



Newsletter

September 2018

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

A word from our CEO, Helen Pollard



Spring has sprung!

While spring has officially arrived, we still have cold and wet conditions on our roads. Accordingly, please take care when you are driving around in our communities, and stay safe!

Finishing touches on the 'Little House' Nursing and Foot Clinic

The renovations at the 'Little House', adjacent to our main office at Somerville Street, are complete, with the wheelchair access ramp rail now installed and ready to use. The Little House is now home to our Nursing Clinic, Foot Clinic, and it is our hope we can offer a variety of services over time. If you at our office, please feel welcome to have a look at the wonderful Clinic we have created.

SEC Care AGM 2018 – Save the Date

Our Annual General Meeting (AGM) will be held on Monday, 24 September 2018 at Somerville Street. The doors to the Day Centre will be open from 12:00pm and a light lunch will be served at 12:30pm. The AGM will commence, with a guest speaker, at 1:15pm. All clients and their family/friends are most welcome to the AGM.

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

Scenic trip to the Central Highlands!

On the first day of spring, the Saturday group took a scenic drive up to the Central Highlands to have lunch at the Hamilton Inn! For those of you who are not familiar with the convict-built heritage building – picture boat sails hanging from the ceiling, well-loved fire places with mantels covered in copper pots and china, and a variety of antique paraphernalia to suit all interests! While you're there you can also enjoy a roast lunch and a hot cuppa too.

Pictures from the trip below:



Day Centre highlights coming up:

Sorell Day Centre:

- Wednesday, 12 September – National Assisted Living Week celebrations and in-house crafts.
- Saturday, 15 September – trip to the Kermadie Waterfront Hotel for a buffet lunch.
- Friday, 28 September – trip to Oatlands and lunch at the Pancake Parlour.

Orford Day Centre:

- Wednesday, 19 September – lunch at the Currency Café, Lindesfarne.
- Thursday, 20 September – visiting Triabunna School!
- Thursday, 27 September – scenic trip to the Margate Train for lunch.

Brighton Day Centre:

- Tuesday, 18 September – trip to Huonville and lunch at the China Café.
- Thursday, 20 September – house day at Brighton Day Centre, making dog biscuits, diamond art and playing bingo.
- Thursday, 27 September – AFL Grand Final – come dressed in your team colours! Plus: Peter Campbell sing-along.

Richmond Day Centre:

- Monday, 10 September – Sausage sizzle in the park!
- Tuesday, 18 September – trip to Pontville Hotel for a 'paddock to plate' lunch.
- Monday, 1 October – trip to the Glenorchy RSL for 'music and mirth'.

Our Community

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

A fun poem for the ladies!

Lunch With Girlfriends

By Kathy O'Malley

Elaine's vertigo has never been worse
Kay can't recall where she left her purse
Rhonda's about to replace her knees
Linda's breathing is tinged with a wheeze

Donna's left boob has a troublesome lump
Diane's on her third trip to take a dump
Lorraine's husband can't remember a thing
Nine years a widow, Marge still wears her ring

Marlene is dealing with another UTI
Sally's giving a hearing aid another try
Marie has decided she can't drive at night
Sharon still wears clothes two sizes too tight

They've been through divorces and babies and wakes
They do for each other whatever it takes
They've already buried Marcia and Kate
And truthfully, Lizzie's not looking so great

So whenever they can, they go out to eat
Open bottles of wine and forget their sore feet
There's laughing and crying and letting down guards
And when the bill comes, there's ten credit cards

So here's to the waiters who keep orders straight
And to the places that let lunches run three hours late
And here's to the girlfriends, those near and those far
Here's to the girlfriends, you know who you are!



A wonderful 'craftanoon' making clay birds

"Recently I was fortunate enough to attend a crafts workshop with the assistance of SEC Care.

I was able to chat and laugh and have a truly wonderful day (though exhausting!).



The bonus was having these amazing birds to take home (after a few weeks to allow for them to be baked and cool, etc.)" – Kylie Eastley.



Nice kitty, kitty!



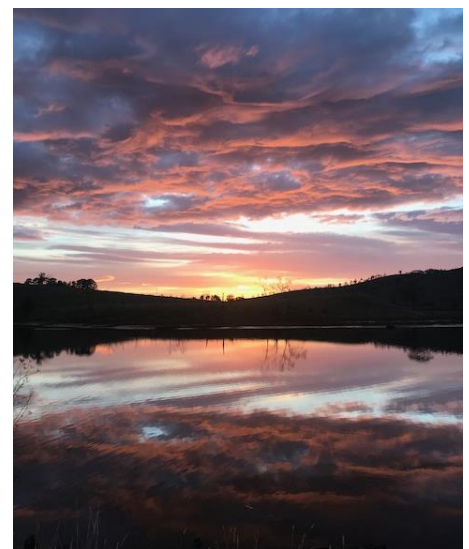
Picture above: Client Richard Farnell feeding the tigers during a recent trip to ZooDoo.

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.



Picture Perfect: A stunning sunrise over Primrose Sands in August – photo taken by Martina Ranson.



Country Bash
Sunday 30th September
Featuring musicians from
"Clarence Country" Band
&
"Country Strangers" Band
Plus guest artists
Forcett Hall 1pm - 5
(Just south of Sorell)
Entry \$5.00



Health, Wellbeing and Nutrition

Pumpkin, spinach and brie frittata with garden salad

The weather is starting to warm up a little, and to celebrate, we are making a summer favourite – pumpkin frittata! This light meal is low in carbs and high in protein and has all the veges you need to tick off your 'daily quota' (yay)!

Ingredients:

- 800g butternut pumpkin, peeled, seeded, cut into 2cm cubes
- 2 tablespoons olive oil
- 12 free range eggs
- 1/2 cup (125ml) thickened cream
- 120g baby spinach leaves, finely shredded
- 200g brie, thinly sliced
- 120g baby rocket leaves
- Lemon, salt and pepper (to season).

For the salad:

- Baby rocket leaves (or mixed salad mix if you prefer)
- Cherry tomatoes
- Continental cucumber (sliced)
- Italian parsley
- Spanish onion (sliced) (optional)
- Balsamic vinegar
- Extra virgin olive oil
- Lemon, salt and pepper.



Method:

Step 1

Preheat oven to 200C. Line a baking tray with baking paper.

Step 2

Place diced pumpkin on the tray and drizzle with half the oil. Season with salt and pepper. Bake for 20 mins or until tender.

Step 3

Meanwhile, prepare your garden salad. For your salad, simply mix all the ingredients listed together in a large salad bowl. If you are unsure of your dressing levels, mix balsamic vinegar, olive oil, lemon juice and salt and pepper in a separate mixing bowl and drizzle over until satisfied.

Step 4:

Once your salad is ready, start your frittata mix: whisk the eggs and cream together until well combined. Season with salt and pepper.

Step 5

Preheat grill on medium. Heat the remaining oil in a 20cm non-stick, ovenproof frying pan over medium-low heat. Arrange the pumpkin, spinach and brie in layers in the pan. Pour over the egg mixture. Lift and tilt the pan to distribute the egg. Cook for 6 mins or until almost set. If you like the sound of a cheesy crust, add another layer of brie slices over the setting egg mix.

Step 6

Continue cooking the frittata under the preheated grill for 5-7 mins or until the brie is melted and bubbling. Transfer to a serving plate. Sprinkle the frittata with rocket and serve with your garden salad. Enjoy!