



# Meals on Wheels Bega Valley

## Spring Newsletter

Welcome to Spring. Wildflowers bloom, sunny days, and sultry nights. Bega Valley is beautiful in spring when everything is growing, and we chase the winter blues away.

El Nino, the boy in Spanish, is a climate event that refers to a change in both the ocean and atmosphere weather across the Pacific region and is linked to hot, dry weather in Australia.

El Niño and El Niña events are thought to have been occurring for thousands of years. But it won't stop Bega Valley Meals on Wheels.

Call 6492 4146 or email [admin@bvmow.org.au](mailto:admin@bvmow.org.au)

You can check us out at our website [begavalleymealsonwheels.org.au](http://begavalleymealsonwheels.org.au)

Facebook at [www.facebook.com/Bega-Valley-Meals-on-Wheels](https://www.facebook.com/Bega-Valley-Meals-on-Wheels)



## Update Your Details

Please don't forget to update your contact details with the office so we can keep you informed of the latest news, training and future events. Keep up to date with BVMOW by tracking us on Facebook. Like us and we'll like you. Clients can also directly access services by contacting My Aged Care to make a referral for themselves. Call 1800 200 422 or go to [www.myagedcare.gov.au](http://www.myagedcare.gov.au)

## 70 Years of Meals on Wheels

The iconic and much-loved Meals on Wheels delivery service is celebrating 70 years of delivering to meals to older Australians across the nation.

With the support of tens of thousands of dedicated volunteers, Meals on Wheels not only delivers delicious and nutritious meals to the doors of older Australians, but also helps combat social isolation - a national health and wellbeing issue among those aged over 65 and a risk factor for poor health and premature death.

The Chair of Meals on Wheels Australia, Paul Sadler, says the 70-year milestone is something to be truly proud of, as well as the many ways that Meals on Wheels supports communities, far beyond delivering food.

"One thing that has remained clear over Meals on Wheels' 70 years is that the service we provide with the support of committed volunteers, is vital. It's all of this that sets Meals on Wheels apart and makes it such a crucial service for communities and older Australians right across the nation."

Australia's Meals on Wheels journey begins in 1953 when Mrs. E. Watts pedals her tricycle around South Melbourne, delivering meals to the needy. Due to a high demand for meals in the Melbourne area, the Red Cross takes over, with vehicles and volunteers to assist with delivery.





# Meals on Wheels Bega Valley

## Scones R US

Every Wednesday in September scones will be on the menu for morning tea at the Toussaint Activity Centre in Bega from 10.00 am. Fresh jam, whipped cream, tea, coffee and freshly cooked by Sandra. Served by Gina and enjoyed by everybody.



## Veterans Community Support Service

The Veterans Community Support Service is still going strong assisting veterans and their families all over the Bega Valley region. You can talk to David on 6492 0972 or drop in to 101 Bega Street in Bega. We can help you access Veterans Home Care and many other services.



**More than just a meal**

### LET'S GO THE M.O.W BUS

**Attention Bega Seniors**  
Need to go shopping?  
Have an appointment?  
We can get you there!

**Trialing Thursdays Only**  
Pick up from 9.00am  
Return 11.30am & 1.30pm

**\$5.00  
Return  
Trip**

**BOOK NOW**

**6492 4146 or 0483 238 632**  
[socialsupportcoordinator@bvmow.org.au](mailto:socialsupportcoordinator@bvmow.org.au)





# Meals on Wheels Bega Valley

## NSW Regional Seniors Travel Card



The regional seniors travel card provides eligible seniors living in regional, rural and remote areas of NSW with a \$250 prepaid card to help ease the cost of travel. You can use the card at certain retailers to pay for pre-booked NSW TrainLink regional trains and coaches, fuel, and taxis.

The regional seniors travel card program is available for a 4-year trial period (2020-2023). Eligible seniors can apply for a card as follows:

Applications for 2023 (Year 4) open on 23 January 2023 and close on 30 November 2023.

To be eligible for the trial, you must:

- Have reached the Age Pension age.
- Be receiving a pension.

[www.service.nsw.gov.au/regionalsejorstravel](http://www.service.nsw.gov.au/regionalsejorstravel)

## NSW Seniors Card



There are two cards available for seniors who are 60 or over and are NSW permanent residents.

