



Newsletter

January 2019

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

A word from our CEO, Helen Pollard



Happy New Year!

I hope you all have settled into a routine again now the busy Festive Season has come to a close. And, of course, I hope you are going well sticking to those New Year Resolutions!

*HAPPY
New Year*
★ 2019 ★

Prepare for bushfire - Protect what matters to you



Know your bushfire risk. Make a plan.

Prepare your property, prepare a bushfire survival plan, prepare yourself and your family for bushfire.

For more information

www.fire.tas.gov.au | 1800 000 699



Tasmania Fire Service

Fire season – are you prepared for an emergency?

We have had a number of hot days with high fire dangers in the area. Please think about your personal emergency plans and make sure your family are aware of your plans as we head into the hotter and more dangerous part of summer in Tasmania. For more information on how to be prepared for an emergency, visit the Tasmanian Fire Service website - www.fire.tas.gov.au.

Growth at South Eastern Community Care

Over the past 12 months, SEC Care has grown. This means we now have more staff supporting more clients, covering more areas in Southern Tasmania. In 2019, we are excited to be supporting people from Murdunna on the Tasman Peninsula, to Sandy Bay near the heart of Hobart, to Austins Ferry on the Derwent River, as well as up the Derwent Valley to places like New Norfolk and Oatlands, and over to the south east coast to places like Triabunna and Orford (and everywhere in-between)!

We value your feedback

If you have any comments, concerns or ideas, please do not hesitate to let us know. You can pass your feedback on via your Coordinator or through reception. Your compliments boost morale, and voicing your concerns or issues help us to better your experience with our services.

Foot Clinic now available in Triabunna

Our Foot Clinic is now being offered in Triabunna, as well as our popular Sorell 'Little House' Clinic. This exciting milestone is hopefully the first of many, as we look to offer this service in a range of areas in Southern Tasmania. I am pleased that we have such an enthusiastic and supportive team of staff who continue to find new ways to support people in their homes and communities.



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.

Client Christmas Party at the North Hobart Bowls Club

On Monday, 17 December 2018, SEC Care hosted our annual client Christmas Party. With increasing numbers, pushing us out of local venues, we made the decision to host the special event at the North Hobart Bowls Club.

The Day Centre team spent the Sunday before setting tables, preparing food and decorating the room until it was fit for all the SEC Care kings and queens!

Live music had everyone dancing, endless Christmas raffles made everyone a winner, Christmas costumes made the room pop with red and green and delicious food had everyone well-fed and satisfied. Guests were even treated to a surprise silly performance by the energetic Day Centre team! It was certainly a day to remember. Thank you to everyone who came along and enjoyed the fun. **Pictures from the day below:**



Day Centre highlights coming up:

Sorell Day Centre:

- Wednesday, 30 January – In house day at Sorell Day Centre – crafts, bingo and Diamond Art.
- Saturday, 2 February, Bus trip to Ouse for lunch and sightseeing.
- Saturday, 9 February – Bus trip to New Norfolk Hotel for lunch and sightseeing.

Orford Day Centre:

- Monday, 4 February – Men's Group – Mystery outing!
- Thursday, 14 February – Mystery Valentine's Day celebrations!
- Friday, 15 February – In house day at Prosser House Day Centre – quiz games and storytelling.

Brighton Day Centre:

- Tuesday, 5 February – Mystery bus trip!
- Thursday, 14 February – In house day at Brighton Day Centre (Tea Tree Hall) Valentine's Day celebrations!
- Thursday, 21 February – In house day at Brighton Day Centre (Tea Tree Hall) making dog biscuits and scrapbooking.

Richmond Day Centre:

- Tuesday, 29 January – In house Day at Sorell Day Centre – crafts and storytelling.
- Monday, 4 February – In house Day at Sorell Day Centre – quizzes and games.
- Thursday, 14 February – Valentine's Day Celebrations!

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.



Getting physical with SEC Care!

SEC care continues to offer a range of fun services to our NDIS participants. Participant, Patrick Ransley, (pictured left rock-climbing) is working on his goals of improving his muscle strength and balance, as well as accessing the community and building new friendships. WELL DONE Patrick! Nothing is off the table – talk to us today about how we can work together to achieve your goals!

LIFE IS SHORT; PLAN AHEAD

COMMUNITY INFORMATION DAY

Come along and hear valuable information on topics such as

- LEGAL AID TASMANIA: Wills, Enduring Powers of Attorney and Enduring Guardianship
- COTA: Aged Care Know How: get the inside word
- PALLIATIVE CARE TASMANIA: Advance Care Planning; start talking about whats important to you
- DEPT HEALTH AND HUMAN SERVICES: Centrelink considerations and financial information

PALLIATIVE CARE TASMANIA

Will host this day long event at

Criterion House (adjacent to Mathers House)
Mathers Lane, Hobart

Date: Tuesday 12 February, 10am - 3.30pm

Lunch and refreshments provided



For more information and to book your place (RSVP is required for catering purposes) please call Stefany on 0455 032 730 or email stefany.wunsch@pct.org.au

Health, Wellbeing and Nutrition

Moroccan roast chicken with apricot and pistachio couscous stuffing

Apricots are a-plenty in people's backyards and in the markets, so now is the time do something creative with them! This delicious, simple summertime recipe is perfect for entertaining and is great as leftovers!

Ingredients:

- 1/3 cup (65g) couscous
- 1/4 cup (60ml) olive oil
- 2 spring onions, finely sliced
- 1 clove garlic, crushed
- 1/2 cup of fresh apricots, chopped
- 2 tablespoons pistachios, coarsely chopped
- 2 tablespoons fresh mint, finely chopped
- 2 tablespoons fresh coriander, finely chopped
- 1 1/2 tablespoons lemon juice
- 1 Free Range Egg, lightly whisked
- Extra Large Whole Chicken
- Salt and pepper
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1/4 teaspoon ground cinnamon
- 1 tablespoon honey
- 1 red capsicum, seeded, coarsely chopped
- 1 red onion, cut into wedges
- 500g pumpkin, peeled, cut into wedges
- 2 zucchini, halved lengthways, coarsely chopped
- Flat-leaf parsley leaves, to serve.



Method:

Step 1

Preheat oven to 180c. Place couscous in a small bowl. Pour over 1/3 cup (80ml) boiling water. Cover and set aside for 5 minutes to absorb. Fluff grains with a fork. Set aside to cool completely.

Step 2

Meanwhile, heat 2 teaspoons oil in a small frying pan. Add the spring onion and cook, stirring, for 2 mins. Add garlic and cook for 1 minute. Transfer to a large bowl. Add apricot, pistachio, mint, coriander, 1 tablespoon lemon juice and couscous. Add egg, season with salt and pepper and stir to combine. Using your fingers, gently separate the skin from the breast of the chicken to form two pockets. Carefully spoon the stuffing under the skin, pushing it evenly over the entire breast. Tie chicken legs with kitchen string and place in a roasting pan.

Step 3

Place remaining olive oil, lemon juice, cumin, coriander, cinnamon, and honey in a bowl. Whisk to combine. Pour half the marinade over the chicken and roast for 1 hr. Arrange the capsicum, onion, pumpkin and zucchini around the chicken. Pour over remaining marinade and toss to coat. Roast for a further 45 mins or until chicken is cooked through and vegetables are tender and caramelised. Set chicken aside for 10 minutes to rest. Divide chicken and vegetables among serving plates. Sprinkle with parsley leaves to serve. Yum yum, enjoy!

