



# Newsletter

## October 2018

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



### A word from our CEO, Helen Pollard



#### Growth at SEC Care

SEC Care has continued to see a steady growth in clients across a range of our programs. This is great news, but it has put pressure on our rostering staff and on our Community Support Workers. To accommodate our growth, we have employed a number of new workers and will continue to do so in alignment with our growth. Simon Lee (Corporate Services Manager) is working with our amazing roster staff to streamline their processes and deliver as much consistency in staffing as possible for you. Please be reassured we are continually looking for ways to improve what we do, as well as ensure we are delivering the best care we can. If you have any ideas or feedback, please let us know via email, or phoning reception or your coordinator.

#### Reflecting on the 2018 SEC Care AGM

On Monday, 23 September, we held our Annual General Meeting at our Somerville Street premises. Close to thirty people attended to receive the Annual Report presentation and listen to our future plans. In 2017/18 SEC Care reported a financial loss, with the bulk of the loss due to changes in Packaged Care. When a client leaves the program, funding is now returned to the Government or the client, where previously it was retained by the provider. With seventy Packages, even a small average surplus per package resulted in a need for the provision of around \$300,000.

#### Foot Clinic at SEC Care growing

Our Foot Clinic in the 'Little House' (opposite Banjos on Gordon Street) continues to grow in popularity, with many clients enjoying have their feet tended and cared for. Foot care is an important part of keeping mobile, being hygienic, feeling healthy, and being able to participate in your community. Foot Clinic services are affordable and subsidies are available for clients supported by the Commonwealth Home Support Program. For more information, or to book an appointment, please phone reception on (03) 6269 1200.

#### Premier's visit to SEC Care

Early on Monday, 1 October, some SEC Care staff and board members had the privilege of escorting the Premier of Tasmania, Will Hodgman, and Member for Prosser, Jane Howlett, around our Somerville Street premises. There are some exciting projects in the works at SEC Care that are set to benefit the whole community. Watch this space!



**Picture above:** Member for Prosser Jane Howlett, SEC Care Treasurer Anthony Davis, SEC Care CEO Helen Pollard, Premier Will Hodgman and SEC Care President Lois Green outside our head office on Monday, 1 October '18.

### The SEC Care Community Expo is just around the corner!

Work is well underway for our third annual Community Expo, held during Seniors Week on Saturday, 20 October 2018. This year we have a record number of stalls and there are many businesses and providers supporting this event.

The event will feature a free sausage sizzle, Devonshire Tea, foot massages, hearing tests, health checks, a petting zoo, and even a fire truck! We hope to see you there!



**South East Community Care proudly invites the whole family to our**

## 2018 Community Expo

**11:00am-2:00pm**  
**Saturday, 20 October 2018**  
**12 Somerville Street, Sorell**  
**(opposite Banjos)**



FREE SAUSAGE SIZZLE • FAMILY ENTERTAINMENT • COMMUNITY STALLS • DEVONSHIRE TEA • PRIZES



## Day Centre highlights from last month

### AFL Grand Final celebrations!



**Pictures above:** AFL Grand Final celebrations at the Sorell Day Centre on Wednesday, 26 September 2018.

**Pictures below:** AFL Grand Final celebrations at the Brighton Day Centre on Thursday, 27 September 2018.



### Best of luck, Rhonda!

On Tuesday, 2 October we celebrated the retirement of Rhonda Clark from the Prosser House Day Centre. She will be greatly missed by the group and we wish her all the best for her next chapter.



### SEC Care Foot Clinic – Spring Clean Your Feet!

The SEC Care Foot Clinic can help you with all your foot-hygiene needs!

#### Fees:

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

Please contact our wonderful reception staff on 62691200.

#### We provide:

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

## Day Centre highlights coming up:

### Sorell Day Centre:

- Wednesday, 17 October – Seniors Week celebrations at the Sorell Memorial Hall.
- Saturday, 20 October – **SEC CARE COMMUNITY EXPO!** (See first page for more info).
- Wednesday, 24 October – shortbread cooking at Sorell Day Centre.

### Orford Day Centre:

- Thursday, 11 October – trip to the botanical gardens and lunch at the Marquis.
- Saturday, 20 October – **SEC CARE COMMUNITY EXPO!** (See first page for more info).
- Wednesday, 31 October – site-seeing in New Norfolk and lunch at the Bush Inn.

### Brighton Day Centre:

- Tuesday, 16 October – op-shopping in Sorell and lunch at Velvet Café.
- Saturday, 20 October – **SEC CARE COMMUNITY EXPO!** (See first page for more info).
- Tuesday, 30 October – trip to the Blowhole. Followed by fish & chips for lunch.

### Richmond Day Centre:

- Saturday, 20 October – **SEC CARE COMMUNITY EXPO!** (See first page for more info).
- Monday, 5 November – drive to South Arm for sightseeing and lunch.
- Tuesday, 6 November – in house day, painting plates!

## Our Community

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

### Welcome, baby Thomas!

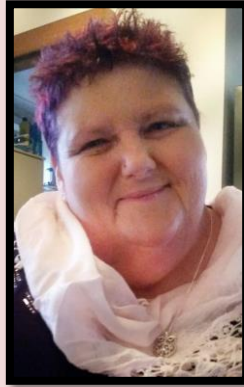
We are pleased to announce that our much-loved SEC Care team member Jaimie Lord gave birth to a beautiful, healthy baby boy!



