



Newsletter

May – June 2017

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



A word from our CEO, Helen Pollard

Welcome to Winter!

Flu season is around the corner, and we have arranged with the Sorell Family Practice to have immunisations available for our staff and volunteers during May, helping staff reduce the risk of flu, which in turn reduces the risk to vulnerable clients. Anyone over the age of 65 should talk to their GP about getting their free flu vaccine.



National Volunteer Week 2017



During the first two weeks in May, our volunteers will be recognised at award ceremonies in Hobart and Sorell for National Volunteer Week (8 – 14 May). It's fantastic to see our communities acknowledging the important work volunteers take on for the benefit of others. On behalf of SEC Care I want to thank the volunteers in our Organisation and the broader community for all that they do. Volunteers help many aspects of our day to day life, as well as contributing to the health and safety of our communities. It's wonderful to see the spirit of cooperation and support in action!

Folding machine in the office

We have invested in a folding machine to save time in hand-folding the accounts and newsletters you receive – around 1000 accounts and newsletters are currently folded by hand each month, which is a very laborious task for those involved. The time we will save using the folding machine will be enormous and in addition, we will be eligible for a bulk discount on the mail with a new envelope system. We continue to look for ways we can streamline our processes and improve operations behind the scenes.

Feedback received

Thankyou to the clients who returned the feedback form that was distributed last month. Your feedback helps us improve our services and recognition of a 'job well done' boosts staff morale – so ANY feedback is GOOD feedback! If you need more forms, please let our friendly reception staff know and we will happily post them out to you. We can also take your feedback over the telephone/by email.

Learn the possibilities of digital technology at home!

At SEC Care we strive to empower our clients to reach their full potential. We have programs available to help you grow skills that allow you to use the Internet and other digital resources with ease!

Pictured right: Our wonderful client Marie with SEC Care team member Jaimie. Marie is participating in our iPad Digital Learning program to boost her knowledge of the online world.

This program has opened up many possibilities for Marie, as well as provide a great outlet for cognitive stimulation. If you know someone who may be interested in increasing their digital skills, give us a call: (03) 6269 1200.



Plain and simple: Health literacy of the future designed by the elderly of today



Pictured: Dennis Edwards with the new Aged Care Support Information leaflet, designed by Tasmanian consumers of aged care.

For those of you who haven't had contact with the Council of the Ageing (COTA), they are the leading organisation that represents the rights of older Australians. COTA's goal is to ensure older Australians live healthy, happy and dignified lives as they age, and a part of that role is ensuring the Aged Care industry is providing the best possible service to their clients.

COTA's most recent project sought to address an issue that was affecting many older Australian looking to access aged care services. Through surveys, forums and written complaints, COTA observed that an increasing number of older Australians were having difficulty accessing and digesting the information available on aged care, as well as struggling to navigate their way around the new My Aged Care online portal. To address this issue, COTA invited older members of the Tasmanian community to get together and help create an easy to read, 'one size fits all' leaflet on how to access aged care.

Among the chosen participants was Dennis Edwards and his partner Marie Edwards, who is on a Home Care Package through SEC Care.

"We were asked to get involved in a nationwide project to address aged care literacy in Australia. There were three groups – one of the groups was based here in Tasmania and we were asked to design an A5 leaflet for people looking to engage in government subsidised aged care services," Mr Edwards said.

"Marie and I were invited to a weekend conference in Melbourne to discuss our experiences with Home Care Packages. The aim of the weekend was to get participants of aged care together to discuss our experience and take them back to the providers, with the aim of improving their services and information.

"We observed that consumers overall weren't happy with the information and the process in which people were receiving help – one participant, a non-paid carer explained how her mother was finally approved for a Package the day after she passed away."

A nationwide launch of the A5 leaflet designed by the COTA Tasmania participants will be launched in Hobart on Friday, 12 May 2017.

"When providers create something, they should always ask the people who will be using it for their input. There's no point in guessing what they want and need. We designed this leaflet using the KISS model – Keep It Simple, Stupid!" Mr Edwards said.

Mr Edwards is now assisting COTA part-time to help improve aged care services. SEC Care is also working on an information kiosk for our clients and members of the community who wish to access My Aged Care and other aged care information.

For more information on COTA Tasmania, visit: www.cotatas.org.au.

