



Newsletter

February 2018

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

A word from our CEO, Helen Pollard



Welcome to February

As the year moves into February, I hope you enjoyed the warmer weather we had during January, and managed to stay reasonably comfortable. There certainly was some days where the best place to be was out of the sun!

SEC Care community projects

SEC Care is always looking for ways to enhance the services we deliver to the community. The latest project we have undertaken is the transformation of the cottage next to our Somerville Street building into a community space. Once complete, this space will serve two purposes; the first is a SEC Care Nursing Clinic and the second is an office for our growing Disability Services. Look out for your invitation to the opening of the new space in the coming months!

Another minor project we have completed is the building of a fence around the large tree on the corner of Somerville and Gordon Streets.

Unfortunately over the years the roots of the tree have lifted pavers to the point that they have become a trip hazard for pedestrians. Luckily, the fence looks quite pretty and certainly reduces the risk to those who use the footpaths.

Looking to the future

We have nearly been at our Somerville Street office for a whole year and the building certainly feels like 'home' for those of us who are office based. Work is underway to plan for our next Financial Year, with our Department Heads deliberating what improvements and goals they will aim for over next twelve months. We expect more changes from the Federal Government, with the latest development being the Revised (draft) Aged Care Quality Standards. These Standards will replace the current Home Care Standards (which we meet for CHSP services) and are available on the Australian Government, Department of Health, website for any interested parties to read. If you have difficulties accessing the internet, I am happy to organise a copy of the Draft Standards to be sent to you (either electronically or in hard copy). Please issue your request via reception.

Feedback Form

With this newsletter, you will receive our feedback "I Have a Comment" form and a return envelope. You can use the form now, or you can keep it for future use. I encourage you to give us your feedback – compliments are great for staff to hear and if you have an issue that could be improved, you will be helping not just yourself, but other clients in our service. Your feedback and comments help us to evaluate and improve what we do.



The cottage next to our Somerville Street office.



Picture: the new wooden fence around the large tree outside our Somerville Street office.

Day Centre highlights from last month

In late January, the Day Centres got into the spirit of Australia Day by holding BBQ lunches, as well as a sing-a-long with entertainer Peter Campbell!



Day Centre staff, Michelle and Tanya, were manning the BBQ on Australia Day for the clients at the Sorell Day Centre!



On Saturday, 27 January, the Saturday group went on a trip down to the Ida Bay Railway to see the sites and enjoy lunch. A few of the clients even went down to the bay and dipped their toes in the water!



Picture above left: Joy Brotton dipping her toes in at Ida Bay – look at that water!

Picture above right: Nina Banks and Margaret Haines enjoying a coffee at the Ida Bay Railway Cafe.

Overnight trip was a huge success

Kathy, Denise, Audrey and our wonderful volunteer, Trish went to Devonport on Friday, 9 February for two nights. Over 40 clients took part in the weekend away, with feedback suggesting everyone had a ball. The weekend away trip included visits to: Chudleigh Honey Farm, Tazmazia, Ashgrove Cheese, and a free tasting at chocolate shop at Sheffield. Check out the next client newsletter for photos!

For the diaries: Prosser House Open Day

Prosser house will be having an open day on Tuesday, 20 March from 10am-3pm. Come along and meet our friendly Day Centre staff, and enjoy a BBQ lunch.

Day Centre highlights coming up:

Sorell Day Centre:

- Friday, 23 February – Bus trip to the Horseshoe Inn for lunch
- Saturday, 24 February – Bus trip to the Tahune Airwalk in Geeveston
- Wednesday, 7 March – In house day, featuring a visit from a professional photographer.

Brighton Day Centre:

- Tuesday, 20 February – Bus trip to the Horseshoe Inn for lunch
- Saturday, 3 March – Bus trip to the Tahune Airwalk in Geeveston
- Friday, 9 March – Eating with Friends at the Sorell School.

Orford Day Centre:

- Wednesday, 21 February – Bus trip to Shoobridge Park in Austins Ferry for a BBQ (weather permitting)
- Thursday, 1 March – Bus trip to New Norfolk
- Friday, 2 March – Bus trip to Pontville
- Thursday, 15 March – Bus trip to Wicked Cheese in Richmond.

Richmond Day Centre:

- Thursday, 1 March – DJ day! Bring your favourite record!
- Monday, 5 March – Bus trip to Richmond for lunch and a walk
- Thursday, 8 March – In house day – who am I games

Foot Clinic every Wednesday

Our Community

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

Thank you to the Midway Point Indoor Bowling Club for their generosity

It's a sad day when you have to say goodbye to your local sports club, but one local group kept their chins up when their declining numbers forced them to close their doors for good. The dedicated team at the Midway Point Indoor Bowls Club chose to preserve the club's legacy by using the leftover funds from their treasury to purchase much-needed equipment for our Day Centres.

SEC Care Day Centre Coordinator, Kathy Maas, said the Day Centre team was thrilled with the donation of two portable frying pans.

Picture: Midway Point Indoor Bowling Club - Front - Doug, Ralph, Dawn, Back - Dianne, Kathy (of SEC Care) and Helen.



Come visit SEC Care at the Wellness Expo!

SEC Care will be attending the Wellness Expo on Saturday, 3 March at Princes Wharf on the Hobart waterfront.

This Expo will focus on health, fitness and wellbeing, and will feature over 100 stalls! If you're thinking of attending, make sure you look out for the SEC Care stall, which will be close to the entrance.

Wellness Expo

Date: Saturday, 3 March **Time:** 10:00am – 4:00pm

Place: Princes Wharf no. 1, Hobart Waterfront



WELLNESS EXPO

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 home-cooking recipes for a SEC Care cookbook we are looking to create as part of our 2018 community outreach. We will also be 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. The creators of the best recipes will have their recipes featured in the book. For more information, call me on 0417 399 227. To contribute your favourite recipe – email it to me at emily@secommunitycare.com.au.



Rebekah Duharte

Hairstylist

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

Rebekah Duharte is a qualified hairdresser with over 24 years of experience. Rebekah is available by 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.**

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. **UPDATE:** I can now convert old VHS videotapes to digital so they can be viewed on smart phones and digital TVs!" – **Peter McKinley, Dodges Ferry.**

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

Health, Wellbeing and Nutrition

Homemade tomato pasta sauce

For all you green-thumb gardeners out in the community, now is the time to start harvesting your beautiful home-grown tomatoes – but what to do with them all?! Make pasta sauce of course! Bellissima!

Ingredients:

- A 'two second pour' of olive oil
- 1 large brown onion
- 4 cloves of garlic
- 2kgs of fresh tomatoes, diced (peel if desired)
- 1 cup of red wine (a soft blend like merlot or cab sav is suitable)
- Fresh basil
- Fresh parsley
- Fresh thyme (optional)
- 2 fresh mild chillies (optional)
- Salt and pepper to seasoning preference.



Method

1. Heat the oil in a large saucepan, cook the onion until it begins to brown. If it starts to burn, add a swish of red wine and stir. Once the onion has cooked for about 10 minutes add your garlic and fresh chilli (if you've opted for the more flavoursome option). Stir through for two minutes, adding water or wine to prevent sticking if necessary.
2. Add the tomatoes, salt, pepper and wine and simmer uncovered for about 15 minutes then turn the heat to low and add your fresh herbs.
3. After another 10 minutes, add another two second pour of your favourite olive oil and put aside.
4. Serve with pasta (or whatever you want!) and a yummy parmesan cheese.

