



Newsletter

August 2020

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

A word from our CEO, Helen Pollard



We are pleased to have most of our staff back and working from our offices. Through the COVID19 pandemic with changes we have found that many staff benefit from working with a mixture of home/office and we are able to offer more flexible working arrangements for many of our office based staff. Our reception staff have been pleased to be back and able to catch up with many clients who have visited our offices in recent weeks!

While Tasmania remains free from known COVID19 cases- I urge you to seek medical advice if you get any flu-like symptoms as we need to continue to test for COVID in our communities.

DAY CENTRES

Our Day centre programs are slowly starting again and we are working on some new venues- as we are not able to use the Tea Tree Hall due to the need for building renovations. Our Day Centre programs are funded through Commonwealth Home Support (CHSP) and clients who access must be CHSP eligible. Unfortunately this does mean some clients who have accessed the Day Centre Programs through Packaged Care or other ways at this stage are not able to attend. We can only consider 'non-CHSP' clients once we have met the CHSP targets set by the Government. Please discuss your needs with your Coordinators if this has affected you.

FIRE SAFETY

As we head into the coldest months of the year- many people will be turning up their heaters, lighting fires, using clothes dryers and electric blankets. All of these present a risk of house fires. In Tasmania there are around 250 house fires a year and sadly there are too often lives lost as result of house fires. Please make sure you have your chimneys/flues cleaned in preparation for winter, that you do not put clothes or flammable items too close to fires and heaters, and that you have a working smoke detector in your home. For more on Fire safety, see the Tas Fire website

<http://www.fire.tas.gov.au/Show?pagelid=colHomeFireSafety>

ANNUAL GENERAL MEETING

Our Annual General Meeting will be held on the fourth Monday of October during the day, at the Sorell Councils Hall, to allow for appropriate social distancing. Clients, families and any interested people are most welcome to attend. We are currently completing our 2019/20 Financial Reports in preparation for the external Auditor. While we have had a challenging and difficult year- we have maintained growth and completed some significant projects which we will be proud to report on in our Annual Report. Once our AGM has been held the Annual report will be available from our reception, as well as on our website for your information.

Our Community

DAY CENTRE – CHSP Clients

Big Thank you to Our Day Centre Team who organised yet another great event, Christmas in July at the Midway Tavern – While there was no dancing due current COVID-19 restrictions, there was music and a great day had by all.



DAY CENTRE OPEN DAY

South Eastern Community Day Centre (CHSP Clients) had an Open Day at Campania Hall. It was great to see some familiar and meet some new faces. Thank you, for adhering to all current COVID-19 restrictions.



TRANSPORT

We are taking bookings for clients that have medical appointments. We have set up special boxes for our wonderful volunteer drivers – so they can transport clients safely to appointments. To make a booking for a medical appointment or you know of anyone interested in becoming volunteer driver please call Reception on Ph. 6269 1200.



SEEKING DONATIONS

Do you have unwanted bags that is taking up space and you no longer need, we have been approached by a lovely lady setting up bags of items for the homeless. We would be more than happy to pass them on or any toiletries. Please leave at Reception for Denise from the Day Centre to collect.



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

SEC Care Foot Clinic is now operating out of the 'Little House' (opposite Banjos). The Foot Clinic is for our clients and the community.

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, contact Reception on Ph. 6269 1200

Our Community

Have your say about the topics that affect your world: email julene@secommunitycare.com.au

NEW WORKERS

A number of new workers have been introduced to service areas across the south to accommodate the growing need for supports for people that have a disability. It's important that we get your feedback. Please join us in welcoming these new workers.

CHANGES TO SUPPORT

South Eastern Community Care continues to improve and implement systems to better provide support. In order to accommodate changing need we request that you allow up to 1 week for permanent changes that impacts your support. Where there is availability to implement changes shorter than one week, our dedicated roster team will work to achieve this.

SERVICE AGREEMENTS - NDIS

There are still a few NDIS service agreements that have not been returned to the office, please feel free to pass these on to your staff for them to return on your behalf if you are unable to post or drop back. If you would like to discuss your service agreement further please contact your coordinator.

NDIS

The NDIS Quality and Safeguards Commission is an independent agency established to improve the quality and safety of NDIS supports and services

We regulate NDIS providers, provide national consistency, promote safety and quality services, resolve problems and identify areas for improvement

If you have a concern and you feel that you cannot speak to SEC Care about this you can contact the commission for support on 1800 035 544



RECIPE OF THE MONTH

Easy Cheesy Potato Bake

Ingredients

- 1 clove garlic, peeled, cut in half
- 200g block Swiss cheese
- ½ cup shredded parmesan
- 2 tablespoons finely chopped fresh thyme
- 1.5kg brushed potatoes, peeled
- 2 onions
- 600ml carton pure cream
- 2 teaspoons Dijon mustard
- ¼ teaspoon ground nutmeg
- Cayenne pepper, to garnish (optional)



Method

1. Lightly grease a large ovenproof dish (14-cup capacity, 6cm deep).
2. Rub cut sides of garlic over the base and around side of dish. Place dish on an oven tray.
3. Coarsely grate Swiss cheese, you will need 1 cup (100g) Reserve remaining for another use. Combine Swiss cheese with parmesan and thyme in a bowl.
4. Using a mandolin and keeping them separate, very thinly slice potatoes and onions (about 2mm).
5. Spread one-third of the potatoes, in an even layer, over base of prepared dish. Top evenly with one-third of the onions. Sprinkle with one-third of the cheese mixture. Repeat layering with remaining potatoes, onions and cheese mixture.
6. Whisk cream, mustard and nutmeg in a large jug until combined. Season with salt and pepper. Pour evenly over cheese in dish. Cover with greased foil.
7. Cook in a moderate oven (180C) for 1 hour and 30 minutes. Remove foil. Cook, uncovered, in same moderate oven for a further 20 to 30 minutes, or until top is golden brown and potato is tender when a small sharp knife is inserted through the centre. Remove from oven. Serve.