



Newsletter

September 2017

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



A word from our CEO, Helen Pollard



Welcome to Spring!

As we move into spring, it's nice to see blossoms and bulbs starting to appear. Despite the temperature, the recent snow has also been a pretty sight, and I hope those who have been out and about enjoying the sights have not had any trouble on the icy roads.

Our Gordon Street garden is taking shape!

Anyone who has come through Sorell would have seen our front Gordon Street area taking shape. Once finished, we will have raised garden beds, seating and paved areas, beautiful traditional plants, as well as some annuals, so that staff and clients can enjoy working the soil during the year. It is our hope that our clients and families, staff and volunteers, as well as the wider Sorell community will use the area and get some enjoyment from the improved space that has been created. We acknowledge the generous support from the State Government's Infrastructure Grant, which has enabled us to complete this project, as well as paint our building's roof.

Quality Review

We are about to have a Quality Review undertaken by independent auditors (Australian Aged Care Accreditation Agency). Accordingly, a number of clients have taken the opportunity to meet or speak with the auditors, or have sent our office comments about the services they receive. Thank you to everyone who made contact, feedback helps the auditors paint a picture of what happens at South Eastern Community Care.

CHSP and My Aged Care

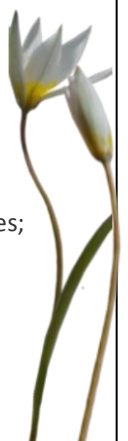
As many of you may know, the Government has made a decision to shift the Commonwealth Home Support Program (CHSP) approval process into the My Aged Care (MAC) system. Considering this, we must ensure all our referrals for new clients are sent and processed through MAC. This also applies to current clients who need to change services. Please note that with client permission, the referral process will be managed by our staff, and will not affect your current services or access to SEC Care programs. If you have any questions or concerns about your services, please discuss with your Coordinator/s.



Rain, hail or shine: The team from Earthworm have done an amazing job at our Somerville Street premises – not long now until we see the final result!

Excerpt from *Spring Quiet*, by Christina Georgina Rossetti

"Blows the thaw-wind pleasantly,
Drips the soaking rain,
By fits looks down the waking sun:
Young grass springs on the plain;
Young leaves clothe early hedgerow trees;
Seeds, and roots, and stones of fruits,
Swollen with sap put forth their shoots;
Curled-headed ferns sprout in the lane;
Birds sing and pair again.
There is no time like Spring..."



ATTENTION: New process for your Annual Assessments for Personal Care, Domestic Assistance, Respite and Shopping Support:

As of 1 September 2017, Coordinators will no longer visit each client for their Annual Assessment. We will be ringing you to discuss your service. Shortly after this phone call you will receive your Consent Form in the post. If you have any questions regarding these changes, please call your Coordinator. **Please note, this does not affect people receiving Packages.**

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Seniors Week 2017!

Seniors Week is fast approaching and this year we are hosting our second Community Expo at our premises in Somerville Street, Sorell on Saturday, 21 October 2017.

The Expo will bring together over 20 stalls that specialize in health and wellbeing. We will also have a free Sausage Sizzle, Devonshire Tea, music and helpful health literacy talks. We hope to see you all there!

If you would like a Seniors Week 2017 program, we have a handful available at our reception in Somerville Street for our clients.



COMMUNITY EXPO 2017



Celebrating our Seniors

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

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

WHERE: 12 Somerville Street, Sorell (opposite Banjos)

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



SEC Care Day Centre Highlights

The Brighton division of the Country Women's Association (CWA) has generously donated a brand new CD player to our Brighton Day Centre. Lyn and Mary of the CWA visited the Day Centre in August to deliver the gift and enjoy morning tea with clients. Thank you to Lyn, Mary and all the wonderful people at CWA for their generosity.

What we did during August

During August, our Day Centre groups attended some fun-packed outings, including a Bicheno Trip, with lunch at the Pondering Frog, a trip to Pontville via Campana, followed by lunch at the Pontville Hotel (good food and friendly service was reported), as well as a big trip up to LaTrobe for the Winter Chocolate Fest!

