

SOUTH EASTERN COMMUNITY CARE



COMMUNITY EXPO 2017

WHEN: 11:00am – 2:00pm, Saturday, 21 October 2017

WHERE: 12 Somerville Street, Sorell (opposite Banjos)



Celebrating our Seniors

South Eastern Community Care proudly invites the whole family to the 2017 SEC Care Community Expo!

- Free sausage sizzle • Free Devonshire Tea
- Family entertainment • Community stalls
- Health and wellbeing stalls • Prizes to be won!







Newsletter

October 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 recently came back to Tasmania after spending four weeks abroad in Scotland. I had an amazing time with my family, seeing all the beautiful sites the Scottish countryside has to offer. I also ran in the 42.2km Loch Ness Marathon and made it to the finish line!

2017 AGM

The 2017 SEC Care AGM was well attended, with Audrey Bellette and Lynnette Curran receiving their honorary certificates for 10 years of service with SEC Care. Congratulations to both. To those of you who wish to see our 2017 Annual Report, you can access it online [here](#) (if you're reading a digital copy), or pick up a printed copy at 12 Somerville Street. Last financial year we achieved a net surplus of around \$200,000, which puts us in good stead for the 2017-18 period.

Quality Review – recap

In September, SEC Care had a three-yearly Quality Review. On Tuesday, 12 September two external auditors came out to Somerville Street and looked through all aspects of the Organisation. The recommendation of the auditors was that South Eastern Community Care is compliant with all of the Community Care regulations. Thank you to those clients who took the time to speak to the auditors.

Front garden and roof work at Somerville Street all finished!

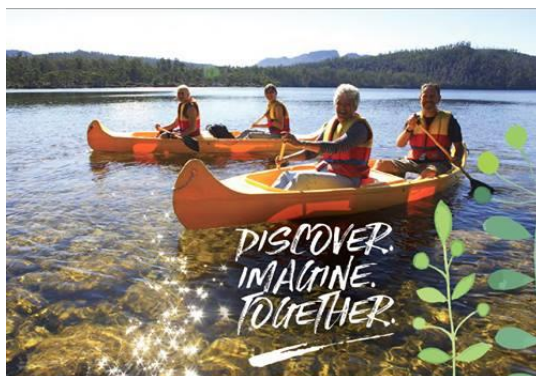
The makeover of the front garden and roof at our Somerville Street premises is now complete. We have already received some wonderful feedback from the community about how beautiful the place looks. We look forward to seeing our new plants growing into their space and sharing our garden with the community.



Before



After



**SENIORS
WEEK 2017**
16 - 22 OCTOBER



Get out in your community this Seniors Week!

There are events and initiatives on for everyone during 16 – 22 October! If you haven't already got a copy of the Seniors Week program, visit their website at www.cotatas.org.au.

Day Centre highlights from last month

All of our Day Centres have been very busy with craft days, which involve activities such as jewellery making, scrapbooking, and succulent pallets.

Day Centre clients have also been enjoying the Spring outings – in September the Saturday group visited Gretna Hotel, Ross Hotel, Salmon Ponds and Huonville Hotel. Shopping trips continue to be a hit, with the Brighton and Prosser House clients visiting shopping malls on a regular basis.

Clients are eagerly anticipating the next 'Eating with Friends' at the Sorell School, where they will be treated to a three course meal cooked by the students.

Prosser House clients enjoyed a trip to Mount Wellington in late September, and believe it or not – they were lucky enough to still see some snow! However, they had to look at it from inside the bus, as the Spring winds were blowing hard on the mountain! The group managed to find their way safely back to the Fern Tree tavern for lunch, just before the last snow of the season fell on the summit.

Over the weekend of Saturday, 7 October to Sunday, 8 October, Day Centre clients went to St Helens for an overnight trip. The event was an overall success and everyone involved had a wonderful time.



Picture left:

Max Sullivan having a relaxing foot bath at the Sorell Day Centre.



Picture Above: Amy French at a beautiful church in Ross.



Picture Above: Robert Reading at the Women's Prison in Ross.



Picture left: Aileen and Carol having a dance at a mock wedding for Kevin and Barb at the Brighton Day Centre.

Picture right: Shirley Simpson with her daughter Denise, also at the mock wedding.