12 Somerville Street, Sorell 7172 | Tel: 6269 1200 Fax: 6269 1208 | Email: mail@secommunitycare.com.au
www.secommunitycare.com.au | Facebook: www.facebook.com/secommunitycare

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 May – Jun 2017

Mon	Tue	Wed	Thu	Fri	Sat	Sun
(May) 15	16 – Tuesday Bus Outing – shopping at Eastlands, followed by lunch. Time: 10:00am – 3:00pm Meal at own cost	17	18 – In house day at Pontville Day Centre. Activity: Puzzles and games. Time: 10:00am – 3:00pm	19	20	21
22	23 – Tuesday Bus Outing – Bus trip to Wrest Point Casino for a ‘flutter’ and lunch. Time: 10:00am – 3:00pm Meal at own cost	24	25 – In house day at Pontville Day Centre. Activity:Biggest Morning Tea celebrations! Time: 10:00am – 3:00pm	26	27	28
29	30 – Tuesday Bus Outing – Bus trip to the Lauderdale Tavern for lunch. Time: 10:00am – 3:00pm Meal at own cost	31	(Jun) 1 – In house day at Pontville Day Centre. Activity:Craft day – making masks. Time: 10:00am – 3:00pm	2	3	4
5 – Eating with Friends at Sorell School. Meal cooked by students. Time: 10:00am – 3:00pm	6 – No bus outing today.	7	8 – In house day at Pontville Day Centre. Activity:Craft day – continuing with masks. Time: 10:00am – 3:00pm	9	10	11
12	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

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. To call Zan and book an in-home salon experience, call **0401182065 or 62485356.**



Sorell Day Centre Calendar for May – June 2017

Mon	Tue	Wed	Thu	Fri	Sat	Sun
(May 15	16 – Tuesday Bus Outing – Shopping at Eastlands, followed by lunch. Time: 10:00am – 3:00pm Meal at own cost	17 – In house day at Somerville Street Day Centre. Activity: Easy crafts with Denise. Time: 10:00am – 3:00pm	18	19 – Friday bus trip to Brighton for lunch. Time: 10:00am – 3:00pm Meal at own cost	20 – See Richmond calendar for outing.	21
22	23 – Tuesday Bus Outing – Bus trip to Wrest Point Casino for a 'flutter' and lunch. Time: 10:00am – 3:00pm Meal at own cost	24 – In house day at Somerville Street Day Centre. Activity: Biggest Morning Tea celebrations! Time: 10:00am – 3:00pm	25	26 – Friday bus trip to Hobart and the Wagon and Horses for lunch. Time: 10:00am – 3:00pm Meal at own cost	27 – Saturday outing – bus trip to Mount Field National Park. Time: 10:00am – 3:00pm Meal at own cost	28
29	30 – Tuesday Bus Outing – Bus trip to the Lauderdale Tavern for lunch. Time: 10:00am – 3:00pm Meal at own cost	31 – In house day at Somerville Street Day Centre. Activity: Craft day – making masks. Time: 10:00am – 3:00pm	(Jun) 1	2 – Friday bus trip to Old Beach and The Verve café for lunch. Time: 10:00am – 3:00pm Meal at own cost	3 – See Richmond calendar for outing.	4
5 – Eating with Friends at Sorell School. Meal cooked by students. Time: 10:00am – 3:00pm	6 – No bus outing today.	7 – In house day at Somerville Street Day Centre. Activity: Craft day – continuing with masks. Time: 10:00am – 3:00pm	8	9 – Friday bus trip to the Black Buffalo Hotel for lunch. Time: 10:00am – 3:00pm Meal at own cost	10 – Saturday outing – bus trip to Huonville for lunch at Frank's Cider bar and café. Time: 10:00am – 3:00pm Meal at own cost	11
12	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 – Friday bus trip – TBA Time: TBA Meal at own cost	17 – No bus outing today.	18

*Health,
Wellbeing
and
Nutrition:*



Veggie profile: Broccoli

Broccoli is a very good source of dietary fibre, vitamin B6, vitamin E, vitamin B1, vitamin A, potassium and copper. Broccoli is also a good source of vitamin B1, magnesium, omega-3 fatty acids, protein, zinc, calcium iron, niacin and selenium. Broccoli is so good for you, it has even been linked to the reduction of cancerous cells in the body! The healthiest way to eat broccoli is raw, but if you don't like the taste or texture, lightly blanched is fine.



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 our Day Centre Manager, Michelle, on 6269 1264.

