



Newsletter

March-April 2017

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



A word from our CEO, Helen Pollard

We have moved!

After many months of preparation our Head Office has relocated to our own premises at **12 Somerville Street**. Having our own building will give us more opportunities to undertake community projects and be creative in the spaces we have available. Needless to say, the future is exciting for SEC Care!

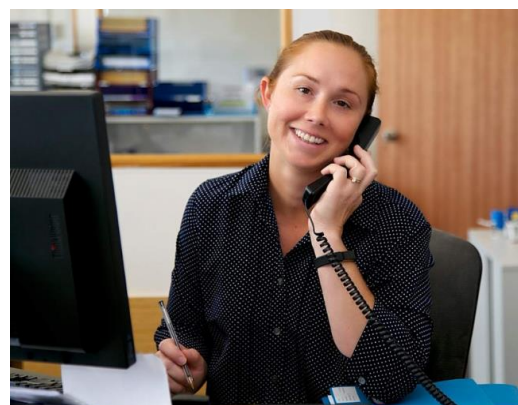


Funding Grants

The community will be happy to know that SEC Care has applied for grants to upgrade the streetscape and paint the roof at Somerville Street. Our Health Services Manager Annie is also working creating an onsite nursing service in the small building next to the main building – watch this space for developments.

SEC Care Feedback

In the near future, you will receive an 'I Have a Comment' brochure and a return envelope. This form is for any feedback; whether it's a compliment, complaint, idea or general comment. You may fill it in when you receive it, or keep for future use. We also have more copies of the Brochure at our Head Office that we can send to you or fill out on your request. Your feedback and comments help us to evaluate and improve what we do.



Above: Our lovely Administration Officers are here to help! You can speak to one of our team members by phoning our office on 6269 1200.

Update to My Aged Care

SEC Care would like to advise the community that My Aged Care is currently sending updated letters regarding your current assessment level. If you have received the letter and have some questions or concerns, you can contact one of our friendly SEC Care Coordinators, or contact My Aged Care directly through the details below:

Your central gateway to aged care services...



myagedcare ☎ **1800 200 422**

myagedcare.gov.au



Above: Proud to call Somerville Street Home: The SEC Care Board outside our new Head Office.

A Friendly Reminder about In Home Services

When receiving in home care and domestic assistance it is important that clients are present in the home. 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 there are not present. Thank you.

Crafter-noon' at the Brighton Day Centre!

In early March, we were privileged to have the talented Karen Brown, from Karen Brown Photography, take some amazing photos of our clients, staff and volunteers. On this day, she visited the Brighton Day Centre and busily clicked away as clients painted and personalised wooden letter holders. Thank you for coming out to see us, Karen!



Important Changes to Home Care Packages

At the end of February 2017, there were some changes to Home Care Packages (HCP). Prospective/new clients are now able to choose their own provider, whereas before it was chosen for them. Clients will still need to undertake an initial Aged Care Assessment Team (ACAT) assessment to be deemed eligible for a Package. However, once the client has reached the top of the waiting list, they will be able to seek a Package with a provider of their choice. In addition, existing clients are now able to change providers at any time.

We expect the process will involve some readjusting and initially, it's likely that new referrals will be slower than in the past. Please be reassured that SEC Care will be monitoring the situation, as it has potential to disadvantage rural and regional people. If any issues arise, we will be contacting our peak body to ensure they are sorted as soon as possible. If you have any feedback regarding the new system (good or bad) please let our Head Office know and we can pass it on to the HCP representatives.



Please Keep Your Dogs at a Safe Distance from Our Staff

SEC Care clients are reminded that when employees and volunteers are providing services in a client's home, dogs have to be either in another room to where you are, or locked outside. This information is contained in the Client Brochure, which you would have received at admission to our services. If you would like to discuss this further, please let your Care Coordinator or Nurse know. There has been a recent increase in the number of dog bites, which are avoidable. Thank you.

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 inquire 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 Mar-Apr 2017

