

The Seniors Newsletter of South Eastern Community Connect



South Eastern *Seniors* Connect

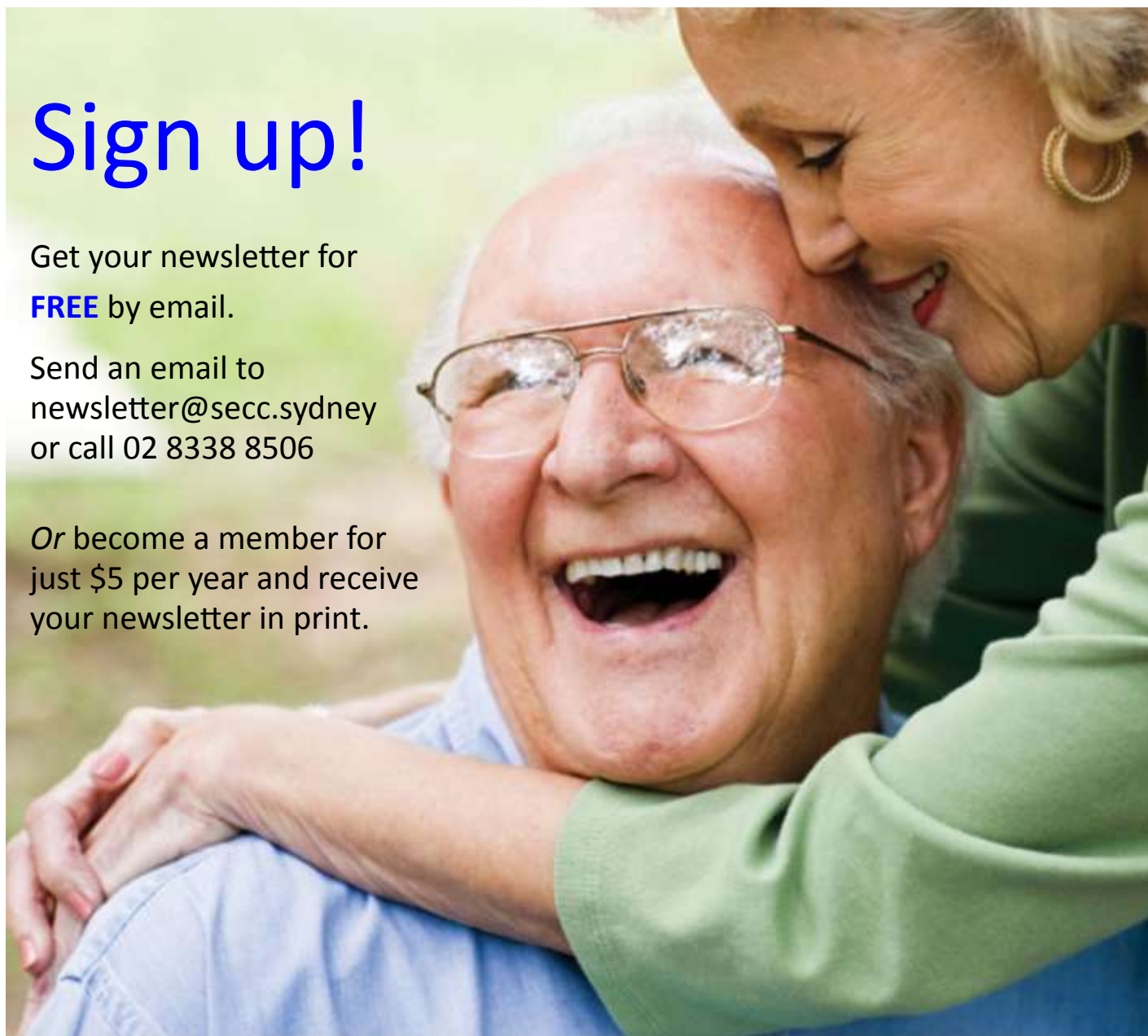
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Independence, Well-being and Quality of Life

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South Eastern Community Connect

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Happy New Year!

The new year will see some big changes to the community sector. In the past the government allocated funding to the support organisations to run their services. From 2017 this money will now be allocated to the clients in form of aged care or NDIS packages. We will be assisting you in navigating these changes to ensure they continue to receive the best support possible.