Richmond Day Centre calendar for May – June 2017

Mon	Tue	Wed	Thu	Fri	Sat	Sun
(May) 15 – Men’s Day – Bus trip to Salmon Ponds. Time: 10:00am – 3:00pm Meal at own cost	16 – Ladies’ Day– In house day at Somerville Street. Time: 10:00am – 3:00pm Lunch provided	17	18 – In house day for Richmond Group (at Sorell Day Centre). Lunch provided Time: 10:00am – 3:00pm	19 – Young group	20 – Saturday outing with Audrey – bus trip to Swansea and the Bark Mill for lunch. Time: 10:00am – 3:00pm Meal at own cost	21
22 – Men’s Day –In house day at Somerville Street. Time: 10:00am – 3:00pm Lunch provided	23 – Ladies’ Day – bus trip to Northgate for shopping and lunch. Time: 10:00am – 3:00pm Meal at own cost	24	25 – In house day for Richmond Group (at Sorell Day Centre). Lunch provided Time: 10:00am – 3:00pm	26 – Young group	27	28
29 – Men’s Day – Activity TBA.	30 – Ladies’ Day – In house day at Somerville Street. Time: 10:00am – 3:00pm Lunch provided	31	(Jun) 1 – In house day for Richmond Group (at Sorell Day Centre). Lunch provided Time: 10:00am – 3:00pm	2 – Young group	3 – Saturday outing with Audrey – bus trip to Oyster Cove for lunch. Time: 10:00am – 3:00pm Meal at own cost	4
5 – Men’s Day – In house day at Somerville Street. Time: 10:00am – 3:00pm Lunch provided	6 – Ladies’ Day – bus trip to Triabunna for site-seeing and lunch. Time: 10:00am – 3:00pm Meal at own cost	7	8 – In house day for Richmond Group (at Sorell Day Centre). Lunch provided Time: 10:00am – 3:00pm	9 – Young group	10	11
12 – Men’s Day – Activity TBA.	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	17 – No bus outing today.	18



Good luck Peta!

Recently we celebrated the retirement of our much-loved Home Support Worker Peta Jonganelen. Peta was with SEC Care for over 20 years and will be greatly missed by all. From all of us at SEC Care - thank you Peta for your years of service, care and dedication to our organisation and the community.

Pictured left: Tanya Lawrence, Peta Jonganelen and Toni Curtain at Peta's retirement party.

Orford Day Centre Calendar for May – June 2017

Mon	Tue	Wed	Thu	Fri	Sat	Sun
(May) 15 – Bus Trip to Oatlands for lunch. Time: 9:30am – 3:00pm Meal at own cost	16	17 – In house day at Prosser House Day Centre Activity: Card games and bingo. Time: 10:00am – 3:00pm	18 – Bus trip to Bellerive Waterfront Hotel for lunch Time: 9:30am – 3:00pm Meal at own cost	19 – Bus trip to Buckland Bush Garden and lunch at Road House. Time: 10:00am – 3:00pm Meal at own cost	20	21
22	23	24 – Bus trip to Northgate for shopping and lunch. Time: 10:00am – 3:00pm Meal at own cost	25 – In house day at Prosser House Day Centre. Activity: Dustpan golf and memory lane crossword. Time: 10:00am – 3:00pm	26 – In house day at Prosser House Day Centre. Activity: Library visit. Time: 10:00am – 3:00pm	27	28
29 – Bus Trip to Bicheno for lunch. Time: 9:30am – 3:00pm Meal at own cost	30 – In house day at Prosser House Day Centre Activity: Card games and bingo. Time: 10:00am – 3:00pm	31 – In house day at Prosser House Day Centre. Activity: Dustpan golf and memory lane crossword. Time: 10:00am – 3:00pm	(Jun) 1 – Bus Trip to Bicheno for lunch. Time: 9:30am – 3:00pm Meal at own cost	2 – In house day at Prosser House Day Centre Activity: Card games and bingo. Time: 10:00am – 3:00pm	3	4
5	6 – In house day at Prosser House Day Centre. Activity: Dustpan golf and memory lane crossword. Time: 10:00am – 3:00pm	7 – Bus trip to the Brighton Hotel for lunch. Time: 10:00am – 3:00pm Meal at own cost	8 – In house day at Prosser House Day Centre. Activity: Card games, bingo and memory lane crosswords. Time: 10:00am – 3:00pm	9 – Bus trip to Northgate for shopping and lunch. Time: 10:00am – 3:00pm Meal at own cost	10	11
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 – 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

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.



“A leading service provider. Helping our communities enjoy the life they want to live.”

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



VISUAL SMOKE ALARM

If you have a hearing loss you may be eligible for a free or low cost visual smoke alarm.

Contact us to find out more:

Phone: 03 6228 1955
SMS: 0418 341 373
Email: info@tasdeaf.org.au

www.tasdeaf.org.au

Tasdeaf acknowledges the support of the Tasmanian Government.