



# Newsletter

## July – August 2017

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



### A word from our CEO, Helen Pollard



#### **Changes to Home Care Packages (HCP) and the SEC Care Kiosk**

With the changes to Home Care Packages (HCP), SEC Care has slightly increased the number of clients we can support under this Commonwealth Funded program. So far, it seems that new clients are managing to find the information they

need to access our services. However, if people do need help, we have a space at our Somerville Street premises to assist people in accessing My Aged Care, as well as information on other services available in Sorell and the surrounding areas. This service at our 'SEC Care Kiosk' does not replace a My Aged Care Assessment, but our friendly staff are happy to help people find information on how to access aged care services. We want to live up to our vision statement – "Helping our communities enjoy the life they want to live," which includes helping people find information on appropriate care and services.



#### **WHS Audit**

SEC Care is undertaking a Workplace Health and Safety (WHS) Audit during July and August. Completed by external consultants, this Audit reviews staff knowledge, management team roles, policies and procedures, training records and our general processes for ensuring staff safety. We hope to gain some useful insights and ideas on how we can continue to improve what we do and make sure clients and staff are safe.

#### **To our wonderful clients, thank you**

Thank you for your ongoing support of SEC Care. Please remember that you are welcome to give us your feedback any time. You can give feedback in writing, via email, or over the phone. We take all comments on board – compliments boost staff morale and constructive criticism helps us identify areas where we can improve what we do.

### Sorell Red Cross Morning Tea

On Thursday, 21 September at 10:00am, the **Sorell Red Cross Friends Group** will be holding a morning tea in the Fraser Room of Uniting Agewell, Sorell.

The morning tea will include a trade table, a raffle and a lucky door prize.  
Admission is \$5.

If you're interested in attending, please **RSVP to Marilyn Jones on 6265 1320 by Friday, 15 September 2017.**



the  
power of  
humanity



## Two special birthdays in June at the SEC Care Day Centre! 😊



**Pictured left:** Recently we said goodbye to our good friend and Day Centre client Jack Shadforth.

Lucky for Jack, his last week with us also fell on his birthday, so he received an extra big cake!

We wish Jack and his family all the best for his next chapter.

**Pictured right:** Margaret Baldwin from the Brighton Day Centre recently celebrated her 90th birthday with us.

Congratulations to Margaret for her impressive milestone!



### Queen's birthday celebrations in June!

**Pictured left above:** Hector and Kathy – aka the King and Queen of the SEC Care Day Centre!

**Pictured right above:** Queen's Birthday celebrations with Queen Nancy, Queen Kathy and Queen Shirley.



### Bus trip to Franks Cider, Franklin

**Pictured above:** Day Centre clients enjoying lunch at Frank's Cider in Franklin on Saturday, 10 June.



## 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 enquire 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 Jul – Aug 2017

Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>(Jul) 10</b>	<b>11 – Tuesday Bus Outing – trip to Huonville and the Internet Café for lunch.</b> Time: 10:00am – 3:00pm Meal at own cost	<b>12</b>	<b>13 – In house day at Pontville Day Centre.</b> Activity: Craft day! Time: 10:00am – 3:00pm	<b>14</b>	<b>15</b>	<b>16</b>
<b>17</b>	<b>18 – No bus outing today.</b>	<b>19</b>	<b>20 – *Special Event* Christmas in July at the Great Lakes!</b> Cost: \$20.00 for lunch. Time: 9:00am – 5:00pm	<b>21</b>	<b>22</b>	<b>23</b>
<b>24</b>	<b>25 – Tuesday Bus Outing – Mystery bus trip!</b> Time: 10:00am – 3:00pm Meal at own cost	<b>26</b>	<b>27 – In house day at Pontville Day Centre.</b> Activity: Scrapbooking – bring your photos! Time: 10:00am – 3:00pm	<b>28</b>	<b>29</b>	<b>30</b>
<b>31</b>	<b>(Aug) 1 – No bus outing today.</b>	<b>2</b>	<b>3 – In house day at Pontville Day Centre.</b> Activity: Magazine scavenger hunt! Time: 10:00am – 3:00pm	<b>4</b>	<b>5</b>	<b>6</b>
<b>7</b>	<b>8 – Tuesday Bus Outing – shopping and lunch at Eastlands!</b> Time: 10:00am – 3:00pm Meal at own cost	<b>9</b>	<b>10 – In house day at Pontville Day Centre.</b> Activity: TBA Time: 10:00am – 3:00pm	<b>11</b>	<b>12</b>	<b>13</b>

## SAVE THE WOMBATS!

Donate your unwanted 4ltr ice-cream and 2ltr juice/milk container lids to make treatment flaps for wombats suffering mange. These essential items can be dropped off at the Animal Tuckerbox in Hobart – 170 Murray Street.



