



Meals on Wheels Bega Valley

SPRING SUMMER NEWSLETTER

Welcome to spring and summer in the beautiful Bega Valley. After a very cold challenging winter, everybody is looking forward to a change in the weather. Sunshine, blue skies and new growth in our gardens, paddocks, backyards and farms.

A new menu is out, new foods available and the Toussaint Activity Centre is open on Mondays, Wednesdays and Fridays. Flexible Respite and Individual Social Support are now operating as well as the Veteran's Support Service.

Please feel welcome to drop into the office anytime. You can place an order over the telephone, pick up meals in Bega, or change your meal preferences. Call in and see us.

Talk to us on 6492 4146 or 0483 238 632 or email admin@bvmow.org.au

You can check us out at our website begavalleymealsonwheels.org.au

Facebook at 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. You can also directly access services by contacting My Aged Care to make referral for themselves. Call 1800 200 422 or go to www.myagedcare.gov.au

Telephones

Apologies for our telephone system at Bega Valley Meals on Wheels which has ongoing problems. Since changing over to the NBN our telephone system has issues that Telstra cannot fix.

Our main telephone number is: 6492 4146.

If you call this number and it is engaged, try later, or leave a message. We will get back to you.

If that fails, call our mobile: 0483 238 632.

We check our telephone system daily, but it continues to misbehave. Please be patient.

COVID 19

Coronavirus 19 is still with us. Get vaccinated and stay safe. Staying up to date with your vaccinations, for both COVID-19 and flu, is a simple step you can take to help protect yourself, your family and everyone you love.

It's safe and convenient to get your COVID-19 or booster. Visit your local GP, pharmacy, or Aboriginal Medical Service to get vaccinated now.

Wearing a mask in crowded places and when it's mandatory helps protect everyone in our community; especially those who are at higher risk of severe illness from COVID-19 and flu.

National Coronavirus Helpline – information on COVID-19. Telephone 1800 020 080



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Summer Safe

Have a safe summer. Emergencies don't just include major natural disasters such as bushfires, floods, storms, and pandemics. A fall at home can result in an unexpected hospital stay. However, you can reduce the impact of emergencies by being prepared with four simple steps that you can do at home.

Know - Know where to get information in an emergency, know the hazards and know yourself.

Connect - Connected communities and people help each other in an emergency and, if needed, during the recovery journey after an event.

Organise - Getting organised will reduce stress and save you precious time as you recover.

Act - In an emergency, you often don't have time to think, let alone pack. By packing a survival kit in advance, can save you a lot of time and stress.

Bushfire Information Line 1800 679 737
State Emergency Services 132 500
Bega District Rescue Squad 1300 872 777

**In a life-threatening
emergency.
Always Call - 000**

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.



Resource Plus

RESOURCE is an ideal supplement source which is nutritious for both children and adults. We sell these delicious drinks at the cost price of only \$1.10.

These oral nutrition supplements and tube-feeding formulas are formulated for adults and children with special nutritional requirements, including those with malnutrition, diabetes, pressure ulcers and volume restrictions.

Ideal for those people who are unwell and have chronic health conditions, also ideal for an extra boost to your weekly dietary intake.

These delicious protein drinks come in three milk-based flavours: strawberry, chocolate and vanilla. The milk-based drinks are ideal for a quick smoothie; add a banana, berries, ice cream and malt to a blender with resource and mix well. Enjoy the different flavours.



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School Zones



A school zone is the area around a school with a speed limit of 40km/h. Between the School Zone and End School Zone signs, drivers must obey the school zone speed limit.

The school zone speed limit applies on NSW gazetted school days and during the times detailed on the school zone sign. School zone hours are normally 8:00 am – 9.30 am and 2.30 pm – 4:00 pm.

Pupil free days fall within the gazetted school days, thus school zones are operating and enforceable. Details on NSW gazetted school days can be located at: www.boardofstudies.nsw.edu.au/events/vacations

Some non-government schools do not operate on gazetted school days. Motorists should be aware that school zones still operate and are enforceable on these days.



With over 40 meals to choose from at BVMOW, our frozen meal menu caters for all dietary requirements - and all taste buds! Every main meal includes a generous side of seasonal vegetables and is served in globally leading compostable eco-packaging, made from wheaten straw, so natural you can peel off the film and throw it in your garden! Recycling is good for the environment and you.



