



# Newsletter

## September 2019

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

### A word from our CEO, Helen Pollard



#### Welcome to Spring!

Spring is finally here! Longer days and blooming gardens make September and October a wonderful time of the year. Make sure you take the chance to visit the Royal Tasmanian Botanical Gardens over the next two months to see the beautiful spring foliage and bulbs they have on display (see picture right).



**Picture above:** The Royal Botanical Gardens in Hobart.

#### It's important to start planning for the fire season

As you may have already seen on the national news, there have been unprecedented bushfires affecting Queensland and Northern NSW. Although it seems early, we are due for a hot summer. Therefore, I encourage you to start planning for fire safety around homes and property and sharing your plans with family and friends.

#### New accounting system at SEC Care

SEC Care's new accounting system is in place and this newsletter accompanies the second monthly account cycle in the new system. We apologise for the delay of the first account in the new system, as well as the absence of the August Newsletter. We made the decision not to send the August Newsletter due to the lateness of the account (as it was sent out in the second week in September). However, if you wish to read it, it is available on our website here –

[www.secommunitycare.com.au/publications/](http://www.secommunitycare.com.au/publications/).

We expect to have your accounts sent regularly and close to the first half of the month by November. We also hope to have ironed out any issues with the changeover by the end of this year. In the meantime, if you have any questions around your accounts, please do not hesitate to contact our finance team. Thank you for your patience during this transition period.

#### SEC Care's Independent Living Units progressing quickly

We are extremely excited to see our Independent Living Units progressing quickly, with the Builder (Taswide) currently a few weeks ahead of schedule. If you are interested in more information on our Units, we have information packs available.



**Taking shape:** the ILUs are taking shape nicely!  
It's great seeing the progress week to week.

#### Thank you everyone!

Thank you for your letters, calls, and forms with feedback about our programs. Compliments are passed on to the relevant staff and boost their morale. Complaints help us identify issues and improve what we do for you and for others. Your feedback is important and really appreciated.

#### The NDIS Quality and Safety Commission

The NDIS Quality and Safety Commission commenced in Tasmania as of the 1st July 2019. The commission offers people with a disability support and advice on service providers and the services they receive. They will also act as a governance to ensure that services are working in accordance with NDIS Standards and principals.

For more information about the NDIS Quality and Safety Commission you can go to [www.ndiscommission.gov.au](http://www.ndiscommission.gov.au) or contact the Tassie team on 1800 035 544.





## The Sorell Day Centre Tuesday outing group!



**Pictures above:** On Tuesday, 6 August, the Tuesday group ventured down to Kingston beach, while it wasn't swimming weather, they enjoyed a lovely picnic, followed by a visit to the Channel Museum.

**Pictures below:** On Tuesday, 3 September, the Tuesday group went on a trip down the beautiful Tasman Peninsula. It was a beautiful, sunny day and a good time was had by all!



### Day Centre highlights coming up:

#### Sorell Day Centre:

- Friday, 04 October – bus trip to South Arm for lunch.
- **Friday, 11 October – Monday, 14 October** – weekend trip to the North West!
- **Saturday, 19 October – SEC CARE COMMUNITY EXPO!!**  
11am-2pm – FREE Devonshire Tea and sausage sizzle!

#### Orford Day Centre:

- **Friday, 11 October – Monday, 14 October** – weekend trip to the North West!
- Wednesday, 16 October – trip to Zoo Doo for sight-seeing and lunch!
- **Saturday, 19 October – SEC CARE COMMUNITY EXPO!!**  
11am-2pm – FREE Devonshire Tea and sausage sizzle!

#### Brighton Day Centre:

- Thursday, 10 October – trivia morning, followed by bingo and Diamond Art.
- **Friday, 11 October – Monday, 14 October** – weekend trip to the North West!
- **Saturday, 19 October – SEC CARE COMMUNITY EXPO!!**  
11am-2pm – FREE Devonshire Tea and sausage sizzle!

#### Saturday Outings:

- Saturday, 5 October – lunch at the Oyster Cove Inn!
- **Friday, 11 October – Monday, 14 October** – weekend trip to the North West!
- **Saturday, 19 October – SEC CARE COMMUNITY EXPO!!**  
11am-2pm – FREE Devonshire Tea and sausage sizzle!



## 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

### SEC Care's NDIS 'Cooking Together' program has grown!

We are proud to announce that the Cooking Together has grown and we have now added another day, making the program weekly. A group of ladies are now getting together once a fortnight to build cooking skills, share memorable moments and develop friendships. On alternate weeks, we have a young men's group who get together to try their hand at cooking some household favourites!

#### Expression of Interest (EOIs):

##### Community Art Workshops

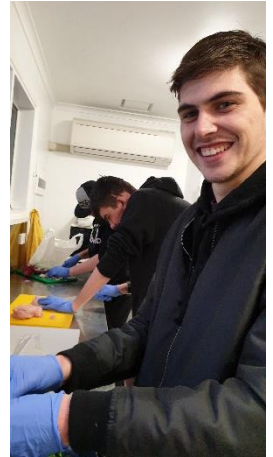
SEC Care Participant Asha Martin is currently looking for EOIs from anyone in the community who would like to attend a one day workshop or to develop a regular group around the art of bead work and jewellery making. Asha currently produces her beautiful pieces for local businesses, as well as selling 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). To hear Asha's ABC radio interview, visit – <https://www.abc.net.au/radio/hobart/programs/evenings/asha-martin/113401368AsaSaS>.



Here is an example of Asha's work.



**Pictures left and right:** Participants Bailey, Jo, and Zak cooking a creamy chicken fettuccine dish!



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

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



## 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



### 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

## 6-ingredient Vegemite & Basil pasta

**Ready in just 20 minutes, this cheesy, buttery Vegemite spaghetti is the most Aussie dinner I have EVER seen! Perfect for footy finals season!**

### Ingredients:

- 400g spaghetti
- 60g butter
- 2 garlic cloves, crushed
- 1 1/2 tablespoons Vegemite
- 40g (1/2 cup) finely grated parmesan, plus extra to serve
- Fresh basil leaves



### Method:

**Step 1:** Cook the pasta in a large saucepan of salted boiling water following packet directions or until al dente.

**Step 2:** Meanwhile, cook the butter and garlic in a large deep frying pan over medium-low heat until the butter is foamy and garlic is aromatic. Remove from the heat and add the Vegemite. Stir to combine (the Vegemite won't become completely combined).

**Step 3:** Drain the pasta, reserving 125ml (1/2 cup) of the cooking water. Add the pasta and parmesan to the frying pan and use tongs to toss well to coat, adding as much of the water as needed to create a smooth sauce.

**Step 4:** Season with pepper, and serve the pasta topped with extra parmesan and a generous amount of beautiful, fresh basil! Enjoy!



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

## 2019 Community Expo

11:00am–2:00pm  
Saturday, 19 October 2019  
12 Somerville Street, Sorell  
(opposite Banjos)



Over 25 organisations from the health, wellbeing and community industry · Free entry, free sausage sizzle, free Devonshire Tea and lots of giveaways!