## Community Expo 2017 – save the date!

Plans are in place for the 2017 SEC Care Community Expo – this year the Expo will be held on Saturday, 22 October from 11am – 2pm. Be sure to put it in your diary for a day of family fun, free food and information stalls!

## Sorell Day Centre Calendar for Jul – Aug 2017

Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>10</b>	<b>11</b>	<b>12</b> – In house day at Somerville Street Day Centre. <b>Activity:</b> Craft day! <b>Time:</b> 10:00am – 3:00pm	<b>13</b>	<b>14</b> – Friday bus trip to Kingston and lunch at Southern Light Café. <b>Time:</b> 10:00am – 3:00pm Meal at own cost	<b>15</b> – Saturday outing – bus trip to Nubeena and lunch at the Nubeena Tavern. 10:00am – 4:00pm approx Meal at own cost	<b>16</b>
<b>17</b>	<b>18</b>	<b>19</b> – Centre closed today (bus trip to Great Lakes tomorrow).	<b>20</b> – *Special Event* <b>Christmas in July at the Great Lakes!</b> <b>Cost:</b> \$20.00 for lunch. <b>Time:</b> 9:00am – 5:00pm	<b>21</b> – In house day at Somerville Street Day Centre for a toasted meal. <b>Time:</b> 10:00am – 3:00pm Meal \$5	<b>22</b> – Saturday outing – bus trip to the Bothwell Hotel for lunch. <b>Time:</b> 10:00am – 4:00pm approx Meal at own cost	<b>23</b>
<b>24</b>	<b>25</b>	<b>26</b> – In house day at Somerville Street Day Centre. <b>Activity:</b> Scrapbooking – bring your photos! <b>Time:</b> 10:00am – 3:00pm	<b>27</b>	<b>28</b> – Friday bus trip to the Beltana at Lindesfarne for lunch. <b>Time:</b> 10:00am – 3:00pm Meal at own cost	<b>29</b> – Saturday outing – bus trip to Ouse and the Lachlan Hotel for lunch. <b>Time:</b> 10:00am – 4:00pm approx Meal at own cost	<b>30</b>
<b>31</b>	<b>(Aug) 1</b>	<b>2</b> – In house day at Somerville Street Day Centre. <b>Activity:</b> Magazine scavenger hunt. <b>Time:</b> 10:00am – 3:00pm	<b>3</b>	<b>4</b> – Friday bus trip to the Sandbar Café in Lauderdale. <b>Time:</b> 10:00am – 3:00pm Meal at own cost	<b>5</b> – Saturday outing – bus trip to Swansea and the Bark Mill Tavern for lunch. <b>Time:</b> 10:00am – 4:00pm approx Meal at own cost	<b>6</b>
<b>7</b>	<b>8</b>	<b>9</b> – In house day at Somerville Street Day Centre. <b>Activity:</b> TBA <b>Time:</b> 10:00am – 3:00pm	<b>10</b>	<b>11</b> – Friday bus trip to the Silver Pearl for lunch. <b>Time:</b> 10:00am – 3:00pm Meal at own cost	<b>12</b> – Saturday outing – TBA. <b>Time:</b> 10:00am – 4:00pm approx Meal at own cost	<b>13</b>

## Firearm Amnesty 2017

**NATIONAL FIREARMS  
AMNESTY**  
JULY – SEPT 2017

Australia's National Firearms Amnesty runs from 1 July to 30 September 2017. The aim of the amnesty is to give the public a chance to register or sell their firearms without questions asked. This is to improve public safety by reducing the number of unregistered firearms and firearm-related articles in our community.

For more information, visit [www.firearmsamnesty.ag.gov.au/Pages/Tasmania.aspx](http://www.firearmsamnesty.ag.gov.au/Pages/Tasmania.aspx).



**Australian Government**  
A joint Australian, state and territory  
government initiative

## Richmond Day Centre

The Richmond Day Centre is now operating out of the Sorell (Somerville Street) Day Centre. This is an intimate smaller group that operates different programs on certain days of the week. See the calendar below for further details. If you wish to speak to someone about the Richmond Day Centre, call Audrey on 0407 219 312 or Libby on 0400 007 721.

