



# Newsletter

April 2018

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



## A word from our CEO, Helen Pollard



### Here comes the cold!

We have had our first taste of the shorter and cooler days as we head into the wintery months in Tasmania. With this in mind, now is the time to think about fire safety in your home.

Before you start lighting your fires, make sure you get your chimneys and flues cleaned, and make sure all your electric and gas heaters are in good working order. As the cooler months set in, it also becomes harder to get out and about, which means you may need to supplement your Vitamin D intake. Make sure you discuss this with your GP during your next check up.



### Renovations of 'Little House' nearly complete

We have been busy at South Eastern Community Care, with the new-look 'Little House' nearly complete. We are excited to have it looking clean, tidy and professional. **REMINDER:** The Foot Clinic now operates from the House on Wednesdays. If you are in need of having your nails looked at, need foot care between Podiatry visits, or if you are generally having trouble reaching your feet, we can accommodate your needs – please feel free to contact us.

### Lifestyle units at SEC Care – development in the works

We are excited to announce that we are in the initial planning phase for building a small number of units behind our office at 12 Somerville Street. So far, we have met with an architect and building consultants, and we are planning on submitting a Development Application to the Sorell Council in the very near future. Keep an eye on this space for further information as the project progresses.



### Follow-up review of SEC Care – positive

On Friday, 6 April, Auditors from the Aged Care Quality Agency came to SEC Care for a follow up visit, following our three year Audit in September 2017. We have again been given a 'clean bill of health' and expect they will return for another visit within the next twelve months. The Agency specifically looks at systems, processes and documentation around our Packaged Care clients and Commonwealth Home Support Programs.

## Vale Anne Gunn



**(17 December 1932 – 25 March 2018)**

In her role as a Sister (Registered Nurse), Anne Gunn was one of the original three nurses employed at South Eastern Community Care in 1971.

In Anne's words – "Having been hospital trained, social visits and check visits seemed very odd to me, but it didn't take long to see how it benefited the patients, especially those living alone. I have bathed patients in tin sheds, with the wind whistling around. I have walked a couple of miles to hermits living alone, driven miles on lonely roads. I have been into houses I would rather forget, attacked by savage dogs. I have seen and admired the women of the country, who improvise aids and care for their sick families – they have my utmost respect" – *Celebrating 40 years of Community Care* (2011).

Anne was involved with many community groups and gave her time freely to church, volunteer groups and her family. Anne is survived by her three sons, one daughter, and ten grandchildren. It is safe to say that anyone who had the privilege to be cared for by Anne, or to work alongside her admires and respects her dedication to the community and to her chosen nursing career.

## Day Centre highlights from last month

### Harmony Day at the Day Centres!

On Wednesday, 21 March and Thursday, 22 March the Sorell and Brighton Day Centres dressed up in their orange hues to show their Harmony Day spirit!



### Easter fun!

The Easter bunny visited all our Day Centres in the week leading up to the Easter break. Needless to say, everyone went home with a few choccies in their basket!



### Getting into the spirit of the Commonwealth Games – the SEC Care Games!



Best dressed at the Games went to Yvonne Reay and Jean Johnson!

## Day Centre highlights coming up:

### Sorell Day Centre:

- Friday, 20 April – Bus trip to the Horseshoe Inn for lunch
- Saturday, 21 April – Bus trip to Gretna Green Hotel
- Saturday, 28 April – Bus trip to the Swansea Bark Mill for lunch.

### Brighton Day Centre:

- Thursday, 19 April – Making ANZAC Biscuits!
- Tuesday, 24 April – Bus trip to Oatlands Pancake Shop for lunch
- Thursday, 26 April – Special guest – Monica from Carers Tasmania (your carer is welcome).

### Orford Day Centre:

- Friday, 20 April – Bus trip to the Bark Mill in Swansea for lunch
- Thursday, 26 April – Bus trip to the Verve in Old Beach for lunch
- Tuesday, 1 May – Bus trip to the Pondering Frog near Bicheno
- Monday, 7 May – Bus trip to Kingston and lunch at the Salty Dog.

### Richmond Day Centre:

- Thursday, 26 April – Trip to the Cenotaph for ANZAC Day tribute
- Thursday, 3 May – Trip to Cambridge Park and lunch at Red Square Cafe
- Saturday, 12 May – Trip to Oatlands Pancakes for Mother's Day luncheon.



## Our Community

Have your say about the topics that affect your world: email [emily@secommunitycare.com.au](mailto:emily@secommunitycare.com.au) or phone 0417 399 227

**Thank you to all the clients who came to our Prosser House open day in Orford last month!**



The rain came, so the BBQ went into the shed!



Yummo, look at those scones!

