



# Newsletter

March 2018

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

## A word from our CEO, Helen Pollard



### Welcome to Autumn – time to get prepared for Winter

As the days get shorter and cooler, we are reminded to check our heating appliances, including our wood heaters. Last year, there were a number of house fires 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 cleaned, to avoid unnecessary disasters.

### SEC Care at Relay for Life 2018

A hardy group of SEC Care staff braved blustery cold conditions at Relay for Life on the Hobart Domain on Saturday, 17 March through to 6:00am on Sunday, 18 March. It was great to see so many people supporting the event, with cancer affecting many lives. Thank you to all who donated to the cause and supported the SEC Care team.

### Little House renovations at Somerville Street

The small cottage adjacent to our main office in Somerville Street has been renovated! The building now has an external ramp for easy wheelchair and walker access, as well as a purpose-built clinic room for our Community Nursing services and popular Foot Clinic. Our Disability Services Manager, Sacha Lloyd-Timbs also has a new, beautiful office space in the cottage. Watch this space for your invitation to the Community Nursing Clinic's official opening.

### Thank you for your feedback!

Thank you to clients and families who have returned the "I Have a Comment" feedback form. Your feedback helps us improve our services, and your wonderful compliments give our hard-working staff a morale-boost.

## Happy St Patrick's Day!

For St Patrick's Day this year, the Day Centre Saturday group went down to the Cygnet Hotel for an Irish-themed luncheon, featuring green potatoes and Ireland's most popular export, Guinness Stout – and *My Goodness My Guinness*, everyone looked fabulous!

**Pictures:** Top (left to right) – Rodney Smith, Glenda Birchall and Margaret Haines. Bottom – Yvonne Reay and Henry Haremza.



## IMPORTANT NOTICE REGARDING BUSINESS HOURS

As of Monday, 2 April 2018 our office business hours will be:

**9:00am – 4:00pm, Monday – Friday**

**Please call the office if you have any questions regarding the change.**



## Day Centre highlights from last month

As many of you may know, on Friday, 9 February over 40 clients from the SEC Care Day Centre went on a weekend adventure up to Devonport (with many exciting stops along the way!). Last newsletter we promised to show some photos from the trip, so without further delay, here is a fun photo montage of the group's visit to Tasmazia (and the Village of Lower Crackpot!):



## Day Centre highlights coming up:

### Sorell Day Centre:

- Friday, 23 March – Bus trip to the Brighton Hotel for lunch
- Wednesday, 28 March – In house Easter crafts and bingo.

**Day Centre closed Good Friday and Easter Saturday.**

### Brighton Day Centre:

- Thursday, 22 March – Harmony Day celebrations (come dressed in Orange)
- Tuesday, 3 April – Bus trip to Huonville for Chinese lunch.

**Day Centre closed Good Friday and Easter Saturday.**

### Orford Day Centre:

- Friday, 23 March – In house BBQ at Prosser House
- Thursday, 29 March – bus trip to Huonville for sight-seeing and lunch.

**Day Centre closed Good Friday and Easter Monday.**

### Richmond Day Centre:

- Tuesday, 3 April – In house day – Easter catch up
- Thursday, 5 April – In house day – Easter catch up.

**\*Foot Clinic every Wednesday\***

**Day Centre closed Good Friday and Easter Monday.**



## Our Community

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

### 'SEC Care Sweethearts' raise \$2,780 for the Cancer Council of Tasmania!

On Saturday, 17 March 2018, team 'SEC Care Sweethearts' laced up their sneakers and slipped on the sunscreen for the 2018 Relay for Life. Despite wild weather finishing the event early, the Sweethearts had a ball running (walking...) laps around the Hobart Domain Athletic Centre for 16 hours. The team proudly raised \$2,780 for the Cancer Council of Tasmania.



**Photo above:** Angela, Emily, Helen, Sacha, Toni, Gabby and Lynne at the start of the Relay!

**Photo left:** Angela, Robyn, Natalie, Emily, Cathy, Coral and Cheryl just after sunset (before the wind came!)

**Thank you to all our clients who participated in our 2018 professional photo shoot (here's a sneak peak!)**

### Do you have any old slides you would like on your computer?

"Hello there, I have just bought a new photo scanner which is able to copy old colour slides and negatives on to a computer. If there is anyone out there who has a bunch of old slides, I would be happy to copy them onto a USB stick or other storage device at no charge and let them bring back old memories. They could also select the best of them and get them printed at any chemist or photo shop, or maybe even know someone who could do it for them. It would help fill in the day for me.

**UPDATE:** I can now covert old VHS videotapes to digital so they can be viewed on smart phones and digital TVs!" – **Peter McKinley, Dodges Ferry.**

For Peter's contact details, please phone reception on 03 6269 1200.



**Picture perfect:** Disability Services Manager, Sacha, with David and Dee Lakey at their home in Dodges Ferry – Photography by the wonderful Karen Brown.

# Health, Wellbeing and Nutrition

## Sticky ginger chicken with peach salsa

If you're tired of making stewed peaches with the tail end of your crop, then this dish is just what you need to restore faith in the late-summer stone fruit.

Perfect for a light meal anytime of the day, sticky ginger chicken, paired with this fresh fruit salsa, will make your taste-buds tango!

Enjoy!

### Ingredients

- 1/3 cup ginger marmalade
- 2 tablespoons Worcestershire sauce
- 1 garlic clove, crushed
- 1/2 teaspoon dried chilli flakes
- 1 tablespoon extra virgin olive oil
- Olive oil spray
- 4 single chicken breast fillets
- Lime halves, to serve
- Steamed green beans, to serve
- Cooked rice, to serve.

### Peach Salsa

- 5 yellow peaches, stones removed, cut into 1cm pieces
- 1 avocado, cut into 1cm pieces
- 1 small red onion, finely chopped
- 2 tablespoons finely chopped fresh coriander leaves, plus extra sprigs to serve
- 2 tablespoons lime juice
- 1 tablespoon extra virgin olive oil.



### Step 1

Combine marmalade, sauce, garlic, chilli and 2 tablespoons water in a medium frying pan over medium heat. Cook, stirring occasionally, for 4 to 5 minutes, or until mixture thickens.

### Step 2

Meanwhile, spray chicken with oil and season with salt and pepper. Heat a barbecue hotplate on medium heat. Cook chicken for 5 to 6 minutes each side or until browned and cooked through. Transfer chicken to marmalade mixture. Turn to coat. Set aside.

### Step 3

To make the peach salsa, combine all ingredients in a medium bowl and season with salt and pepper (and a squeeze of lime).

### Step 4

Sprinkle chicken with salsa and extra coriander. Serve with lime halves, beans and rice. Yum!

