



Newsletter

July 2019

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



A word from our CEO, Helen Pollard



Winter greetings to you all!

I hope you are all keeping warm over the winter period! It has certainly been a cold one!

Picture right: a frosty morning at the Richmond Bridge in late June 2019. Image courtesy of ABC Hobart.



Flu season has hit hard – apologies to those effected

This year has been a particularly bad year for flu-and illness, and we have been no exception, with many lost hours due to staff sickness. We strongly encourage staff to not work when they are unwell. This is for the protection of all clients and families – we don't want our workers to bring infections into your homes. Flu season has placed a big strain on our resources and I apologise for those last minute cancellations or changes which many have had to contend with. Thank you to everyone for your patience and understanding during this time. As many of you would be aware, this year has seen large amounts of people across the country contract influenza- with over 1000 cases in Tasmania of laboratory confirmed cases. If you have not had an immunisation- they are free for people over 65 and we strongly recommend discussing with your GP.



INDEPENDENT LIVING UNITS NOW SELLING

4 x Two bedroom units in the heart of Sorell

- + Landscaped, maintained gardens
- + Air conditioning and all white goods included
- + Level access, architecturally designed for comfort
- + Safe, supported environment
- + Easy access to services, shops and amenities
- + Building commencing July 2019

Quality Community Care



Construction of four ILUs has begun at 12 Somerville Street

On a positive note – building has commenced at our premises, 12 Somerville Street, and we have already sold one unit from the plans. There will be four, two bedroom units, which will operate within the Retirement Villages Act.

We are excited to offer this exciting housing opportunity for people looking to downsize to a flat, brand-new unit in the heart of Sorell.

Anyone who may be interested in more information, please contact Simon via our office on (03) 6269 1200.

We value your feedback

Please continue to give us your feedback about staff, our services and programs. If you have an issue; your feedback may improve our services for you and for others; if you have a compliment it boosts staff morale (we pass your comments onto the relevant staff. You can request a feedback form (which also has contact details for external agencies if you wish to make a complaint outside SEC Care, or if you are not satisfied with our response), or you can call our office at any time.

Your feedback is important to us and helps us evaluate and improve what we do.

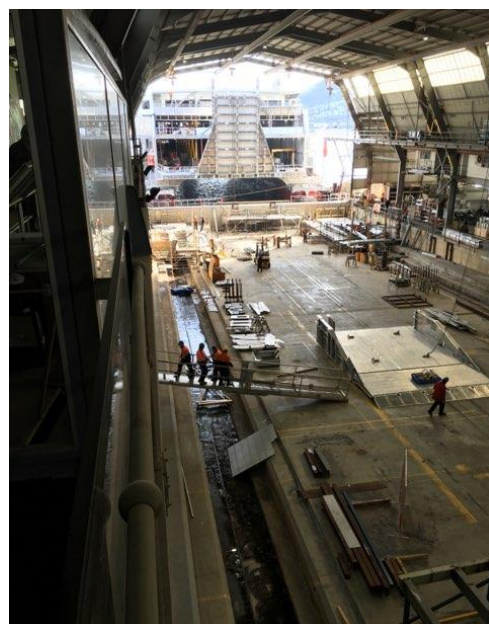
The fun at the Day Centre never stops!



Photos above: Left – Lise Chambers with her beautiful Diamond Art – great work Lise! Right – the Sorell Day Centre group enjoying a round of Bingo on a cold winter afternoon.



Photo left: Board Vice President, Cliff Iles AM, JP, client, Wally Croswell and Sorell Mayor, Kerry Vincent. This photo was taken to celebrate Wally's 95th birthday! Happy birthday, Wally, and here's to many more!



Photos above: On Monday, 17 June, 'the fellas' Day Centre group went to INCAT for a tour through the Fast Ferry Museum. Needless to say, everyone was impressed – a must see for people who haven't been before!

Day Centre highlights coming up:

Orford Day Centre:

- Monday, 15 July – Men's group – outing to the golf driving range!
- Thursday, 18 July – Lunch at Mason's takeaway.
- Wednesday, 24 July – Trip to Swansea and lunch at the Barkmill.
- Friday, 26 July – In house day at Prosser House Day Centre – crafts and quizzes.

Sorell Day Centre:

- Friday, 19 July – Trip Glenorchy and lunch at the Paddy Wagon
- Thursday, 25 July – **XMAS in July celebrations at the Southern Lights Hotel in Kingston!**
- Friday, 26 July – bus trip to Triabunna and lunch at the Village Boutique.