We also conducted a 'mystery tour' to Twamley Farm in Buckland. Clients enjoyed morning tea while sitting on bales of hay around a fire pot. Following morning tea, clients enjoyed a tour of the beautiful heritage-listed sandstone house and accommodation, as well as the farm's old shearing and blacksmith shed. After the tour, the group left for lunch in Buckland.



Lyn and Mary of the CWA with the donated CD player for the Brighton Day Centre.



Keeping warm by the fire: Day Centre clients around the fire pot at Twamley Farm during a mystery bus tour in late August.



Bev giving it a rev! Beverly Burns showing the bikies how it's done in Gretna during a bus trip in August.



Bundles of colour: Millie from the Brighton Day Centre with her beautiful succulent creation.



Birthdays at the Day Centres!

Picture Left: Nancy Reid and Irene Iles celebrating their birthdays on the 20th of August. Nancy turned an impressive 90 and Irene turned 86. They happily shared a beautiful cake with their friends at the Sorell Day Centre.

Picture Right: The lovely Harold Hargreaves turned 80 on 6th of August and everyone at the Sorell Day Centre enjoyed a delicious slice of carrot cake with cream-cheese frosting, yum!

Happy birthday to everyone who celebrated one recently!



Day Centre news update – changes to your newsletter

A decision has been made to no longer feature the Day Centre calendars in the Client Newsletter. Instead, we will provide you with the highlights for the upcoming month, as well as our usual photo re-cap of the previous month (as on previous page). For those who are interested, the Day Centres are still creating monthly calendars for clients, which can be provided upon request – either by our Day Centre Coordinators, or via our Somerville Street reception.

Day Centre activities coming up:

Next overnight trip coming up in October!

Following on from the success of the last overnight trip earlier in the year, the Day Centre Coordinators decided to organise another action-packed trip! Kathy, Denise and Audrey are very busy at present organising the upcoming trip, which will feature two nights away at St Helens from Friday, 7 – Sunday, 9 October 2017.

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 6269 1264 or via email michellem@secommunitycare.com.au.

There's an activity for everyone!



Picture left: We are always trying new recipes at our Day Centres! Here we have Betty and Bev trying out the trend of making 'raw' sweets. **Picture below:** we love playing games, especially bingo on a cloudy afternoon.



Any questions? Call 6269 1227 to speak to Emily about the changes.

Day Centre highlights coming up:

Sorell Day Centre:

- Friday, 22 Sept – bus trip to the Brighton Hotel
- Friday, 29 Sept – bus trip to the Horse Shoe Inn
- Saturday, 30 Sept – scenic bus trip to Huonville and lunch at the Huonville Hotel.

Richmond Day Centre:

- Richmond trip – All groups will be heading to the Richmond Arms for lunch first week Oct 2017
- Week starting Monday, 25 Sept is AFL Grand Final Week! Lots of fun in-house activities to give you final's fever!

Orford Day Centre:

- Thursday, 21 Sept – bus trip to Dunalley, followed by lunch at the Dunalley Hotel
- Friday, 15 Sept - Swansea bus trip to the Bark Mill cafe for lunch
- Wednesday, 27 Sept – bus trip to Kettering, followed by lunch.

Brighton Day Centre:

Monday, 19 Sept – bus trip to the Risdon Brook Hotel for lunch.

A belated happy Father's Day to all the Dads, Poppys and Grandpas. We hope you all had a great day.



Our Community

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



The happy couple: Barbara and Kevin at the Brighton Day Centre during a 'crafternoon' in early 2017.

"We are getting married!"

There is truth to be told with the saying 'you never quite know when cupid's arrow will strike', but if you're something of a love cynic, let the following story of Barbara and Kevin warm the cockles of your heart.

Barbara and Kevin met 18 months ago when the two began coming along to the Thursday social group at the Brighton Day Centre. While the two weren't looking for love, it seems it found them, especially so for Kevin, who claims it was love at first sight.

Lucky for Kevin, fate brought them together at a SEC Care Christmas party, and it wasn't long until the two decided to 'go steady'.

