



Newsletter

June – July 2017

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



A word from our CEO, Helen Pollard



Reflection

One of the positive things, for me, about our move to Somerville Street is that I am situated close to the front counter. From my office I see many clients and hear their interactions with our friendly reception staff.

On an almost daily basis I hear clients or their families saying how pleased they are with the services we deliver and what a difference SEC Care makes to their wellbeing and ability to stay at home.

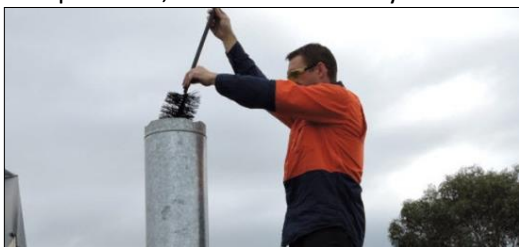
Most clients might not recognise me, but they certainly trust and respect our staff who enter their homes. Thank you for your continued support and kind words.

Client feedback

If you have something you wish to share with us, please fill in the "I have a comment" feedback form. Feedback can be compliments, complaints, or suggestions for improvements. There are copies of the feedback form available at Somerville Street, or we can send it to you electronically. So far it has been great seeing them coming back to the office with lots of ideas and comments.

Winter reminders

Winter is officially upon us, which means flu season is also here. At this time of year, it is important to stay warm, especially at night and keep clear from people who have contracted viral infections. Keeping a thermometer in your home is a good way to ensure your rooms are at a safe temperature, 20 – 22°C is what you should be aiming for.



Cleaning your flue: if you have a wood heater, it is important to get a professional to clean your flue before winter every year.

There have already been
reported house

fires in Tasmania this year due to faulty electrical appliances and negligence with wood, gas and electric heaters. Please make sure you take all the right precautions, including getting your flue cleared, to avoid unnecessary disasters.



Picture: An old image of 12 Somerville Street shows a very different streetscape. We are yet to determine the date of the image.

WANTED:

SEC Care is currently looking for a medium – large, quite modern flat screen TV for the Brighton Day Centre, so clients can watch TV and DVDs. If anyone has an unwanted TV they would like to donate, please contact Michelle Moore on 6269 1264, or email her at michellem@secommunitycare.com.au. Thank you.



Day Centre cruise on the Derwent!



Picture left: Jack, Bev, Molly and Nina on the Boathouse Cruise before lunchtime!

Picture right: Carol and Rodney enjoying the scenery on the Derwent during the Day Centre cruise in May.



Day Centre Mother's Day raffle winners!

1st prize was won by Sorell Day Centre client Mrs Rhonda Walker.

2nd prize was won by Rose Booth from the Sorell Community Centre.

"A big thank you to all who purchased tickets" –
Denise and Kathy.



Picture left above: Libby, Dennis, Marg and Molly of the Richmond Day Centre during an outing in May.

Picture right above: Bev, Maureen, Robert and Ron during a bus trip to Kempton in May.

IMPORTANT NOTICE: Masquerade Ball on Friday, 16 June 2017 POSTPONED

Due to unforeseen circumstances, the Masquerade Ball has been postponed. More information will be released as soon as possible. Thank you for your understanding.

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 Jun – Jul 2017

Mon	Tue	Wed	Thu	Fri	Sat	Sun
(Jun) 12 – PUBLIC HOLIDAY – Queen’s Birthday	13 – Tuesday Bus Outing – shopping at Northgate followed by lunch. Time: 10:00am – 3:00pm Meal at own cost	14	15 – In house day at Pontville Day Centre. Activity: Belated Queen’s birthday celebrations. Time: 10:00am – 3:00pm	16	17	18
19	20 – No bus outing today.	21	22 – In house day at Pontville Day Centre. Activity: Cooking Day! Time: 10:00am – 3:00pm	23	24	25
26	27 – Tuesday Bus Outing – Bus trip to the Sand Bar in Lauderdale for lunch. Time: 10:00am – 3:00pm Meal at own cost	28	29 – In house day at Pontville Day Centre. Activity: Scrapbooking. Time: 10:00am – 3:00pm	30	(Jul) 1	2
3 – Eating with Friends at Sorell School. Meal cooked by students. Time: 10:00am – 3:00pm	4 – No bus outing today.	5	6 – In house day at Pontville Day Centre. Activity: TBA Time: 10:00am – 3:00pm	7	8	9
10	11 – Tuesday Bus Outing – Bus trip to the Silver Pearl in Rokeby for lunch. Time: 10:00am – 3:00pm Meal at own cost	12	13 – In house day at Pontville Day Centre. Activity: Craft day! Time: 10:00am – 3:00pm	14	15	16



