



Newsletter

December 2018

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

A word from our CEO, Helen Pollard



From everyone at SEC Care, Merry Christmas to all our clients and your loved ones!

We are fast approaching the end of the year and the festive season – I wish you all the best for this busy time spent with family and friends! Over the Christmas period, our office will be operating with shortened hours (more information below) Please note: domestic assistance and social support services that fall on a public holiday during the Christmas/

New Year period will be cancelled and not rescheduled. We ask that people plan ahead or seek alternative arrangements if they need assistance around this time.



Bushfire season in Australia

I expect most people will have seen the recent bushfire emergency in Queensland and closer to home in regional Victoria. Our thoughts are with those people who have lost homes and possessions, and thank you to those brave men and women who have fought the fires and assisted their communities. At this time please have a look at your fire emergency plans as we are also heading into a period of high fire risk in Tasmania.

Looking back on 2018

SEC Care has had another busy year of development and program growth. While the continual changes to government guidelines present us with many challenges, I expect that 2019 will be another year of growth and I am looking forward to seeing what the next year brings for the SEC Care community. As always our mission is to deliver individualised care and help 'our communities enjoy the life they want to live'.

Reduced hours at Christmas and New Year

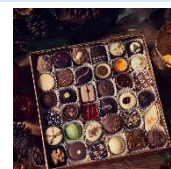
With the imminent arrival of the Festive Season, please be aware of the following changes to the Office hours (including Rostering) during the holiday period:

- Monday, 24 December 2018 – Office closed from 12pm
- Tuesday, 25 December 2018 – (Public Holiday) Office closed
- Wednesday, 26 December 2018 – (Public Holiday) Office closed
- Thursday, 27 December 2018 – Office open 10am–3pm
- Friday, 28 December 2018 – Office open 10am–3pm
- Monday, 31 December 2018 – Office open 10am–3pm
- Tuesday, 1 January 2019 – (Public Holiday) Office closed.

Reminder – if your domestic assistance or shopping visit falls on a public holiday over the Christmas/New Year period, it will be cancelled and not rescheduled. Please consider making alternative arrangements over the Christmas period.

Christmas gifts for SEC Care staff

During the festive season, you may want to thank staff who you have worked in your homes throughout the year. Please remember staff are **not allowed to accept gifts**, and accepting money could lead to termination of employment. Our staff do not wish to offend people by not accepting gifts. However, if money or substantial gifts are given they will be returned. As we understand that some people really want to give a gift. With consideration of this, staff are allowed to accept cards, chocolates, garden produce, and of course, a heartfelt "thankyou" now and any time!



Small gestures are okay: Staff members are allowed to accept Christmas cards, garden produce, chocolates, or a (of course!) heartfelt 'thank you' ☺.

Visit Times reminder

If you have cleaning or social support in particular, please leave an hour or two free either side of your allocated visit time. Even with a regular staff member, things can change quickly! Staff may have a visit cancelled at short notice and arrive to you earlier than expected, or have an emergency and arrive later than expected. While we aim to have as much regularity as possible, we unfortunately cannot guarantee your exact visit time each week/fortnight. Thank you for your consideration.

Celebrating 25 years at Prosser House!

On Tuesday, 20 November 2018, SEC Care hosted a 3-course luncheon to celebrate 25 years of the Prosser House Day Centre.

Over 100 people attended the event at the Orford Hall to celebrate and reminisce on 25 years of community spirit and togetherness in Orford.

The 3-course meal was prepared and served by SEC Care staff and volunteers, compliments of the Organisation.



Day Centre highlights coming up:

Sorell Day Centre:

- **Monday, 17 December – CLIENT CHRISTMAS PARTY!** North Hobart Bowls Club, 11:00am -3:00pm - \$20.00 per head. See page over for more information.

Day Centre closed as of Tuesday, 18 December 2018, reopening as of Wednesday, 2 January 2019.

Orford Day Centre:

- **Monday, 17 December – CLIENT CHRISTMAS PARTY!** North Hobart Bowls Club, 11:00am -3:00pm - \$20.00 per head. See page over for more information.

Day Centre closed as of Tuesday, 18 December 2018, reopening as of Wednesday, 2 January 2019.

Brighton Day Centre:

- **Monday, 17 December – CLIENT CHRISTMAS PARTY!** North Hobart Bowls Club, 11:00am -3:00pm - \$20.00 per head. See page over for more information.

