



Newsletter

April 2021

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



A word from our CEO, Helen Pollard



I hope you and your families have had a wonderful Easter, and that the Easter Bunny found you all! We are saying goodbye to Daylight Savings and the days are getting shorter. If you have staff visiting you after dark or early in the morning- it would be appreciated if you could leave an outside light on to help them see as they come to your home.

Reminder for winter safety – please think about heating and be aware of fire safety in your home. Don't store things next to heaters, and don't leave washing to dry too close to heat source/s.

See Tas Fire website for useful tips and safety information.

Payment of Accounts

We are pleased to offer a range of ways to pay your accounts. Call our office to pay with your credit/debit card over the phone. **Direct debit forms are available from reception.** Cash payments can be made at our office or at any Bendigo bank outlet.

NDIS Audit

Over the last few months we have been working with an Independent Auditor to complete our required Audit. The Audits ensure we comply with the NDIS Standards, and we are delivering care and supports in line with the expectations of the Quality and Safety Commission. On Monday 28th and Tuesday 29th we had our official Audit (stage two). We have received very positive comments from and about staff, and participants talked to the Auditors about the supports they receive and how we conduct our programs. While we haven't received all the information back as yet- the Audit has gone very well and we are immensely proud of the hard work which has been undertaken by our Disability Team to prepare. The feedback from the Auditors was extremely positive, and we will continue to make sure we have systems and processes that comply with the NDIS requirements.

A huge thankyou to our Disability Manager – Sacha, Coordinators, and Disability Workers who work hard to deliver supports seven days a week throughout the year!

Aged Care Audit

Our Aged Care Audit was due late 2020, but delayed due to COVID19. We still do not have a timeframe for the Aged Care Audit- but expect it will be in 2021. When we receive notification we will advise Aged Care Clients so you have the opportunity to speak with the Auditors about your care and services.

COVID Vaccine

People over 70, Health Workers (Home Care) and people with complex medical conditions are most likely eligible to receive the COVID vaccination as part of the 1B roll out. This is through general practice and you will need to contact your GP, or an approved practice, to have the free vaccine. Our staff are able to contact their general practice for the vaccine now also. Of course- this doesn't mean everyone will have access at this time to the vaccine and we are not able to expedite our staff or clients being vaccinated in any way (at this stage).

So, although there is no evidence of COVID in our Community- please remember to stay COVID safe. Keep 1.5 meters away from others wherever possible, wash your hands, Keep sanitiser with you, stay home if you are unwell and so on. **We still have to be careful in order to stay safe.**

Farewell Good Friends

I will be finishing work with SEC Care as the Disability Services Manager as of the 21st of April and moving to another provider as the Manager of Employee Engagement, Experience and Development. I have loved every experience working with SEC care and getting to know you all and sharing in your journeys. Operations of the Disability Program will run as normal with the trusted Coordinators Joanne and Andy.

***All the best and God Bless
Sacha***

Flu vaccine

Reminder that we are nearing flu season and you should check with your GP about having your flu shot!

Our Staff will be offered a flu vaccine in late April/early May as this is protection for not only for the staff, but for the people they visit- you! Your Doctor will advise you of the time gap you need to have between the Flu vaccine and the COVID vaccine.



Feedback

Your feedback is important and helps us identify things we do well, and things we need to do better. If you have a comment- please complete an "I have a comment" form- see enclosed. Alternatively, email or call the office or your Coordinator. If you have a compliment we pass it onto the worker/s and it boosts our staff morale. **All comments are valuable and help us improve what we do.**

After all, if we improve something for you, we improve it for everyone.



From Disability Services Manager, Sacha

Celebrating with friends

The NDIS day center is operating on a Thursday and has included in house and community activities including concerts, going to the movies and visiting the Woodbridge Museum plus sampling some of their delicious pastries. In house activities have included baking, bingo and craft. The image (see left) shows our enthusiastic attendees celebrating St Patrick's Day with a touch of green. If you are interested in attending Day Centre, please speak to your coordinator

One-on-one opportunities are also available to explore activities and the outdoors with SEC Care Support staff. Fiona and Casey (see left, below) explored Port Arthur and



its scenic views. Other participants have attended local football games, yoga and swimming, to name a few!

Contacting your Coordinator or After Hours Service

Please be advised that contact with your coordinator should be between 830am and 4pm Monday to Friday, calls outside this time will not be responded to until the next business day. **The after hour service is not an emergency service!** if you are experiencing an emergency please contact the appropriate service through 000. The afterhours is not available to participants to discuss rosters or support staff, any support changes are to be advised by 4pm during the week.

A+++ The Disability Services Program completed its second stage of its Audit last month with great Success, thank you to those who participated and provided feedback. Please consider sharing your thoughts of the program with your coordinator or through SEC Care Feedback forms, your continued input to

service delivery is appreciated and welcomed.



