



Newsletter

February 2019

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

A word from our CEO, Helen Pollard



Cooler weather welcome

As autumn draws near, we have experienced some much-welcomed cooler weather, and according to the news, this has assisted to ease the pressure on our hard working Tasmanian Fire Fighters. Hopefully by next month, the bush fires will be long

behind us and recovery efforts will have started. Our Maintenance Officer, Rob, is a Volunteer Fire Fighter in his 'spare' time and has spent many days and nights since the New Year fighting fires across Tasmania. I would like to thank Rob, and all the other volunteer and career Fire Fighters who have spent so much time protecting our communities over summer.

SEC Care and you

Our Coordinators and Community Support Workers are working hard to streamline a number of processes in the office. Our hope is that this will assist us to admit clients and services more effectively, ensuring wait times are short. In addition, our Rostering team have done a lot of work to improve staff schedules, which will over time will give you greater consistency with workers and visit times.

SEC Care Expo recognised

I was pleased to attend Sorell Council's Australia Day celebrations on Thursday, 24 January, where we were honoured to have our Community Expo nominated for Community Event 2019. There were many wonderful community groups, volunteer groups and individuals recognised at the evening celebration for their outstanding work in our communities. Congratulations to the South East Suns Truck Show for winning Event of the Year, and to all the other Australia Day Award winners. **Picture right: Helen Pollard with Sorell Mayor Kerry Vincent.**



Aged Care Royal Commission

Most of you will have heard news about the Aged Care Royal Commission. All aged care providers, residential and community, across the country have received a request to provide information from the past five years, including incidences of sub-standard care and complaints, how we dealt with any such instances and what system improvements we instituted. Providers have also been asked for suggestions on how services could be improved, and examples of innovation and good practice. The Commission's final report is due in April 2020. South Eastern Community Care provided a response to the Commission, which held its first public hearing (a Directions Hearing) on Friday 18 January. That hearing outlined how the Commission will be conducted. If you or your family have any concerns about the care you (or your loved one) is receiving, please contact myself or a member of your care team. In the first instance, your queries can be directed to any of our Coordinators, via 62691200. If you prefer or feel more comfortable, you can directly contact the following agencies for advice and support:

- **Older Persons Advocacy Network:** www.opan.com.au/advocacy or 1800 700 600
- **Aged Care Quality & Safety Commission:** www.agedcarequality.gov.au, 1800 951 822, info@agedcarequality.gov.au.

We believe the attention the Commission will bring to aged care can be harnessed for the good of all Australians. At SEC Care, we remain committed to providing the highest quality care and services to our clients and their families. Please know we are here to support you and answer any concerns you may have with the issues raised during this time.



Land of 'fire and ice'

Remarkable snowfall recorded in the Central Highlands (this image is from Mt. Mawson) in early February has been an unusual welcome this summer.

A beautiful new home for the Brighton Day Centre!

The Brighton Day Centre recently moved to the beautiful Tea Tree Hall. On Thursday, 24 January the group had a wonderful day enjoying their new space and celebrating Australia Day – see photos below:



Day Centre highlights coming up:

Sorell Day Centre:

- Saturday, 23 February – Trip to Bothwell and lunch at the Bothwell Castle Hotel.
- Wednesday, 27 February – In house day at Sorell Day Centre – scrapbooking, bingo and diamond art.
- Friday, 1 March – Monday, 4 March – Weekend away to Launceston and St Helens!

Orford Day Centre:

- Monday, 25 February – Men's group trip to the Cascade Brewery
- Wednesday, 6 March – trip to Port Arthur for sightseeing and lunch.
- Friday, 8 March – trip to Northgate for shopping and lunch.

Brighton Day Centre:

- Thursday, 28 February – In house day at the Tea Tree Hall – scrapbooking, bingo and diamond art.
- Friday, 1 March – Monday, 4 March – Weekend away to Launceston and St Helens!
- Tuesday, 19 March – Trip to Eaglehawk Neck for sightseeing and fish and chips.

Tuesday Outing Group

- Tuesday, 26 February – Trip to Huonville for lunch and sightseeing.
- Friday, 1 March – Monday, 4 March – Weekend away to Launceston and St Helens!
- Tuesday, 19 March – Trip to Oatlands for lunch and sightseeing.

Our Community

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

Community Nurses at SEC Care:

Ready to look after you in the comfort of your home or the SEC Care 'Little House' Clinic

SEC Care Community Nurses are highly experienced, qualified, caring and compassionate professionals.

Our Community Nurses can come see you in the comfort of your home, or you can visit them in our 'Little House' Clinic (opposite Banjos) in Sorell.

Community Nurses provide the following services:

Continence and catheter management, wound care, diabetes management, medication management, IV therapy, palliative nursing, chronic disease management and health promotion.

Access to the SEC Care Community Nursing service is by referral from health professionals, referral agencies and self-referrals. Call us today to discuss your options – (03) 6269 1200.



Little furry friends looking for a loving home!



Maureen Parsons has a number of show-winning guinea pigs that she is looking to rehome. These

little furry friends can provide great company and are easy to maintain.

If anyone would like further information please contact Maureen on richmaureen76@bigpond.com.

Fun competition!

The Disability Services department have moved office and are now positioned in the third office from the front entrance. Sacha and the team now have more wall space, so they would like everyone to participate in a photo competition!

The photos can include you doing something in your home and/or community. The winner will receive a \$50 Wish gift card. **Don't be shy – we're not!** >> Photos can be sent or dropped into reception, addressed to Sacha. Good luck!



Have your feet pampered at 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) and in Triabunna. The Foot Clinic is for everyone in the community.

Spread the news to your friends and family! 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
- corn and callous reduction
- nail cutting and filing
- foot massage
- moisturising
- referrals.

Recipe of the Month

Valentine's Day Special: Persian Love Cake

**Roses are red, violets are blue
This cake is gorgeous, and so are you!**

The Persian Love Cake is the perfect healthy, easy-to-make treat to show that special someone just how much they mean to you.

Ingredients:

Cake batter:

- 200g butter, softened
- 3/4 cup brown sugar
- 3 eggs
- 1 1/2 cups self-raising flour
- 3/4 cup almond meal
- 2 teaspoons finely grated orange rind
- 2/3 cup orange juice
- 1 tablespoon rosewater
- 1 teaspoon ground cinnamon
- 1/4 teaspoon ground cardamom

Orange icing:

- 1 cup icing sugar mixture
- 1 tablespoon orange juice

Cake toppings:

- 3 tablespoons pistachio kernels, roughly chopped
- Edible dried rose petals (optional), to serve
- Orange zest
- 300ml natural yogurt, mixed with a tablespoon of honey, to serve.



Method:

Step 1

Preheat oven to 180C/160C fan-forced. Grease a 22cm baba pan.

Step 2

Using an electric mixer, beat the butter, brown sugar, eggs, flour, almond meal, orange rind and juice, rosewater, cinnamon and cardamom on low speed for 1 minute or until just combined. Increase speed to medium. Beat for 3 to 4 minutes or until well combined.

Step 3

Pour mixture into prepared pan. Level top. Bake for 45 to 50 minutes or until a skewer inserted into cake comes out clean. Stand in pan for 5 minutes. Turn the cake out onto a wire rack lined with baking paper to cool completely.

Step 4

Make orange icing. Place icing sugar in a bowl. Make a well. Add orange juice. Mix until smooth and combined.

Step 5

Place cake on a serving plate. Spoon over icing. Sprinkle with pistachio, rose petals, if using, and orange zest. Stand for 30 minutes or until set. Serve with honeyed yogurt and love! Enjoy!

