



Newsletter

March 2019

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

A word from our CEO, Helen Pollard



As we head to Autumn, we are still experiencing warmer weather, although the days are already shortening!

Smoke from fires

I hope the continued smoke is not affecting you all too much. If you are sensitive to smoke, have asthma or any lung/heart condition, please continue to stay indoors as much as you can and avoid physical activities outside. Keep windows closed, and if you are using air conditioners, have them on recycle so they do not bring smoky air in from outside. While we still have fires in some areas, please keep listening to ABC radio who have local and up to date advice and check the Tas Fire website. The fires we have experienced have certainly disrupted many businesses and individuals, and it is good to see communities working together now to recover.

Day Centre weekend away

It has been fantastic to hear about the Day Centre group holiday away to the north eastern end of beautiful Tasmania. Some very happy, very tired people returned to Sorell after three nights away on Monday evening! Thanks to our Day Centre staff for all the work they do to find suitable places to visit, accommodation and sort transport and schedules. There is a lot of work and planning behind the scenes to make the Day Centre trips happen. **See page over for photos!**

Home Care Packages (HCP) at SEC Care

While our HCP program is slowly growing, we hope that the Government's recent release of more HCPs will benefit people waiting for support in Tasmania.

Waiting times for a HCP (level 3 and 4- high care) are significant, and I still hear stories of people waiting for over a year. This places an enormous strain on individuals, their families and can lead to bad health outcomes. If you are on a wait list for a HCP, it is worth contacting My Aged Care on a reasonably regular basis to remind them you are still in need.

Relay for Life 2019 – support the SEC Care Sweethearts!



This is the third year the Sweethearts have participated in Relay for Life - since we started in 2017, we have raised \$3,780 for Cancer Council Tasmania and the individuals and families they support. We're aiming high - please help us reach our fundraising goal of \$2,000 for 2019!

Our team of 17 is made up mostly of hard-working Community Support Workers who are sacrificing their

weekend to raise awareness and funds for this great cause. To donate towards our fundraising, visit the webpage –

<https://bit.ly/2X7Zp2a>.

Late cancellations fee

As of 1 March 2019, we introduced a "late cancellation" fee for when a client cancels their service with less than 24 hours' notice. This is to ensure the costs we incur (such wages for staff) are in part covered. This fee is in line with what other providers do – and we will be monitoring the effect and the impact on you (the clients). If you have any concerns about this change, please call us.

The Day Centre's weekend away!

Leaving on Friday, 2 March 2019, the team at the Day Centre took 30 clients on a weekend adventure, starting in Launceston, making their way down the East Coast before heading home on Monday afternoon.

The group had a wonderful time, experiencing many sites and attractions along the way, including a Tamar Valley River cruise, a visit to Seahorse and Platypus World, a scenic trip to the Beaconsfield Mine museum, a visit to Scottsdale, and Whitesands on the East Coast - just to name a few!

See photos from the trip below:



Group on the bus leaving Sorell!



Helen Bird having a ball on the Tamar Valley River Cruise!



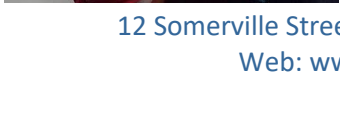
Ruth and Kathy having a giggle on the cruise.



Alice Barker walking on the pier near Seahorse and Platypus World.



Maxine at Seahorse and Platypus World.



Barbara Hedges at Seahorse and Platypus World.

Marlene Kelly having a whirl!

The group on a tour of the Beaconsfield Mines.

Barbara and Kevin at Whitesands Resort on the East Coast.

Mavis enjoying a cappuccino at Whitesands Resort on the East Coast.



Day Centre highlights coming up:

Orford Day Centre:

- Wednesday, 20 March – trip to the Botanical Gardens for a walk and lunch.
- Thursday, 21 March – trip to the Casino for lunch and a flutter.
- Monday, 25 March – Men's group at Prosser House Day Centre – activity TBA.

Sorell Day Centre:

- Tuesday, 19 March – Tuesday group trip to Oatlands for Pancakes.
- Wednesday, 20 March – In house Harmony Day celebrations and professional photographer visit.
- Friday, 22 March – Trip to Eaglehawk Neck for site-seeing and lunch at the Doolishis food van (fish and chips).

Brighton Day Centre:

- Thursday, 21 March – In house day at the Tea Tree Hall – Harmony Day celebrations.
- Thursday, 27 March – In house day at the Tea Tree Hall – scrap-booking.
- Tuesday, 9 April – Tuesday outing – bus trip to Huonville for lunch and shopping!

