



Newsletter

Feb-Mar 2017

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



A word from our CEO, Helen Pollard

We are on the move!

We are proud to announce that the renovation works at Somerville Street are completed, with the move set for the 21-22 February.

While this move to our own premises is exciting, it also comes with some degree of trepidation, as moving is never an easy or enjoyable task. Our admin, nursing and coordinator staff have taken the opportunity to have a big clean up, which has been a massive task. I would like to thank everyone for their efforts to date in preparing for the move.

Phone Numbers Staying the Same

All SEC Care phone numbers will stay the same with our relocation. In other words, you can still contact everyone you have previously using the same telephone numbers.

Community Events

I am pleased to see groups of staff becoming involved in a variety of community events. SEC Care has a growing group participating in the Cancer Council's Relay for Life in March and we have another group planning a stall at the Bream Creek Show. Encouraging staff to grow and to participate in events and charities is an important aspect of our role as a not-for-profit Organisation delivering services in the community. If you have any suggestions for events SEC Care staff could be involved with, please let us know.



Home Care Packages Funding Changes

As of the end of February, there will be changes to the funding of Commonwealth Home Care Packages (HCP). The changes will see funds being more mobile, and unallocated monies being returned to Commonwealth/client if a client leaves the program. If a client changes provider, unallocated money will go to the new provider. Our new agreements for HCPs reflect these changes. Additionally, SEC Care no longer has a 'set' number of HCPs available, we are simply an 'approved provider', which means anyone who has been approved to access a HCP may request services from us (or any approved provider of their choice). These changes are in line with the Government's move towards Consumer Directed Care. At SEC Care, we believe the choice-driven model fits extremely well with our way of doing business, as we believe empowering clients and the community is important.

SEC CARE MOVING HEAD HEADQUARTERS ON 21-22 FEBRUARY 2017

As this newsletter finds its way into your letterbox, we will have started planning our move into Somerville Street. Our official move will happen over the days **Tuesday and Wednesday, 21-22 February**. We look forward to the exciting changes ahead and to providing our services out of our new head quarters at 12 Somerville Street, Sorell.

Payment Due on the Blue

To avoid confusion around your billing, we have colour-coded our statements and invoices.

The invoice shows the services provided to you for the month and the statement is the summary of all invoices owing on your account.

We have colour-coded your statements in blue and this is the document that states the amount to pay. In short, payment due on the blue.

Australia Day Awards – Congratulations to the SEC Care volunteers!

Congratulations to the SEC Care volunteers for being nominated as the Sorell Community Group of the Year! A number of SEC Care volunteers and staff attended the Sorell Municipality Australia Day ceremony at Sorell RSL to receive the award and enjoy the festivities. The evening filled everyone with pride, with many stories and examples of the generous community spirit in Tasmania and Australia, making us indeed the Lucky Country.

A Day at the Gardens!

Our SEC Care Day Centres have had a busy start to the year, with many outings around our beautiful state. Last month, our Sorell Day Centre spent a lovely day at the Royal Tasmanian Botanical Gardens.



Pictured above: Our wonderful Sorell Day Centre clients Gloria, Bev, Jean and Max taking in the tranquillity of the conservatory at the Gardens.

Zane's Story (Words by Cheryl)

"It can be challenging getting to know people and as I am new to Prosser House, I've been working hard getting to know

everyone. I especially wanted to establish a rapport with Zane (pictured) and I really wanted to find something that would interest him. After some investigating, I discovered that he liked balloons! I knew a neat science trick to do with balloons, so I thought I'd give it a go. With Zane's assistance we put some vinegar into a plastic bottle, put some bi-carb soda in a balloon, placed the balloon over the bottle then lifted up the balloon, when the bi carb soda mixed with the vinegar it made the balloons blow up! Zane was so amazed and thought it was awesome! Mission accomplished!" – Cheryl, Prosser House Day Centre Coordinator.



Pictured above: SEC Care volunteers and staff members at the Sorell Australia Day Awards ceremony at the Sorell RSL on Wednesday, 25



Pictured: Prosser House (Orford) Day Centre client Zane experimenting with balloons.

Come and join the fun at our SEC Care Day Centres!

Grow your social life with the team at the SEC Care Day Centres! We have three locations at Brighton, Orford and Sorell with calendars jam-packed full of activities, outings and events. To inquire about joining one of our Day Centre groups, phone either Kathy on 0427 804 600 or Denise on 0423 264 833.



