



Newsletter

December 2017



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

A word from our CEO, Helen Pollard



Hello and welcome to the last newsletter for 2017. It is hard to believe yet another year is coming to an end! Our Day Centre Staff are preparing for the big Christmas Lunch, which now has well over 100 people confirmed attending. We are pleased to be using the recently upgraded Sorell Bowls Club for this function – it is great to be able to use a local Sorell venue – it will be a wonderful celebration.



Denise, 'little Santa' and Audrey at the Day Centre Christmas Party last year!

Reflection

Upon reflecting on 2017, the organisation has had a busy and successful year. We have moved premises to a much more visible location (which we can proudly call our own), we have breathed new life into a landmark building in the Sorell community (the old Sorell Council Chambers) and we have upgraded the garden and touched up the roof and building exterior to make our new home something the community can enjoy. We are proud to have contributed to improving the look and feel of one of the main streets in Sorell.

We had our Quality Review in September and have been given a clean bill of health, receiving our confirmation from the Aged Care Accreditation Agency that we will have our next full Quality Review again in three years' time.

Our Day Centres continue to grow in popularity – due to the success of the first overnight trip earlier in the year, we hosted another in October, which saw many clients spend a wonderful weekend on the East Coast of Tasmania.

Following the industry changes introduced by the government in February 2017, we have seen some growth in our Packaged Care Programs. The removal of caps to our organisation now means we are better equipped to serve our rural and regional communities. Ensuring we are well known and recognised in the community is what we have been working toward during this big time of change. This year, our organisation has been recognised for excellence – we were named finalists in the Telstra Business Awards and Community Achievement Awards – both Awards hold significant prestige in the community, earning our hard working team recognition within the Aged Care Industry and from other businesses and community groups.



I would like to finish the year with a big **thank you** to all of our amazing staff and volunteers who work seven days a week year in, year out. And thank you to all of you – our clients and families – for your support, as well as your feedback about our services. I wish you all the best for the festive season, and good health and happiness for the New Year.

FEE REVIEW

It is that time of year again when we review our fees. There will be a fee increase to our brokered providers, and to the hourly rates we charge to Packaged Care **Budgets**. We are also changing from a 'per visit' rate to an 'hourly rate' for Commonwealth Home Support **Program clients**. Those clients who are affected will receive a letter outlining new fees and/or changes. The revised fees will take effect on the 1st of February 2018. SEC Care has a fee waiver system which you can discuss with your coordinator at any time should you need.



Christmas period office hours

During the Christmas break, SEC Care offices are open the business days and closed all public holidays.

During business days, we will be open from **9:00am to 4:00pm**, with skeleton staff.



Day Centre highlights from last month

Saturday clients enjoyed two outings to **Bruny Island** in November, visiting the Fudge Factory and various other places around the beautiful southern island. Some of our clients have never been to Bruny before, so the trips were very exciting and all have had a wonderful time.



Clients from Prosser House at the Bruny Island Beer Garden.



Joy Boxell and volunteer Lorraine Gill at the Bruny Island Beer Garden.



A lovely group photo of Prosser House clients at Bruny Island.



Fred Davis and Amy French at the Bruny Island Chocolate Factory



Munchkins! Denise and Kathy at the Bruny Island Chocolate Factory



Margaret Hawkins with a friendly Nutcracker at the Bruny Island Chocolate Factory

Our Brighton Day Centre clients have been enjoying mystery bus trips with Denise. The last was to the Blow Hole at Eaglehawk Neck where they enjoy the sights and some tasty fish and chips.

Friday's group at Prosser House had been going to Sorell, but on Friday, 24th Nov, the Richmond Day Centre group, who meet at the Sorell Day Centre, came to Prosser House. The Richmond group enjoyed both having Cindy cook for them, and the drive to Orford.

On Monday, 27 November, Prosser House clients went on a bus trip to Mount Wellington. It was a beautiful clear day with great views of Hobart. After descending the pinnacle, the group went to a beautiful nursery in Fern Tree, followed by a delicious lunch at the Cascade Inn.

Clients from the Sorell and Brighton Day Centre enjoyed a visit from Advocacy Tasmania in the first week of December. Thank you to Advocacy for taking the time to come out and talk with our clients.

