



Newsletter

June 2018

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

A word from our CEO, Helen Pollard



Welcome to Winter!

Winter is officially here and unfortunately this means there are now plenty of viruses floating around. Now the days are getting colder and darker, I encourage you all to speak to your GP about flu shots and other health measures that can be taken to prevent illness.

At SEC Care, we do everything we can to keep our community healthy and sometimes that means keeping unwell staff at home.

We expect that there will be days ahead of us where there are many staff off sick. When this happens, our Rostering team work incredibly hard to replace shifts, but sometimes they are left with no choice but to cancel a service at short notice. If this happens to you, we greatly apologise for any inconvenience and thank you for your patience and understanding.

SEC Care staff mobile phones

On a lighter note, over 40 Home Care Workers have been issued SEC Care mobile telephones. This means these staff members are now receiving their visiting schedules digitally. It also means they are easier to contact out in the field. We are excited to be using technology in a positive way to improve what we are doing.

Volunteer celebrations at SEC Care



During May, I was fortunate enough to share a lunch with many of the amazing volunteers who drive our transport cars, work in our Day Centres and sit on our Board (Board Members give their time and expertise on a volunteer basis). The day was a lot of fun and a wonderful opportunity to be able to say thank you to those who volunteer at SEC Care. We couldn't do what we do without the support of volunteers. **(Picture left: Hobart City Mayor, Ron Christie with Transport Volunteers Stuart Hagell and Russell Dorrell at a Volunteer Recognition Ceremony in May 2018).**

Independent Living Units at SEC Care

SEC Care lodged a Development Application with the Sorell Council for the building of Independent Living Units behind our office space at Somerville Street. We have not heard the outcome of that application yet, but continue to do some of the preliminary planning and work in readiness for the project. This will be an exciting development for our Organisation and another way we will be able to support people to stay in their own homes for as long as possible.

Celebrating 25 years of the Transport Service

During National Volunteers Week 2018, we celebrated 25 years of the volunteer-based Transport Service. **History of the Transport Service:** In 1993, two women dedicated to their community decided to make a difference to the lives of people who were unable to drive, but needed to regularly attend medical appointments. Using their own vehicles, Sorell-based women, Irene Iles and Judy Berry, started a program that provided transport to people living in rural parts of South Eastern Tasmania. In 2006, the transport service came under the auspice of SEC Care, allowing the service to expand, as well as secure the future of the volunteer-run program. Today, the SEC Care Transport Service has over 12 volunteers who use SEC Care-owned vehicles to take people to and from medical appointments 5 days a week.



Day Centre highlights from last month

The Biggest Morning Tea celebrations

The SEC Care Biggest Morning Teas were held in Sorell and Brighton in late May, raising over \$342.00 for the Cancer Council. A big thank you to everyone who participated in this event – we had a ball!



Pictures above: Sorell Day Centre Biggest Morning Tea. **Pictures Below:** Brighton Day Centre Biggest Morning Tea.



Good bye Helen, we will miss you!

In May we said goodbye to our much-loved Day Centre Volunteer Helen Lovell. Helen was with SEC Care for over 10 years and gave countless hours of work, friendship, kindness and dedication. We wish Helen the best of luck for the future.

Day Centre highlights coming up:

Sorell Day Centre:

- Wednesday, 20 June – BBQ lunch fundraiser for Prostate Cancer (gold coin donation)
- Friday, 22 June – Eating with Friends at Sorell School (students cook you lunch!)
- Saturday, 30 June – Bus trip to Triabunna and lunch at Tandara Hotel.

Orford Day Centre:

- Wednesday, 13 June – Trip to the Salty Dog in Kingston for lunch by the beach
- Friday, 22 June – Eating with Friends at Sorell School (students cook you lunch!)
- Wednesday, 27 June – Trip into Hobart and lunch at the White Wall Cafe.