Weighing in at 8.4lbs, Thomas James Doran was born on Friday, 31 August 2018 after an emergency c-section.

Jaimie would like to report that both Mum and 'baby Doran' are doing well and look forward to meeting you all in the future!

### Brighton Council – Vote 1 Elaine Scott



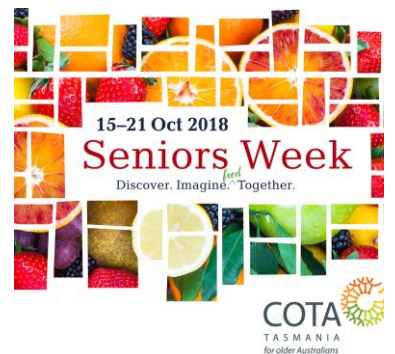
Elaine has been a resident in the Brighton Council area for over 29 years. An active member of the Brighton Neighbourhood Leadership Program, she has been able to advocate on behalf of the community for equality in services and infrastructure in her community. "Elaine will listen, assist and represent anyone who requires a voice".

### Pingo Bingo!



Come join a group of friendly community members every Tuesday from 9:30-11:00am at the Sorell Day Centre and join in the 'Pingo' Bingo fun!

For more information, call Kathy on 0427 804 600.



This Seniors Week, COTA Tasmania is encouraging patrons to get out and about and enjoy the sharing of great food with friends and like-minded people.

Have a picnic; morning tea, book a restaurant, share a coffee and cake, and of course, partake in all the amazing events on offer during the Week.

To see a copy of the Seniors Week guide, visit [www.cotatas.org.au](http://www.cotatas.org.au), or pick one up at the SEC Care reception.

**Remember:** The SEC Care Community Expo, featuring a **free sausage sizzle and Devonshire Tea**, is on Saturday, 20 October 2018 from 11am-2pm!



**National Carers Week is about recognising and celebrating the outstanding contribution unpaid carers make to our nation.**

Anyone at any time can become a Carer. Australia's 2.7 million carers make an enormous contribution to our communities, with their caring roles being valued at \$60.3 billion annually – more than \$1 billion per week.

Each year, National Carers Week provides an opportunity to educate and raise awareness among all Australians about the diversity of carers and their caring roles. So join us in spreading the word and letting the community know why we care.

If you require further information or support please contact Carers Tas on 62315507 or email [catinc@carertas.org.au](mailto:catinc@carertas.org.au).

### Happy little lamb!

Local legends Lesley Plummer and Shirley Simpson have been busy knitting little coats for the lambs affected by the droughts in NSW and QLD.



Of course we had to test them for size, so here is one of Audrey Bellette's lambs modelling the wares for us!

For more information on the appeal, contact Audrey on 0407219312.

# Health, Wellbeing and Nutrition

## Slow-roasted lamb shoulder with toasted pita and labneh

Slow roasted spring lamb is definitely one of the finer things in life – not to mention a must for this time of the year.

For this style of lamb, labneh (strained yogurt) is the perfect, healthy accompaniment, and easy to make too!

### Ingredients:

- 2kg bone-in lamb shoulder
- 1 tablespoon olive oil (lamb)
- 1 teaspoon smoked paprika
- 1 teaspoon ground cinnamon
- 2 teaspoons of cumin seeds
- 1 cup (250ml) beef stock
- 1/2 cup (125ml) of mellow red wine (merlot, cab sav).
- 1 lemon, zested, juiced
- 1 red onion, cut into thick wedges
- 4 garlic cloves, peeled and smashed
- 2 tablespoons finely chopped toasted pistachios
- 1 bunch of mint leaves
- 1 bunch of coriander leaves
- pomegranate seeds (optional)
- 1kg of Greek yogurt
- Olive oil ( for drizzling over labneh)
- Pita pockets (oven toasted).



### Method:

**Labneh – Day before cooking lamb roast:** Line a colander or sieve with a double layer of muslin or cheesecloth.

Mix a pinch of salt through the yoghurt and pour the yoghurt into the prepared cloth. Bring the corners of the cloth together, pull tight, and tie with a string. Suspend the bundle over a bowl or jug to allow the whey to drip out, and refrigerate. Make sure you use a bowl deep enough so that the bottom of the bundle isn't sitting in the liquid.

After about 12 hours, take it out of the fridge and give the bundle a good squeeze, using your hands to squeeze downwards from the string and encourage the excess whey to drip out. Continue to leave it for another 12 hours. When it's ready, untie the string and transfer the labneh into a bowl. Serve with a drizzle of olive oil, salt, pepper and lemon zest. The labneh will keep in the fridge for 5-7 days.

**Lamb shoulder roast:** Preheat oven to 150C. Place the lamb in a roasting pan with onion and garlic. Drizzle with olive oil and sprinkle with smoked paprika, cinnamon and cumin. Season with salt and pepper.

**Step 2:** Drizzle stock, wine and a squeeze of lemon juice around lamb. Cover with foil. Bake for 2½ hours, spooning pan juices over lamb every 30 minutes. Cover with foil.

**Step 3:** Take foil off lamb and turn the heat up to 180C for 1 hour or until the lamb develops a crust and the meat is almost falling off the bone.

**Step 4:** Place lamb on a serving platter. Sprinkle lemon zest, pistachio, mint and coriander leaves, and pomegranate seeds (if you have them). Serve with toasted pita bread and your homemade labneh.