Entertainer, Peter Campbell, will be treating the Sorell and Brighton Day Centres to a show on Wednesday, 13 and Thursday, 14 December.



The SEC Care Day Centre Christmas lunch is just around the corner!



HO! HO! HO!

**You're invited to the
Day Centre Christmas Lunch**

**Date: Thursday, 21st December 2017
Time: 11am - 3pm**

**Sorell Bowls Club
11 Parsonage Pl, Sorell**

**Cost: \$20 per person
Transport available at additional
cost of \$10 per person**

**RSVP: Kathy or Denise
Ph: 0423 264 833
No later than 11th December**

Day Centre highlights at a glance:

Sorell Day Centre:

- Saturday, 16 December – Bus trip to Swansea and lunch at the Bark Mill.
- Thursday, 21 December – Day Centre Christmas lunch at the Sorell Bowls club!

Brighton Day Centre:

- Thursday, 14 December – Peter Campbell entertainment and bingo
- Thursday, 21 December – Day Centre Christmas lunch at the Sorell Bowls club!

Orford Day Centre:

- Monday, 11 December – bus trip to the Bush Garden in Buckland for morning tea.
- Thursday, 21 December – Day Centre Christmas lunch at the Sorell Bowls club!

Richmond Day Centre:

- Tuesday, 19 Dec – painting Xmas Nails!
- Thursday, 21 December – Day Centre Christmas lunch at the Sorell Bowls club!

Attention clients: The SEC Care Day Centres will be closed from Friday, 22 December until Sunday, 7 January 2018 – reopening on Monday, 8 January.



Our Community

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

For the love of dogs!

If you have ever been to one of our Day Centres, you may have joined in on a dog biscuit-making afternoon for our furry friends at the Dogs' Home of Tasmania. We sell the biscuits at our Somerville Street reception and all funds raised go towards sponsoring a kennel at the Dogs' Home. Recently, a small group from the Day Centre went to visit the Dogs' Home and deliver some dog biscuits for their Christmas stockings!



Picture left above: Mary Wells and Bev Burns in the SEC Care kennel. **Picture right above:** Leo getting kisses from a friendly puppy. **Picture right:** the Dogs' Home receiving our dog biscuits for Christmas.



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."

Peter McKinley, Dodges Ferry.

For Peter's contact details, please phone 03 6269 1200.

ATTENTION CLIENTS: Do you like to cook? We want your recipes!

There is an exciting project in the works for 2018, but we can't do it without you! We are looking for people to come forward with their best family recipes for a SEC Care cookbook we are looking to create as part of our 2018 community outreach. We are also inviting staff and carers to come forward with their recipes. Our goal for this project is to create a book that the whole SEC Care community has contributed to make. We also hope to feature the best recipes with professional photos. For more information, call Emily on 0417 399 227. To contribute your favourite recipe – email it to Emily at emily@secommunitycare.com.au.



Picture: This is Lisa! She loves to make peppermint-choc bliss balls! Do you have a recipe to share?



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

Rebekah Duharte is a qualified hairdresser with over 24 years experience. Rebekah is available on appointment to give you affordable cutting and styling in the comfort of your home!

If you are looking for VIP hair salon treatment without the stress, call Rebekah to discuss your options on 0406 756 874.

Rebekah Duharte
Hairstylist



Health, Wellbeing and Nutrition

Christmas Cheesecake

There is a cheesecake for any occasion, and this wonderful festive cheesecake has all Christmas colours and tastes sensational!

Ingredients:

- 200g packet digestive biscuits
- 85g unsalted butter, melted
- 500g cream cheese
- 100ml thickened cream
- 3 eggs
- 200g caster sugar
- 1 1/2 teaspoons vanilla bean paste*
- 300g sour cream
- 150g natural yogurt
- 300g frozen cranberries
- 2 tablespoons port
- 1 teaspoon arrowroot
- 8 small rosemary sprigs, dusted with icing sugar, to garnish



Cheesecake method:

Step 1 – Preheat oven to 180°C.

Step 2 – Process biscuits to fine crumbs in a food processor. Add butter and whiz to combine. Press evenly into the base of a 20cm spring-form cake pan and chill while you make the filling.

Step 3 – Place cheese, thickened cream, eggs, 100g caster sugar and 1 teaspoon of vanilla bean paste in the (cleaned) food processor, and process until smooth. Spread filling over biscuit base.