**Seniors Card:** Averaging 20 HOURS OR LESS of paid work a week across a 12-month period. This card entitles you to a Gold Opal card with transport concessions Australia Wide. Check the Seniors Card website in the state you're visiting for further details.

**Senior Savers Card:** Averaging MORE THAN 20 HOURS of paid work a week, across a 12-month period. This card is not eligible for the Gold Opal card.

Once you have selected which card you are eligible for, you will need the following to apply:

- A MyServiceNSW account (you can create one when you start your application). \*
- Your email address
- 2 Proof of identity documents - Accepted forms of identification are listed on the application.
- Your postal address.
- Your date of birth.

Please allow up to 21 days for us to process your application and send your card.





# Meals on Wheels Bega Valley

## Elder Support and Mediation

The service is for older people and those who care about them. It supports individuals and families to have conversations about important age-related issues and disputes. We offer a safe and supportive space for you to communicate with each other about intergenerational relationship challenges and engage in future planning. Our experienced staff ensure the older person's voice is heard, their rights are upheld and their wishes are represented. Any agreements reached are not legally binding. Telephone 1300 364 277.



## Healthy and Active for Life Online!

Healthy and Active for Life Online is a FREE 10-week healthy lifestyle program for adults aged 60 years\* and over.

- The program will help you learn how to make small, sustainable changes in your lifestyle to improve your health.
- The program covers lots of topics including healthy eating and physical activity.
- Basic exercises are included and are suitable for beginners.
- No prior knowledge or exercise experience is required!

\*Aboriginal people aged 45+ years can register.

[www.activeandhealthy.nsw.gov.au](http://www.activeandhealthy.nsw.gov.au)



## Petite Meals

This petite range is very popular among our Bega Valley customers. The menu caters for all dietary requirements and is apparently the perfect size! Served with seasonal vegetables so you're still getting a generous dose of nutrients.

Beef + Red Wine Casserole + Mash (DF) (GF)
Beef Lasagne
Bolognese + Spiral Pasta
Chicken Fried Rice (DF) (GF)
Creamy Chicken Mushroom Casserole + Couscous
Curried Sausage + Vegetables + Mash Potato
Grilled Sausage + Mash Potato + Gravy
Roast Chicken + Gravy + Vegetables (DF) (GF)
Savoury Mince + Mash Potato (GF)
Sweet + Sour Pork + Rice (GF)(DF)
Tuna Mornay + Mash Potato



# Meals on Wheels

## Bega Valley

### Social Support

Chris Bowerman and Gina Sly organise the Social Support Groups on Monday and Wednesday, and the Toussaint's Café on Fridays.

Each day volunteers assist with transport, setting up the café, and engaging in activities with the clients. Volunteers are also working in the kitchen preparing food, cooking, serving meals and cleaning up. There are also guest speakers discussing issues with clients such as health and wellbeing, aged care options, legal issues, arts, craft demonstrations, along with science, astrology, floristry, mosaic, painting, and nutrition. Also, regular bus outings. They are extremely popular with the clients as they travel throughout the beautiful Bega Valley to various destinations and towns.

Monthly activity calendars have been developed for all the groups with the clients' making decisions on destinations, menus, movies, music, and activities. The schedules change monthly with the kitchen producing themed food to match the activities. Our monthly outings and activities are very popular with clients this year:

- Spiral Gallery + Bega Valley Library.
- Christmas in July + Easter + Halloween.
- Bega Cheese Heritage Centre + Bega Historical Society Museum.
- Melbourne Cup + Anzac Day + Remembrance Day.
- Pink Ribbon Day + Mental Health Week
- Eden + Cobargo + Bermagui + Tathra + Green Cape + Pambula + Candelo.
- Bowling + Movies + Picnics + BBQs + Sightseeing.

### Food Services

Delivered meals include mains, desserts, light meals, soups, and protein supplements drinks. The meals are salt reduced, there are gluten and dairy free options; we also have vegetarian choices and texture modified meals available on request. Meals are packed and delivered frozen; so that clients can heat and eat their meal at any time that is convenient for them. With an extensive menu available it provides a great variety of choice. There is a meal to suit everyone's taste.

