



Newsletter

November 2017

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

A word from our CEO, Helen Pollard



Hello everyone! I am pleased to say that our Community Expo, held on Saturday, 21 October was a success! I hope all of you who came along found the information from the various community providers useful.

I hope you also enjoyed the delicious scones from the Day Centre's Devonshire Tea, and the sausages from the friendly Lions Club of Sorell volunteers. Such an event is not possible without plenty of behind the scenes work and support. Many local businesses, politicians, and individuals donated prizes, cash and supplies to help with expenses.

We also had over 25 organisations get involved by providing a variety of stalls and displays available on the day. Of course people vote with their feet, so it was wonderful to see so many people come to have a look at the information and events on display. Thank you to everyone for supporting the Expo. We are already planning for a bigger and better Expo for 2018!



Be prepared this fire season

Now that we are in November, now is time to give your fire and safety plans some consideration. As you all know, summer weather in Tasmania is unpredictable at best – make sure you have safety measures in place to protect yourself and your property against the elements. If you need some help getting your property summer ready, please give our friendly reception staff a call. We are here to help.



SEC Care named Finalist in prestigious Community Achievement Awards

SEC Care has been named as a Finalist in the 2017 Community Achievement Awards for the category, Employer Excellence in Aged Care. There will be a handful of staff and our volunteer Board attending the presentation evening on Friday, 1 December at the Grand Chancellor in Hobart – wish us luck! The Awards are sponsored by Prime Super, Bentleys Auditors Accountants and Advisors, Southern Cross Television, 107.3 Triple M Hobart, The Advocate, and The Examiner.

Recognising the hard work put in by our community organisations and businesses through these awards would not be possible without the support of sponsors, so I thank them all for their support.

New Home Care Workers starting at SEC Care

We are in the process of recruiting new Home Care Workers. With this in mind, over the next few weeks you may see some new faces or have a 'buddy' visit with your regular carer. We aim to orientate new staff with as little disruption as possible and look forward to having some more employees join our hard working team!

Feedback

Please do not hesitate to give us feedback on anything do to with the services you receive. If you have a compliment, it boosts morale, and if you have a concern or something you think can be improved, your feedback may help many people. Feel free to send us an email, fill in an "I have a comment" form, or give our office a call. Your feedback will be passed on to whomever it concerns.

Day Centre highlights from last month

Seniors Week 2017

As many of you will know, Seniors Week was lots of fun for the Day Centres, with the Sorell group attending the high tea at the Memorial Hall on Wednesday, 18 October and the Brighton Day Centre enjoying a special luncheon at 12 Stones in Pontville on Thursday, 19 October. The Day Centre staff and volunteers were all hands on deck at the Expo, with many kilos of flour used to make scones for the Devonshire Tea. It was great to see so many people attend.

Weekend trip to St. Helens

Over the first weekend in October, Day Centre clients went to St Helen's for a weekend away, staying at Kelrairie Units. Activities over the weekend included; visiting the Pub in the Paddock, Columbia Falls, the Bicheno Zoo, Holy Cow Cheese Factory, as well as souvenir shopping and a wonderful morning tea at the St. Helens Visitors Centre.

Prosser House Day Centre Clients recently went shopping at the Sorell Country Fresh. The Orford clients particularly enjoyed the opportunity to buy fresh fruit and vegetables, considering there are none available in the Orford/Triabunna area.

In late October, the Prosser House Friday group went to the Mornington Tip Shop to browse the interesting objects available. To the surprise of many, there was a fascinating motorbike that looked like it was from the 'Mad Max' movie! Purchase of the day went to Malcolm Brooks, who found himself a lovely blue fan for when it gets hot in his caravan. If you haven't been there before, it's worth checking out! You'll never know what you'll find.

Melbourne Cup Day!

On Tuesday, 7 November over 50 clients took part in a Melbourne Cup luncheon at the Richmond Golf Club. Everybody had a wonderful time, with many beautiful ladies taking part in 'fashions on the field'!



Don't forget to make your booking for the Christmas party!



HO! HO! HO!

**You're invited to the
Day Centre Christmas Lunch**

**Date: Thursday, 21st December 2017
Time: 11am - 3pm**

**Sorell Bowls Club
11 Parsonage Pl, Sorell**

**Cost: \$20 per person
Transport available at additional
cost of \$10 per person**

**RSVP: Kathy or Denise
Ph: 0423 264 833
No later than 11th December**

Join in the fun at the SEC Care Day Centres this summer!

Our welcoming Day Centres have air conditioning and outdoor leisure areas, which provide opportunities for clients to enjoy some sunshine in warmer weather conditions.

Staff are always available on site to provide assistance and support to all our clients. If you would like to come along and join in the activities at our wonderful centres, please contact Michelle Moore on 62691264 or via email michellem@secommunitycare.com.au.

Day Centre highlights at a glance:

Sorell Day Centre:

- Friday, 24 Nov – bus trip to Claremont Hotel for lunch.
- Wednesday, 29 Nov – In house day – making dog biscuits and bingo!
- Friday, 1 Dec – Christmas shopping at Eastlands

Brighton Day Centre:

- Saturday, 18 Nov – Day trip to Bruny Island!
- Tuesday, 28 Nov – Mystery bus outing!
- Thursday, 30 Nov – In house day – making dog biscuits and bingo!