Brighton Day Centre Calendar for Feb-Mar 2017

Mon	Tue	Wed	Thu	Fri	Sat	Sun
(Feb) 13 – PUBLIC HOLIDAY Hobart Regatta Day	14 – Tuesday Bus Outing – lunch at Levendale. Valentine’s Day theme (dress to impress in red!) Time: 10:00am – 3:00pm. Meal at own cost (\$20.00).	15	16 – In house day at Pontville Day Centre. Activity: Scrapbooking. Time: 10:00am – 3:00pm.	17– Friday bus trip to the Wagon and Horses for lunch (Hobart). Time: 10:00am – 3:00pm. Meal at own cost.	18	19
20	21 – Tuesday Bus Outing – trip the Blow Hole for site-seeing and fish and chips. Time: 10:00am – 3:00pm. Meal at own cost.	22	23 – In house day at Pontville Day Centre. Activity: Puzzles and games. Time: 10:00am – 3:00pm.	24 – Friday bus trip to the Dunalley Golf Club for lunch. Time: 10:00am – 3:00pm. Meal at own cost.	25	26
27	28 – Tuesday Bus Outing – Eating with Friends at Sorell School. Meal cooked by students. Time: 10:00am – 3:00pm.	(Mar)1	2 – In house day at Pontville Day Centre. Activity: Bingo! Time: 10:00am – 3:00pm.	3 – Friday bus trip and Chinese for lunch. Time: 10:00am – 3:00pm. Meal at own cost.	4	5
6	7 – Tuesday Bus Outing – Shopping at Eastlands, followed by lunch. Time: 10:00am – 3:00pm. Meal at own cost.09	8	9 – In house day at Pontville Day Centre. Activity: Scrapbooking and games. Time: 10:00am – 3:00pm.	10 – Friday bus trip to the Black Buffalo for lunch. Time: 10:00am – 3:00pm. Meal at own cost.	11	12
13 – PUBLIC HOLIDAY– 8 Hour Day (Labour Day).	14 – Tuesday Bus Outing. Activity: TBA Time: 10:00am – 3:00pm. Meal at own cost.	15	16 – In house day at Pontville Day Centre. Activity: Bus trip to Ouse for St Patrick’s Day celebrations! Wear green! Time: 10:00am – 3:00pm. Meal and bus at own cost (\$20.00).	17– Friday bus trip. Activity: TBA Time: 10:00am – 3:00pm. Meal at own cost.	18	19

A Friendly Reminder about In Home Services

When receiving in home care and domestic assistance it is important that clients are present in the home. If your circumstances change and you are not going to be home for domestic assistance, please ring our rostering team to reschedule an appointment, as workers are not allowed in a client’s home if there are not present. Thank you.

Richmond Day Centre

The Richmond Day Centre is now operating out of the Sorell (Somerville Street) Day Centre. If you wish to speak to someone about the Richmond Day Centre, call our Day Centre Manager, Michelle, on 6269 1264.

Sorell Day Centre Calendar for Feb-Mar 2017

Mon	Tue	Wed	Thu	Fri	Sat	Sun
(Feb) 13 – PUBLIC HOLIDAY Hobart Regatta Day.	14 –Tuesday Bus Outing – lunch at Levendale. Valentine’s Day theme (dress to impress in red!) Time: 10:00am – 3:00pm. Meal at own cost (\$20.00).	15 – In house day at Somerville Street Day Centre. Activity: Scrapbooking. Time: 10:00am – 3:00pm.	16	17 – Friday bus trip to the Wagon and Horses for lunch. Time: 10:00am – 3:00pm. Meal at own cost.	18 – Men’s Gathering. Activity: Bus trip to Orford for lunch. Time: 10:00am – 3:00pm. Meal at own cost.	19
20	21 – Tuesday Bus Outing – trip the Blow Hole for site-seeing and fish and chips. Time: 10:00am – 3:00pm. Meal at own cost.	22 – In house day at Somerville Street Day Centre. Activity: Puzzles and Games. Time: 10:00am – 3:00pm.	23	24 – Friday bus trip to the Dunalley Golf Club for lunch. Time: 10:00am – 3:00pm. Meal at own cost.	25	26
27	28 – Tuesday Bus Outing – Eating with Friends at Sorell School. Meal cooked by students. Time: 10:00am – 3:00pm.	(Mar) 1 – In house day at Somerville Street Day Centre. Activity: Bingo! Time: 10:00am – 3:00pm.	2	3 – Friday bus trip and Chinese for lunch. Time: 10:00am – 3:00pm. Meal at own cost.	4 – Men’s Gathering. Activity: TBA Time: 10:00am – 3:00pm. Meal at own cost.	5
6 – PUBLIC HOLIDAY– 8 Hour Day (Labour Day).	7 – Tuesday Bus Outing – Shopping at Eastlands, followed by lunch. Time: 10:00am – 3:00pm. Meal at own cost.	8 – In house day at Somerville Street Day Centre. Activity: Scrapbooking and games Time: 10:00am – 3:00pm.	9	10 – Friday bus trip to the Black Buffalo for lunch. Time: 10:00am – 3:00pm. Meal at own cost.	11	12
13	14 – Tuesday Bus Outing. Activity: TBA Time: 10:00am – 3:00pm. Meal at own cost.	15– In house day at Somerville Street Day Centre. Activity: St Patrick’s Day celebrations! Wear green! Time: 10:00am – 3:00pm.	16	17– Friday bus trip. Activity: TBA Time: 10:00am – 3:00pm. Meal at own cost.	18 – Men’s Gathering. Activity: TBA Time: 10:00am – 3:00pm. Meal at own cost.	19



