



Newsletter

Oct-Nov 2016

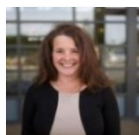
*"A leading service provider
helping our communities enjoy
the life they want to live"*

Thank you to all who attended our South Eastern Community Care Community Expo!



Left: Michelle Pears entertaining patrons of our Expo on Tuesday, 11 October.

Right: Taylor from the Dogs' Home saying hello to everyone at the Expo.



A word from our CEO, Helen Pollard

Hello to all clients and families.

Community Expo

I hope many of you have had the opportunity to access or be involved in activities for Seniors Week 2016. SEC Care were proud to host a Community Expo, which despite windy conditions, many people came along to enjoy. The day was a success and we would love to have a similar event in the future as a way of giving back to the community. I would like to thank all the staff, volunteers and providers who contributed so much and made the day a vibrant and happy occasion.

Somerville Street Renovations

We continue to renovate Somerville Street, which will enable a move before the end of the year. The area we use for Day Centre activities has had a coat of paint, making it immediately brighter, fresher and more inviting. New carpet will also be laid over the next few weeks.

Monthly Invoices

After much hard work, our invoices are now being sent on a monthly cycle. If you have any concerns about your invoice/statement or Package Budget, please do not hesitate to call SEC Care. We are excited to have a more systematic process in place and will be able to send a regular newsletter with invoices moving forward.

Emergency Management Plan

As we quickly head towards the end of the calendar year, senior staff are now undertaking our annual review of SEC Care's Emergency Management Plan, ensuring our processes are up to date, and staff are aware of their role/s in the event of any external emergency.

Feedback

Please feel free to give us feedback at any time. Whether it's written, over the phone, or face-to-face – any feedback is appreciated and if you have a constructive comment or suggestion it may help us improve what we do for you and others.

SEC Care's Saturday Group getting out and about!



Left: Our Saturday group on their way to the Lavender Farm in Port Arthur. **Right:** Saturday group trip to Ross. **Left Below:** Clinton having a good time on the bus!



Home Support Worker Ros with her client Sybil in her beautiful home last month.



Our Office Hours

A friendly reminder that our office hours are **8:30am-4:30pm Monday to Friday**. For after hours emergencies, please call **000**.

Client Information Changes

If you have any changes to your address, phone numbers, doctors or any contact details, please call the SEC Care office on **6269 1200**. By helping us, we can ensure the best possible care and service for you.



Left: Trip to Mount Field with the Monday Brighton Group last month.



Farewell Annette!

Last month we said farewell to our much-loved Prosser House Day Centre Coordinator, Annette McNally. We wish Annette all the best in the future.

Changes to the SEC Care Day Centre Calendars

We have now changed the way we structure the Day Centre Calendars to be more aligned with the distribution of your accounts. This way, you can be kept as up-to-date as possible with all the fun activities happening near you! If you wish to get involved with the Day Centres, phone either Kathy on 0427 804 600 or Denise on 0423 264 833.

Brighton Day Centre Calendar for Oct-Nov 2016

Mon	Tue	Wed	Thu	Fri	Sat	Sun
17 – Brighton Bus trip – Mystery Bus Trip! Time: 10:00am – 3:00pm. Meal at own cost.	18	19	20 – Closed, Show Day Holiday.	21	22	23
24	25	26	27 – In house day at Pontville Day Centre. Activity: Breast Cancer Awareness Week – wear pink! Time: 10:00am – 3:00pm.	28	29	30
31 – Brighton Bus trip – trip to Huonville. Time: 10:00am – 3:00pm. Meal at own cost.	1 (Nov) – Shopping at Eastlands and lunch. Time: 10:00am – 3:00pm. Meal at own cost.	2	3 – In house day at Pontville Day Centre. Activity: Carpet Bowls! Time: 10:00am – 3:00pm.	4	5	6
7	8	9	10 – In house day at Pontville Day Centre. Activity: Prosser House coming to visit. Time: 10:00am – 3:00pm.	11	12	13
14 – Bus trip – TBA Time: 10:00am – 3:00pm. Meal at own cost.	15 – Shopping at Eastlands and lunch. Time: 10:00am – 3:00pm. Meal at own cost.	16	17 – In house day at Pontville Day Centre. Activity: TBA Time: 10:00am – 3:00pm.	18	19	20



SEC Care Birthdays!

Happy Birthday to our Day Centre Coordinator Denise (Left) and beloved client Graeme (Right) – we hope you had wonderful days!