Day Centre highlights from last month!

Sorell Day Centre News At Sorell we have been super busy with activities and outings. We have celebrated Australia Day, Chinese New Year and St Patricks Day all at Midway Point Tavern with many laughs, raffles and fantastic meal options.

We are looking forward to International Guide Dogs Day coming up this month. There have been thousands of dog biscuits made by clients to sell to the public and also donate to the Dogs Home.

Saturday Bus trips have once again been VERY popular, with our recent trip to Tasmania Zoo in Launceston being split over two weekends. Please don't forget to notify care coordinators if you are coming or you have booked but are unable to attend.

Brighton Day Centre News Brighton Day centre, held at Campania Hall sees many clients attend from a variety of areas. We currently collect clients from Austins Ferry, Claremont, Richmond, Bridgewater and Brighton. Clients have one outing and one in-house day a week. We have some amazing scrapbooks happening, art and crafts, diamond craft and dog biscuit making to name a few. We have recently ventured to Puddle Duck Winery, Richmond, Doo-Lishus Van at Eaglehawk Neck, and the ever-popular Salmon Ponds. Clients who are able to get to Sorell have also ventured on some Saturday trips to Bruny Island and Tasmania Zoo. We look forward to many more months of activities and adventures to come. Please don't hesitate to suggest places to visit to our friendly team of Coordinators.

Kathy Maass Audrey Bellette Carolyn Unsworth Anna Izzard

Hello everyone,

My name is Juliane and I am SECC's Foot Clinic Nurse!

As you may be aware, the Foot Clinic is held in the Little Yellow House opposite Banjos in Sorell **Monday to Friday** (Unless I am on the road visiting Triabunna, Bicheno and, in the near future, Kempton!)

Bookings are taken by our Reception Team at Sorell and our appointments are usually a 1/2hr in length. This includes; an assessment of your individual needs. "Cleanse, Cut and File" nails and a Foot massage and moisturise. We are able to support our clients with diabetes with general foot and nail care and provide referrals if required.

Pre Winter Foot Check Prevention is better than cure!

I am very pleased to offer a free Foot assessment and massage during autumn. To any of our current SECC clients who have not yet registered for Foot Clinic. Call 6269 1200 to book!

Day Centre highlights coming up:

Sorell Day Centre:

Friday 16 April- Richmond Gaol 10-2pm

Wednesday 21 April- Baking Anzac biscuits

Friday 23 April- New Norfolk: shopping & Chinese lunch 10-2pm

Saturday 24 April- Pondering Frog 930-

Brighton Day Centre:

Tuesday 20 April- State Cinema

Thursday 22 April- Intl. Guide Dogs Day Midway Pt Tavern 11-2pm

Tuesday 27 April- Granada Tavern 10-2pm

Thursday 29 April- card making workshop

Orford Day Centre:

Wednesday 21 April- Trip to Glenorchy Central

Thursday 22 April- Intl. Guide Dogs Day Midway Point Tavern 11-2pm

Wednesday 28 April- Eastlands Trip 9am. All invited. Pls book with Anna on 0400 986 854



Recipe of the Month



Creamy Pumpkĳn Soup

This is an easy, delicious soup which doesn't require the usual pesky peeling of onions, garlic and pumpkĳn- enjoy!

1.5kg butternut pumpkĳn, halved and seeds scooped out (no need to peel)
1 brown onion, halved (no need to peel)
2 cloves garlic (no need to peel)
2 tablespoon extra virgin olive oil
sea salt and cracked black pepper, to taste
500ml chicken stock
250ml milk

SERVES 4-6

1. Preheat the oven to 200C. Line a baking tray with non-stick baking paper.
2. Place the butternut and onion, cut-side up, on the prepared tray. Add the garlic, drizzle with the oil and sprinkle with salt and pepper. Roast for 60-70 minutes or until the onion is caramelised and the butternut is soft. Wearing oven gloves, carefully remove the tray from the oven and set aside until cool enough to handle.

3. Using a large spoon, scoop the butternut flesh into a big saucepan. Remove the onion and garlic from their skins and add to the pan.

4. Add the stock and milk and, using a hand-held stick blender (watch for splashes!), blend until smooth. Place the saucepan over high heat and bring the soup to the boil. With a ladle, carefully divide the soup among bowls. If you like, serve with some natural yoghurt or cream, snipped chives and parmesan toasts.

To make the parmesan toasts: Preheat the oven to 200C. Line a baking tray with non-stick baking paper. Cut 1 half-baguette diagonally into thin slices and place on the tray. Brush 1 tablespoon extra virgin olive oil over the slices and sprinkle 20g finely grated parmesan on top- or extra if you like it cheesy!. Bake for 6-8 minutes or until crisp and golden.