



Newsletter

September 2020

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

A word from our CEO, Helen Pollard



I hope clients and families have enjoyed our spring weather this year, and that your gardens and properties have benefited from some great rainfall. It is wonderful to see so much greenery in our rural areas at the moment! Longer days are great for our staff who are not leaving work in the dark as much, and we are working on improving the safety of our after-hours workforce currently.

SPRING CLEANING

It is getting to that time of year when Spring Cleaning will occur. A reminder that if you are eligible for a CHSP Spring Cleaning visit, you need to request Spring Cleaning through MyAgedCare rather than our office. The garden care associated with this program is a basic tidy up for safety only- not general gardening. Once a referral is received, we contact our contractors and they then, when available, contact consumers.

OFFICE CLOSURE

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

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

VISIT TIMES

We get many calls from clients asking when their staff member is arriving, and sometimes we get called quite close to what clients have thought is the visit time. We want to remind staff that visit times are only ever approximate, and Domestic Assistance is not able to be given at a guaranteed time. Many things influence the timing of a visit- an emergency at a previous client, traffic delays, sick leave and needing to juggle staff members' rosters at short notice. Our staff work hard to keep all programs and visits running smoothly- but generally times of services are not able to be guaranteed.

PETS

Our pets are great company, and pets are shown to improve the wellbeing of their owners- of any age. While pets are great for you and your wellbeing- they can present a risk for our staff. For general care, domestic assistance and nursing visits we ask that you have your companion secured away from where our staff will be. This year we have had a number of dog-bites, including two staff needing stitches. This is distressing for owners and staff, as well as being potentially costly. Some staff are reluctant to ask clients or families to secure their pets, but please know it is a blanket rule applied for everyone's safety, with the only exception being trained and approved companion or guide dogs where documented on the agreed care plan.

Our Community

DAY CENTRES

After many months of being closed, our Day Centres are slowly opening with smaller groups and shorter hours than pre-COVID19.

Our Day Centres are funded by CHSP and we are only able to have clients who are CHSP-eligible to attend those programs due to Government guidelines of the programs. Unfortunately this has meant that some people who we previously allowed to attend have not been able to re-join as we open up the programs. The difficult decision to stop non-CHSP eligible clients attending the programs is outside our control. However our Coordinators will be looking at what Clients who receive Packaged Care may like in terms of social programs and will be looking at what may be available for socialising in various areas to be able to link clients with social/networking programs. If you are in receipt of a Home Care Package and are looking for social programs and/or are no longer able to join the SECC Day centre Programs- please contact your Coordinator to discuss.

VOLUNTEER DRIVERS

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. **If you would like to know or interested in becoming a volunteer driver please call Reception on Ph. 6269 1200.**



ALL IN THE NAME OF CHARITY

Two of our brave Home Care workers - Cathy and Martina completed a winter swim over the weekend, and are raising funds through the swim for Chris Green of Dodges Ferry who rescues animals (abused and neglected Ponies, horse and more), and has done for many years. Staff can contact Martina & Cathy - via reception if you wish to donate to this wonderful lady!



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

DAY CENTRE – DAFFODIL DAY

On Thursday 27 August clients from the Day Centre went to the Midway Tavern for lunch to raised funds for Daffodil Day. All those involved had a wonderful time making and setting up for this great day. Over \$200 was raised for this great fundraiser for Cancer research – Special Thank you to Carol who is very creative with making daffodils from bottles and made these amazing flowers.



RECIPE OF THE MONTH

Zucchini slice

Ingredients

5 eggs

150g (1 cup) self-raising flour, sifted

375g zucchini, grated

1 large onion, finely chopped

200g rindless bacon, chopped

1 cup grated cheddar cheese

60ml (1/4 cup) vegetable oil

Method

1. Preheat oven to 170C
2. Beat eggs in large bowl until combined. Add the flour and beat until smooth, then add zucchini, onion, bacon, cheese and oil and stir to combine.
3. Grease and line a 30x20cm lamington pan. Pour into prepared pan and bake in oven for 30 minutes or until cooked through.

