

A word from our CEO, Helen Pollard



Wet and Wild Weather – thank you for your patience

May has seen some 'once in a lifetime' weather, and by now most of you will have seen images of the destruction in and around Hobart from the night of Thursday, 10 May. On the morning of Friday, 11 May our senior management team discussed the weather and the associated dangers to staff being on roads and decided to cancel services for the day in the interest of safety.

I wish to sincerely thank you all for your support during this time – especially those clients who were inconvenienced by our decision, but showed thanks and understanding when informed they would not receive their visit at short notice. In the aftermath of the weather event, we are checking that our Emergency Response Plan worked for our organisation and helped us manage the day's processes.



I am certainly thankful that Sorell and the surrounding areas didn't suffer significant damage and services were resumed as of Saturday. I hope you and your families have not experienced too much damage to your properties and possessions as a result of the storm.

Picture left: A car that did not make it through flood waters on Lenah Valley Road (ABC News).

Mobile phones at SEC Care

On a positive note – you may have recently noticed our staff using mobile phones when they arrive at your home. This is because we are currently in the process of allocating mobile phones to all our Community Support Workers (CSW). Providing CSWs with work mobile phones will streamline communication between our office-based and community-based staff, as well as notify rostering when our workers finish their shifts. Knowing when a CSW leaves your home ensures the safety of both our clients and staff in our rural and regional areas. We are excited to be improving our internal communications and reducing our use of paper through the adoption of new technologies.

Board Meeting in Triabunna on Monday, 28 May 2018

Over the past year our Board of Management has met in various communities to host an 'open hour'. This initiative gives members of the community the opportunity to meet the Board and ask questions about the operations of the Association and our services. The Board has met in Dunalley, Bagdad, and the May meeting (28th May) will be held in Triabunna. Having our meetings in various areas has given our Board a feel for the various communities in which we operate, as well as giving people the opportunity to connect with our Board.

Client feedback reminder



Thank you to those who recently returned an "I Have a Comment" feedback form. For those of you who are still thinking of doing so – you can give us your comments and feedback at any time. Please remember that a compliment boosts staff morale, and feedback helps us improve the services we provide to you and your community. Feedback forms are available on request at any time. You can also give your feedback by phoning reception or your Coordinator.



Picture above: Search and Rescue personnel watch as a 15yo boy is prepared to be winched to safety by a helicopter after becoming trapped in fast running flood waters at Tynwald Park, New Norfolk (ABC News and Tas Police).

Day Centre highlights from last month

On Friday, 4 May, the SEC Care Day Centre embarked on a four day journey to the West Coast! They visited beautiful places on their journey up (such as The Wall at Derwent Bridge) and experienced many attractions around Queenstown, such as the West Coast Wilderness Train Trip, the World Heritage Cruise, and all the other historical sites in Queenstown. They also had a magical stay at the Lemonthyme Lodge for a night. It was reported that the clients had a wonderful time and look forward for the next trip! A big thank you to Coal River Coaches and their driver, David Young, for getting everyone there and back again safe and sound.



Fred Davis and Amy French on the Strahan World Heritage Cruise.



Shirley Joiner



A group going for a bush walk during the Strahan World Heritage Cruise.



Kath Kerr and Mary Atkinson at the Wall in the Wilderness Cafe

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**.



Day Centre highlights coming up:

Sorell Day Centre:

- Wednesday, 23 May – Biggest Morning Tea celebrations – bring along family and friends
- Friday, 25 May – Eating With Friends at Sorell School – lunch cooked by the students
- Saturday, 26 May – trip to Salmon Ponds for lunch.

Brighton Day Centre:

- Thursday, 24 May – Biggest Morning Tea celebrations – bring along family and friends
- Tuesday, 29 May – trip to the Dunalley Hotel for lunch
- Thursday, 31 May – Scrapbooking, Bingo and Diamond Art.

Orford Day Centre:

- Wednesday, 30 May – trip to the Foreshore Tavern for lunch
- Monday, 4 June – trip to Bicheno and lunch at the Beach Front
- Wednesday, 7 June – trip to Brighton and lunch at the Brighton Hotel.

