



Newsletter

June 2020

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

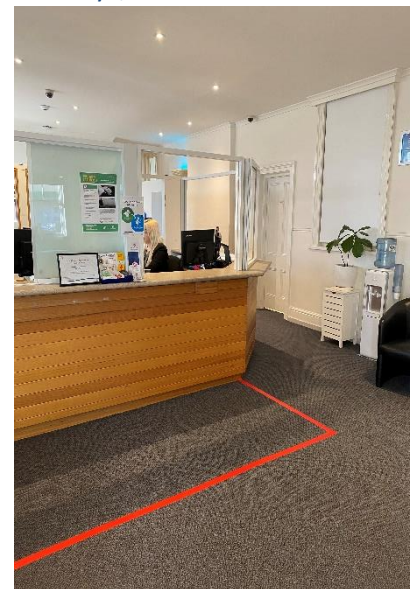
A word from our CEO, Helen Pollard



Welcome to winter! Everyone has been bombarded with information around COVID19 and precautions, however we still want to remind you to have the flu vaccine this year. For anyone over 65 the vaccine is free from your GP.

As restrictions change and we see the Government's "road map to recovery", South Eastern Community Care has developed a COVID19 work safe plan. As

long as we continue to see no new cases and the Government plan is on track- SEC Care plans to open our reception to clients and visitors in late July. There will be a maximum number of people allowed in the reception area at any given time, and we have sanitiser throughout the building. All offices have been measured to ensure we do not exceed the maximum people allowed within each office/room. While social distancing remains- we ask that clients stay sitting in the back set of staff vehicles to ensure we are able to keep a larger distance between clients and staff. Staff will continue to ask clients if they have experienced any flu-like symptoms or have been asked to isolate prior to commencing the visit. We are working hard to ensure staff and clients remain safe as our businesses and outlets start to open and we experience more people out and about! Thank you for your assistance and patience during the past months as we have reacted to the pandemic and changes to allowable activities in our community.



INDEPENDENT LIVING UNITS

We are proud and excited to be able to let people know that we are in the process of negotiating a sale for the fourth and final unit. It is exciting to see people taking up residence and we wish all those who are living in our ILUs the very best in their new homes!



Our Community

PHONE SURVEY- QUALITY AND SAFETY COMMISSION

The Commonwealth Government has advised South Eastern Community Care that they will be conducting a phone survey for clients of Aged Care Services. The number of calls is not high- however you may receive a call from a representative of the Aged Care Quality and Safety Commission some time during June or July to discuss your experiences in receipt of Home Care, including your experience of services during the COVID19 pandemic.

DAY CENTRE STAFF

Our Wonderful Day Centre Staff are missing all the beautiful clients while we can't have group activities and outings! So they have been super-busy making these little bears to send out and give everyone a virtual hug. Big thankyou to Carolyn who is always coming up with great ideas.



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) every Wednesday and Friday. 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 changes 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.

Where still here

Many of you would be aware that your coordinators are working from home due to the organisational restrictions related to CONV19. We thank you for your patience in understanding that much of our contact has been by phone. If you are struggling with the current environment call your coordinator for a chat or for additional support Lifeline or Carer Gateway on; following detail.



Carer Gateway 1800 422 737



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

Sheppards Pie

Ingredients

- 1 tablespoon olive oil
- 1 brown onion, halved, finely chopped
- 1 carrot, peeled, finely chopped
- 2 celery sticks, trimmed, finely chopped
- 1 tablespoon tomato paste
- 500g lamb mince
- Salt & freshly ground black pepper
- 2 tablespoons plain flour
- 500ml (2 cups) Massel **beef** style stock
- 1 tablespoon Worcestershire sauce
- 1 bay leaf
- 4 (about 200g each) desiree potatoes, peeled, chopped
- 40g butter
- 125ml (1/2 cup) milk
- Melted butter, to brush

Method

Step 1: Heat oil in a large saucepan over medium-high heat. Add onion, carrot and celery and cook, stirring, for 5 minutes or until soft. Add lamb mince and cook, stirring to break up any lumps, for 5 minutes or until lamb changes colour.

Step 2: Add the flour and cook, stirring, for 2 minutes or until combined. Add stock, bay leaf, and Worcestershire sauce and tomato paste. Bring to the boil. Reduce heat to low and cook, stirring occasionally, for 30 minutes or until sauce thickens. Taste and season with salt and pepper.

Step 3: Meanwhile: cook potato in a saucepan of salted boiling water for 15 minutes or until tender. Drain well. Return to the pan with the butter. Use a potato masher or fork to mash until smooth. Add milk and use a wooden spoon to stir until combined. Taste and season with salt and pepper.

Step 4: Preheat oven to 200C. Spoon lamb mixture into a 2L (8-cup) capacity ovenproof baking dish, or use four individual ovenproof serving dishes. Top with mashed potato and use a fork to spread over lamb mixture. Brush with butter. Bake in preheated oven for 20 minutes or until mashed potato is golden brown. Serve immediately