Saturday Outing Group

- Saturday, 23 March – bus trip to Orford and lunch at the East Coaster.
- Saturday, 30 March bus trip to Ross and lunch at the Man o' Ross Hotel.

Our Community

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

Brighton Alive - Community Connections in our Hood



SEC Care is participating in the 'Community Connections in our Hood' event on:

- Thursday, 28 March 2019, 10:00am-2:00pm,
- Brighton Civic Centre, Green Point Road, Bridgewater

There will be stalls, free food and entertainment for the whole family – we hope to see you there!

Fun competition!

The Disability Services department have moved office and are now positioned in the third office from the front entrance. Sacha and the team now have more wall space, so they would like everyone to participate in a photo competition! The photos can include you doing something in your home and/or community. The winner will receive a \$50 Wish gift card. **Don't be shy – we're not! >>**

Photos can be sent or dropped into reception, addressed to Sacha. Good luck!



St Patricks Day celebrations at the Sorell Day Centre!

To be sure, to be sure! There's nothing more fun than putting on a spot of green and channelling your inner-Irishman for St Patrick's Day! Pictures from the Sorell Day Centre celebrations right:



AUTUMN

The morns are meeker than they were,
The nuts are getting brown;
The berry's cheek is plumper,
The rose is out of town.

The maple wears a gayer scarf,
The field a scarlet gown.
Lest I should be old-fashioned,
I'll put a trinket on.

EMILY DICKINSON

FOOT CLINIC



Have your feet pampered at the SEC Care Foot Clinic!

Do you or someone you love have trouble with foot health and hygiene? Send them our way! The SEC Care Foot Clinic is now operating out of the 'Little House' (opposite Banjos) and in Triabunna. The Foot Clinic is for everyone in the community.

Spread the news to your friends and family! Foot Care is for **any age/anyone** and there are subsidised prices available for pensioners.

Fees:

- Pensioner: \$20.00
- Private: \$55.00

For more information or to book an appointment, please contact our wonderful reception staff on (03) 6269 1200.

We provide:

- Feet cleaning
- corn and callous reduction
- nail cutting and filing
- foot massage
- moisturising
- referrals.

Recipe of the Month

Lamb, cauliflower and pumpkin scroll

This delicious dish is Autumn comfort food at its finest – and surprisingly easy to make as well! Lamb, cauliflower and pumpkin, paired with lemon and spices will take you on an flavour-filled journey to the heart of Morocco!

Ingredients:

- 2 tsp olive oil
- 1 brown onion, finely chopped
- 200g pumpkin, peeled, seeded, cut into 1cm pieces
- 500g lamb mince
- 150g cauliflower, cut into small florets
- 2 tbs Moroccan seasoning (or spice mix equivalent)
- 1/4 cup (35g) slivered almonds, toasted
- 2 tbs dried currants
- 100g fetta, crumbled
- 50g butter, melted
- 16 sheets filo pastry
- 1/4 tsp cumin seeds
- 1/4 caraway seeds
- 1/4 dried chilli flakes (optional)
- Greek yogurt, to serve
- Lemon, to serve
- Salad greens, to serve



Method:

Step 1

Heat the oil in a large frying pan over medium heat. Cook the onion and pumpkin, stirring, for 5 mins or until the onion softens. Add the mince and cook, stirring with a wooden spoon to break up any lumps, for 5 mins or until mince changes colour and is cooked through. Add the cauliflower and Moroccan seasoning and cook, stirring, for 5 mins or until the pumpkin and cauliflower are tender. Remove from heat. Set aside to cool completely.

Step 2

Add the almond, currants and fetta to the mince mixture and toss to combine. Season.

Step 3

Brush a 25cm (base measurement) ovenproof dish with a little butter. Place 1 filo sheet on a clean work surface and brush with a little butter. Top with another sheet and brush with butter. Continue layering with 2 more sheets. Place one-quarter of the mince mixture along 1 long edge of the filo. Roll up to enclose filling. Arrange, seam-side down, in a coil in the centre of the prepared dish. Repeat with remaining filo, butter and mince mixture to make 3 more rolls. Arrange rolls, seam-side down, to form a long coil that covers the base of the dish. Brush with the remaining butter. Sprinkle with cumin seeds, caraway seeds and chilli flakes, if using.

Step 4

Preheat oven to 200°C. Bake for 30 mins or until golden brown and heated through. Cut into wedges and serve with salad greens, Greek yogurt and lemon. Yum!