Tamalaine Prime is in the role of Food Services Coordinator and Sandra Bunce is our new cook. Melissa Moon continues in her role of Freezer Coordinator. BVMOW essential service plays an important role in early intervention and health prevention, allowing older Australians to live in their homes for longer. We do this through our incredible volunteer workforce who form meaningful connections with Meals on Wheels clients, enable them to live independently and age well and provide valuable peace-of-mind to their loved ones.

Every three months our menus change. There's one for summer + spring + autumn + winter. Our most popular meals are roasts. At Bega Valley Meals on Wheels, we have roast lamb with homemade gravy and baked potatoes, roast chicken, roast beef, and roast pork. Favourites all year round.

A big thank you to our wonderful volunteers, what a fantastic job they do. BVMOW cannot express how much our volunteers are appreciated. Our drivers and our delivery volunteers in all areas of the Bega Valley are respected and dedicated.



# Meals on Wheels Bega Valley

## Toussaint Activity Centre Mural



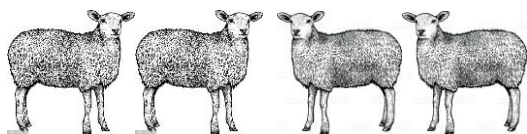
Artist Samantha Wortelhock painted a mural in Toussaint Activity Centre. The work was funded by Merimbula RSL Club and Merimbula Club Sapphire.

## Toussaint Activity Centre Library

Books, novels, CD's, DVD's, magazines, recipes, mysteries, thrillers, spooks, spies, horror, fantasy, biographies, jazz, crime, history, romance, comedies, crafts, fiction, drama, detectives, and everything else you can think of. Open five days a week, so come and borrow or drop off and best of all – it's free.

## Toussaint Activity Centre Knitters

Every Wednesday the knitters appear, gathering around the tea cups and scones for a yarn festival of beanies, scarves, socks, and woolly jumpers. It's a tight knit group but visitors are most welcome. No experience necessary, just get in the loop and cast off into the exciting world of knitting.



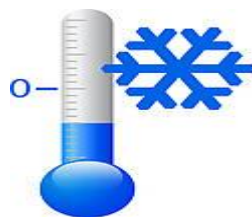
## Toussaint Activity Centre Café

The best lunch in Bega on a Friday is at the Meals on Wheels Café. Three courses with a grazing plate of fruit, cheese, and dips. A hearty soup with a bread roll for entrée then a delicious main course and finally a luscious dessert, it will cost you \$15.00. You can also pick up frozen take aways from our extensive seasonal menu.



## Toussaint Activity Centre Freezers

The Freezer Room houses five double fronted Bromic upright freezers capable of holding 500 meals. Mains, desserts, soups, and petite meals with 35 choices on the four menus each season. BVMOW delivers to more than 200 people across the valley consuming over 24,000 meals each year. Cool!



## Toussaint Activity Centre

The Toussaint Activity Centre was opened on Friday the 10<sup>th</sup> June 2011 by the Honourable Andrew Constance MP for Bega, Minister for Ageing and Minister for Disability Services. The Centre is so named to recognise the dedication and contribution of Anthony Toussaint to the community of the Bega Valley in particular to Bega Valley Meals on Wheels and Bega Valley Home Modification and Maintenance Program. Thank you, Tony and Sandra.





# Meals on Wheels Bega Valley

## Bega Repair Café

Bega Valley Repair Cafe is a not-for-profit community initiative with the purpose of repairing items rather than see them go into landfill. It also provide a social connection for people as they learn how to repair everyday items for themselves. 91 Gibbs Street. Bega. Open Friday.

[begarepaircafe@gmail.com](mailto:begarepaircafe@gmail.com)



### MEALS ON WHEELS

**V**alued by all for the work you do,  
**O**ld and sick bless you ... I do too;  
**L**ove, kindness, and tender care  
**U**nited, give comfort everywhere.  
**N**othing makes life more worth while  
**T**han helping others ... with a smile;  
**E**ven on the hardest day ... ..  
**E**ach one of you I'm sure feels that way;  
**R**emember this if you should feel blue,  
**S**o that you'll be happy in the job you do.

*Doris Taylor*

Doris Taylor – Founder of Meals on Wheels in Oz

The first Meals on Wheels kitchen opened in Port Adelaide on 9 August 1954 by Doris Taylor, operating from a Nissen Hut donated by a local businessman on land provided by the Port Adelaide City Council. Despite the lack of a working sink, 11 “heroic volunteers” prepared and delivered eight meals.