Get the Hair Salon experience in your own home with Xan!

Xan is a qualified home hairdresser who can give you everything you need to look on-trend this season in the comfort of your home! Xan specialises in all cuts, colours and perms – all you have to do is give her a call to arrange a suitable time. To call Xan and book an in-home salon experience, call **0401182065 or 62485356.**

Sorell Day Centre Calendar for Jun – Jul 2017

Mon	Tue	Wed	Thu	Fri	Sat	Sun
(Jun) 12 PUBLIC HOLIDAY – Queen’s Birthday	13 – Tuesday Bus Outing – shopping at Northgate followed by lunch. Time: 10:00am – 3:00pm Meal at own cost	14 – In house day at Somerville Street Day Centre. Activity: Belated Queen’s Birthday celebrations. Time: 10:00am – 3:00pm	15	16 – MASQUERADE BALL POSTPONED. Friday bus trip - TBA Time: 10:00am – 3:00pm Meal at own cost	17 – See Richmond calendar for outing.	18
19	20 – No bus outing today.	21 – In house day at Somerville Street Day Centre. Activity: In house cooking day. Time: 10:00am – 3:00pm	22	23 – Friday bus trip to the Glenorchy RSL for lunch. Time: 10:00am – 3:00pm Meal at own cost	24 – Saturday outing – to the Lufra Hotel for lunch. Time: 10:00am – 3:00pm Meal at own cost	25
26	27 – Tuesday Bus Outing – Bus trip to the Sand Bar in Lauderdale for lunch. Time: 10:00am – 3:00pm Meal at own cost	28 – In house day at Somerville Street Day Centre. Activity: Free hearing tests and scrapbooking. Time: 10:00am – 3:00pm	29	30 – Friday bus trip to the Horse Shoe Inn, Cambridge for lunch. Time: 10:00am – 3:00pm Meal at own cost	(Jul) 1 – See Richmond calendar for outing.	2
3 – Eating with Friends at Sorell School. Meal cooked by students. Time: 10:00am – 3:00pm	4 – No bus outing today.	5 – In house day at Somerville Street Day Centre. Activity: Bingo and puzzles. Time: 10:00am – 3:00pm	6	7 – Friday outing – lunch at the Pembroke Hotel. Time: 10:00am – 3:00pm Meal at own cost	8 – Saturday outing – bus trip to Dover and lunch at the RSL. Time: 10:00am – 3:00pm Meal at own cost	9
10	11 – Tuesday Bus Outing – Lunch at the Silver Pearl in Rokeby. Time: 10:00am – 3:00pm Meal at own cost	12 – In house day at Somerville Street Day Centre. Activity: craft day! Time: 10:00am – 3:00pm	13	14 – Friday bus trip to Kingston for lunch. Time: 10:00am – 3:00pm Meal at own cost	15 – See Richmond calendar for outing.	16

Oral care in crisis – looking after your teeth

Despite advancements in oral hygiene, a growing trend is emerging in older Tasmanians where their teeth, dentures or oral care is being over-looked by themselves and their healthcare professionals. Consequently, this has led to people not dealing with their oral issues until it is too late.

Poor oral hygiene can lead to disturbed speech, swallowing difficulties, poor sleep, pain, as well as impact your self-esteem, desire to be social, and overall wellbeing.

