



Newsletter

May 2020

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

A word from our CEO, Helen Pollard



Welcome to our May Newsletter.

As everyone is no doubt aware, Governments are starting to review the restrictions we are experiencing due to COVID19.

South Eastern Community Care continues to be extremely mindful of our obligations in providing services to vulnerable people in our community. Our office remains closed to in-person visits (we will take telephone calls) and we are not accepting cash payments. We have the majority of our office-based staff working from home. We have extra supplies of gloves, hand sanitiser, aprons and a system for staff to access stock to enable safe work. Our staff have undertaken COVID19 related training and we keep staff informed with a daily newsletter.

As the restrictions change we will review our work arrangements. We do not expect the office to be opened in the near future, and once open we will have some degree of alternate work arrangements for staff to ensure social distancing is able to be maintained in the office environment. This may mean not all staff are able to return to offices for some time.

Please continue to stay in touch with the office (our phones are manned), and your coordinators for queries around your individual circumstances. We are pleased to see many who had suspended services in March reinstating some services and visits.

Any past client newsletters are on our website www.secommunitycare.com.au if you wish to see previous information or advice.

On behalf of all of our staff we hope clients and families are staying safe, and managing during this pandemic. We are available for anyone who needs information and support during this time- do not hesitate to contact your Coordinator!

The COVIDSafe app speeds up contacting people exposed to coronavirus (COVID-19). This helps health officials support and protect you, your friends and family.



Our Community

THANK YOU - South Eastern Community Nurses

May 12th is International Nurses Day, celebrated on the birthday of Florence Nightingale, a nurse an early pioneer of cleanliness and infection control in hospitals. Nightingale (1820-1910), who had considerable mathematical skills, is credited with being the first healthcare professional to use data to show that infection control improves health outcomes. Through her career she stressed a practice that is relevant as ever today — handwashing (<https://indianexpress.com/article/explained/why-florence-nightingale-matters-today-how-her-legacy-is-under-cloud-coronavirus-6403656/>). Now, more than ever, we are reminded daily of the importance of good hygiene and infection control. 2020 is the year of the nurse and we are seeing all over the World that communities are applauding and thanking their nurses, doctors and frontline workers in the battle against COVID.

At SEC Care we thank our nurses for all they do out in people’s homes to deliver much needed care, support and health education.

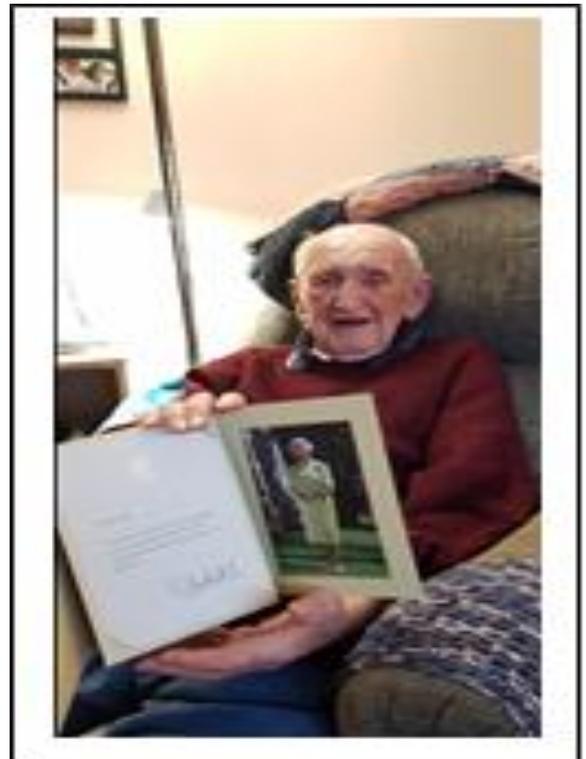
Florence Nightingale- nursing has come a long way in the 200 years since she was advocating for better hand hygiene and sanitation.



Happy Birthday – 100 Years Young

On Friday 1st May one of our clients, Mr Bronislaw Jablonski-known to some as Jim (pictured) quietly celebrated his 100th birthday with close family members of his household. Visitors were only able to call hello and greetings from his front porch. We caught up with Mr Jablonski, who migrated to Australia in the mid-70s with his wife Sheila and son. Mr Jablonski’s son helped set up skype to catch up with family overseas, and the household enjoyed a takeaway lunch from a local winery. A visit to the porch from his one year old great great grandson was one of the highlights of the day. Mr Jablonski says his secret to staying well is to “*not stop moving*” and his family agreed that he still stays as mobile as possible and does his share in the home! Although Bronislaw had a wonderful day, there was some reflection and sad moments as he missed his wife and best friend of over seventy years who passed away early this year.

While Mr Jablonski has seen many things in his 100 years and been through wars and hard times, his thoughts on COVID19 are- “*Everything passes, this too will pass.*” Wise words for us all indeed.



Our Community

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

Day Centre Home Activities Packs

Our Day Centre Staff are putting together monthly packs - a range of activity boxes that can be delivered to homes, as well as providing phone support and one to one visits where this may be needed. Please contact our Day Centre staff on 626691264 for further information.



My time during COVID19 Isolation – Elaine Scott

I moved into my new home as of 1st April, trying to handle moving, putting things away, isolating but still longing to do things in the community as I have always wished. I joined the window walk ideas: teddy bear/animal, Easter bunny, ANZAC, pay it forward/Thank you, flower and stick family. These have been a great distraction and pleasure to do. It got the hands working and the mind ticking over on ideas.

First week was popping all my teddy bears around the windows for children to find in their walks. For Easter we put up a light bunny in the window. By ANZAC day I found my mojo and it was amazing with my display (thank you to SECC staff and Rosie for crocheting all the poppies), we made ANZAC biscuits and offered them to neighbours (with distancing), blasted the ABC broadcast at 6am which neighbours replied they enjoyed.

I have been able during this time to keep communication open with community members by using Zoom with Brighton Alive and Facebook for Café Connections. Another wonderful thing has been my son, Matthu, as gyms have been closed, he is training to become a personal trainer so has been using his mum as a guinea pig which I have thoroughly enjoyed, it has kept me moving. Even though isolation can be boring and your feeling alone you can do things to make life a bit brighter.



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

Recipe of the Month

GOLDEN SYRUP DUMPLING

Ingredients

1. 1 cup self-raising flour
2. To taste salt
3. 20g unsalted butter
4. 60g 1 eggs
5. 50ml milk

Sauce

1. 125ml 1/2 cup golden syrup
2. 3/4 cup brown sugar firmly packed
3. 30g unsalted butter
4. 1 2/3 cup water
5. To serve runny cream

Step 1: Sift self-raising flour into a bowl and add a pinch of salt.

Step 2: Rub the butter into the flour until it resembles breadcrumbs, add the whisked egg and stir to combine.

Step 3: Gently add the milk and mix till the dough just comes together and resembles a scone mix (do not over work the dough). Set aside.

Step 4: Combine all sauce ingredients into a large fry pan. Bring to the boil to amalgamate before reducing heat to a gentle simmer.

Step 5: Flour your hands and roll the dough into the size of a twenty cent piece. Place the balls onto a tray lined with baking paper.

Step 6: Slip the balls off the baking paper all together into the syrup. Cover the fry pan with foil to form a tight seal and cover with the lid. Cook for about 10 minutes before turning over to cook for another 10 minutes on the other side.

Step 7: Remove with a slotted spoon and serve with the remaining sauce and a jug of runny cream

