



Newsletter

August 2019

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

A word from our CEO, Helen Pollard



Welcome to August!

It is nice to see that the days are finally getting a little longer. As you will know, we are still experiencing cold weather, so I hope everyone is managing to keep your homes warm. I also hope you have managed to avoid one of the many cold and flu viruses that have hit Tasmania hard in 2019. This year's flu season has seen many of our staff off sick. This in turn impacts the scheduling of your services, so we apologise for those clients who have experienced last minute changes.

Building of our Independent Living Units (ILUs) is well underway!

If you come to the office, you will see that work has well and truly commenced on our ILUs! We are excited to see the progress. We have already sold two of the four units from the plans, and expect to have the other two sold in the coming months. If you are over 65 and looking to downsize, or are looking to live in the heart of Sorell, our ILUs are perfect for you! Contact Simon via reception on (03) 6269 1200 for more information.



Picture above: Here's a progress shot on one of our ILUs at the back of our Somerville Street office. It wasn't that long ago we had an empty field there - the team from Taswide Building are doing an amazing job!

Increase in fees as of 1 August 2019

As of 1 August 2019, the fees for most of our Programs increased. Those of you affected by these changes will have received information regarding the increase some time ago. We continually monitor our fees in line with our costs and aim to keep fee increases as reasonable as possible. As always, our priority is to deliver the highest quality services to our clients while managing industry changes to funding and policies.

Business Council of Sorell – looking to the future of the Sorell municipality

I was able to attend a Business Council of Sorell meeting in mid-July to hear about the future plans for development in the Sorell municipality. In the meeting, we heard about the plans for upgrading the roads, as well as housing and business developments planned for the next few years. It was useful to hear what growth is expected in the region and what impact this will have on the general area. If you would like more information, you can find updates on the Sorell Council website – Sorell Land Supply Strategy – www.sorell.tas.gov.au/planning-building/sorell-land-supply-strategy/.

We value your feedback

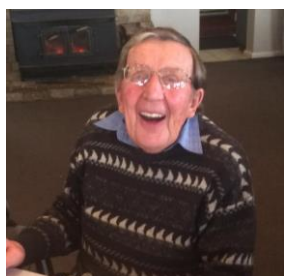
Please remember that we have "I have a Comment" feedback forms available for you to provide your feedback or comments to SEC Care. Forms are available through reception (we can post one out to you on request), or you can request one from your worker at any time. You can also provide feedback over the phone by calling reception or your Coordinator. If you have a compliment, we will pass it on to the appropriate staff (and make a note in their file). If you have a problem or complaint, we will address the issue immediately. Please remember that your feedback helps us improve the services we deliver to you and others.

Thank you to those clients who have taken the time to call our office to let us know what great work our staff are doing – I have sent many "thank you for what you do" letters to our Community Support Workers in recent months.

Thank you for your kind words

Christmas in July celebrations at the Day Centre!

Whoever said us Aussies can't enjoy a wintery Christmas clearly hadn't met our determined Day Centre Coordinators! A big thank you to our amazing Day Centre staff and volunteers, and the staff from Southern Lights Cafe in Kingston for putting on a special 'Christmas in July' celebration for our wonderful Day Centre clients last Thursday, 25 July - everyone had a ball...ble! **Pictures from the day below:**



Day Centre highlights coming up:

Sorell Day Centre:

- Friday, 16 August – trip to the Club Hotel in Glenorchy for lunch.
- Tuesday, 20 August – special outing to the movies to see The Lion King.
- Wednesday, 21 August – in house day at Sorell Day Centre – crafts, bingo and Diamond Art.

Orford Day Centre:

- Friday, 16 August – shopping trip to Eastlands and lunch at Moto Vecchia.
- Monday, 19 August – Fella's group outing to Kangaroo Bluff.
- Wednesday, 21 August – trip to Mt Nelson and lunch at the Fern Tree Tavern.

Brighton Day Centre:

- Thursday, 22 August – sing-a-long with Peter Campbell at the Tea Tree Hall.
- Tuesday, 27 August – special outing to the movies to see The Lion King.
- Thursday, 29 August – in house day at the Tea Tree Hall – scrapbooking, bingo and Diamond Art.