Due to increasing operational cost we were forced to increase our fees for some. We thank you for understanding. Your loyalty assures us that our services are worth the fees and valued by you as the service users. We will be diligent in delivering the best support we can.

At the end of the year the government audited South Eastern

Community Connect to check if our organisation conducts its services with best practice, ethics and efficient manner. We are proud to say that we achieved a score of 100% and received nothing but positive reviews from our service users. Thank you to all of you who assisted the auditors with their fact finding.

With this clean bill of health we are looking forward to a successful 2017 with you as our service users, staff and volunteers to nurture belonging, well-being and quality of life for all in our community.



Catherine,
Editor.

Contact us

02 8338 8506

Mon-Fri 9AM - 4:30PM

secc@secc.sydney

If you would like to read up on Clients Rights and Responsibilities you can do so online at www.secc.sydney, phone the office for a copy or speak to our staff next time you see them for your copy.

Congratulations to our volunteers

- Frances Heming on receiving the Maisie Foster volunteering award
- Robert Wood on receiving the ATO Tax Help volunteer Award for 15 years of tax help with South Eastern Community Connect
- Mrs Yun Fang Lu on celebrating her 80th birthday and a decade of Tai Chi teaching





Comfort Food

cooked for you in your own home

Cooking need not be a chore, and healthy food can be tasty. Lilian Martinez is here to prove it!

The experienced cook provides the latest addition to our food services, an in-home meal preparation services for the elderly and people living with disabilities.

“Yes, a lot of my work is about assisting with the physical tasks of prepping produce, or lifting pots on and off the stove, but there is so much more to my job.”

As we get older or take certain medications our nutritional needs change. Seniors or those with certain health conditions need a different balance of nutrients to ensure physical and mental health.

“Some of our clients have difficulties processing certain foods, and for some their sense of smell

and taste may be weaker than it used to be, which makes standard recipes less enjoyable.”

“I am not just an ordinary cook. I prepare meals with all those factors in mind. I get to know my clients and prepare meals especially for them that they will enjoy.”

Lilian’s clients also have the choice of using other services of South Eastern Community Connect to meet their needs in the kitchen.

“Shopping is a chore at the best of times, and when your mobility isn’t the best, a helping hand getting with the groceries

is much appreciated.”

South Eastern Community Connect offers a range of support to suit their clients varying needs.

- **Fruit and Vegetable deliveries** bring boxes of fresh, in-season produce right to your door.
- The **Shopping Bus** lets you do your own shopping but we provide the door to door transport.
- **One to one assisted shopping** is right if you can do your own shopping with the support of one of our aged and disabilities workers.
- With our **List Shopping** service you can telephone or email us your own shopping list and we’ll do the shopping for you

Whichever shopping service you choose, if any, the meal preparation service is available to help you cook up the most delicious, nutritious meals, ready to stock up your freezer.

Back in the kitchen, Lilian is enjoying quality time with her client.

“I love my work because I love food, and there is nothing more comforting than sharing a laugh while preparing a meal”, she says. “My clients join in the cooking and keep me company, and at the end of the day I think the chats we have are almost as important as the meals I leave in the freezer.”



**For more information on
our food services call LiLi
on 02 8338 8506**



Liliana's Favourites



Roasted Harvest Vegetables

Instructions:

2 tablespoons olive oil
6 garlic cloves, sliced

500 g butternut pumpkin, peeled and cut into chunks
300 g Brussels sprouts, trimmed and halved
2 – 3 red apples, quartered, cored and thickly sliced
¼ cup sun-dried tomatoes, drained and thinly sliced
2 fresh rosemary sprigs, or 1 teaspoon dried
250 g mushrooms, halved

Directions:

1. Preheat oven to 200°C. Put the oil and garlic in a large roasting tin and heat for 3 minutes in the oven.
2. Remove the tin from the oven and add the pumpkin and Brussels sprouts, apple slices, sun-dried tomatoes and rosemary. Sprinkle with salt and toss to combine.
3. Return the tin to the oven and roast the vegetables for 20 minutes, turning them after 10 minutes. Add the mushrooms, toss with the other vegetables, then roast for a further 15 minutes until everything is golden and tender.