Richmond Day Centre:

- Tuesday, 22 May – trip to Oatlands and lunch at the Pancake and Crepe shop
- Monday, 28 May – trip to Dunalley and lunch at the Dunalley Bakery
- Thursday, 31 – trip to Richmond and lunch at the Richmond Cafe.

Our Community

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

National Volunteer Week 2018

From 21-27 May is National Volunteers Week 2018. SEC Care would be lost without our dedicated volunteers, and to show our thanks, we have organised a number of events and activities, including a volunteer luncheon on Tuesday, 22 May at our Sorell Day Centre. Our volunteers work in our Day Centres and provide a valuable transport service for people attending non-urgent medical appointments. If you see one of our volunteers during this time, make sure you let them know how amazing they are!



Photo above: Sorell Day Centre Volunteers – Jacqui, Lorraine, Helen, Carol and Drena.

**GIVE A LITTLE.
CHANGE A LOT.**

NATIONAL VOLUNTEER WEEK | 21-27 May 2018 | #NVW2018



Having a 'rocking' time!

Two of our NDIS participants helped restore a very old rocking horse over the school holidays. The boys had a great time exploring around the Sorell school farm for inspiration and recreating the horse at the Sorell Day Centre. The horse is to be donated to 'TasCare' – an organisation that advocates for children with a disability.



Entertainment Books for 2018 available through SEC Care!



This year SEC Care is selling Entertainment Books to raise money for 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

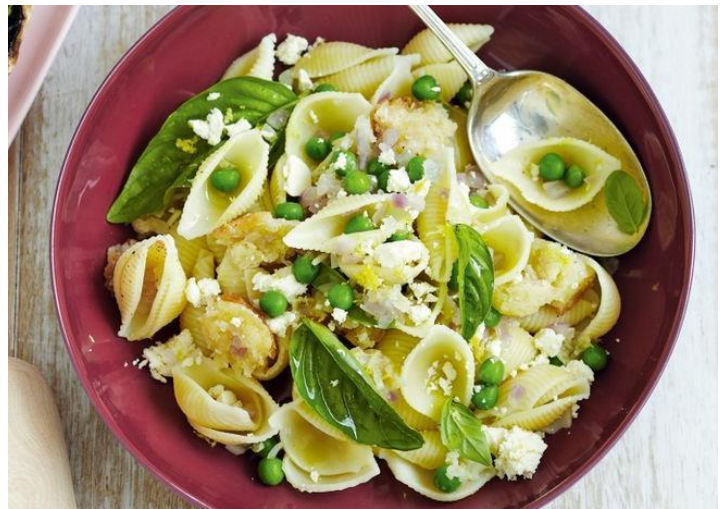
Feta, basil and pea pasta

This 'double carb crime' vegetarian pasta dish is absolutely divine! Pair it with your favourite Sav Blanc, and make sure you add some more feta to serve!

This meat-free meal takes no time at all, making it the perfect dinner without the fuss. It also makes a stunning addition to any dinner table spread.

Ingredients:

- 500g dried large shell pasta
- 1/4 cup good quality olive oil
- 1 medium red onion, finely diced
- 2 garlic cloves, finely chopped
- 1 cup (75g) torn sourdough bread
- 1/2 cup frozen peas
- Pinch ground nutmeg
- 100g Danish feta cheese
- 2 teaspoons finely grated lemon rind
- White wine
- 1/3 cup small fresh basil leaves
- Juice of lemon (to taste)



Method:

Step 1

Cook pasta in a saucepan of boiling, salted water, following packet directions, until tender. Drain.

Step 2

Heat oil in a large saucepan over medium heat. Add onion, garlic, lemon rind and a dash of wine. Cook until onion has browned and softened. Add small pieces of the bread. Cook, tossing, for 3 minutes or until bread starts to turn golden. Add more oil if the bread starts to stick or burn. Add peas. Cook, tossing, for 2 to 3 minutes.

Step 3

Add pasta to pan with nutmeg, feta and lemon rind. Cook, tossing, for 1 to 2 minutes or until warmed through. Add fresh basil. Season with salt and pepper to taste. Toss to combine. Add anything you think it needs to make it yours. Enjoy!