Great news for our clients – from 1 July 2017, Health Card holders and Pensioners will be able to receive a clean and check for \$44 from Oral Health Services Tasmania. You can book an appointment with Oral Health’s friendly staff by calling 1300 011 013. Also, as this is classified as a non-urgent medical appointment, transport can also be provided through community transport by contacting the SEC Care office on 6269 1200.



Richmond Day Centre

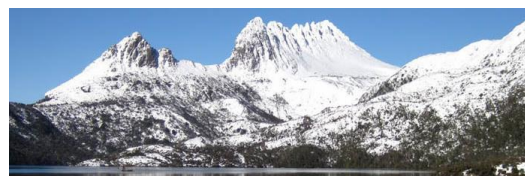
The Richmond Day Centre is now operating out of the Sorell (Somerville Street) Day Centre. This is an intimate smaller group that operates different programs on certain days of the week. See the calendar below for further details. If you wish to speak to someone about the Richmond Day Centre, call Audrey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

Richmond Day Centre calendar for Jun – Jul 2017

Mon	Tue	Wed	Thu	Fri	Sat	Sun
(Jun) 12 – PUBLIC HOLIDAY – Queen’s Birthday	13 – Ladies’ Day – In house day at Somerville Street. Time: 10:00am – 3:00pm Lunch provided	14	15 – In house day for Richmond Group (at Sorell Day Centre). Lunch provided Time: 10:00am – 3:00pm	16 – Young group outing and lunch. Time: 10:00am – 3:00pm. Meal at own cost	17 – No outing today.	18
19 – Men’s Day – In house day at Somerville Street. Time: 10:00am – 3:00pm Lunch provided	20 – Ladies’ Day – bus trip and lunch – location TBA. Time: 10:00am – 3:00pm Meal at own cost	21	22 – Mystery bus trip and lunch! Time: 10:00am – 3:00pm Meal at own cost	23 – Young group In house day at Somerville Street. Time: 10:00am – 3:00pm Lunch provided	24	25
26 – Men’s Day – bus trip and destination lunch. Time: 10:00am – 3:00pm. Meal at own cost	27 – Ladies’ Day – In house day at Somerville Street. Time: 10:00am – 3:00pm Lunch provided	28	29 – In house day for Richmond Group (at Sorell Day Centre). Lunch provided Time: 10:00am – 3:00pm	30 – Young group – bus trip to Richmond for lunch. Time: 10:00am – 3:00pm Meal at own cost.	(Jul) 1 – Saturday outing with Audrey – bus trip to Oyster Cove for lunch. Time: 10:00am – 3:00pm Meal at own cost	2
3 – Men’s Day – In house day at Somerville Street. Time: 10:00am – 3:00pm Lunch provided	4 – Ladies’ Day – bus trip to Wrest Point Casino for lunch. Time: 10:00am – 3:00pm Meal at own cost	5	6 – Bus trip to Mawson’s Hut in Hobart – \$10 entry fee. Time: 10:00am – 3:00pm Meal at own cost	7 – Young group In house day at Somerville Street. Time: 10:00am – 3:00pm Lunch provided	8	9
10 – Men’s Day – bus trip to the Richmond Arms for lunch. Time: 10:00am – 3:00pm. Meal at own cost	11 – Ladies’ Day – In house day at Somerville Street. Time: 10:00am – 3:00pm Lunch provided	12	13 – In house day for Richmond Group (at Sorell Day Centre). Lunch provided Time: 10:00am – 3:00pm	14 – Young group – bus trip to Richmond for lunch. Time: 10:00am – 3:00pm Meal at own cost.	15 – Saturday outing with Audrey – bus trip to South Arm for lunch. Time: 10:00am – 3:00pm Meal at own cost	16



Picture perfect: Mt Field National Park and Cradle Mountain look stunning dusted in snow during the month of July.