Brighton Day Centre:

- Thursday, 21 June – In house day making cards and 'diamond art'
- Friday, 22 June – Eating with Friends at Sorell School (students cook you lunch!)
- Tuesday, 26 June – Bus trip to Huonville for lunch and shopping!

Richmond Day Centre:

- Tuesday, 19 June – Lunch at the Velvet Cafe
- Monday, 25 June – Trip to the Glenorchy RSL for lunch
- Thursday, 28 June – Trip to Gretna and lunch at the Gretna Green Hotel.

Our Community

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

Family fun day with TasCare at Mather's House

SEC Care's Sacha and Emily attended a family fun day organised by TasCare at Mather's House on Saturday, 19 May 2018. The team took along a Fairy Floss machine, and had a busy day facilitating the 'cotton candy' to about 100 families – it was very sticky business! The children also enjoyed drawing, cooking, drumming, face painting, yoga and photo booth with dress-ups. Parents/Guardians were also treated to massages and a little retreat with free freshly brewed coffee. A very happy day was had by all!



Making Fairy Floss: Sacha and Emily stopping for a photo between spinning the floss!

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

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



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**.

Entertainment Books for 2018-19 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

Lemon and thyme roast chicken thigh cutlets with roast potatoes and greens

Picture all the best parts about a roast chicken put into one convenient, crispy skin package and you have this dish! Chicken thigh cutlets are inexpensive and absolutely delicious when slow-cooked in their own juices.



Ingredients:

Chicken:

- Free range chicken thigh cutlets (one per person).
- Olive oil
- 1 Lemon (sliced)
- Fresh thyme
- Fresh garlic (peeled)
- Brown onion (segmented)
- Salt & pepper

Potatoes:

- In-season potatoes (peeled and quartered)
- Rosemary
- Olive oil
- Fresh garlic (peeled)

Greens:

- Fresh broccolini (ends removed)
- Fresh green beans (ends removed)
- Olive oil
- Fresh lemon juice
- Fresh parsley

Method:

Step 1: Pre-heat your oven to 150°C. Prep your chicken: If overly fatty, trim excess fat. Place lemon slices on the bottom of a deep oven tray, evenly spread (roughly one slice per thigh cutlet). Place chicken over lemon and evenly add your thyme, onion and garlic cloves. Massage everything in olive oil and crack some pepper over it. Last of all, rub salt into the skin of the chicken and put into the oven. Cook for 2 hours at 150°C.

Step 2: Meanwhile, bring a large pot of water to the boil. Halve potatoes (quarter if necessary to ensure they're even) and boil for 5 minutes or until par-cooked. Take out of the water and place on a baking tray. Leave them for 10 minutes to cool and dry.

Step 3: Massage olive oil, rosemary, garlic, salt and pepper into the dry, par-boiled potatoes until they are well covered. Leave seasoning on for baking. Once the chicken has been cooking for two hours, take it out of the oven, turn the heat up to 200°C and add the potatoes. Cook the potatoes for approximately one hour, turning the tray every 20 minutes to ensure consistency. You will know they are ready when they have a nice golden, crunchy exterior.

Step 4: While your potatoes are cooking, remove your chicken from the baking tray and set aside. The tray should be filled with lots of beautiful juices, which you can use to make a gravy (note – the lemon will have made the juices quite tart so make sure you taste-test the juices before using it for a sauce). Remove the juice and other contents and place the chicken back in the tray. Place tray back in the oven 20 minutes before the potatoes are ready to get that skin beautiful and crispy!

Step 5: After placing the chicken back in the oven, prepare your greens: place your greens in a shallow baking dish that allows the stalks to be flat. Boil your kettle and pour boiling water over the greens. Cover with a tea-towel and leave to blanch for 3 minutes, or until you're content with the softness. Drain water and add olive oil and lemon juice – fin!

Step 6: After you're content your chicken and potatoes are crispy, take them out of the oven and serve with your greens and whatever beautiful sauce you have created. Enjoy!