Mon	Tue	Wed	Thu	Fri	Sat	Sun
(Mar) 13 – PUBLIC HOLIDAY – Eight Hour Day	14 – Tuesday Bus Outing – Trip to Wrest Point Casino for lunch. Time: 10:00am – 3:00pm. Meal at own cost.	15	16 – In house day at Pontville Day Centre. Activity: Bus trip to Ouse for St Patrick's Day celebrations! Wear green! Meal and bus at own cost (\$20.00). Time: 10:00am – 3:00pm.	17	18	19
20	21 – Tuesday Bus Outing – Mystery bus trip and picnic! Time: 10:00am – 3:00pm. Meal at own cost.	22	23 – In house day at Pontville Day Centre. Activity: Mystery bus trip. Time: 10:00am – 3:00pm.	24	25	26
27	28 – Tuesday Bus Outing – Eastlands shopping trip. Time: 10:00am – 3:00pm. Meal at own cost.	29	30 – In house day at Pontville Day Centre. Activity: Entertainment from Shelley the Singing Nurse! Time: 10:00am – 3:00pm.	31	(Apr) 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: Carpet bowls and puzzles. Time: 10:00am – 3:00pm.	7	8	9
10	11 – Tuesday Bus Outing – Shopping at Northgate, followed by lunch. Time: 10:00am – 3:00pm. Meal at own cost.	12	13 – In house day at Pontville Day Centre. Activity: Easter themed craft day. Time: 10:00am – 3:00pm.	14	15	16



Richmond Day Centre

The Richmond Day Centre is now operating out of the Sorell (Somerville Street) Day Centre. If you wish to speak to someone about the Richmond Day Centre, call our Day Centre Manager, Michelle, on 6269 1264.

Sorell Day Centre Calendar for Mar-Apr 2017

Mon	Tue	Wed	Thu	Fri	Sat	Sun
(Mar) 13 – PUBLIC HOLIDAY – Eight Hour Day	14 – Tuesday Bus Outing – Trip to Wrest Point Casino for lunch. Time: 10:00am – 3:00pm. Meal at own cost.	15 – In house day at Somerville Street Day Centre. Activity: Scrapbooking. Time: 10:00am – 3:00pm.	16	17 – Friday bus trip and ferry to Bruny Island! Time: 10:00am – 3:00pm. Meal at own cost.	18 – Men's Gathering. Activity: TBA Time: 10:00am – 3:00pm. Meal at own cost.	19
20	21 – Tuesday Bus Outing – Mystery bus trip and picnic! Time: 10:00am – 3:00pm. Meal at own cost.	22 – In house day at Somerville Street Day Centre. Activity: Card making. Time: 10:00am – 3:00pm.	23	24 – Friday bus trip to the Richmond Golf Club for lunch. Time: 10:00am – 3:00pm. \$20.00 meal at own cost.	25	26
27	28 – Tuesday Bus Outing – Eastlands shopping trip. Time: 10:00am – 3:00pm. Meal at own cost.	29 – In house day at Somerville Street Day Centre. Activity: Magazines and quizzes. Time: 10:00am – 3:00pm.	30	31 – Friday bus trip to the Horseshoe Inn for lunch. Time: 10:00am – 3:00pm. Meal at own cost.	(Apr) 1 – SEC Care Day Centre overnight trip to Launceston! To find out itinerary, contact Day Centre.	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: Entertainment by Shelley the Singing Nurse! Time: 10:00am – 3:00pm.	6	7 – Friday bus trip to McDonald's in Moonah. Time: 10:00am – 3:00pm. Meal at own cost.	8	9
10	11 – Tuesday Bus Outing – Shopping at Northgate, followed by lunch. Time: 10:00am – 3:00pm. Meal at own cost.	12 – In house day at Somerville Street Day Centre. Activity: Easter themed craft day. Time: 10:00am – 3:00pm.	13	14 – PUBLIC HOLIDAY – Good Friday.	15 – Men's Gathering – bus trip to Kempton. Time: 10:00am – 3:00pm. Meal at own cost.	16

Picture: Prue and Bev celebrating their birthdays – happy birthday ladies!



Support SEC Care in Relay for Life!

This year SEC Care is doing Relay for Life to help the Cancer Council raise important funds for cancer research. To help SEC Care support the fight against cancer, make a donation through reception before Thursday, 23 March 2017.

