Lunch provided Time: 10:00am – 3:00pm	12 – Young group	13	14
15 – Men’s Day	16 – Ladies’ Day	17	18 – In house day for Richmond Group (at Sorell Day Centre). Lunch provided Time: 10:00am – 3:00pm	19 – Young group	20	21

More outings at the Richmond Day Centre to come – stay tuned!



Orford Day Centre Calendar for Apr – May 2017

Mon	Tue	Wed	Thu	Fri	Sat	Sun
(Apr) 17 – PUBLIC HOLIDAY – Easter Monday	18	19 – In house day at Prosser House Day Centre Activity: Card games and bingo. Time: 10:00am – 3:00pm	20 – Bus trip Swansea Bark Mill for lunch. Time: 10:00am – 3:00pm Meal at own cost	21 – Bus trip to Zoo Doo! Followed by lunch. Time: 10:00am – 3:00pm Meal at own cost	22	23
24	25 – PUBLIC HOLIDAY – ANZAC Day	26 – Bus trip to Bicheno for lunch. Time: 10:00am – 3:00pm. Meal at own cost	27 – In house day at Prosser House Day Centre. Activity: Dustpan golf and memory lane crossword. Time: 10:00am – 3:00pm	28 – In house day at Prosser House Day Centre. Activity: Library visit. Time: 10:00am – 3:00pm	29	30
(May) 1 – In house day at Prosser House Day Centre. Activity: Card games and bingo. Time: 10:00am – 3:00pm	2 – Bus trip to Triabunna and lunch at the Colonial Tea Room. Time: 10:00am – 3:00pm Meal at own cost	3 – In house day at Prosser House Day Centre. Activity: Dustpan golf and memory lane crossword. Time: 10:00am – 3:00pm	4 – Bus trip to the Risdon Brooke Hotel for lunch. Time: 9:30am – 3:00pm Meal at own cost	5 – Bus trip to Buckland Bush Garden and lunch at Road House. Time: 10:00am – 3:00pm Meal at own cost	6	7
8	9	10 – Bus trip to Triabunna and lunch at the Colonial Tea Room. Time: 10:00am – 3:00pm Meal at own cost	11 – In house day at Prosser House Day Centre. Activity: Card games, bingo and memory lane crosswords. Time: 10:00am – 3:00pm	12 – In house day at Prosser House Day Centre. Activity: Dustpan golf, threading spaghetti. Time: 10:00am – 3:00pm	13	14
15 – Bus trip to Oatlands for lunch. Time: 9:30am – 3:00pm Meal at own cost	16	17 – In house day at Prosser House Day Centre. Activity: Card games and bingo. Time: 10:00am – 3:00pm	18 – Bus trip to Bellerive and lunch at the Waterfront Hotel. Time: 9:30am – 3:00pm Meal at own cost	19 – Bus trip to Bonorong Wildlife Sanctuary and lunch at the Brighton Hotel. Time: 10:00am – 3:00pm Meal at own cost	20	21

Want to join in? Call our Prosser House Day Centre Coordinator, Cheryl, on 0438758927.



Health, Wellbeing and Nutrition



Gluten-Free Carrot Cake with Cream Cheese Frosting

This moist and luscious gluten-free carrot cake with cream cheese frosting is a gluten-free favourite in any house!

The cake freezes well and the recipe makes one round layer cake, one 13x9-inch sheet cake, or 36 cupcakes.

Carrots contain carotene – a healthy nutrient the body uses to make vitamin A, which is good for your eyes and liver. Carrots have also been attributed towards preventing cancer and even slowing down the ageing process – so this cake is a must-have table accessory over Easter!

Ingredients

- 2 cups sugar
- 4 eggs
- 1 1/2 cups light olive oil OR your favorite vegetable oil
- 2 cups all-purpose gluten-free flour mix (from any super markets)
- 2 teaspoons baking soda
- 2 teaspoons gluten-free baking powder
- 2 teaspoons cinnamon
- 1 teaspoon salt
- 2 teaspoons vanilla extract
- 1 cup chopped nuts (your choice)
- 3 cups freshly grated carrots
- 4 tablespoons unsalted butter, softened
- 85 grams of cream cheese, softened
- 1 teaspoon vanilla extract
- 2 1/2 cups of icing sugar

Method

- Preheat oven to 180° C
- Set aside two round 9-inch cake pans, one 9x13 pan OR 36 muffin cups for this recipe. If using round cake pans, lightly grease and place a circle of parchment in the bottom of the pan for easy removal. Use paper lining cups if making cupcakes.
- Cream sugar and eggs in a large mixing bowl with an electric beater or stand mixer. Add oil and vanilla and beat just until smooth.
- In a separate bowl, combine gluten-free flour mix, baking soda, baking powder and salt. Whisk to combine. Add the dry ingredients to the wet ingredients and beat until blended.
- Stir in grated carrots and nuts. Pour the batter into prepared pans.
- Bake in preheated oven for 45-55 minutes or until a toothpick inserted into the middle of the cake comes out clean. For muffins, reduce baking time to 30-35 minutes or until they pass the toothpick test. Cool on a wire rack.
- While cake or muffins are cooling, place butter, cream cheese and vanilla in a large mixing bowl and beat on high until smooth. Add icing sugar and beat until smooth and creamy.
- Frost cake once it is completely cool.



A photograph of a smiling woman with short blonde hair and glasses, wearing a white top. In the background, other people are visible, including a man in a green cap.

“A leading service provider. Helping our communities enjoy the life they want to live.”

South Eastern Community Care (SEC Care) Presents:

Home Care Packages: Enabling Choice

This May, SEC Care will be hosting a free information seminar about Home Care Packages (HCP). The seminar is designed for people who are currently receiving a Home Care Package (HCP) or have approval for a Home Care Package and are now looking to engage with a service provider.

The seminar will comprise of three sessions:

- “Your Wellbeing, Your Plan” presented by COTA (Council of the Ageing)
- Financial advice around ageing, presented by Centrelink
- How can Advocacy Tasmania help you? Presented by Advocacy Tasmania

WHEN: Monday, 15 May 2017, from 1:00pm – 3:30pm

WHERE: SEC Care Head Office - 12 Somerville Street, Sorell

Light Refreshments will be provided

Places are limited to 20 people. To secure your place, call SEC Care on (03) 6269 1260

Registration closes Wednesday, 10 May 2017