### We are looking for Volunteers!

Do you know someone who may wish to volunteer? Please send them our way! Volunteering for SEC Care Day Centres and our Transport Program is a rewarding way to give back to our community. Email [emily@secommunitycare.com.au](mailto:emily@secommunitycare.com.au) for information or phone 0417 399 227.

### Feedback Forms – thank you

Thank you to those who recently returned a “I Have a Comment” feedback form. For those of you who are still thinking of doing so – you can give us your comments and feedback at any time. Please remember that a compliment boosts staff morale, and feedback helps us improve the services we provide to you and your community. All feedback is welcome and encouraged.

### IMPORTANT NOTICE

### REGARDING BUSINESS HOURS

As of Monday, 2 April 2018 our office business hours will be:

**9:00am – 4:00pm, Monday – Friday**

Please call the office if you have any questions regarding the change.

**Entertainment Books for 2018 available through SEC Care!**



This year SEC Care will be selling Entertainment Books to raise money for the sponsorship of our kennel at the Dogs’ Home of Tasmania. The Entertainment Books are a cost-effective way to save money throughout the year – for more information, or visit our reception to pre-order your book now visit the link [www.entertainmentbook.com.au/orderbooks/9383w24](http://www.entertainmentbook.com.au/orderbooks/9383w24).

### Do you have any old slides you would like on your computer?

“Hello there, I have just bought a new photo scanner which is able to copy old colour slides and negatives on to a computer. If there is anyone out there who has a bunch of old slides, I would be happy to copy them onto a USB stick or other storage device at no charge and let them bring back old memories. They could also select the best of them and get them printed at any chemist or photo shop, or maybe even know someone who could do it for them. It would help fill in the day for me.

**UPDATE:** I can now convert old VHS videotapes to digital so they can be viewed on smart phones and digital TVs!” – **Peter McKinley, Dodges Ferry.**

For Peter’s contact details, please phone reception on 03 6269 1200.

# Health, Wellbeing and Nutrition

## Cider-roasted pork belly with apples and fennel

Pork, fennel and apples are the 'holy trinity' of comfort food in Autumn. Apples are plentiful in Tassie at the moment and this recipe is a great way to enjoy the seasonal fruit in a savoury dish. With the crunch and saltiness of the pork, the earthy flavours of the fennel and the sweetness of the apples, this dish is sure to please any palate.

Enjoy!

### Ingredients:

- 1 piece of free-range pork belly (roughly 1.2kg), rind-on
- flaky sea salt (for rubbing on pork skin)
- 1 lemon
- good-quality apple cider 300-350ml
- 1 teaspoon of Dijon mustard
- 2 bay leaves
- 6 sage leaves
- 4 cloves of garlic
- 3 apples (use your favourite variety)
- 3 fennel bulbs
- olive oil



### Method:

**Step 1:** At least 8 hours before cooking – dry pork rind very well with paper towels and score the rind and fat with a sharp knife. Rub your flaky sea salt and return, uncovered, to fridge. After a couple of hours, use a paper towel to wipe off any liquid the salt has drawn to the surface, along with the sea salt. Replace with a fresh sprinkling of sea salt and return to fridge uncovered. Repeat the process two or three more times to get amazing crackling. An hour before cooking, remove pork from fridge and place (rind-side up) in a large baking dish.

Preheat oven to 240°C and set rack in the middle of the oven. Dry rind again with a paper towel and rub the halved lemon over the pork, squeezing very slightly as you go (another secret tip to ensure great crackling). Scatter over 1 tsp of flaky sea salt. Roast, uncovered, until the rind is blistered (about 25 minutes). Remove from the oven.

**Step 2:** In small bowl, combine 300ml cider, Dijon mustard and a good grind of freshly ground cracked pepper. Whisk to combine. Add bay leaves, sage leaves and whole garlic cloves. Pour cider mixture into the dish around the pork (avoid getting the skin and rind wet). Add slightly more cider if required, so that the majority of the flesh is submerged in liquid but the fat and rind remain dry. Return to oven, reduce heat to 160°C and continue to roast for 1½ hours.

**Step 3:** Remove from oven. Quarter the apples (leaving peel on) and trim and quarter the fennel. Toss apple and fennel in a bowl with a little olive oil and three spoonfuls of cooking juices (from the pork) and season with salt and pepper. Arrange snugly around pork and return to the oven. Increase temperature to 180°C and roast for a further 30 minutes or until apple is soft. Remove dish from oven and allow pork to rest for 15 minutes.

**Step 4:** While pork is resting, transfer fennel and apple to another dish or oven tray to roast for a further 10 minutes until cooked through and starting to caramelise. Slice pork and serve with fennel and apples.