Baked Chicken Pesto Alfredo

Ingredients

- 1/4 cup butter
- 1/4 cup flour
- 2 cups chicken broth
- 1 packet of pasta - cooked al dente and drained
- 3 chicken breasts, cooked and cubed
- 2 cups grated cheese
- 3 cups fresh spinach chopped
- 1 can crushed tomatoes
- 1 1/2 cups milk
- 3 tablespoons basil pesto
- 1/2 cup bread crumbs
- 1/2 cup grated cheese
- 1 tablespoon olive oil

Directions

- Make a simple white sauce by melting butter in a pan over medium heat. Sprinkle in flour over melted butter and whisk constantly for 3-4 minutes over medium heat, then add in chicken broth and whisk quickly together. Cook over heat until it's thick and bubbles up. Set white sauce aside.
- Cook penne pasta according to package directions. Drain noodles and then dump them into a large mixing bowl.
- Add in white sauce, cooked chicken, cheese, spinach, crushed tomatoes, milk, pesto and 1/2 cup of the bacon. Mix well.
- Pour pasta into a 9x13 baking dish.
- In a separate bowl mix together parmesan cheese, bread crumbs, remaining bacon and olive oil.
- Cover pasta with bread crumb mixture and bake at 175 degrees for 45 minutes.
- Freezer Meal Directions: Freeze pasta and bread crumb mixture in separate zip lock bags and label. To eat, thaw, remove pasta from bag, cover with crumb mixture and bake at 175 degrees for 45 minutes.



Zucchini Fritters

Ingredients

- 2 eggs
- ¼ red onion, grated
- ½ zucchini, grated
- 2 tbs. carrot, grated

Directions

1. Beat eggs in a bowl, then add remaining ingredients. Season to taste.
2. Heat a small non-stick frying pan over medium heat. Spoon 2 x 2 tbs. of mixture into the pan, leaving room for spreading.
3. Cook for 2 minutes each side.
4. Serve with a dip of your choice (tzatziki works well).



Building our Community

Well-being, quality of life and belonging. People are social creatures. We live in cities and suburbs with thousands of other people we will likely never know. Yet, our happiness and well-being depends on the strength of the bonds between us and the people around us, our sense of connection with our place of living and our feeling of belonging with the others who share this place.

Our modern, busy lifestyles can weaken the ties of community and the social networks that hold us all together, and some, like the elderly or new arrivals in our community, who are limited in the scope of their interactions, are at an increasing risk of isolation.

From the first weeks of life to old age

At South Eastern Community Connect everything we do aims to strengthen the bonds between the people in our community.

Young families, seniors, people living with disabilities and people from diverse cultural backgrounds – there is a program for everyone to foster a sense of belonging, well-being and quality of life for the individual and for the community.

We support people from the first weeks of life to old age, with quality services that have the individual at their heart, but our people are more than their needs and services - we belong together as a community, and this organisation is one small but important drop of the glue that keeps us all connected.

Community Builders

We run a dedicated Community Builders program to strengthen our community and all that makes it unique. In 2016 there has been a lot of activity on the ground including workshops on consumer credit & debt, information sessions

on memory and ageing and events such as a Wellness day during Mental Health Month, a fundraising market day for community groups, English classes, computer classes, multicultural bus outings and more.

What kind of community do you want?

Over the past year, we also spent much time listening to the locals about what it is that they want for their community. We consulted by doing surveys at events and even just knocking on people doors to find out what it is they need and what kind of community they would like to live in.

Events that bring people together

We have learnt a lot about people's hopes and desires for their community, and we will look at implementing some of the outcomes in 2017. For example, from the Mental Health Month celebrations people have indicated an interest in continuing with various creative programs such as art therapy and gardening.

Through our conversations people have often

expressed concern for the well-being of neighbours and a desire for more events that bring people together.

We will respond to this through practical actions like Harmony Day celebrations, workshops on financial security & legal issues such as Power of Attorney etc., and we are already working with tenants on a community garden in a public housing complex.