Wonderful desserts are available for you to indulge.

- Lemon Cheesecake + Cream
- Stewed Rhubarb Apple + Cream
- Pavlova + Cream
- Chocolate Bavarian Cream Pie

If you have any suggestions for meals, let us know and we'll do our best to find it. Or we can make it for you in the café when you drop in for a meal.

The Toussaint Activity Centre in Bega is open Monday, Wednesday, and Friday for lunch.



Meals on Wheels Bega Valley

Single Use Plastic Ban

Plastic packaging and single-use plastic items make up 60% of all litter in NSW. The [Plastic Reduction and Circular Economy Act 2021](#), which was passed by NSW Parliament on 16 November 2021, sets out the items to be banned in NSW. These bans will prevent nearly 2.7 billion plastic items from entering the coastal, marine and bushland environments of NSW over the next 20 years.

Did you know single-use plastics are being banned in NSW?

			
from 1 June	from 1 November	from 1 November	from 1 November
Lightweight plastic shopping bags	Single-use plastic straws, stirrers and cutlery	Single-use plastic plates and bowls	Expanded polystyrene foodware

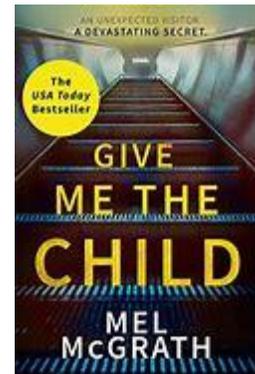
It's time to get ready to go plastic free

Give Me the Child By Mel McGrath

This is a psychological thriller whilst dipping into the mystery and elements of surprise. It kept me guessing from chapter to chapter.

Although a complex story, I was hooked on knowing the final outcome, a real page turner to be certain.

The intricacies of IVF, post-natal depression, deceit and underlying evil from the seemingly innocent of characters grace this compelling tale.



I highly recommend this intriguing story line. Please do read it and discover the true genius of a clever author. A top read!

The Avid Read - Lehaan Jessop

Bega Fire Brigade 1935



Left to right: Rolf Lassen, Frank Zingel, Harry Coustance, Bill Johnston, Harry Riley, Jack Burton, Rodney Rutter, Albert Solomon, John Rutter, and Keiry Flood.



Meals on Wheels Bega Valley

Flexible Respite

Do you need a break from someone you are caring for at home. Then Bega Valley Flexible Respite is the service you need from Bega Valley Meals on Wheels.

For carers, regular breaks are a positive way of staying healthy and relaxing. Flexible Respite helps you de-stress. It's important to remember that caring for someone can be strenuous and demanding so taking some 'me' time is a good thing.

Keeping socially connected and maintaining your friends network is crucial for you being a carer.

Staff Profile

Hi, my name is Jaimee Inkster.

I was born and bred in Bega. I work 4 days a week at Bega Cheese in Export. I really enjoy talking with all my overseas customers and learning about their different cultures. My favorite food also happens to be... (you guessed it) Cheese!

I work in the Meals on Wheels office Monday's doing admin work and organizing the rosters for Volunteers. An interesting fact you may not know is that I also work with my Mum who you all know as Chris (Social Support Coordinator) which makes for an interesting (entertaining) work duo!

I have a two-year-old son named Reign (who keeps me quite busy).

I love anything to do with the outdoors (fishing, swimming, camping etc.) and have a passion for cooking food (and eating food) but most of all, I love a good Dad joke!

I am really enjoying getting to know all of Meals on Wheels clients and volunteers.

I will leave you with one of my favorite Dad jokes!

"Wanna hear a joke about paper? Never mind—it's tearable."



Jaimee + Reign



Meals on Wheels Bega Valley

Volunteers



Essential Energy has provided funding to Bega Valley Meals on Wheels of \$2000.00 to assist with the purchase of forty lifesaving Medical Kits for local volunteers and the Bega community. The Community Support stream of funding offers grants to community groups who make a difference in their local community. Call us on behalf of your group for a free medical kit.

Bega Valley Meals on Wheels have seventy-six volunteers currently engaged in our service. Duties are varied and include meal deliveries; administration work; driving; social support; marketing; meal preparation, cooking, respite among other tasks. BVMOW recognises the value of volunteers to our service and our community and make every effort to ensure that volunteers are supported to undertake their role. Volunteers are the heart of BVMOW.