## Richmond Day Centre calendar for Jul – Aug 2017

Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>10 – Men's Day – trip to the Richmond Arms for lunch.</b> Time: 10:00am – 3:00pm Meal at own cost	<b>11 – Ladies' Day – In house day at Somerville Street.</b> Time: 10:00am – 3:00pm Lunch provided	<b>12</b>	<b>13 – In house day for Richmond Group (at Sorell Day Centre).</b> Lunch provided Time: 10:00am – 3:00pm	<b>14 – Young group – trip to the Richmond Café for lunch.</b> Time: 10:00am – 3:00pm. Meal at own cost	<b>15</b>	<b>16</b>
<b>17 – Men's Day – In house day at Somerville Street.</b> Time: 10:00am – 3:00pm Lunch provided	<b>18 – Ladies' Day – trip to the Glenorchy RSL for lunch.</b> Time: 10:00am – 3:00pm Meal at own cost	<b>19</b>	<b>20 – Bus trip to Kempton for lunch.</b> Time: 10:00am – 3:00pm Meal at own cost	<b>21 – Young group – In house day at Somerville Street.</b> Time: 10:00am – 3:00pm Lunch provided	<b>22</b>	<b>23</b>
<b>24 – Men's Day – trip to Risdonvale for lunch.</b> Time: 10:00am – 3:00pm Meal at own cost	<b>25 – Ladies' Day – In house day at Somerville Street.</b> Time: 10:00am – 3:00pm Lunch provided	<b>26</b>	<b>27 – In house day for Richmond Group (at Sorell Day Centre).</b> Lunch provided Time: 10:00am – 3:00pm	<b>28 – Young group – trip to the movies and lunch.</b> Time: 10:00am – 3:00pm Movie and meal at own cost	<b>29</b>	<b>30</b>
<b>31 – Men's Day – In house day at Somerville Street.</b> Time: 10:00am – 3:00pm Lunch provided	<b>(Aug) 1 – Ladies' Day – trip to Salamanca and the wharf for a walk and lunch.</b> Time: 10:00am – 3:00pm Meal at own cost	<b>2</b>	<b>3 – Bus trip to the Richmond Café for lunch.</b> Time: 10:00am – 3:00pm Meal at own cost	<b>4 – Young group – In house day at Somerville Street.</b> Time: 10:00am – 3:00pm Lunch provided	<b>5</b>	<b>6</b>
<b>7 – Men's Day – trip to Lark Distillery for lunch.</b> Time: 10:00am – 3:00pm Meal at own cost	<b>8 – Ladies' Day – In house day at Somerville Street.</b> Time: 10:00am – 3:00pm Lunch provided	<b>9</b>	<b>10 – In house day for Richmond Group (at Sorell Day Centre).</b> Lunch provided Time: 10:00am – 3:00pm	<b>11 – Young group – motorcycle trivia and movies.</b> Time: 10:00am – 3:00pm Meal at own cost	<b>12</b>	<b>13</b>

Stay warm  
this winter!