Day Centre activities coming up:

There's lots going on over the next month at the Day Centres – kicking off with Seniors Week celebrations and activities –

- On Wednesday, 18 October Sorell Day Centre clients will be enjoying the Seniors High Tea, hosted by the Sorell Council at Sorell Memorial Hall.
- Brighton Day Centre clients will be treated to a Seniors Week lunch at 12 Stones on Thursday, 19 October.
- The Friday outing group are going to the Brighton Hotel for lunch on Friday, 20 October.
- **AND OF COURSE:** Saturday, 21 October is the SEC Care Community Expo at Somerville Street! Entry is free and there is no need to book. Come on down from 11:00am – 2:00pm to enjoy all the stalls, free sausage sizzle and Devonshire Tea.

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Please note: Due to the Hobart Show Day, the Day Centres will be closed Thursday, 26 October until Sunday, 29 October – reopening Monday, 30 October.

To kick things back into gear, the Tuesday outings group is going to the New Norfolk Hotel for Halloween on Tuesday, 31 October!

Next Eating with Friends!

Eating with Friends is next on Monday, 6 November 2017 at the Sorell School – give the school a call on 6269 1100 if you wish to come along for a nice meal cooked by the students.

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:

- Thursday, 19 Oct – Seniors Week Lunch at 12 Stones in Pontville
- Tuesday, 7 Nov – Melbourne Cup Day at Richmond Golf Club. Dress to impress!
- Saturday, 11 Nov – Day trip to Bruny Island!

Brighton Day Centre:

- Tuesday, 31 Oct – New Norfolk Hotel for Halloween
- Tuesday, 7 Nov – Melbourne Cup Day at Richmond Golf Club. Dress to impress!
- Saturday, 18 Nov – Day trip to Bruny Island!

Orford Day Centre:

- Friday, 3 Nov – Bus trip to Foreshore Tavern Lauderdale
- Tuesday, 7 Nov – Melbourne Cup Day at Richmond Golf Club. Dress to impress!
- Thursday, 9 Nov – Bus trip to Kettering and lunch at Mermaid Café

Richmond Day Centre:

- Thursday, 19 Oct – Foot Pampering
- Monday, 6 Nov & Tuesday, 7 Nov – Place your bets – Melbourne Cup Activities
- Thursday, 9 Nov & Friday, 10 Nov – Making Poppies for Remembrance Day
- Thursday, 23 & Friday, 24 Nov – Show Day Games

Our Community

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

Congratulations to Kevin and Barbara!

Some of you may remember the story of Kevin and Barbara from last month's Newsletter (have a look at September's edition if you missed it!)

SEC Care is happy to report that on Saturday, 23 October, in front of their family and friends, Kevin and Barbara tied the knot!

Some of our Day Centre Coordinators attended the ceremony at the St Therese Church in Moonah and took some photos to share with everyone:



Picture left: Kevin and Barbara just after their wedding ceremony at the St Therese Church in Moonah.

Picture left below: Kevin and Barbara at their wedding reception at the Brighton Bowls and Community Club with Joy, Gay, Kathy and Denise.

Picture right below: Kevin and Barbara cutting their wedding cake!



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

Grilled chicken burger with red cabbage coleslaw

Spring is here, which means the days are getting warmer and longer. This also means it is BBQ season! To get you in the mood to get the gas bottles refilled – here's a delicious chicken burger recipe!

Red cabbage coleslaw makes a great, fresh salad for BBQs and as an accompaniment to any grilled meats.

Happy grilling!



Ingredients:

- 600g free-range chicken mince
- 70g (1 cup) of fresh breadcrumbs
- 1/4 red cabbage, finely shredded
- 1/2 red onion, very thinly sliced
- 1 carrot, peeled, coarsely grated
- 1/4 cup finely chopped chives
- 1/4 cup finely chopped parsley
- 1/4 cup mayonnaise
- 1 tablespoon Dijon mustard
- 2 teaspoons honey
- 1 tablespoon olive oil
- 1 loaf Turkish bread, quartered crossways, split
- 100g baby rocket leaves



Method:

Step 1

Combine the chicken and breadcrumbs in a large bowl. Season with salt and pepper. Divide into four even portions. Shape each portion into a 9cm patty. Place on a plate. Cover with plastic wrap and place in the fridge for 30 minutes to rest.

Step 2

Meanwhile, combine the cabbage, onion, carrot, chives, mayonnaise, mustard and honey in a large bowl. Season with salt and pepper (and lemon if desired).

Step 3

Preheat a barbecue or char grill on high heat. Lightly brush the bread slices and chicken patties with oil. Cook chicken on barbecue for 3 minutes each side or until golden brown and cooked through. Transfer to a plate. Cook bread on barbecue for 2 minutes or until lightly toasted.

Step 4

Place bread bases on serving plates. Top with red cabbage slaw and chicken patties. Top with rocket and remaining bread. Serve immediately.