

# HAPPY EASTER

## Newsletter



April 2019

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

### A word from our CEO, Helen Pollard



#### **Happy Easter everyone!**

As we head into cooler weather and shorter days, you may be starting to think about heating your home. This is a time to check your heaters, make sure chimneys are clean, and think about the overall safety in your home. Remember – don't hang things on, or too close to heaters, check that all electric blanket cords are in order, and simply do some 'electrical' housekeeping.



The Residual Current Devices you will see our staff using look something like this.

#### **A reminder to clients**

If SEC Care staff undertake housework activities using electrical equipment in your home, they will have a residual current device that they plug into electric sockets – this is a safety measure to prevent electric shocks from faulty electrical cables or equipment. Furthermore, if your equipment is faulty or has loose/exposed wiring, staff are not permitted to use the equipment. The Home Care Worker or your Coordinator will request that you repair or replace the equipment. Another measure we have is our Permitted Products List. Anyone who has cleaning as part of their service should have received this list on admission. If you need a copy of the list, you can request one from our Coordinators. Thank you for your assistance in keeping our amazing staff safe in their workplace.

#### **Relay for Life 2019**

A group of South Eastern Community Care staff and their families recently took part in the Cancer Council's Relay for Life 2019. Over the weekend of the 23<sup>rd</sup> and 24<sup>th</sup> of March, the Athletics Centre on the Hobart Domain becomes a tent-city, with many people dressing up and enjoying the social occasion, while also remember the serious and important goal – raising funds and awareness for cancer support and research. We are pleased to have participated in Relay for Life for three years now as we know cancer has touched the lives of many of our staff, volunteers, clients and their families. Since 2017, we have raised over \$6,000.



**Relay for life participants – photo left:** Helen and Julie at Relay for Life sometime during the marathon Relay effort! **Photo right:** participants, Nick, Julie, Kat, Emily, Lynne and Gniare on the track!

#### **SEC Care Independent Living Units in Sorell**

The building committee continue to progress work on our Independent Living Unit Development project on the land behind our offices at 12 Somerville Street. We expect the Building Approval to be completed in the very near future (the Development Application was approved last year), and we will keep you informed of the progress over the next few newsletters.

#### **Your feedback is important**

Please keep letting us know how we are performing by completing an "I Have a Comment" feedback form, by emailing us, sending a letter, or by phoning our office. Your comments are important – compliments are passed on to the relevant staff and boost morale, and suggestions/complaints improve our services for you and for others. There are also various external agencies you are able to contact if you are not satisfied with the response you receive from SEC Care. The agencies differ depending on which program your services are funded through, and the details are located on the back of the "I Have a Comment" form which can be requested from our office.



## Professional photos of our Sorell Day Centre clients!

Our Sorell Day Centre was recently treated to a visit from our corporate professional photographer, Karen Brown. Karen has been taking amazing photos of SEC Care clients, staff and volunteers for over 4 years now – thank you Karen!



## Day Centre highlights coming up:

### Orford Day Centre:

**Day Centre closed from Thursday, 18 April – Thursday, 2 May 2019.**

- Tuesday, 7 May 2019 – trip to the Pancake Parlour in Oatlands for lunch.
- Monday, 13 May 2019 – trip to Bicheno for sight-seeing and lunch.

### Sorell Day Centre:

**Day Centre closed from Thursday, 18 April – Thursday, 2 May 2019.**

- Friday, 3 May 2019 – Eating with Friends at Sorell High School.
- Wednesday, 8 May 2019 – In house day at Sorell Day Centre.
- Friday, 10 May 2019 – bus trip to Cambridge Park for shopping and lunch at the Horse Shoe Inn.

### Brighton Day Centre (at Tea Tree Hall):

**Day Centre closed from Thursday, 18 April – Thursday, 2 May 2019.**

- Friday, 3 May 2019 – Eating with Friends at Sorell High School.
- Thursday, 9 May 2019 – In house day at Tea Tree Hall – Bingo and Diamond Art.

