



Newsletter

May 2019

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

A word from our CEO, Helen Pollard



I hope this letter finds you all content, well, and warm! The change in temperature is definitely noticeable now as we head towards the shorter, colder days of the year.

Policies and Procedures review in line with new Standards

South Eastern Community Care is in the process of reviewing our policies and procedures to ensure they are in line with new Government Aged Care Quality Standards, which come into effect on 1 July 2019. The new Standards have a greater emphasis on how individuals experience their care. Importantly, the issues of choice, dignity, and information are an integral part of these new Standards. Any interested people can request a copy of the Standards from our reception staff, or find them on the Department of Ageing and Aged Care website <https://agedcare.health.gov.au/quality/single-set-of-aged-care-quality-standards>. These Standards apply to our clients who receive Home Care Packages, or services through the Commonwealth Home Support Program (CHSP). While they do not apply specifically to Veterans Programs, Insurance Packages or Disability Programs, these Standards have excellent guidelines for what is expected when delivering care and thus applicable across all of our programs.

Client survey results

Thank you to those who received and returned a recent 'client survey'. The survey was sent to a random 200 people and we received over 80 surveys back. If you did not receive a survey and would like to have one, please email me on ceo@secommunitycare.com.au or phone 0407 512 588. The surveys will be collated over the next month and results will be shared with clients in the next newsletter. Please feel free to let us know how we are doing at any time – you don't have to wait for a survey or a feedback form. All feedback is useful. Compliments boost morale, and complaints or suggestions help us improve the services for you and others. Your feedback is very welcome at any time!

Independent Living Unit (ILU) development at our Somerville Street premises

We are excited to announce that the building of four ILUs will commence in June 2019! We are currently in the process of arranging an information session (see below) to show plans and explain how to purchase a place in this exciting development. The units will be completed in early 2020, but will be sold off the plans prior to completion. If you want to have a look at your potential new home in the centre of Sorell – please give Simon a call on 6269 1200! These four units are our first stage in having a small ILU village for people over 65 with the security of our support, maintained garden, communal areas and a safe, flat environment.



Brave roos! It won't be long before the frosty mornings start! Make sure you keep your houses warm and take care on our roads.

SELLING NOW!

Independent Living Units Public Information Session –

Find out all you need to know about this exciting housing opportunity!

- **When:** Tuesday, 11 June 2019
- **Time:** 1:30pm onwards
- **Where:** Sorell Day Centre – 12 Somerville Street, Sorell.

There will be a chance to ask questions following a short presentation.

Light refreshments will be provided.

Independent Living Unit features

- Two bedroom units with carport.
- Landscaped, maintained gardens.
- Air conditioning and white goods included.
- Equipped with mobility aids and features.
- Level access, architecturally designed for your comfort.
- Safe, supported environment.
- Easy access to services, shops and amenities.



We ♥ our Volunteers – Thank you all for your service!



‘Crafternoon’ at the Sorell Day Centre!

We love Wednesdays at the Sorell Day Centre! There’s always something creative going on - here are some lovely images of the crafty creations some of our clients made in late April 2019.



Day Centre highlights coming up:

Orford Day Centre:

- Thursday, 23 May – Biggest Morning Tea celebrations!
- Wednesday, 29 May – trip to Cascade Gardens for lunch and a walk.
- Friday, 31 May – lunch at The Verve in Old Beach.

Sorell Day Centre:

- Wednesday, 22 May – Biggest Morning Tea + National Volunteer Week celebrations!
- Friday, 24 May – trip to Eastlands for shopping and lunch.
- Wednesday, 29 May – in house day at Sorell Day Centre – scrapbooking, bingo and Diamond Art.

Brighton Day Centre (at Tea Tree Hall):

- Thursday, 23 May – Biggest Morning Tea + International Volunteer Day celebrations!
- Thursday, 30 May – in house day at Tea Tree hall – Diamond Art and scrapbooking.
- Tuesday, 4 June – bus trip to Lauderdale and lunch at She’s Cooked café.

Saturday Outing Group

- Saturday, 18 May – bus trip to New Norfolk for sightseeing, and lunch at the New Norfolk Hotel.
- Saturday, 25 May – bus trip to Geeveston for a walk and lunch.
- Saturday, 1 June – bus trip to Oatlands for shopping and lunch at Kempton.