Orford Day Centre Calendar for Mar-Apr 2017

Mon	Tue	Wed	Thu	Fri	Sat	Sun
(Mar) 13 – PUBLIC HOLIDAY Eight Hour Day.	14	15 – Bus trip to Sorell for shopping and lunch. Time: 10:00am – 3:00pm. Meal at own cost.	16 – In house day at Prosser House Day Centre Activity: Card games and bingo. Time: 10:00am – 3:00pm. Meal at own cost.	17 – Bus trip to Swansea Bark Mill for lunch. Time: 10:00am – 3:00pm. Meal at own cost.	18	19
20– Monday group bus trip Granton Plants Nursery and lunch at the Brighton Hotel. Time: 10:00am – 3:00pm. Meal at own cost.	21	22 – In house day at Prosser House Day Centre. Activity: Card games and quizzes. Time: 10:00am – 3:00pm.	23 – Bus trip to Cambridge Park and lunch at the Horseshoe Inn. Time: 10:00am – 3:00pm. Meal at own cost.	24 – In house day at Prosser House Day Centre. Activity: Library visit. Time: 10:00am – 3:00pm.	25	26
27	28	29 – Bus trip to Buckland Bush Garden and lunch at Road House. Time: 10:00am – 3:00pm. Meal at own cost.	30 – In house day at Prosser House Day Centre. Activity: Dustpan golf and memory lane crossword. Time: 10:00am – 3:00pm.	31 – Bus trip to Triabunna, followed by lunch at Road House. Time: 10:00am – 3:00pm. Meal at own cost.	(Apr) 1	2
3 – In house day at Prosser House Day Centre. Activity: TBA Time: 10:00am – 3:00pm.	4 – Bus trip to Bicheno for lunch and sight-seeing. Time: 10:00am – 3:00pm. Meal at own cost.	5 – In house day at Prosser House Day Centre. Activity: Card games, bingo and memory lane crosswords. Time: 10:00am – 3:00pm.	6 – UTAS students to visit Prosser House Day Centre. Time: 10:00am – 3:00pm. Meal at own cost.	7 – In house day at Prosser House Day Centre. Activity: Dustpan golf, threading spaghetti. Time: 10:00am – 3:00pm.	8	9
10	11	12 – Bus Trip to Mt Wellington Springs and lunch at Lost Freight. Time: 10:00am – 3:00pm. Meal at own cost.	13 – Bus trip to Zoo Doo followed by lunch. Time: 10:00am – 3:00pm. Meal at own cost.	14 – PUBLIC HOLIDAY – Good Friday.	15	16

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

Health, Wellbeing and Nutrition



Red Autumn Chicken with Yellow Rice

This is a heart-warming, healthy recipe filled with all those beautiful vegetables that famously grow over summer. Red and yellow produce, such as tomatoes and capsicums are filled with essential vitamins and minerals.

This is a personal recipe of mine that I wrote when I was studying at University. I love this type of cooking because its inviting aromas fill your kitchen while you're building up an appetite! This recipe has been tried and tested many times and I promise it's delicious (and simple), and if you still have some home-grown capsicums, tomatoes or zucchini in your garden, it will make the dish taste even better!

Emily

Method

Drizzle olive into a large pot. Once heated, add chicken cutlets and cook until browned and then take them out and set aside. Add diced onion, garlic, ginger, and sliced chilli. Sauté for five minutes and then return the chicken. Add your tomatoes, capsicum, butter beans and chicken stock. Stir together thoroughly and place the lid on to simmer. Leave it for 1 hour over low to medium heat.

While waiting for your chicken to cook, organise the yellow rice: put a smaller pot on the stove and add olive oil. Once hot, add two tbsps. of caraway seeds and two tsps. of turmeric powder, followed by two cups of rice. Quickly stir until the rice is yellow, then add water and a pinch of salt. Because we are using absorption method of cooking rice, make sure the water level is about a thumbnail over the rice (approx. 4 cups of rice). 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.

Return to your chicken and taste the sauce, once you're happy with the seasoning, it's ready for serving. Enjoy!

Ingredients

- 500gms of chicken thigh cutlets (or fillets)
- 2 tins of diced tomatoes (or fresh equivalent if preferred)
- 3 or 4 red chillies
- 1 red capsicum
- 1 can of butter beans
- 1 cup of chicken stock
- 1 large onion
- 3 cloves of garlic
- 1 small nub of ginger
- 1 bunch of coriander
- Sour cream (optional)

Yellow Rice

- Basmati rice
- Caraway seeds
- Turmeric powder



Prep

- Trim excess fat off chicken
- Dice: onion, garlic ginger
- Slice: chillies, capsicum
- Peel: lids of cans!





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South Eastern Community Care (SEC Care) Presents:

Home Care Packages: Enabling Choice

This May, SEC Care will be hosting a free information seminar about Home Care Packages (HCP). The seminar is designed for people who are currently receiving a Home Care Package (HCP) or have approval for a Home Care Package and are now looking to engage with a service provider.

The seminar will comprise of three sessions:

- “Your Wellbeing, Your Plan” presented by COTA (Council of the Ageing)
- Financial advice around ageing, presented by Centrelink
- How can Advocacy Tasmania help you? Presented by Advocacy Tasmania

WHEN: Monday, 15 May 2017, from 1:00pm – 3:30pm

WHERE: SEC Care Head Office - 12 Somerville Street, Sorell

Light Refreshments will be provided

Places are limited to 20 people. To secure your place, call SEC Care on (03) 6269 1260

Registration closes Wednesday, 10 May 2017