It is important for us to keep the dialogue going with the locals so that everything we do achieves our goal – to engage residents, grow a sense of connection with our place of living, nurture a feeling of belonging with the others in our community.

Help Build your Community

Be a part of your local community - whether you want to help as a volunteer, would like to make new friends or could use some help with your daily tasks, give us a call, drop into our office and let's see how we can link together.



Harmony Day - put it in your diary for 21 March 2017

Community Bucket List

Community grows stronger through the hundreds of little and big actions people take every day.

Scan this list for things you or your family have participated in in the past year or so, and pick some new ones for 2017.



- ☐ Invite neighbours over for a meal
- ☐ Attend a political meeting
- ☐ Support local business
- ☐ Volunteer
- ☐ Work in a community garden
- ☐ Mentor a person of a different ethnic group
- ☐ Surprise a new or favourite neighbour by taking them food
- ☐ Avoid destructive gossip or help someone else avoid it
- ☐ Attend local school or children's athletics, plays, & recitals
- ☐ Get involved with scouts or little athletics
- ☐ Sing in a choir
- ☐ Attend a party in someone else's home
- ☐ Get to know the salespeople at your local stores
- ☐ Attend a lecture or concert
- ☐ Play games with neighbours
- ☐ Walk or bike to support a cause and meet others
- ☐ Participate in a campaign
- ☐ Attend a local festival or event
- ☐ Find a way to show personal appreciation to someone who builds your local community
- ☐ Offer to help a neighbour with garden work, shopping or a ride
- ☐ Start or participate in a discussion group or book or film club
- ☐ Start or join a carpool
- ☐ Plan a "Walking Tour" of a local historic area
- ☐ Tutor or read to children or have children read to you
- ☐ Run for public office
- ☐ Host a party
- ☐ Form a walking or exercise group & encourage each other

- ☐ Play a sport
- ☐ Ask an elder or a young person to teach you something
- ☐ Take dance lessons with a friend
- ☐ Gather a group to clean up the local park
- ☐ Bake something for neighbours or work colleagues
- ☐ Plant trees
- ☐ Call an old friend
- ☐ Sign up for a class & meet your classmates
- ☐ Accept or extend an invitation
- ☐ Log off and go to the park
- ☐ Say hello to strangers
- ☐ Find out more by talking with a neighbour you don't know very well yet
- ☐ Host a movie night
- ☐ Help out with or create a newsletter
- ☐ Collect oral histories to discover the interesting things people have done
- ☐ Cut back on TV & interact with people instead
- ☐ If you think someone needs help, ask to find out & do what you can
- ☐ Fix it even if you didn't break it
- ☐ Pick up litter even if you didn't drop it
- ☐ Attend gallery openings & art exhibits
- ☐ Organize a neighbourhood garage sale
- ☐ Read or listen to the local news regularly
- ☐ Attend a public meeting or hearing & speak up
- ☐ Offer to watch a neighbour's home while they are away
- ☐ Ask to see a friend's photos
- ☐ Invite a local politician or official to speak to a group you belong to
- ☐ Start talking to people you see regularly
- ☐ Listen to the children you know and find out what matters to them
- ☐ Plan a reunion of family, friends, or people with whom you had a special connection
- ☐ Hire local young people for odd jobs
- ☐ Write a letter to the editor
- ☐ Join a group with people of different ethnicity, or religion, or income or life experience
- ☐ **Check off your bucket list with us!**
At South Eastern Community Connect we have a huge range of programs and events for you to grow your community.



Home Care Packages

South Eastern Community Connect is an Approved Home Care provider.

From 27 February 2017, if you are on a Home Care package you can choose who provides your services.

Whether it is help walking your dog, cleaning or doing the laundry, transport or shopping - whatever you need to keep living an independent life in your own home, we can help.

Why choose South Eastern Community Connect?

- **We are not-for-profit**, operating only to provide excellent care and quality service to support your independence and well-being
- **We have a clean bill of health** with a score of 100% in the government's Aged Care Quality Review (December 2016), giving you peace of mind about our policies, ethics and best practice operations.
- We are **big enough** to provide continuity of care, **yet small enough** to be client centred, with our focus on yours and your family's needs
- We are local, with our staff living in **your community** and speaking **your language**. In fact, our staff and volunteers speak 13 languages.

