



Newsletter

November 2018

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

A word from our CEO, Helen Pollard

Photo right: Helen officially opening the Expo.



The Community Expo held in October was a great success, with a steady stream of patrons and some great stalls with information to help people in their homes. SEC Care is proud to be able to hold the Expo without any grants or financial support from the Government, and instead with support from other service providers, locals and the Sorell community. Thank you to everyone who came and helped make the day a success.

We are marching through the year, and office staff are working on plans for programs and hours during the Christmas period (more information below).

Growth of Community Support Workers

The number of Community Support Workers employed by SEC Care continue to grow, and from time to time you may receive a visit from a staff member with a new person they are orientating. Learning on the job and seeing the standard of services we expect to have delivered is an important part of our induction process.

Reminder – your feedback is always welcome!

Any comment – compliment or complaint – helps us review what we do. Compliments are great for staff, and a complaint – when addressed – may improve services for you and for others. Please fill in a Feedback Form, or contact our friendly Coordinators or Reception staff to have your feedback recorded.

Visit Times reminder

If you have cleaning or social support in particular, please leave an hour or two free either side of your allocated visit time. Even with a regular staff member, things can change quickly! Staff may have a visit cancelled at short notice and arrive to you earlier than expected, or have an emergency and arrive later than expected. While we aim to have as much regularity as possible, we unfortunately cannot guarantee your exact visit time each week/fortnight. Thank you for your consideration.

Reduced hours at Christmas and New Year

With the imminent arrival of the Festive Season, please be aware of the following changes to the Office hours (including Rostering) during the holiday period:

- Monday, 24 December 2018 – Office closed from 12pm
- Tuesday, 25 December 2018 – Office closed
- Wednesday, 26 December 2018 – Office closed
- Thursday, 27 December 2018 – Office open 10am–3pm
- Friday, 28 December 2018 – Office open 10am–3pm
- Monday, 31 December 2018 – Office open 10am–3pm
- Tuesday, 1 January 2019 – Office closed.

Christmas time and school holidays – fast on the approach

SEC Care asks that clients start thinking about services you may need (or not need) over the Christmas period. Additional support over the school holidays can be organised if you advise your Coordinator early.

A reminder: only essential services will be provided on public holidays and only local shopping support will be provided in the week leading up to Christmas.

Accordingly, please ensure you have all your Christmas goodies from Woolworths and Coles, and your medication in time for the public holidays.



International Day of People with Disability
community celebration

Come along and share our vision of increasing opportunities for people with disabilities, whilst simultaneously showcasing the creative outcomes across community.

FESTIVAL OF SMILES PROGRAM

Music and Performance Pop Up Events
Elizabeth Street Mall – Thursday 29 November 12–2 pm

Sport and Recreation Fun Day Out
Fun activities for the whole community to come and try
Parliament Lawns – Saturday 1 December 10–2 pm

A Short Film Festival and Popcorn Night
Showcasing short films and movies to challenge perceptions and enlighten the possibilities
157 Elizabeth Street – Friday 30 November 6–8 pm

For more information, visit hobartcity.com.au/celebrateabilities

Logos: International Day of People with Disability, tascare, Clarence – a brighter place, HOBART CITY, City of HOBART

Day Centre highlights from last month

Overnight trip to the North West!

From the 5th-8th of October, an adventurous group of Day Centre clients, volunteers and workers went on a 4-day trip to the North West Coast of Tasmania! Everyone had an amazing time and clients are already looking forward to another exciting adventure with the wonderful SEC Care Day Centre staff. **See a snapshot of the trip below:**



Photos above: Riding the chairlift up to the top of The Nut in Stanley, and the cliffs overlooking the sea at the Woolnorth Wind Farm.

Photos below: The Table Cape Tulip Farm, and the Emu Valley Rhododendron Garden.



Photo left: Kissing the Emu at the Emu Valley Rhododendron Garden!

Photo right: On the bridge at the Emu Valley Rhododendron Garden.



Day Centre highlights coming up:

Sorell Day Centre:

- Friday, 16 November – trip to the Southern Lights Hotel in Kingston and the Bush Bakery.
- Wednesday, 21 November – making Christmas cards and crafts.
- Saturday, 24 November – trip to the New Norfolk Hotel and market.

Orford Day Centre:

- Friday, 16 November – trip to Cambridge Park and lunch at the Horseshoe Inn.
- **Tuesday, 20 November – 25 years' of Prosser House celebration at the Orford Hall!**
- Wednesday, 28 November – trip to the Swansea Bark Mill for lunch.
- Thursday, 29 November – trip to Wicked Cheese in Richmond.