Orford Day Centre:

- Wednesday, 22 Nov – Bus trip to Pontville and the Crown Inn for lunch
- Thursday, 23 Nov – Bus trip to Richmond and lunch at the Richmond Arms
- Monday, 27 Nov – Bus trip to Mt Wellington and the Fern Tree Tavern for lunch

Richmond Day Centre:

- Monday, 20 Nov – Richmond River BBQ
- Tuesday, 21 Nov – shopping at Eastlands
- Monday, 27 Nov – Garden Lighthouse Craft
- Friday, 8 Dec – Making Xmas Cards
- Monday, 11 Dec – Shiploads & Red Square for lunch
- Tuesday, 19 Dec – painting Xmas Nails!

Our Community

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

A big thank you to our clients who came to our Expo!



Raffle winners from the SEC Care Community Expo

Thank you to everyone who purchased a raffle at our Expo. We raised over \$150, which will go back into the organisation's community initiatives. The prizes were generously donated by local businesses. Congratulations to all the winners!

The winners were:

- **1st prize** – M. Hawkins –\$80 voucher for Latitude Studio
- **2nd prize** – Coal River Coaches staff –specialised hand creams & beauty products from Hair Magix
- **3rd prize**– 'Jenny' –\$50 voucher for Footright Sorell
- **4th Prize** – 'Colin' –\$30 voucher for Sorell Café
- **5th prize** – 'Louise' – \$25 voucher for Sorell Dept Store
- **6th prize** – 'Kim'– two bottles of wine
- **7th prize** – C. Iles – two tea light holder lamps.

All winners have now received their prizes.

Celebrating International Day of People with a Disability



South Eastern Community Care will be participating in the festival of smiles next month. Last year we celebrated by providing over 450 free snow cones, multiple lucky dip bags and winning prizes for our colouring competition.

It was a great day out for all, with over 2000 members of the community taking part in the day's activities.

We encourage anyone who is interested to come along and enjoy the sights, prizes and freebies on offer.

Get the hair salon treatment in the comfort of your home!

Rebekah Duharte is a qualified hairdresser with over 24 years experience. Rebekah is available on appointment to give you affordable cutting and styling in the comfort of your home!

If you are looking for VIP hair salon treatment without the stress, call Rebekah to discuss your options on 0406 756 874.

Rebekah Duharte
Hairstylist



Health, Wellbeing and Nutrition

Lamb with spring vegetables

We are well and truly into spring now, which means beautiful spring vegetables, like beans and silverbeet are in season. There's nothing quite like a beautifully cooked piece of lamb backstrap with fresh spring greens! I hope you enjoy this recipe.



Method:

Step 1

Season the lamb with sea salt and freshly ground black pepper, then spray or brush lightly with good quality olive oil.

Step 2

Heat a large frypan over high heat. Add the lamb, and cook for 3 minutes each side until browned but still a little pink in the middle, or cooked to your liking. Transfer the lamb to a plate, cover loosely with foil and set aside to rest while you cook the vegetables.

Step 3

Add the olive oil to the same frypan over low heat. Add the spring onion, garlic and beans. Cook these, stirring, for 30 seconds until glossy. Add peas, silverbeet, beef stock, a little sea salt and freshly ground black pepper. Bring to the boil, then cover, reduce the heat to low and simmer for 3-5 minutes until vegetables are tender. Feel free to add a little splash of red wine for flavour if you have any available. Last of all, stir in the mint leaves, then remove from the heat.

Step 4

Thickly slice the lamb, then divide among plates and serve with vegetables, drizzled with any pan and resting juices. Yum!

Side note: a little Dijon mustard is also nice!

Ingredients:

- 2 x 300g lamb back-straps, trimmed
- Olive oil spray (or use a brush)
- 1 tablespoon olive oil
- Two cloves of garlic, diced
- 1 bunch spring onions, thickly sliced on an angle
- 150g green beans, trimmed
- 150g frozen peas
- 4-5 baby carrots
- 4-6 leaves of silverbeet (depending on size)
- 3/4 cup (185ml) Massel beef stock
- 2 tablespoons chopped mint.



Santa's Funland HOBART

21ST - 24TH DECEMBER
LIMITED TICKETS!

TRIPLE M
107.3

HOBART

UNLIMITED AMUSEMENT RIDES

CHRISTMAS FAIRY SHOWS FROM MAKE BELIEVE

CHRISTMAS ELF SHOW FROM PARTY ON CHILDRENS
ENTERTAINMENT

WINTER WONDERLAND WITH FALLING SNOW

ARTS AND CRAFT AREA INCLUDING MAKING REINDEER FOOD

PHOTO SELFIE STATIONS

FREE FAIRY FLOSS

FREE FACE PAINTING

PHOTO OPPORTUNITIES WITH MASCOTS

SANTA (BYO CAMERA FOR PHOTOS)

PHOTO OPPORTUNITIES IN SANTAS SLEIGH



TICKETS ON SALE NOVEMBER 2ND
VIA THE WEBSITE WWW.SANTASFUNLAND.COM.AU



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