A year and a bit later, Kevin surprised Barbara by asking for her hand in marriage! – "I proposed to Barbara a few months ago and she said yes!" Kevin said.

However, after the buzz of the proposal wore off and reality set in – as Kevin said, "we put together the pros and cons and decided it might not be the best idea."

After wedding plans were put on hold, Kevin went on a holiday that he had been planning for a while, and it seemed like that was that. However, as the saying goes 'absence makes the heart grow fonder', and it appears these two weren't an exception to this motto either!

"After we spent some time apart [when I was on holidays], we soon realised we were far too in love not to get married, so we decided to go ahead with it!" Kevin said.

With the wedding just around the corner, the couple are ecstatic and thank everyone for their blessing and support.

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.



Health, Wellbeing and Nutrition

The wonders of turmeric

There has been a lot of sickness floating around Tasmania this winter, which means many of our immune systems will have taken a hit. With warmer weather just around the corner, now is the time to do things for your body to help you bounce back! While there are many natural remedies that have been attributed to boosting your immune system, today we will be focusing on one that has recently been in the spotlight for its inner-health and anti-inflammatory properties. So without further adieu, let's explore the culinary possibilities of turmeric!

Sweet and spicy turmeric paste

Turmeric paste is a great way to incorporate turmeric into your diet. You can use it in sweet foods like cakes, smoothies, teas and other sweet treats, or with savoury foods like chicken, salads (as a base of a dressing) and curries!

Ingredients:

- 1/4 cup of turmeric powder
- 1/2 cup water
- 1/4 cup honey
- 1 teaspoon black pepper
- 1-2 teaspoons cinnamon
- 1-2 teaspoon ground ginger

Mix the turmeric and water in a pan over low heat, stirring until a paste is formed.

Once you have a paste, remove from heat and stir in the black pepper, honey, cinnamon, and ground ginger. Cool and store in a glass jar in the fridge for up to 2 weeks or freeze.



Slow-cooked turmeric chicken

Ingredients:

- 2 tablespoons vegetable oil
- 8 chicken thigh cutlets with skin
- 1 brown onion, cut into thick wedges
- 2 tablespoons of your turmeric paste
- 4cm piece fresh ginger, finely grated
- 2 garlic cloves, crushed
- 400ml can light coconut milk
- 3/4 cup chicken stock
- 2 tablespoons lemon juice, plus wedges to serve
- 1 lemon, sliced
- 1 small eggplant, sliced
- Canola oil spray
- 1 1/2 cups jasmine rice
- 1 long green chilli, thinly sliced
- 2 tablespoons moist coconut flakes
- 1/3 cup chopped fresh coriander leaves

Method

Step 1: Heat oil in a large deep pan over medium-high heat. Cook your chicken in batches for 5 mins each side or until browned. Transfer to a plate.

Step 2: Add brown onion to pan and cook until brown. Then add ginger, garlic and your turmeric paste. Stir together for 2 minutes. Then add coconut milk and stock. Once simmering, return chicken to the pan and cover. Reduce your heat to medium-low. Leave your dish to simmer, stirring occasionally, for 45 minutes, or until chicken is very tender. At some lemon juice (to taste).

Step 3: Meanwhile, cook rice according to packet instructions.

Step 4: Spray lemon slices and eggplant slices with oil. Heat a medium frying pan over medium-high heat. Cook lemon slices, in batches, for 2 mins each side or until browned. Set aside. Cook eggplant slices for 3 mins each side or until browned. Set aside.

Step 5: Combine chilli, coconut, remaining lemon juice and coriander in a bowl. Top your chicken dish with eggplant and lemon slices, and your coconut mixture. Serve with rice. Enjoy!



Golden Chai Latte

Ingredients:

- Turmeric paste
- Almond milk or soy milk
- Cinnamon stick
- 1 tsp ground cardamom
- 1 tsp ground nutmeg
- 1 whole star anise



Method:

Step 1: Combine all ingredients in a medium saucepan. Stir in milk. Bring to a simmer over medium heat. Set aside for 5 mins to infuse.

Step 2: Strain through a fine sieve into mugs or serving glasses.