Brighton Day Centre:

- Tuesday, 13 November – trip to Shoreline for shopping and lunch.
- Thursday, 22 November – making Christmas cards and crafts.
- Tuesday, 27 November – bus outing to Franklin and lunch the Lady Franklin Hotel.

Richmond Day Centre:

- Monday, 12 November – men's group in house day.
- Monday, 19 November – drive to Eaglehawk Neck for sightseeing and lunch (weather permitting).
- Tuesday, 20 November – ladies' group in house day – making Christmas cards and crafts.

Our Community

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

The SEC Care 2018 Community Expo – thank you!

A big thank you to all the staff and volunteers who came along to the Expo – whether you worked at the event or just attended – your input helped make the day the success that it was! The feedback from stallholders and patrons has been really positive and it is great to get our name out in the community as a leading community care provider.



Photos above: Patrons and stallholders of the SEC Care Community Expo – Saturday, 20 October 2018.

Optimum Health Solutions – get active this summer!



Optimum Health Solutions is now operating over two sites – Oceana in Mornington and Healthy Horizons in Dodges Ferry. You may be eligible to access a range of funded supports, including but not limited to, Exercise Physiology and rehabilitation, programs around weight loss, fall reduction, managing chronic health conditions including diabetes and cancer, hydrotherapy, occupational therapy, learn to swim.

Services may also be delivered in the home, depending on your needs and access. Services can also be accessed and subsidised by Medicare – to do this contact your GP for more information.

Participants and clients can get further information by speaking to Sam Rundle from Optimum Health Solutions on 6245 0799 or your SEC Care Coordinator.

Spring clean your feet at the SEC Care Foot Clinic!

Do you have trouble with your foot hygiene? Then come our way! The SEC Care Foot Clinic is now operating out of the 'Little House' (opposite Banjos) every Wednesday. The Foot Clinic is for our clients and the community.

Foot Care is for **any age/anyone** and there are subsidised prices available for pensioners.

Fees:

- Pensioner: \$20.00
- Private: \$55.00

We provide:

- Feet cleaning
- Nail cutting
- Foot massage
- Moisturising
- Referrals.

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

Health, Wellbeing and Nutrition

Wallaby Bolognese with pappardelle pasta

For some, eating wallaby seems like a foreign concept, but I promise you – it's as close to our backyards as it gets! For wallaby and kangaroo beginners, Bolognese is a great way to give the game meat a try – you will barely taste the difference!

Perks of wallaby:

- Not bred in captivity
- Does not produce methane
- Eco-friendly
- Leanest red meat
- Affordable
- Processed here in Tasmania.

Ingredients:

- Tablespoon extra virgin olive oil
- 1 large brown onion, finely chopped
- 100g pancetta, finely chopped
- 1 carrot, coarsely chopped
- 2 dried bay leaves
- 2 garlic cloves, crushed
- 500g wallaby mince
- 1 cup (250ml) red wine (merlot or cab sav preferable)
- 400g canned tomatoes
- 2 tablespoons tomato paste
- 2 teaspoons dried Italian mixed herbs
- Fresh herbs; thyme, rosemary, oregano, basil and parsley (optional)
- Pappardelle pasta nests
- Grated parmesan, to sprinkle.



Method:

Step 1 – Heat the olive oil in a large deep frying pan or saucepan over medium-high heat. Add the onion and caramelise for 5 mins. Then add pancetta, carrot, bay leaves, dried Italian herbs and salt and pepper, stirring for 10 minutes, or until the carrots begin to soften. Add the garlic and cook, stirring, for 1 min or until fragrant. Add the wallaby mince and cook, stirring with a wooden spoon to break up any lumps, for 8 mins or until browned.

Step 2 – Add the wine and cook, stirring occasionally, for 2 mins or until wine is reduced by half. Add tomatoes, tomato paste and fresh herbs. Stir well to combine. Bring to the boil. Reduce heat to low. Simmer, stirring occasionally, for 10 mins or until sauce thickens.

Step 3 – Meanwhile, bring a large pot of water to the boil. Once boiled, add salt, then your Pappardelle pasta nests. Cook until *al dente* (follow packet instructions for extra guidance).

Step 4 – Divide the pasta among serving bowl. Top with the Bolognese, and sprinkle with parmesan and parsley to serve. *Buon Appetito!*



Pappardelle pasta: you can buy delicious packets of dried pappardelle pasta from most supermarkets.

Wallaby mince: you can purchase 500g packets of Tasmanian wallaby mince from Coles for \$5.70! Bargain!