



Newsletter

July 2018

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

A word from our CEO, Helen Pollard

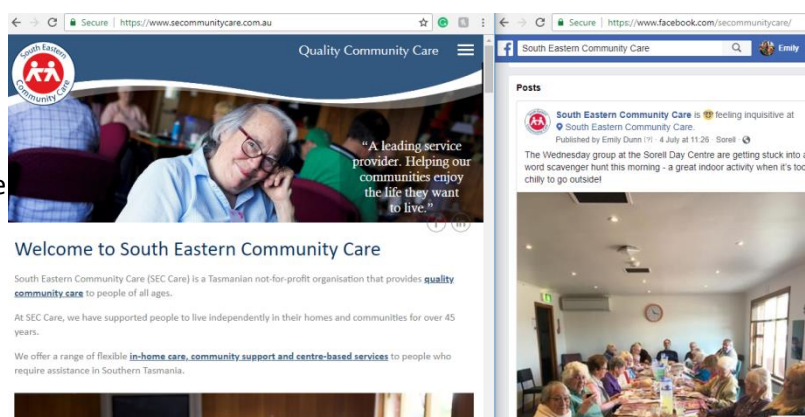


Growth at SEC Care

South Eastern Community Care is currently experiencing growth, with our annual income this Financial Year looking to be significantly higher than the previous year. Our increased income has been as a result of more clients and services. We are currently looking at where the growth has occurred to make sure our systems are able to support our growing operations, now and into the future. There is also an ongoing need for us to keep up with industry changes, changes in Government requirements and guidelines, as well as new program opportunities. With growth there is also a need for new staff. Please note that any new employment opportunities are placed on our website. If you are aware of anyone looking for employment, make sure they check our website to see if their skills and knowledge match available positions.

Online resources with SEC Care

Our website is a user-friendly source of information concerning all things SEC Care. If you are on Facebook, the SEC Care Facebook page is a great way to keep up with all the social and community-based activities we are involved in. If you need assistance with accessing the internet, please talk to your coordinator about the support services available through SEC Care.



Picture right: a glimpse of the SEC Care website and Facebook page.



SEC Care is a Finalist in the 2018 Telstra Business Awards!

I am pleased to announce that for the second consecutive year, South Eastern Community Care is a Finalist in the Telstra Business Awards! Members of our Board, Management Team and staff will attend a dinner in late July where the overall winners of each category will be announced. The Telstra Business Awards are the premier business award program in Australia and we are proud to be recognised as a Finalist. This accolade allows us to showcase the incredible job our staff and volunteers undertake in our communities every day.

Feedback reminder

Please remember that we value your feedback. If you have anything you wish to say, please let us know via email, phone or on a Feedback Form.

If you have an issue, letting us know will help you and possibly others. If you have a compliment, it helps boost staff morale. If you would like us to send you a Feedback form, please phone reception and we will send one out to you.



Good luck Jaimie!

Our beloved CSW Jaimie Lord is officially on maternity leave, awaiting a beautiful baby boy!

Jaimie wishes to thank all her clients for their well wishes and she looks forward to sharing the news (and beautiful baby photos we hope!) of baby 'Doran' when he arrives in August.

We wish Jaimie and her family all the best for the exciting month ahead.

Picture left: Jaimie on her last day.

Day Centre highlights from last month

What better way to spend a cold day in winter than by getting creative indoors!

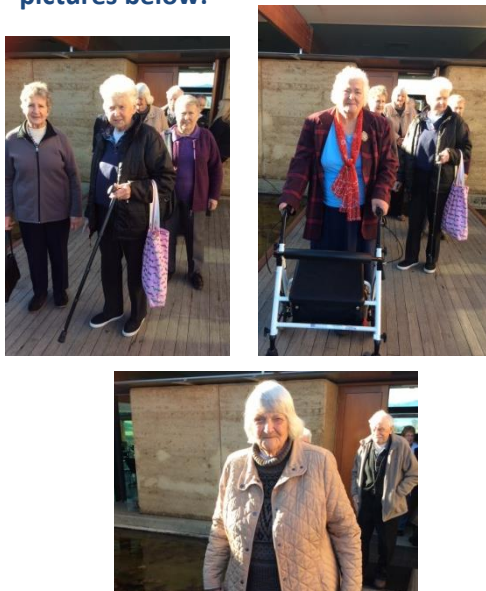
Pictures below: Brighton Day Centre clients with their crafty creations!



Sorell Day Centre trip to the Salmon Ponds in June 2018 – pictures below:



Day out at Home Hill Winery – June 2018
pictures below:



IN JULY
YOU ARE INVITED

DATE: 26th July 2018
RSVP: 16th JULY 2018
NAME:
VENUE: CYGNET TOP HOTEL
TIME: 12.00pm-2.30pm
COST: \$25.00 per person
2 COURSE MEAL + TEA COFFEE
BUS COST: \$15.00

Day Centre highlights coming up:

Sorell Day Centre:

- Wednesday, 25 July – International Day of Friendship! In house Day at Sorell Day Centre
- Thursday, 26 July – Christmas in July celebrations in Cygnet! (see flyer for details)
- Friday, 27 July – trip to Northgate for lunch and shopping.

