



# Newsletter

## October 2020

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

### A word from our CEO, Helen Pollard



#### **Aged Care Programs**

South Eastern Community Care deliver services through a range of programs with differing requirements for eligibility and fees. We have experienced some recent changes in eligibility for our CHSP Day respite programs- where clients who are on a Package (if they previously went to Day Centre/s) are eligible to continue with their CHSP Day Centre Program. For a number of clients this will be a welcome change in Government policy as it allows us to continue to include those people in our social programs! For people receiving a Home Care Package who are not eligible for Day Centre Programs- we are looking at options if we have enough interest to be able to fund a 'Package' social support day at our Day Centre- for more information speak to your Coordinator or our Day Centre Staff member (Cheryl) who is working on growing this exciting program.

South Eastern Community Care is due for a Quality Audit at the end of 2020, however COVID19 has placed extra pressure on Providers and also on the Aged Care Quality and Safety Commission. At this stage we do not have a time frame or date for our Audit. When we do- we will let all clients who receive care through Home Care Packages, and through CHSP the details to enable you and your family to discuss you care and our performance with the Audit Team.

#### **Disability Programs**

South Eastern Community Care's services to participants through NDIS is reaching close to two hundred people now, after humble beginnings in 2018. These programs account for over 20% of our annual income and we continue to employ new staff to meet the needs within our communities. We are pleased to be able to expand our programs and get some 'normality' back into the services we deliver after having to adapt to the restrictions we saw early in the year due to COVID19. If you have any queries or concerns please do not hesitate to contact our Disability Coordinators and/or Sacha who manages the programs.

South Eastern Community Care is working with an Independent Auditor who is reviewing our records and programs to ensure we comply with the requirements of NDIS. This Audit is a three yearly requirement. Due to COVID19 we do not believe the Auditors will be on-site, however we expect they will wish to contact a sample of participants as part of the Audit process. If you want to have any further information about our Audit- please contact Sacha via our office.

#### **Office Closure - Reminder**

On Thursday 22<sup>nd</sup> October- Show Day Public Holiday our office will be closed, and on Friday 23<sup>rd</sup> October the Office will be closed.

We will not be available for in person or phone payments or queries on those days.

## Our Community

### Day Light Savings and Spring Cleaning

As we Spring our clocks forward for spring it is wonderful to see days getting longer and the beautiful bulbs, flowers and general explosions of colour in gardens everywhere. While the spring growth may be a wonderful sight to see- for some it presents a danger, and of course we already need to be planning for fuel reduction for the dangerous Summer Fire period.

If you are looking for an annual Spring Clean or Garden- South Eastern Community Care may be able to assist through our CHSP programs. You need to be eligible for CHSP services, and to arrange approval through *myagedcare*. Once you are approved for the service we will contact our contractors who will contact you when they are available to deliver the service. The garden care associated with this program is a basic annual tidy up for safety only- not general gardening.

### SAVE THE DATE Annual General Meeting!

South Eastern Community Care's AGM will be held at the Sorell Memorial Hall (Supper Room) on Monday 26<sup>th</sup> October at 1 p.m. Due to COVID19 there will not be lunch prior to the AGM this year. All interested people welcome. We will present the Treasurer's report, President report and CEO report, acknowledge those staff who have reached milestones in their years of employment, elect/re-elect Board Members, and vote on changes to the Constitution. Financial members of the Association are able to vote, all others are welcome to attend and listen to the proceedings and updates.

### Thank you

Thank you to all who donated to Chris Greene's Animal Rescue Fund. Chris was truly overwhelmed and appreciative of the generosity of our community. Cathy and Martina braving the cold winter water of Honeymoon Bay for 10 minutes raised \$980 this will really help Chris out with all the furry friends. There is a permanent collection tin at the Dodges Ferry Takeaway for donations.



### 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)

### How to reduce your power bill

Many people have received a higher bill than expected, and this can be a shock, especially when you do not know why it is high. Aurora report bills this quarter may be a result of seasonal changes ; Aurora found that consumers used 51% more this last winter than summer months, this is mainly due to increase use of heaters, dryers, longer showers and extra lighting. Many households have also been affected by the impact of COVID19; spending more time at home, and increase use of appliances as a result.

### How can I reduce my power bill?

1. Install efficient lighting
2. Adjust the thermostat
3. Wash clothes in cold water
4. Switch appliances off at the wall
5. Close doors and curtains
6. Insulate your home
7. Get energy monitoring
8. Check appliance settings



If you are on a pension or have additional cost to energy as a result of running equipment as a result of your disability, you may be eligible to further subsidy from Aurora and from Centrelink to find out more information contact an Aurora consultant on 1300 132 003 or Centrelink on 136 240.

### The Chat's Program

Social isolation and loneliness has affected many people in the community as a result of programs and supports changing in the community, Life line has a long standing program to assist people finding themselves in this situation. The program supports people over 65 years of age and younger people with disabilities to access a wide range of social activities including transport to meet new people and share experiences and friendships; join the program you will also receive a monthly newsletter and an opportunity to connect with people by phone on weekly basis. If you think that this is for you; contact the Chats Program on 62821555.

### Celebrate a worker

Our Disability and Community Support Workers work to achieve your goals and to provide you with tailored support to meet your needs in conjunction with coordination and rostering teams. If you would like to celebrate a worker who has made a difference in your world or have shared a memorable event together – including funny ones, reach out and let the office know. You can do this by phone on 62691200 or through our feedback forms, staff carry these or you will have a copy in your home file.

### Summer is on its way

Tasmania has seen an increase in sightings of snakes in recent weeks with the weather warming up, Reptile Rescue is a non for profit service that can provide you with advice and if necessary relocation of reptiles. If you see a snake on your property you are advised to call reptile rescue for assistance on 0499 116 690.

With us moving into summer it's important to consider how you would respond in the event of a bush fire. Do you have a plan? Would you leave your home? Who would help you with this? In the next few weeks consider what your plan would be and is your home fire safe, is the area around your home cleared of debris, have you had your gutters cleaned etc. For more information on how you can prepare for the bushfire season you can contact TAS fire service, community protection planning on 1800 000 699 or [planning@fire.tas.gov.au](mailto:planning@fire.tas.gov.au). If you need assistance to do this please do not hesitate to contact your coordinator.

## RECIPE OF THE MONTH

# Apple Slice

Serves 8 serves

### Ingredients

- 340g packet vanilla cake mix
- 2/3 cup melted butter
- 1 1/2 cups stewed apples or 4 Granny Smith apples
- 200 grams sour cream

### Instructions

1. Preheat the oven to 180C. Line a 30 x 20cm baking dish with baking paper.
2. In a bowl, combine the cake mix and melted butter to form a dough. Spread the dough evenly in the baking dish and bake for 15 minutes.
3. Meanwhile, combine the apples and sour cream. Spread evenly over the base and return to the oven for another 15 minutes.
4. Let cool then chill in the fridge (this gives the base time to set).
5. Serve chilled.