Sorell Day Centre Calendar for Oct-Nov 2016

Mon	Tue	Wed	Thu	Fri	Sat	Sun
17	18	19 – In house day at Somerville Street Day Centre. Activity: Drena's 70 th birthday celebrations! Time: 10:00am – 3:00pm.	20	21 – Bus trip – Location TBA. Time: 10:00am – 3:00pm. Meal at own cost.	22 – Men's Gathering. Activity: Going to the Circus! Time: 10:00am – 3:00pm. Meal and entry at own cost.	23
24	25	26 – In house day at Somerville Street Day Centre. Activity: Breast Cancer Awareness Week – wear pink! Time: 10:00am – 3:00pm.	27	28 – Bus trip – trip to the Horseshoe Inn. Time: 10:00am – 3:00pm. Meal at own cost.	29	30
31	1 (Nov) – Shopping at Eastlands and lunch. Time: 10:00am – 3:00pm. Meal at own cost.	2 – In house day at Somerville Street Day Centre. Activity: Bingo and crafts. Time: 10:00am – 3:00pm.	3	4 – Bus trip to Lauderdale for lunch. Time: 10:00am – 3:00pm. Meal at own cost.	5 (Oct)	6
7	8	9 – In house day at Somerville Street Day Centre. Activity: Quiz day! Time: 10:00am – 3:00pm.	10	11 – Bus trip – outing. Destination: TBA. Time: 10:00am – 3:00pm. Meal at own cost.	12 – Men's Gathering. Time: 10:00am – 3:00pm. Activity: Mystery Bus Trip!	13
14	15 – Shopping at Eastlands and lunch. Time: 10:00am – 3:00pm. Meal at own cost.	16 – In house day at Somerville Street Day Centre. Activity: Bingo and crafts. Time: 10:00am – 3:00pm.	17	18 – Bus trip – outing. Destination: TBA. Time: 10:00am – 3:00pm. Meal at own cost.	19	20

Richmond Day Centre

The Richmond Day Centre is now operating out of the Sorell (Somerville Street) Day Centre. If you wish to speak to someone about the Richmond Day Centre, call our Day Centre Manager, Michelle, on 6269 1264.

Orford Day Centre Calendar for Oct-Nov 2016

Mon	Tue	Wed	Thu	Fri	Sat	Sun
17	18	19 – In house day at Prosser House Day Centre. Activity: Show Day theme! Time: 10:00am – 3:00pm. Meal at own cost.	20 – Closed, Show Day Holiday.	21 – Earlham Drive followed by in-house lunch at Prosser House. Time: 10:00am – 3:00pm.	22	23
24 – Bus Trip to Margate Museum and lunch. Time: 10:00am – 3:00pm. Meal at own cost.	25	26 – Bus Trip to Sorell for shopping and lunch. Time: 10:00am – 3:00pm. Meal at own cost.	27 – Bus trip to Eagle Hawk Neck (including lunch). Time: 10:00am – 3:00pm. Meal at own cost.	28 – In house day at Prosser House Day Centre. Activity: Halloween themed day. Time: 10:00am – 3:00pm.	29	30
31	1 (Nov) – In house day at Prosser House Day Centre. Activity: Melbourne Cup themed day. Time: 10:00am – 3:00pm.	2 – In house day at Prosser House Day Centre. Activity: Library visit and in-house BBQ. Time: 10:00am – 3:00pm.	3 – In house day at Prosser House Day Centre. Activity: Home Fire Safety Talk by COTA. Time: 10:00am – 3:00pm.	4 – Bus Trip to TMAG Museum followed by lunch at the fish punters. Time: 10:00am – 3:00pm. Meal at own cost.	5	6
7 – In house day at Prosser House Day Centre. Activity: TBA Time: 10:00am – 3:00pm.	8	9 – Bus trip to Swansea for lunch at Bark Mill. Time: 10:00am – 3:00pm. Meal at own cost.	10 – Bus trip to Brighton Day Centre for lunch and activities. Time: 10:00am – 3:00pm.	11 – In house day at Prosser House Day Centre. Activity: Library science activities. Time: 10:00am – 3:00pm.	12	13
14	15	16 – Bus trip – activity TBA. Time: 10:00am – 3:00pm. Meal at own cost.	17 – Bus trip – activity TBA. Time: 10:00am – 3:00pm. Meal at own cost.	18 – In house day at Prosser House Day Centre. Activity: TBA. Time: 10:00am – 3:00pm.	19	20

Want to join in? Call our Prosser House Day Centre Coordinator, Cheryl, on 03 6257 1152.

Information from Nutrition Services, Public Health Services, DHHS Tasmania

Now is the time of year to boost Vitamin D levels

Vitamin D is important for healthy bones and muscles and overall good health. Sunlight (UV light) is the best source of vitamin D. Our bodies produce vitamin D when skin is exposed to UV in sunlight.

UV levels are now a little higher than they were over winter, which means that less time is needed outside to make the Vitamin D that you need. During winter, the UV levels are in the **low range**. At this time of year, UV levels now reach the **moderate range**. Getting some regular sun exposure while still being sun safe at this time of year can help increase Vitamin D levels after winter. Check the newspaper or the Web for daily UV levels.

Recommendations for October on getting enough sun while being sun-safe:

Time of year	For fair to olive skin; (higher risk of skin cancer)	For naturally very dark skin; (higher risk of vitamin D deficiency)
When UV levels reach the moderate range (UV index 3-5): mid-March to mid-April and mid-September to mid-October	<p>Aim for time in the sun to be:</p> <ul style="list-style-type: none">• Regular (1-2 times a day)• Short (10-15 mins)• Expose as much skin as you can (for example, roll up your sleeves to bare your arms, wear shorts or a skirt) <p>Use sun protection (hats, sunscreen, sunglasses, shade, cover up clothing) if you are outside for more than 10-15 minutes when the UV is 3 and above.</p> <p>You may not need sunscreen unless you are outside for more than 10-15 minutes.</p> <p>Avoid sunburn.</p>	<p>More sun exposure is needed.</p> <p>Aim for time in the sun at 3-6 times more than that for fair to olive skin.</p> <p>It may be difficult to get enough sun for your vitamin D and supplements may be needed. Ask your GP.</p> <p>If you have naturally very dark skin, you usually don't need to wear sunscreen. Wearing sunglasses is still important to protect your eyes.</p>