## We'll Meet Again Cheryl Adnams

This is a fantastic tale of lost love and found, joy and hard work. All set against the backdrop of World War 2.

Two sisters who are polar opposite in both appearance and personality, seek romance. Having a father who was enmeshed on a diplomatic assignment, they transfer to Hawaii.

As if in the freefall the sisters are being won over by the charms and manners of two brothers. One sister prefers stage life and singing in contrast to her sibling who feels she needs to assist in the war effort.



War looms ominously darkening their horizons as the troops encroach. Much to their horror Pearl Harbour is bombed. In the midst of that battle are warships that carry one of the lovelorn brothers.



# Meals on Wheels Bega Valley

Receiving damage, the warships battle in an utter onslaught of terrible strikes. Confusion reigns amidst the smoke.

Becoming completely dazed, one of the brothers is in the centre of the battle suffers amnesia. Later he struggles to recall which warship he fought aboard. The curtain of foggy memories descend upon him.

The family are unaware of one daughter's whereabouts as her rebellious nature hinders this. She finds family life with a dictatorial father stifling.

Pearl Harbour and Darwin play a pivotal role in this complex, though heart-warming novel.

The young people involved had to make tough decisions under pressure which served to forge their strong mettle.

An enjoyable read, the twists and the finger of fate are woven throughout. I highly recommend you delve with its covers.

**The Avid Reader – Lehaan Jessop**

## Volunteer Profile – Jenny Wilson

I'm a volunteer at MOW. I became a volunteer to give to the community. I also like to stay active. I found that by joining MOW I have achieved both of these goals.

I'm enjoying interacting with all the wonderful people who come to MOW either for the scrumptious meals, the great company or participating in all the activities on offer.



David, all the staff, other volunteers and the folks who come to MOW can become very good friends. I recommend it to anyone wanting friendly company and helping out. So please become a volunteer. For any time you put in, you will get so much back. Also for just \$15.00 you can get a delicious meal, great company each Friday from 12.00 midday.







**Meals on Wheels**  
Bega Valley



**PROUDLY PRESENTS**

# **SPRING OPEN DAY**

**SATURDAY 4TH NOVEMBER  
9.30AM - 12.30PM  
101-103 BEGA ST. BEGA**

**Senior Group Craft Stall**

**Garage Sale**

**Book Stall**

**Devonshire Tea**

**Plant Stall**

**BBQ**

**ALL ENQUIRIES  
PH.6492 4146**



# Meals on Wheels Bega Valley



## Meals on Wheels Bega Valley

**Bega Seniors Social Group**  
**Wednesday September 2023**

**6<sup>th</sup> September 2023**



### **Craft for Open Day**

Painting and Decorating Bird Houses  
Key Holders + Keep Sakes  
Bring along a design in mind

**13<sup>th</sup> September 2023**



### **☀ SPRING ☀**

Flower Potting  
Pansies + Daisies + Marigolds  
Gentle Chair Exercises + Music

**20<sup>th</sup> September 2023**



### **REUSING**

Let's share ideas on how you  
reuse + recycle things at home  
Trash into Treasure

**27<sup>th</sup> September 2023**



### **☀ PAMBULA ☀**

Walk along Pamboola Wetlands  
Conservation + Restoration  
Lunch at Toast in Pambula

**More  
than just  
a meal**

Toussaint Activity Centre  
101 – 103 Bega Street @ Bega  
Wednesday 10 am – 2 pm  
We can arrange Transport

☎ 6492 4146

✉ [socialsupportcoordinator@bvmow.org.au](mailto:socialsupportcoordinator@bvmow.org.au)





# Meals on Wheels

Bega Valley



# Meals on Wheels

Bega Valley

**Pambula Seniors Social Group**  
**Monday September 2023**

**4<sup>th</sup> September 2023**



☀ **SPRING** ☀

Flower Potting

Pansies + Daisies + Marigolds

Gentle Exercise + Yoga

**11<sup>th</sup> September 2023**



**REUSE + RECYCLE**

Lunch at Toussaint Café Bega

Learn to love your garbage

Grow your garden

**18<sup>th</sup> September 2023**



**DIABETIC EDUCATOR**

Guest Speaker, Erica Sly, will come  
and help us to make wise choices  
and will answer any questions