## Orford Day Centre Calendar for Jul – Aug 2017

Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>(Jul) 10</b> – Bus trip to the Richmond Arms for lunch. <b>Time:</b> 10:00am – 3:00pm Meal at own cost	<b>11</b>	<b>12</b> – In house day at Prosser House Day Centre. <b>Activity:</b> Puzzles and games. <b>Time:</b> 10:00am – 3:00pm	<b>13</b> – Bus trip to Sorell for shopping and lunch. <b>Time:</b> 9:30am – 3:00pm Meal at own cost	<b>14</b> – In house day at Prosser House Day Centre. <b>Activity:</b> Library visit and games. <b>Time:</b> 10:00am – 3:00pm	<b>15</b>	<b>16</b>
<b>17</b>	<b>18</b>	<b>19</b> – Bus trip to Sorell for shopping and lunch. <b>Time:</b> 10:00am – 3:00pm Meal at own cost	<b>20</b> – In house day at Prosser House Day Centre. <b>Activity:</b> Card games and memory lane crossword. <b>Time:</b> 10:00am – 3:00pm	<b>21</b> – Bus trip to Moonah for bowling and lunch at the Carlyle Hotel. <b>Time:</b> 10:00am – 3:00pm Meal at own cost	<b>22</b>	<b>23</b>
<b>24</b> – In house day at Prosser House Day Centre <b>Activity:</b> Memory lane crossword and games. <b>Time:</b> 10:00am – 3:00pm	<b>25</b>	<b>26</b> – In house day at Prosser House Day Centre. <b>Activity:</b> Various activities. <b>Time:</b> 10:00am – 3:00pm	<b>27</b> – Bus Trip to the Penitentiary Chapel and the Black Buffalo for lunch. <b>Time:</b> 9:30am – 3:00pm Meal at own cost	<b>28</b> – In house day at Prosser House Day Centre <b>Activity:</b> Memory lane crossword and puzzles. <b>Time:</b> 10:00am – 3:00pm	<b>29</b>	<b>30</b>
<b>31</b>	<b>(Aug) 1</b> – In house day at Prosser House Day Centre. <b>Activity:</b> Various activities. <b>Time:</b> 10:00am – 3:00pm	<b>2</b> – Bus trip to Kempton and lunch at Mood Food. <b>Time:</b> 10:00am – 3:00pm Meal at own cost	<b>3</b> – In house day at Prosser House Day Centre. <b>Activity:</b> Card games, bingo and memory lane crosswords. <b>Time:</b> 10:00am – 3:00pm	<b>4</b> – Bus trip to Bicheno and the Pondering Frog for lunch. <b>Time:</b> 10:00am – 3:00pm Meal at own cost	<b>5</b>	<b>6</b>
<b>7</b> – Mystery bus trip! <b>Time:</b> 10:00am – 3:00pm Meal at own cost	<b>8</b>	<b>9</b> – In house day at Prosser House Day Centre. <b>Activity:</b> Card games and bingo. <b>Time:</b> 10:00am – 3:00pm	<b>10</b> – In house day at Prosser House Day Centre <b>Activity:</b> Puzzles and games. <b>Time:</b> 10:00am – 3:00pm	<b>11</b> – In house day at Prosser House Day Centre. <b>Activity:</b> Library visit. <b>Time:</b> 10:00am – 3:00pm	<b>12</b>	<b>13</b>

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

### A friendly reminder about in-home services

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 the client is not present. Thank you.



# Health, Wellbeing and Nutrition

## Cauliflower, potato and chickpea curry

### Ingredients

#### Spices

- 2 tbsp. curry powder
- 3 tsp. ground cumin
- 2 tsp. ground cardamom
- 2 tsp. ground coriander seeds
- 2 tsp. mustard seeds
- 1 tsp. turmeric powder
- 1 tsp. chilli powder (or more if desired)
- 2 tsp. salt
- 2 tbsp. olive oil

#### Main ingredients

- 700g potatoes, diced into 2cm cubes
- 1 large brown onion, finely diced
- 3 cloves of fresh garlic
- 500g of cauliflower, chopped into small florets
- 1 can of chickpeas
- 1 can of diced tomatoes
- 1 can of coconut milk

#### Rice

- 2 cups of basmati rice
- 2 tbsp. cumin seeds (optional)
- 1 tbsp. olive oil

#### Garnish

- Fresh coriander
- Fresh lemon juice
- Greek style yogurt (if desired)



### Instructions

**Step 1** – Place oil in a large hot pot, add diced onion and cook until soft and brown. Add garlic and all your spices and stir for 3 minutes. If spices stick, check your temperature and add a small amount of water.

**Step 2** – Stir through your raw potato until it's well coated in your spice mix. After two minutes, pour some of the chickpea liquid from the can into the pot, followed by the chickpeas and cauliflower.

**Step 3** – Once the vegetables are partially cooked, add the diced tomatoes and coconut milk. Leave to simmer for 50-60 minutes.

**Step 4** – While waiting for the curry to finish, organise your rice: put a smaller pot on the stove and add olive oil. Once hot, add your cumin seeds, followed by your cups of rice. Quickly stir until the rice is coated in the seeds and oil. 1 minute later, add water and a pinch of salt. Because we are using the absorption method of cooking rice, make sure the water level is about a thumbnail over the rice (approx. 4 cups of water). Leave to cook over medium heat for 9 minutes, then turn off the heat and allow the rice to steam for another two minutes. Make sure you don't take the lid off or stir the rice until the steaming is complete.

**Step 5** – Serve hot with a squeeze of lemon juice, fresh coriander and a dollop of yogurt (if desired).