Brighton Day Centre (at Tea Tree Hall):

- Thursday, 11 July – In house day at the Tea Tree Hall, cooking!
- Thursday, 18 July – In house day at the Tea Tree Hall – celebrating Julie's 60th birthday!
- Thursday, 25 July – **XMAS in July celebrations at the Southern Lights Hotel in Kingston!**

Saturday Outing Group

- Saturday, 13 July – trip up the Derwent Valley and lunch at the Gretna Green Hotel.
- Saturday, 20 July – trip to Mt Field National Park!
- Saturday, 27 July – trip down to Dover and lunch at the Dover RSL.

Our Community

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

'Turning of the first sod' event with Premier Will Hodgman



It was wonderful to have Premier Will Hodgman at our office on Thursday, 27 June as the guest of honour at our 'turning of the first sod' event.

A small gathering of politicians, mayors (Sorell and Southern Midlands), Board members, staff, project stakeholders and volunteers enjoyed some cold but still weather, a glass of champagne, and a chance to discuss our vision for the site.

Entertainment Books at SEC Care - \$20,000 worth of savings!



SEC Care is selling Entertainment Books for 2019-20 through reception to raise money towards our kennel we sponsor at the Dogs Home of

Tasmania! For every book we sell (\$70), \$14 goes towards our fundraising!

You can buy your books now by either coming into the office (a book or digital copy (phone app.)) or following the link below to our fundraising hub and order a book online (or a digital copy!) >>

<https://www.entertainmentbook.com.au/order/books/9383w24>.

Getting to know the locals at the Kempton Wellness Expo

On Tuesday, 25 June, Helen, Sacha and I attended the first Kempton Wellness Expo at the Kempton Memorial Hall. We were joined by 15 or so community, health and wellbeing organisations and was attended by people from the community of all ages.

It was great to meet some people and groups from the Southern Midlands, and enjoy the hospitality of the local RSL volunteers. If you ever hear of any events in areas we might not have been before, please get in touch with Emily by calling (03) 6269 1227 or email emily@secommunitycare.com.au!



Pictures above: CEO Helen Pollard, Disability Services Manager Sacha Lloyd-Timbs, Community Relations Manager, Emily Dunn (with her puppy, Ginny!) and local member for Prosser, Jane Howlett MP at the Kempton Wellness Expo!

Healthy Ageing



healthy
Tasmania
A Tasmanian Government
and Community Partnership

www.dhhs.tas.gov.au/healthyageing

Check out the Healthy Ageing website for some great tips on how to stay healthy all year long!

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Recipe of the Month

Cauliflower and cheese soup

For this old favourite I leave some bits of cauliflower whole and chunky and puree the rest into something velvety and luscious. It's so easy to put together and the flavours are clean and light. If you want to go even lighter, omit the cream. It's not totally necessary but rounds everything out beautifully.



Ingredients:

- 50g butter
- 1 medium onion, diced
- 550g cauliflower florets, thinly sliced
- 850ml chicken or vegetable stock
- 3 sprigs thyme
- 1 bay leaf
- 250g cauliflower florets, left in big pieces
- 100ml cream (optional)
- 120g grated cheddar or other good melting cheese.

Method:

1. Place a large pot on the stove over medium heat. Add the butter and then the onions and sweat them down with a pinch of salt for five minutes. You don't want the onions to colour so reduce the heat further if you need to.
2. Add the thinly sliced cauliflower with a bit more salt and saute that with the onions for another 10 minutes on low heat. Give it an occasional stir to make sure it's not browning.
3. Add the stock, thyme and bay leaf and bring to a simmer. Now add the large pieces of cauliflower and allow to simmer for 10 to 15 more minutes, or until the large pieces of cauliflower are tender. When everything is cooked, remove and discard the thyme and bay leaf, and pull out the large pieces of cauliflower and set them aside. Add the cream, if using, to the soup and blend to a smooth puree. Adjust seasoning and consistency with salt and splash of water if you prefer a thinner soup.
4. Chop the large pieces of cauliflower roughly and recombine with the pureed soup. Bring everything back to a simmer.
5. To serve, distribute among four bowls, adding 30g of grated cheese to the top of each bowl. Crack a bit of pepper over that and add a drizzle of good extra virgin olive oil. Serve immediately.

Serving suggestion:

Parmesan and thyme
monkey bread (pull-apart).