Orford Day Centre:

- Friday, 20 July – trip to Bicheno for lunch and sightseeing
- Wednesday, 25 July – trip to the Swansea Bark Mill for lunch
- Monday, 30 July – trip to Claremont for shopping and lunch at the Claremont Hotel.

Brighton Day Centre:

- Tuesday, 24 July – trip to White Wall Kitchen for lunch
- Thursday, 26 July – Christmas in July celebrations in Cygnet! (see flyer for details)
- Thursday, 2 August – in house day at Brighton Day Centre.

Richmond Day Centre:

- Monday, 30 July – trip to Blue Waters in Orford for lunch
- Tuesday, 7 August – trip to the Marquis Hotel in Hobart for lunch
- Monday, 13 August – trip to Buckland and lunch at the Buckland Roadhouse.

Our Community

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



Do you have trouble reaching your feet? Come and see us at the SEC Care Foot Clinic!

The SEC Care Foot Clinic is now operating out of the 'Little House' (opposite Banjos, next to our office at Somerville Street) to help you with all your foot-hygiene needs. We can:

- Clean your feet
- Cut your nails
- Provide relief through therapeutic foot massage
- Moisturising of the feet and legs
- Referrals to podiatrists if necessary

Foot Care is for any age/anyone and there are subsidised prices available for pensioners. To book an appointment, **contact Tanya Cleary via reception on 6269 1200.**

Food for thought – self care this winter

Self-care involves very simple, day-to-day actions you can practice to keep you feeling good throughout the winter. Actions around self care can have a positive impact on your body, mind, mood and everyday life.

Some think of self care as pampering, such as getting massages, pedicures and taking holidays. However, there are self care strategies that can be incorporated into your daily lifestyle.

One way of exploring your own self care practice is to record the following seven categories and make notes as to what actions you can take for each of them:

- Physical self-care
- Emotional self-care
- Spiritual self-care (nature, awe, rituals)
- Intellectual self-care (creativity, career, etc)
- Social self-care (outside family)
- Relational self-care (significant others)
- Safety & security self-care.

We all make excuses that prevent us from giving ourselves permission to practice more self care – time, money, competing priorities, putting others first, fatigue... and so on. Remember – you have permission to prioritise your own wellbeing.

"There's only one corner of the universe you can be certain of improving, and that's your own self," – Aldous Huxley.



FREE COMMUNITY EVENT



National Disability Insurance Scheme (NDIS) information session

When: Monday, 23 July 4:00pm-5:30pm

Where: South Eastern Community Care Activities Centre, 12 Somerville Street, Sorell (opposite Banjos)

The event is suitable for people considering the NDIS, people transitioning to the NDIS, carers, support staff, educators, health professionals and interested members of the community.

Entertainment Books for 2018-19 are still available through SEC Care!

We still have a number of Entertainment Books available for purchase. The books have over \$20,000 worth of savings and only cost \$70! \$14 from each book goes towards the sponsorship of our kennel at the Dogs' Home of Tasmania. The Entertainment Books are a cost-effective way to save money throughout the year – for more information, or to view a book, visit our reception, or to order online, visit the link:

www.entertainmentbook.com.au/orderbooks/9383w24.

Visit our lovely ladies at reception to see all the amazing savings and prizes available through the Entertainment Book!



Health, Wellbeing and Nutrition

Beef ragu with potato gnocchi

Don't let the title of this recipe discourage you – it is surprisingly easy to make! Lucky for us, these days you can find pre-made potato gnocchi in your local supermarket (cuts out all the hard work!) and it tastes just as good as the homemade version if you cook it properly.

Beef ragu is a beautiful dish to eat at this time of the year and it is also a great meal to stick in the freezer to save for a cold night when you need a quick {comfort food} fix!

Ingredients:

- Olive oil
- 600g of Gravy Beef (or equivalent diced
- 6 pancetta slices, finely chopped
- 1 brown onion, finely chopped
- 1 large carrot, peeled, finely chopped
- 2 celery sticks, finely chopped
- 2 garlic cloves, crushed
- 1 cup (250ml) dry red wine
- 2 x 400g cans diced tomatoes
- 2 dried bay leaves
- 1 tablespoon finely chopped oregano
- 2 teaspoons finely chopped thyme
- 500g of Potato Gnocchi
- Chopped parsley, to serve.
- Shaved parmesan, to serve.

Method:

Step 1

Heat the oil in a large pot over high heat. Add the beef and cook for 2 mins each side or until brown all over.

Step 2

Add pancetta, onion, carrot, celery and garlic to pan. Cook, stirring for 5 mins or until onion softens. Add wine. Bring to the boil. Cook for 2 mins or until liquid reduces by half. Add tomato, bay leaves, oregano and thyme.

Step 3

Cook, covered, for 4 hours on high (or 6 hours on low) or until the beef is very tender. Use tongs to transfer the beef to a bowl. Coarsely shred. Return the beef to the pot and season with salt and pepper until satisfied.

Step 4

Cook gnocchi in a large saucepan of boiling water following packet directions or until al dente. Drain. Divide among serving bowls. Spoon over ragu. Sprinkle with parsley and parmesan. It's that simple! Enjoy!