**25<sup>th</sup> September 2023**



**SPRING OUTING**

Tura Beach Nursery

Lunch at Tura Beach Golf Club

Whale Watching + Penguin Spotting



Pambula CWA

1/24 Toallo Street

Monday 10am - 2pm

We can arrange Transport

☎ 6492 4146

✉ [socialsupportcoordinator@bvmow.org.au](mailto:socialsupportcoordinator@bvmow.org.au)





# Meals on Wheels Bega Valley

Community Living Support Centre  
101-103 Bega Street  
PO Box 860  
BEGA NSW 2550



Meals on Wheels  
Bega Valley

ORDERS FROM  
MONDAY 4th September



02 6492 4146



foodservices@bvmow.org.au

**Spring 2023**

Name:

Delivery Run:

Delivery Date:

BEEF	PRICE	QTY
Beef Rissoles w/ Onion Gravy + Mash (GF)	\$7.70	
Corned Silverside w/ White Sauce and Creamy Mash	\$7.70	
Shepherd's Pie (GF)	\$7.70	
CHICKEN	PRICE	QTY
Roast Turkey w/ Homemade Gravy and Roast Potato and Vegetables (DF)(GF)	\$8.80	
Chicken Mornay w/ Spiral Pasta and Vegetables	\$7.70	
Chicken Honey Curry w/ Rice (DF)	\$7.70	
Chicken Schnitzel w/ Gravy, Mash and Vegetables	\$7.70	
Lebanese Chicken w/ Rice and Vegetables (DF)(GF)	\$7.70	
LAMB	PRICE	QTY
Roast Lamb w/ Homemade Gravy and Roast Potato and Vegetables (DF)(GF)	\$8.80	
Slow Cooked Lamb Shanks w/ Creamy Mash and Vegetables (GF)	\$8.80	
PORK	PRICE	QTY
Roast Pork w/ Veg + Gravy (GF)(DF)	\$8.80	
BBQ Pulled Pork w/ Potato Gratin and Vegetables (GF)	\$8.80	
Quiche w/ Bacon + Spinach + Cheese	\$7.70	
DESSERTS	PRICE	QTY
Chocolate Mousse w/ Fresh Cream	\$3.60	
Lemon Cheesecake w/ Cream	\$3.60	
Pavlova w/ Fresh Cream and Strawberries	\$3.60	
Sticky Date Pudding w/ Butter Scotch Sauce	\$3.60	

SEAFOOD	PRICE	QTY
Baked Fish w/ Parsley Lemon Butter (GF)	\$7.70	
Barramundi Fillet w/ Ginger Shallot Butter (GF)	\$8.80	
Crumbed Fish w/ Baked Potato Wedges and Vegetables	\$7.70	
Creamy Garlic King Prawns w/Rice	\$9.20	
VEGETARIAN		
Indian Vegetable Curry w/Rice (GF)(DF)(V)	\$7.70	
PETITE MEALS	PRICE	QTY
Roast Chicken w/ Homemade Gravy and Roast Potato and Vegetables (DF)(GF)	\$6.30	
Tuna Mornay w/ Creamy Mash	\$5.50	
Sweet + Sour Pork w/ Rice (GF)(DF)	\$5.50	
Beef + Red Wine Casserole w/ Mash	\$5.50	
Beef Lasagne	\$5.50	
Grilled Sausage w/ Gravy + Mash	\$5.50	
Savoury Mince w/ Mash (GF)	\$5.50	
Creamy Chicken and Mushroom Casserole w/ Couscous and Vegetables	\$5.50	
Curry Sausages w/ Creamy Mash and Veg	\$5.50	
Chicken Fried Rice (DF)(GF)	\$3.80	
Bolognese w/ Spiral Pasta	\$3.80	
SOUP	PRICE	QTY
Potato and Leek (DF)(GF)	\$3.60	
Creamy Pumpkin (GF)	\$3.60	
Chicken and Vegetable (GF)(DF)	\$3.60	
RESOURCE PLUS DRINKS	PRICE	QTY
Chocolate	\$1.10	
Strawberry	\$1.10	
Vanilla	\$1.10	
Fruits of the Forest Juice	\$1.20	