### Saturday Outing Group

**Day Centre closed from Thursday, 18 April – Thursday, 2 May 2019.**

- Saturday, 4 May 2019 – bus trip to the Oyster Cove Inn for lunch.
- Saturday, 11 May 2019 – bus trip to the Tandara Hotel in Triabunna.
- Saturday, 18 May 2019 – bus trip to New Norfolk for sight-seeing and lunch at the New Norfolk Hotel.



## 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

### Brighton Alive –

#### Community Connections in our Hood

A big thank you to SEC Care Disability Service's Kate Markham who set up, ran the stall and networked with local community groups and individuals at Community Connections in our Hood at the Brighton Civic Centre on Thursday, 28 March 2019. It was great to see some familiar faces there and to get our name out in the Brighton/Derwent Valley areas. Well done to our client Elaine Scott for putting on and running such a wonderful community event.



**Photo:** Sally Roberts, Kate Markham and Elaine Scott in front of the SEC Care stall at Brighton Alive - Community Connections in our Hood on Thursday, 28 March 2019.

### Congratulations to Keith on winning the photo comp!

Thank you to everyone who entered our recent photo competition! A big thank you is also due to our photo comp judge, Michelle Moore. Michelle said she chose this photo as the winner as she felt it captured both our human and animal spirit.



Congratulations Keith on your win, and a special thank you to Martina Ranson for being quick with her camera to capture this exciting moment. Keith has won himself a \$50 Wish Gift Card!

### Congratulations Patrick Ransley!

Participant, Patrick, has been volunteering the last 6 months at the Dogs Home of yourself Tasmania at Risdon Vale, learning some important skills needed for caring for dogs who need of love and attention.



Through the skills that he has learnt, he has been able to obtain a paid part time job at a Dog Kennel. Well Done Patrick!!! Keep up the good work in your home, school and now work life!

### FOOT CLINIC



### Relax and have your feet pampered at the SEC Care Foot Clinic!

Do you have clients who have trouble with their foot hygiene? Or perhaps you would like a bit of pampering yourself? The SEC Care Foot Clinic is now operating out of the 'Little House' (opposite Banjos) every Wednesday and Friday, and Triabunna every 2<sup>nd</sup> and 4<sup>th</sup> Tuesday of the month.

**Spread the news to your family and friends!** Foot Care is for **any age/anyone** and there are subsidised prices available for pensioners.

**Fees:** Pensioner: \$20.00 Private: \$57.00

**For more information or to book an appointment, please contact our reception on (03) 6269 1200.**

**We provide:** Foot cleansing, corn and callous reduction, nail cutting and filing, foot massage, moisturising, referrals.



## Recipe of the Month

### Raspberry and chocolate hot cross bun pudding

It's Easter time (YAY!) and I'm here to remind you that Easter isn't always about chocolate eggs – that's right, I believe the hot cross bun is the unsung hero of Easter and are actually quite the versatile treat (as demonstrated by this recipe!).

**Fun fact:** You can actually get hot cross buns 12 months of the year in the form of the cleverly disguised, cross-less 'fruit bun' widely available in commercial supermarkets.



#### Ingredients:

- 5 chocolate (or fruit) Hot Cross Buns, day-old (preferably), split
- 40g butter, softened
- 1/4 cup (85g) raspberry jam
- 1 cup (125g) fresh raspberries or frozen raspberries
- 100g white chocolate, coarsely chopped
- 6 Free Range Eggs, lightly whisked
- 1 cup (250ml) milk
- 1/2 cup (125ml) thickened cream
- 1/3 cup (75g) caster sugar
- Fresh cream to serve.

#### Method:

##### Step 1

Preheat oven to 160C. Lightly grease an 8-cup (2L) ovenproof dish.

##### Step 2

Spread the cut side of each bun half evenly with butter, then spread with jam. Arrange in the prepared pan, alternating the bases, jam-side up with the tops, cross-side up. Sprinkle with raspberries and white chocolate.

##### Step 3

Whisk the egg, milk, cream and sugar in a large bowl, then strain through a fine sieve into a jug. Pour the custard mixture evenly over the buns. Set aside for 15 mins to soak.

##### Step 4

Place the dish in a large roasting pan. Pour enough boiling water into the pan to come halfway up the side of the dish. Bake for 35-40 mins or until custard is just set. Set aside for 5 mins to cool slightly before serving. Serve with cream (if desired) enjoy!