Orford Day Centre Calendar for Jun – Jul 2017

Mon	Tue	Wed	Thu	Fri	Sat	Sun
(Jun) 12 – PUBLIC HOLIDAY – Queen’s Birthday	13	14 – In house day at Prosser House Day Centre Activity: Card games and bingo. Time: 10:00am – 3:00pm	15 – Bus trip and lunch – TBA Time: 9:30am – 3:00pm Meal at own cost	16 – In house day at Prosser House Day Centre. Activity: Library visit. Time: 10:00am – 3:00pm	17	18
19	20	21 – Bus trip to Richmond for lunch. Time: 10:00am – 3:00pm Meal at own cost	22 – In house day at Prosser House Day Centre. Activity: card games and memory lane crossword. Time: 10:00am – 3:00pm	23 – Bus trip to Orford and lunch at the Roadhouse. Time: 9:30am – 3:00pm Meal at own cost	24	25
26 – In house day at Prosser House Day Centre Activity: Card games and bingo. Time: 10:00am – 3:00pm	27	28 – In house day at Prosser House Day Centre. Activity: Dustpan golf and memory lane crossword. Time: 10:00am – 3:00pm	29 – Bus Trip to Eastlands for lunch and a shop! Time: 9:30am – 3:00pm Meal at own cost	30 – In house day at Prosser House Day Centre Activity: Crafts and games. Time: 10:00am – 3:00pm	(Jul) 1	2
3	4 – Bus trip to Swansea and lunch at the Bark Mill. Time: 10:00am – 3:00pm Meal at own cost	5 – Bus trip Battery Point for a historic tour, then lunch at the Prince of Wales Hotel. Time: 10:00am – 3:00pm Meal at own cost	6 – In house day at Prosser House Day Centre. Activity: Card games, bingo and memory lane crosswords. Time: 10:00am – 3:00pm	7 – Bus trip to Richmond and lunch at the Richmond Arms. Time: 10:00am – 3:00pm Meal at own cost	8	9
10 – Bus trip to Buckland and lunch at the Ye Olde Buckland Inn. Time: 10:00am – 3:00pm Meal at own cost	11	12 – In house day at Prosser House Day Centre. Activity: Card games and bingo. Time: 10:00am – 3:00pm	13 – Bus trip to Sorell for a shop and lunch. Time: 9:30am – 3:00pm Meal at own cost	14 – In house day at Prosser House Day Centre. Activity: Library visit. Time: 10:00am – 3:00pm	15	16

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

Sweet Potato Shepherd's Pie

This easy dish is a healthy twist on a classic. Shepherd's pie is an inexpensive, heart-warming dish, perfect for those colder months in Tassie. This dish freezes well, so you can stock up your freezer for a quick go-to meal.



Ingredients

- 1 tablespoon olive oil
- 1 medium brown onion, finely diced
- 2 garlic cloves, crushed
- 2 celery stalks, diced
- 300g mushrooms, quartered
- 600g lean lamb mince
- 410g can no-added-salt tomato purée
- 300ml reduced-salt beef stock
- 1kg sweet potato, peeled, diced into 3cm cubes
- 1 tablespoon reduced-fat milk
- 1 cup frozen peas
- 40g grated parmesan
- olive-oil spray

Instructions

Step 1: Preheat oven to 180°C. Heat olive oil in a large non-stick frying pan set over medium heat. Add onion and garlic to pan; sauté until onion softens. Add celery and mushrooms; cook for 2–3 minutes. Add lamb mince and cook, breaking up mince with a wooden spoon, for 5 minutes, or until mince browns. Add tomato purée and beef stock; bring to the boil. Reduce heat to low and simmer for 25 minutes.

Step 2: Meanwhile, add sweet potato to a large saucepan of water and bring to the boil. Reduce heat and simmer for 20 minutes, or until potato is cooked through; drain. Transfer cooked potato to a blender or food processor with milk; blitz into a purée and season with cracked black pepper.

Step 3: Grease 6 x 1 1/2-cup-capacity pie dishes (you can also just make one big pie, if you wish). Add frozen peas to mince mixture; stir well and switch off heat. Spoon mixture into dishes and top with sweet potato purée; scatter with parmesan and spray with olive oil. Transfer dishes to oven and cook for 20 minutes, or until topping is golden. If you decide to make one big pie, it will take 30 mins.

Step 4: Remove pies from oven, leave to cool for 5 minutes and serve.