Orford Day Centre Calendar for Feb-Mar 2017

Mon	Tue	Wed	Thu	Fri	Sat	Sun
(Feb) 13 – PUBLIC HOLIDAY Hobart Regatta Day.	14 –Tuesday Bus Outing – lunch at Levendale. Valentine’s Day theme (dress to impress in red!) Time: 10:00am – 3:00pm. Meal at own cost (\$20.00).	15 –Bus trip to Salamanca for lunch. Time: 10:00am – 3:00pm. Meal at own cost.	16 – In house day at Prosser House Day Centre Activity: Card games and bingo. Time: 10:00am – 3:00pm. Meal at own cost.	17 – Bus trip to Northgate for shopping and lunch (bus fare \$25.00). Time: 10:00am – 3:00pm. Meal at own cost.	18	19
20	21	22 – In house day at Prosser House Day Centre. Activity: Card games and quizzes. Time: 10:00am – 3:00pm.	23 – Bus trip to Richmond Arms for lunch and sight-seeing around Richmond (bus fare \$15.00). Time: 10:00am – 3:00pm. Meal at own cost.	24 – In house day at Prosser House Day Centre. Activity: Library visit. Time: 10:00am – 3:00pm.	25	26
27 – Monday group bus trip to Cambridge and Bunnings shopping. Lunch at Gourmet Seafoods (bus fare \$25.00). Time: 10:00am – 3:00pm. Meal at own cost.	28	(Mar) 1 – Bus trip to Swansea and lunch at the Bark Mill (bus fare \$15.00). Time: 10:00am – 3:00pm. Meal at own cost.	2 – In house day at Prosser House Day Centre. Activity: Dustpan golf and memory lane crossword. Time: 10:00am – 3:00pm.	3 – Bus trip to Cambridge for a shop and take-away lunch from the Sorell Café in the park (bus fare \$15.00). Time: 10:00am – 3:00pm. Meal at own cost.	4	5
6 – In house day at Prosser House Day Centre. Activity: TBA Time: 10:00am – 3:00pm.	7– Tuesday Bus Outing – Shopping at Eastlands, followed by lunch. Time: 10:00am – 3:00pm. Meal at own cost.	8 – In house day at Prosser House Day Centre. Activity: Card games, bingo and memory lane crosswords. Time: 10:00am – 3:00pm.	9 – Bus trip the Buckland Bush Garden followed by lunch at Road House the park (bus fare \$10.00). Time: 10:00am – 3:00pm. Meal at own cost.	10 – In house day at Prosser House Day Centre. Activity: Dustpan golf, threading spaghetti. Time: 10:00am – 3:00pm.	11	12
13	14	15 – Mystery bus trip. Activity: TBA Time: 10:00am – 3:00pm.	16 – In house day at Prosser House Day Centre. Activity: TBA Time: 10:00am – 3:00pm.	17– Mystery bus trip. Activity: TBA Time: 10:00am – 3:00pm.	18	19

Want to join in? Call our Prosser House Day Centre Coordinator, Cheryl, on 0438758927.

Health, Wellbeing and Nutrition



Easy Yogurt Cake

This recipe has been tried and tested as a simple, healthy and delicious cake to enjoy with fresh summer fruits over the warmer months! If you have a recipe you would like to share with the SEC Care community, please let one of our friendly staff members know!

Ingredients

- 250 grams of any flavour yogurt (I find flavoured Greek yogurt to be the best)
- 3 eggs
- 1/2 cup vegetable oil
- 1 cup sugar
- 1 1/2 cups of plain flour
- 1 tablespoon baking powder
- powdered sugar (optional)
- fresh fruit (optional)
- 8 inch greased cake pan (20 centimetres)



Instructions

1. Heat oven to 180°. Grease an 8 inch cake pan.
2. In a medium bowl, using a hand mixer on medium speed, lightly beat eggs (approximately 30 seconds) then add oil, sugar and yogurt – beat for another minute until smooth, then add flour and baking powder and beat until well combined (approximately another minute).
3. Pour into your greased cake pan and bake for 35-40 minutes or until cooked through (when toothpick or fork inserted into the cake comes out clean). When cool, sprinkle with powdered sugar and add your favourite fruit and berries! Enjoy!