Day Centre closed as of Tuesday, 18 December 2018, reopening as of Wednesday, 2 January 2019.

Richmond Day Centre:

- **Monday, 17 December – CLIENT CHRISTMAS PARTY!** North Hobart Bowls Club, 11:00am -3:00pm - \$20.00 per head. See page over for more information.

Day Centre closed as of Tuesday, 18 December 2018, reopening as of Wednesday, 2 January 2019.

Our Community

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



Have your feet 'summer-ready' with the SEC Care Foot Clinic!

Do you or someone you love have trouble with foot health and hygiene? Send them our way! 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 wonderful reception staff on (03) 6269 1200.

We provide:

- Feet cleaning
- Nail cutting
- Foot massage
- Moisturising
- Referrals.

The Peace of Christmas

By Catherine Pulsifer

As Christmas comes near the world changes
we see people's attitudes and caring ways.
People helping people really doing their best
To ensure this Christmas is one that will bring
happiness.

A time of the year when the heart is open
To help others and to love one another.
If only this attitude could last all year long
Our world would be so much more peaceful
And happiness would be for all.



For the love of dogs!

On Wednesday, 28 November the SEC Care Sorell Day Centre delivered a big hamper of gifts and treats for the orphaned dogs at the Dogs' Homes of Tasmania - a small comfort for the beautiful pooches while they wait for their forever homes this Christmas.

Pictures below:



Merry Christmas

CLIENTS CHRISTMAS PARTY

DATE: MONDAY 17/12/18

TIME: 11.00 am - 3.00pm

VENUE: NORTH HOBART BOWLS CLUB

MEAL COST: \$20.00

TRANSPORT AVAILABLE: \$15.00

ENTERTAINMENT: PETER CAMPBELL

RSVP -13th December

Denise - 0423 264 833

Kathy - 0427 804 600

LUCKY DOOR PRIZE/ RAFFLE



COME ALONG FOR A FUN DAY



Health, Wellbeing and Nutrition



Christmas ice-cream pudding

Hot Christmas pudding is all well and good, but when faced with a steamy Australian festive season, we think this recipe for ice-cream pudding is going to win the day!

Ingredients:

- 300g Christmas pudding
- 300g pitted fresh or frozen cherries, chopped
- 1/4 cup (60ml) kirsch or brandy
- 600g good-quality vanilla ice-cream, softened slightly
- Zest of one orange
- 1/3 cup chopped almonds
- 250g dark or milk chocolate, chopped
- icing sugar, maraschino or fresh cherries, to serve.



Method:

- 1: Line a 1 litre (4-cup) pudding basin with a double layer of plastic wrap or a single layer of freezer film, extending plastic about 5cm over edge of basin.
- 2: Break pudding into small pieces in a large bowl. Add cherries, brandy, orange zest and almonds; toss lightly to combine.
- 3: Fold ice-cream through pudding mixture in a large bowl. Spoon mixture into prepared pudding basin, pressing down firmly. Smooth top; cover with plastic wrap then foil. Freeze overnight.
- 4: Place chocolate in a medium heatproof bowl; stir over a medium saucepan of simmering water until just melted. Cool slightly.
- 5: Turn pudding out onto a chilled serving plate. Pour melted chocolate over pudding. Dust with icing sugar and top with cherries – it's that simple!



Maple honey mustard glazed ham

Ingredients:

- 100g (1/2 cup, firmly packed) brown sugar
- 80ml (1/3 cup) maple syrup
- 80ml (1/3 cup) honey
- 2 tbsp. Dijon Mustard
- 2 tbsp. salt
- 1 (8kg) whole leg ham, on the bone
- Whole cloves, to stud.



Method:

- 1: Stir the sugar, maple syrup, honey, salt and mustard in a bowl until the sugar dissolves.
- 2: Preheat oven to 170C. Line a large baking dish with 2 layers of non-stick baking paper. Place an oven shelf in the lowest position. Remove all other shelves. Use a sharp knife to cut around the shank of the ham, about 10cm from the end. Run a knife under the rind around edge of ham. Gently lift the rind off in 1 piece by running your fingers between the rind and the fat. Score the fat in a diamond pattern, about 5mm deep. Stud the centres of the diamonds with cloves. Transfer to prepared dish.
- 3: Brush one-third of the glaze over the ham. Bake, brushing with glaze every 25 minutes, for 1 hour 30 minutes.