



# Newsletter

## December 2020

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

### A word from our CEO, Helen Pollard



Welcome to Summer! We have had a gusty start to the summer season, and I hope your yards and grounds haven't suffered too much in recent winds. A reminder that you should have an Emergency Plan, and have discussed it with your family as we head to the drier months of the year. Take a look around your property and ensure you have reduced the fuel immediately around your home, check that your home and property is fire-safe. For further information, see [Tasmania Fire Service](#)

### **MERRY CHRISTMAS AND HAPPY NEW YEAR**

**On behalf of everyone at South Eastern Community Care, we wish you a very Merry Christmas. We hope that 2021 brings good health and happiness and that we can see improvements on what we have experienced locally, nationally and even globally in 2020!**

A reminder that Staff are not able to accept substantial gifts and definitely not allowed to accept cash or vouchers. Small presents and cards are a wonderful way to express your feelings over Christmas if you wish.

### **CHRISTMAS OFFICE HOURS**

Over the Christmas period our offices will be closed- no incoming phone calls or payments. Our Office hours during the Christmas period are: For Christmas/New Year **the office will be closed to the public from 12pm on Thursday 24<sup>th</sup> December to Monday 4<sup>th</sup> January 2021.**

### **ANNUAL REPORT**

In October we held our Annual General Meeting, and our Annual Report is available for any interested people on our website [South Eastern Community Care](#)

You can also request a hard copy from our office if you would prefer.

### **PUBLIC HOLIDAY VISITS**

If you receive Domestic Assistance or other services on a day that is a public holiday over the Christmas break, you generally will not receive your service on the Public Holiday and it will not be rescheduled. If you are a Disability client, or on a Home Care Package- please discuss your options with your Coordinators. For CHSP clients we do not have the ability (generally) to reschedule missed services due to Public Holidays.



## COMMUNITY ACHIEVEMENT AWARDS

South Eastern Community Care is proud to be a finalist in the 2020 Tasmanian Community Achievement Awards- Employer Excellence in Aged Care. We would like to thank the sponsors of the Excellence in Aged Care Awards- Prime Super, and of course a huge thankyou to our amazing staff and volunteers who have made the achievement of being a finalist possible. The presentation was held in November via a ZOOM get together where our achievement was recognised along with four other finalists.

## DAY CENTRE

Day Centre closed from Wednesday 16<sup>th</sup> December 20 and will resume Monday Jan 11<sup>th</sup> 21.

*We would like to wish you all a safe and Happy Christmas and a wonderful New Year*

## CANCELLATIONS

We would like to remind everyone that all cancellation of services **must** be phoned through to our office and not given to our home care workers to pass on as this will avoid you being a charged a late cancellation fee.

## PAYMENTS OF ACCOUNTS

A reminder that we offer direct debit and that is our preferred method of payment. Forms to complete for direct debit are available at our office and can be arranged if you phone or email reception [mail@secommunitycare.com.au](mailto:mail@secommunitycare.com.au)

We do continue to accept debit and credit card payments, as well as cash at our office, and payments can be made at any Bendigo Bank.



### 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](mailto:julene@secommunitycare.com.au)

### SORELL COUNCIL ART ACQUISITION AWARD

Congratulation to Eileen Brooker for winner the Sorell Council Art Acquisition Award 2020. Eileen painting is capturing the view from her lounge room window in Midway Point. Eileen artwork will be hanging in the Sorell Council Building. Well done Eileen.



### DAY CENTRES BIRTHDAY CELEBRATIONS

Birthday Celebration at SECC Day Centre this week. Great day had by all. Happy 90 Birthday to Doreen Goss and Happy 61 Birthday to Garry McLaughlin.





## Pavlova Cupcakes

### Ingredients

#### Vanilla Bean Cupcakes

1. 100g unsalted butter, softened
2. 185g caster sugar
3. 2 tsp Queen Organic Vanilla Essence
4. 2 large eggs
5. 1 1/3 cup (200g) self-raising flour, sifted
6. 1/2 cup (125ml) milk
7. 1 1/4 cup (150g) frozen raspberries

#### To finish

1. 300ml thickened cream
2. 1 tsp Queen Vanilla Bean Paste
3. 1/3 cup passion fruit pulp (approx. 3 passion fruit)
4. 1 cup (125g) fresh raspberries



### Method

Prepare Meringue & Pavlova mix as per pack directions adding 1 tsp Concentrated Vanilla Extract. Preheat oven to 100°C (fan forced). Line 2 baking trays with baking paper, securing with a small amount of meringue mixture under corners. Place mixture into a piping bag, then pipe 5-6cm meringues. Use a teaspoon to hollow out the middle. Bake for 1 hour. Allow to cool.

#### Method - Vanilla Bean Cupcakes

##### STEP 1

Preheat oven to 160°C (fan forced). Line a 12 hole cupcake tin with cases and set aside.

##### STEP 2

In the bowl of a stand mixer or using a hand mixer, cream butter, sugar and Vanilla Essence until light and fluffy. Add eggs one at a time, mixing to incorporate.

##### STEP 3

Add sifted flour and milk in two batches, mixing until just combined. Add 5-6 frozen raspberries & 1/4 cup of batter to each cupcake case. Top with a sprinkle of white chocolate chips. Bake for 18-20 minutes. 15-20 minutes or until cupcake bounces back when pressed lightly. Allow to cool in tin for 5 minutes before transferring to a wire rack to cool completely.

##### STEP 4

Add 5-6 frozen raspberries & 1/4 cup of batter to each cupcake case. Top with a sprinkle of white chocolate chips. Bake for 18-20 minutes or until cupcake bounces back when pressed lightly. Allow to cool in tin for 5 minutes before transferring to a wire rack to cool completely.

#### Method - To finish

##### STEP 1

Whip cream to firm peaks. Dollop cream onto each cupcake, top with mini Pavlova followed by another small dollop of cream. Top with fresh raspberries & passionfruit.