Step 4 – Bake for 30 minutes or until filling has set. Remove cake from oven and set aside to cool for 15 minutes.

Step 5 – Meanwhile, combine sour cream, yoghurt, another 50g caster sugar and remaining vanilla paste. Spread over cake, then return to oven for a further 10 minutes. Set aside to cool, then refrigerate for at least 4 hours or overnight.

Step 6 – Place remaining 50g sugar, cranberries and port in a saucepan over low heat. Cover and cook for 5 minutes. Remove lid and stir. Continue to cook until the cranberries give off their juice. Stir arrowroot into a dash of the juice, then add to pan with berry mixture and continue to cook until the mixture thickens. Remove from the heat and cool.

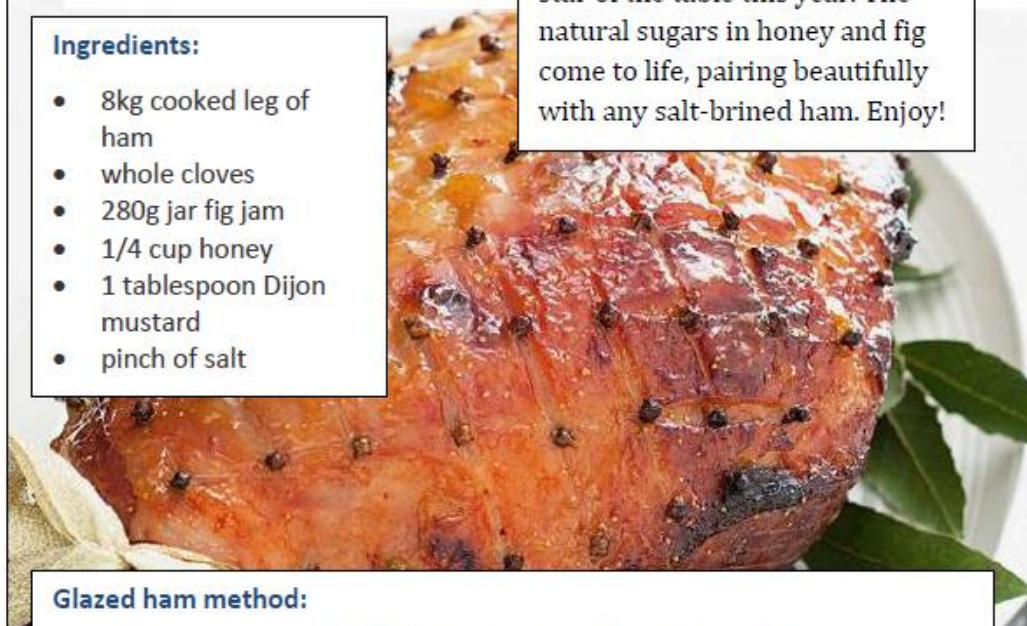
Step 7 – To serve, top cake with cranberry sauce and garnish with the dusted rosemary sprigs.

Christmas fig and honey glazed ham

This sweet and sticky glaze will make your Christmas ham the star of the table this year. The natural sugars in honey and fig come to life, pairing beautifully with any salt-brined ham. Enjoy!

Ingredients:

- 8kg cooked leg of ham
- whole cloves
- 280g jar fig jam
- 1/4 cup honey
- 1 tablespoon Dijon mustard
- pinch of salt



Glazed ham method:

Step 1 – Preheat oven to 180C/160C fan-forced. Cut through ham rind 8cm from shank. Run thumb underneath rind to separate from fat. Peel back, sliding fingers under the rind as you go and remove (see tip). Using a small sharp knife, score fat diagonally at 3cm intervals to form a diamond pattern, being careful not to score fat too deeply. Decorate with whole cloves. Wrap shank end in foil.

Step 2 – Place jam, honey, mustard and salt in a small saucepan over medium-high heat. Cook, stirring, for 5 minutes or until contents is melted.

Step 3 – Place ham on a wire rack in a roasting pan. Add boiling water to pan until it reaches 2cm up side of pan. Brush ham with 1/4 fig mixture. Bake, basting with remaining fig mixture every 20 minutes, for 1 hour 30 minutes or until ham is golden. Remove foil from shank and serve. Yum!