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 2019



Starting Monday, 20 May is National Volunteer Week – a time to recognise and thank the amazing volunteers in our community – especially the ones at SEC Care. Our team of volunteers are a vital part of SEC Care – our Day Centre volunteers provide much-needed assistance to our staff in preparing meals, cleaning the kitchen, helping with outings and activities. Our volunteer drivers are the driving-force (literally!) behind our Transport Program, and without them, many of our clients would be forced to pay hefty transport fees to attend non-urgent medical appointments. If you see any of our volunteers out and about during Volunteer Week, please make sure you say hello and thank them for the time and energy they put into helping our communities enjoy the life they want to live.

The art of active sitting over the colder months

Health experts say that sitting for long periods of time, but we know it can be really hard to get moving during the winter period and it's easier to say warm and cosy snuggled up on the couch or in a favourite chair. Well now you don't have to feel guilty!



Here are some tips to keep yourself active and healthy while sitting:

- **Clenching your muscles:** Physiotherapists say that small contractions of the muscles are important for maintaining your strength – especially if you can't put pressure on particular joints, or move very much. Try moves like tightening your bicep without moving the rest of your arm, or clenching your buttocks or upper thighs.
- **Choose different chairs throughout the day:** Each place you sit will support your muscles in different ways so chop and change where you sit in the house.
- **Sit in different positions:** Sitting in different positions will change which muscles work and help to increase your blood-flow.
- **Fidget:** Your mum might have told you not to fidget, but now we know that fidgeting is good for your health! Swinging your arms, tapping your feet or drumming your fingers as you sit all keep the blood moving.

Do you have old x-rays you want to get rid of?

Old x-rays can be quite annoying if you don't need them anymore. If you would like to get rid of yours, there is a place in Derwent Park where you can take them!

Their details:

Recycal – scrap metal recycler:

Address: 10-12 Hale Street, Derwent Park, TAS, 7009

Phone: (03) 6273 1822.



Relax and have your feet pampered at the SEC Care Foot Clinic!

Do you have clients who have trouble with their foot care? Or perhaps you would like a bit of pampering yourself? The SEC Care Foot Clinic is now operating out of the 'Little House' (opposite Banjos) every Wednesday and Friday. We also visit Triabunna and Brighton (call for dates).

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

Fees: Pensioner: \$20.00 Private: \$57.00

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

We provide: Foot cleansing, corn and callous reduction, nail cutting and filing, foot massage, moisturising, referrals.

Recipe of the Month

Spaghetti carbonara frittata

The weather is cooling down, which means it's time for comfort food! When I think of comfort food, I imagine a big bowl of creamy pasta with plenty of cheese! Well this recipe is an original take on two household favourites – carbonara and frittata!

If you are a stickler for recipes that break tradition – I promise you this dish is worth the crime!

It is also a great way to use up leftovers!

Ingredients:

- 200g dried spaghetti
- 1 tablespoon extra-virgin olive oil
- 8 shortcut bacon rashers, trimmed
- 1 brown onion, finely chopped
- 6 eggs
- 3 garlic cloves, crushed
- 2/3 cup pure cream
- 2 tablespoons finely chopped fresh chives, plus extra to serve
- 1/2 cup finely grated parmesan, plus extra shaved parmesan, to serve
- Baby rocket, to serve



Method:

Step 1

Preheat oven to 220C/200C fan-forced. Cook pasta in a large saucepan of boiling, salted water, following packet directions. Drain. Refresh under cold water. Drain.

Step 2

Meanwhile, heat oil in a 5cm-deep, 17cm (base), 25cm (top) ovenproof frying pan over medium-high heat.

Add 4 shortcut bacon rashers. Cook for 3 minutes each side or until golden. Transfer to paper towel to drain.

Chop remaining bacon. Add chopped bacon and onion to pan. Cook, stirring occasionally, for 5 minutes or until golden.

Meanwhile, whisk eggs, garlic, cream, chives and 1/3 cup parmesan in a large bowl. Season with salt and pepper.

Step 3

Add pasta and bacon mixture to egg mixture. Stir to combine. Add egg mixture to frying pan. Cook over medium heat for 5 minutes or until frittata is beginning to set around the edges.

Sprinkle with remaining parmesan. Transfer to oven. Bake for 15 to 20 minutes or until golden and just set.

Stand for 5 minutes. Top with rocket and reserved bacon. Sprinkle with extra chives and shaved parmesan. Season with pepper. Serve. Enjoy!