Call us today to discuss your needs on

02 8388 8506

or phone My Aged Care to apply for a Home Care Package.

1800 200 422

Food & Shopping Services

- **Fruit & Vegetable Deliveries**

We deliver fruit, vegetable or mixed bags fortnightly at a cost of \$12 a bag inclusive of delivery.

- **One to one shopping**

Our social support worker will pick you up at home, take you to the shops, help you with the groceries and take you back home.

- **Shopping Bus**

If you like to do your own shopping but transport is a hassle, our door to door shopping bus might be right for you. The bus can pick you up at your home at a set time for the shopping centre (either Eastlakes or Eastgardens) and take you back home after three hours. The shopping bus runs every fortnight. The cost is \$6.

- **List Shopping**

If you can no longer visit the shops yourself, this service is for you. You can telephone or email your own shopping list to South Eastern Community Connect. We will then do the shopping for you, pack your items and deliver them to you. You pay for the cost of groceries plus a small charge for a \$5 for the service.

- **Meal Preparation in your home**

If you would like a hand preparing your food and cook up your meals we can help. One of our staff will be able to visit you in your home and help you prepare your meals for \$10 a session.

For more information call

02 8388 8506

“I go shopping many times a week, and I get the best reward points,” Deb is not talking about a rewards card or fly buys. The social support worker takes people to the shopping centres who would otherwise not be able to go.

Grocery shopping is an unpopular chore at the best of times but when mobility is an issue it can become a downright hurdle to your

independence and well-being. This is where Deb’s work makes a real difference to her clients.

“I wouldn’t know what to do without her”, says Ben, who has been shopping with Deb for almost 6 years, “Before I used this service I’d avoid buying heavy things like potatoes, and sometimes I wouldn’t go to do my shopping at all. With Deb it is a bit like a social outing. She makes sure I choose well and we have a laugh when we’re out,” he adds.

One to one shopping is one of many different shopping services offered by South Eastern Community Connect.

“Our services are tailored to suit the individual needs of our clients,” explains Irene Trovato, social support coordinator.

“We run a fortnightly shopping bus for those who just need door to door transport to list shopping



One to one shopping

The best rewards points you can get.

for those who are unable to go to the shops themselves. We also deliver fruit and vegetables to clients who need to reduce the volume and weight of their regular grocery shop without missing out on the nutrients from fresh produce,” explains Irene.

“Our one-to-one shopping service is for those who still want the independence of going to the shops and choosing their own groceries but who may not be able to use the shopping bus. We pick our clients up by car, drive with them to the shopping centre and help them with the shopping as needed. When we’re done, we load up the car, drive the client home and bring the shopping inside,” explains Irene.

But it is never just about the shopping:-

“Ben has been my client for a long time”, says Deb, “and for him, like for most of my clients, it is as much about the groceries as it is about the socialising, getting out of the house and staying connected with the world around us.”



Time to get into the swing of it: Join the fun of our group outings for some fresh air and a laugh with friends. South Eastern Community Connect runs more than 20 different regular bus trips for people with a broad range of interests and cultural backgrounds. There is bound to be something for you - just call our Transport Coordinator Lili on **02 8338 8506**.

Respite

Are you a Carer? Could you do with a break to run errands or attend social engagements? Then our Flexible Respite Care service is for you!

South Eastern Community Connect can provide you the Carer and the person you care for with a break from your usual arrangement.

South Eastern Community Connect provides day, night and weekend support for the Frail Aged, people with Dementia or someone with a Disability. Available would be:

- Up to 2 blocks of 5 hours a week
- Day and evening care
- \$20 / block of 5 hours

For more information call

02 8338 8506

FREE Information Session

- **Powers of attorney**
- **Enduring guardianships**
- **Wills - why you should have one and where to go for help.**

Daceyville Community Centre
6 April 2017, 10am – 12pm

For more information call South Eastern Community Connect on 02 8338 8506.

March 3-12 2017 Seniors Festival

Mark your diary and sign up to our email newsletter for updates on your festival program: newsletter@secc.sydney