



# Newsletter

October 2019

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

## A word from our CEO, Helen Pollard



### Summer is just around the corner!

The year is slipping by quickly, and as we head to the end of the year I urge all clients to consider your emergency plans and discuss with your family. Now is a good time to get to work on clearing spaces around your homes and being prepared for our summer.



**Beach season is coming!** The water might be crisp in Tassie, but we certainly have some beautiful beaches to enjoy during the warmer months! Pictured here is South Arm Beach.

## Progress on the Independent Living Units



Our Independent Living Units are progressing well, and the builders continue to be ahead of schedule.

We have already sold two units, and there are still two available. If you are interested in finding out more about this exciting housing opportunity, please contact reception on (03) 6269 1200.

## New invoice format – thank you for your patience

I thank everyone for their patience during the transition to our new invoice layout. The new format reduces the number of pages you receive and is overall a better structured document – we certainly hope you find the new streamlined invoice easier to read.

## New automated calling system at SEC Care

If you have recently called our office, you would have noticed that we now have an automated answering machine that allows you to choose who to speak to. We believe this new process will improve the way you access our services, as well as further improve client confidentiality and dignity. We will continue to monitor this new system over the next few weeks to ensure we have designed it correctly, and that you reach the person you need the first time. If you have had any issues with this new system, please let our staff know so we can improve the experience for you and your fellow clients.

## SEC Care is off to the Awards!



South Eastern Community Care is proud to be a finalist in the 2019 Tasmanian Community Achievement Awards in the category of Prime Super Employer Excellence in Aged Care.

As finalists we will have a small group of staff and managers attend an awards presentation late in November. It is a great opportunity to celebrate and enjoy an evening out with a group of the hard working SEC Care staff!

## Thank you to all who came to our 2019 Community Expo!

Due to crazy 'show week' weather, this year's Expo was short and sweet (just under two hours!), but thank you to those who came out before the rain – we were happy to see record numbers between 11 and 12, with over 180 sausages handed out to patrons! A big thank you is also due to all our amazing stallholders – we couldn't put this great free event on without them! See you all next year for what we hope is a 'dry' day!





## The Day Centre weekend away to the North West!



On Friday, 11 October – Monday, 14 October, clients from the Day Centre went on a trip to the North West Coast of Tasmania. All those involved had a wonderful time staying at Tall Timbers in Smithton (picture below of clients in the pool!), cruising with Arthur River Cruises (pictured above), visiting Dismal Swamp, (which is located at one of Australia's largest sinkholes), and enjoying a cuppa at the Deloraine Train Park (pictured below).



### Day Centre highlights coming up:

#### Sorell Day Centre:

- Tuesday, 5 November – Melbourne Cup celebrations with the Brighton and Orford Day Centre groups!
- Friday, 8 November – Eating with Friends at Sorell School (meal cooked by the students)!
- Wednesday, 13 November – in house day at Sorell Day Centre – bingo, Diamond Art and crafts!

#### Orford Day Centre:

- Tuesday, 5 November – Melbourne Cup celebrations with Sorell Day Centre!
- Friday, 8 November – Eating with Friends at Sorell School (meal cooked by the students)!
- Wednesday, 13 November – trip to the Movies!

#### Brighton Day Centre:

- Tuesday, 5 November – Melbourne Cup celebrations with Sorell Day Centre!
- Friday, 8 November – Eating with Friends at Sorell School (meal cooked by the students)!
- Thursday, 14 November – in house day at Tea Tree Hall – scrapbooking, crafts and bingo!

#### Saturday Outings:

Saturday outings for November TBA – please call reception for more information.



## 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

### A girl's day out to New Norfolk created smiles all round

Our NDIS social groups keep growing and exploring new parts of our beautiful state – on Saturday, 5 October, our Saturday girls group spent a beautiful sunny day in New Norfolk (pictures right). Stay tuned for where the group goes next (especially now the days are getting warmer!).



### Expression of Interest (EOIs):

#### Community Art Workshops

SEC Care Participant Asha Martin is currently looking for EOIs from anyone in the community who would like to attend a one day workshop or to develop a regular group around the art of bead work and jewellery making. Asha currently produces her beautiful pieces for local businesses, as well as selling them at the Richmond market on a Saturday. She has won many awards for her delicate and original work, and was also recently featured on ABC radio! EOIs for the workshops can be sent to Asha via SEC Care – 62691260 or [sacha@secommunitycare.com.au](mailto:sacha@secommunitycare.com.au).



Here is an example of Asha's work.



### Bowling day stirs a new hobby

We have been trying to convince our participants, David and Phillip, to go bowling for some time now. However, every time it was mentioned, they insisted they wouldn't like it. Well they finally decided to give it a try and it turns out they LOVE bowling!! A big thank you to Mandy our NDIS support worker for encouraging these gents to try something new! I don't think this is the last time we'll see these two at the bowling alley! (Picture left).

### INDEPENDENT LIVING UNITS NOW SELLING

4 x Two bedroom units in the heart of Sorell

- + Landscaped, maintained gardens
- + Air conditioning and all white goods included
- + Level access, architecturally designed for comfort
- + Safe, supported environment
- + Easy access to services, shops and amenities
- + Building commencing July 2019

Quality Community Care

### Get the hair salon experience in the comfort of your home!

Call qualified hairdresser, Karla, on **0420 583 370** to make an appointment.



### Relax and have your feet pampered at the SEC Care Foot Clinic!

Do you have clients who have trouble with their foot hygiene? Or perhaps you would like a bit of pampering yourself? The SEC Care Foot Clinic is now operating out of the 'Little House' (opposite Banjos) every Wednesday and Friday. The Foot Clinic is for our clients and the community.

**Spread the news to your clients and friends!** Foot Care is for **any age/anyone** and there are subsidised prices available for pensioners.

**Fees:** Pensioner: \$25.00 Private: \$60.00

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

**We provide:** Foot cleansing, corn and callous reduction, nail cutting and filing, foot massage, moisturising, referrals.

## Recipe of the Month

### One-pot Italian chicken

Ready in 25 minutes, this creamy casserole is made from chicken breast fillets and classic Italian ingredients including tomatoes, white wine, basil and crusty bread.

#### Ingredients:

- 1 tablespoon olive oil
- 20g butter
- 4 small chicken breasts fillets
- 2 garlic cloves, finely chopped
- 80g (1/2 cup) sun-dried tomatoes, sliced
- 80ml (1/3 cup) white wine
- 250ml (1 cup) thickened cream
- 125ml (1/2 cup) Massel chicken style liquid stock
- 60g pkt baby spinach
- 1 cup fresh basil leaves, torn
- Crusty bread, to serve.

#### Method:

##### Step 1

Heat the oil and butter in a large non-stick frying pan over high heat until butter is foamy. Season the chicken and add to the pan. Reduce heat to medium-high. Cook the chicken for 5 minutes each side until just cooked through. Transfer to a plate. Cover with foil to keep warm.

##### Step 2

Place the garlic in the pan. Cook, stirring, for 1 minute or until aromatic. Add the tomatoes and stir to coat. Add the wine and cook for 1 minute or until reduced. Add the cream and stock. Return the chicken to the pan and simmer for 5 minutes or until liquid is reduced. Stir through the spinach until wilted. Season and sprinkle with the basil leaves. Serve with crusty bread. *Bellissimo!*