Saturday Outings:

- Saturday, 17 August – bus trip to Ouse and lunch at the Lachlan Hotel.
- Saturday, 24 August – bus trip to Swansea and lunch at the Bark Mill Café.
- Saturday, 31 August – bus trip to Kettering and lunch at the Oyster Cove Hotel.

Our Community

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



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. The Foot Clinic is for our clients and the community.

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

Fees: Pensioner: \$20.00 Private: \$55.00

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.

Generous anonymous donation of AFL tickets gives avid footy enthusiast the joy of watching a live game!

There was an anonymous donation made to SEC Care last week for two tickets to the Hawks vs Lions AFL game in Launceston.

This gave a wonderful opportunity to one of our NDIS participants, David, who is an avid football fan, to go up and see one of his first AFL games in his home state!

Needless to say, David had a wonderful time and was so grateful for being given the opportunity to go. A massive thank you to the kind and generous person who donated the tickets.



Picture above: NDIS Participant, David, having a wonderful time at the AFL in Launceston.

Come and see us at the 2019 Disability Expo!



The Speak Out Association of Tasmania's Disability Expo is back for another year, bringing together over 70 exhibitors from around Southern Tasmania! SEC Care participates in these Expos every year and always has a great time meeting new people, seeing familiar faces and networking with other organisations.

WHEN: Thursday, 29 August 2019 – 10:00am – 5:00pm at the Derwent Entertainment Centre.

Get the hair salon experience in the comfort of your home!

Call qualified hairdresser, Karla, on **0420 583 370** to make an appointment.



INDEPENDENT LIVING UNITS NOW SELLING

4 x Two bedroom units in the heart of Sorell

- + Landscaped, maintained gardens
- + Air conditioning and all white goods included
- + Level access, architecturally designed for comfort
- + Safe, supported environment
- + Easy access to services, shops and amenities
- + Building commencing July 2019

Quality Community Care



Recipe of the Month

French onion daube (beef stew) with grilled cheese toast

Spring might be knocking on the door, but the temperature in Tassie tells us we are still in the heart of winter.

This French beef stew classic ticks all the boxes when it comes to providing some comfort on those chilly nights! Plus who doesn't love incorporating cheesy bread into their dinner?!

Ingredients:

- 3 tablespoons extra virgin olive oil
- 800g gravy beef, trimmed, cut into 4cm pieces
- 3 large brown onions, thinly sliced
- 2 teaspoons caster sugar
- 2 tablespoons plain flour
- 2 tablespoons brandy (optional)
- 3/4 cup dry red wine
- 1 cup beef stock
- 3 celery stalks, thinly sliced
- 2 large carrots, cut into 1cm thick slices
- 2 large parsnips, cut into 2cm pieces
- 1 fresh rosemary sprig
- 1 dried bay leaf
- 200g baguette, thinly sliced
- 60g butter, softened
- 1 cup grated gruyere or tasty cheese
- Chopped fresh chives, to serve.

Method:

Step 1

Preheat oven to 160C/140C fan-forced. Heat 1 tablespoon of oil in a large ovenproof saucepan over high heat. Add beef. Cook, stirring, for 3 to 4 minutes or until browned. Transfer to a plate.

Step 2

Heat remaining oil in the pan over medium-low heat. Add onion and sugar. Season with salt. Cook, stirring, for 8 to 10 minutes or until onion caramelises. Add flour. Cook, stirring, for 1 minute. If your pan starts to stick, add some red wine to de-glaze the pan.

Step 3

Gradually start adding the brandy and wine then stock, stirring until sauce is smooth. Stir in celery, carrot, parsnip, rosemary and bay leaf. Bring to the boil. Season with salt and pepper. Cover. Bake for 1 hour 30 minutes or until beef is tender.

Step 4

Spread baguette slices with butter. Increase oven to 220C/200C fan-forced. Remove and discard rosemary sprig and bay leaf. Arrange bread, butter-side up and slightly overlapping, over beef mixture.

Sprinkle with cheese. Bake for 20 minutes or until cheese is melted and daube is bubbling around the side. Sprinkle with chives. Serve and enjoy!