The rate of volunteering is higher in regional areas than the capital cities. Volunteering rates for males and females are similar. People reported multiple motivations for volunteering with the most often cited being to help others, for personal satisfaction and to do something worthwhile. One in five people (20.8%) reported undertaking volunteering to learn new skills or gain work experience. Volunteerism is vital for Australian society.

Thank you!

Essential Energy have provided Grants to rural NSW Meals on Wheels services in 2022

Proudly supported by
Essential Energy



Essential Energy - supporting the purchase of First Aid Kits for Bega Meals on Wheels





Meals on Wheels Bega Valley

I'm not saying spelling is important, but I'm saying spelling is important



Social Support Individual and Groups

So lovely to see the sun shining again and to feel the warmth.

We're starting to see an increase in the number of people requesting Social Support Individual and Flexible Respite. You may know of someone in the community that could use this support. Please ring me for more details and I'm also happy to come and visit you to talk about our services. Some clients like to simply go for a walk then back home for a cuppa. Some have requested support to be driven to the supermarket and assisted with doing their shopping. You might know of someone that is caring for a loved one and needs a break.

Grab and cuppa, sit in the sun and see how long it takes you to count the cows. Happy Spring everyone

CALL: Chris Bowerman on 6492 4146 or socialsupportcoordinator@bvmow.org.au

Bega Valley Meals on Wheels delivers more than 26,6670 meals to clients each year.

3,000 meals in the Toussaint Activity Centre.

**3407 hours of Social Support Groups.
245 hours of Individual Social Support
10 hours of Flexible Respite**

There are 234 clients across the Bega Valley.

There are 7 staff members.

BVMOW has 76 volunteers.

100,000+ kilometers travelled each year.

BVMOW has been serving meals and doing home visits to our clients for over 40 years.

The Bega Valley is 6,277 Square Kilometers.

There are more than 20,000 cows in the Bega Valley.



Meals on Wheels
Bega Valley

CHARTER OF AGED CARE RIGHTS

All people receiving Australian Government funded residential care, home care or other aged care services in the community have rights.

I have the right to:

1. Safe and high quality care and services;
2. Be treated with dignity and respect;
3. Have my identity, culture and diversity valued and supported;
4. Live without abuse and neglect;
5. Be informed about my care and services in a way i understand;
6. Access all information about myself, including information about my rights, care and services;
7. Have control over and make choices about my care, and personal and social life, including where the choices involve personal risk;
8. Have control over, and make decisions about, the personal aspects of my daily life, financial affairs and possessions;
9. My independence;
10. Be listened to and understood;
11. Have a person of my choice, including an aged care advocate, support me or speak on my behalf;
12. Complain free from reprisal, and to have my complaints dealt with fairly and promptly;
13. Personal privacy and to have my personal information protected;
14. Exercise my rights without it adversely affecting the way I am treated.

If you have concerns about the aged care you are receiving, you can:

- Talk to your aged care provider, in the first instance,
- Speak with an aged care advocate on **1800 700 600** or visit **opan.com.au**, for support to raise your concerns, or
- Contact the **Aged Care Quality and Safety Commission** on **1800 951 822** or visit its website, **agedcarequality.gov.au**.

The Commission can help you resolve a complaint about your aged care provider.



Meals on Wheels Bega Valley

Community Living Support Centre
101-103 Bega Street, PO Box 860,
BEGA NSW 2550
ABN 93 032 390 760



ORDERS FROM
MONDAY 5TH SEPTMBER



Ph 02 6492 4146

Spring Menu 2022



foodservices@bvmow.org.au

Name:
Delivery Run:
Delivery Date:

BEEF	PRICE	QTY
Roast Beef <u>w</u> Veg & Gravy (GF,DF)	\$7.50	
Curry Sausages <u>w</u> Mash	\$7.50	
Savoury Beef Mince <u>w</u> Mash	\$7.50	
Spaghetti & Meatballs	\$7.50	
CHICKEN	PRICE	QTY
Roast Chicken <u>w</u> Veg & Gravy (GF,DF)	\$7.50	
Chicken Mornay <u>w</u> Spiral Pasta	\$7.30	
Chicken Parmigiana <u>w</u> Mash	\$7.30	
LAMB	PRICE	QTY
Roast Lamb <u>w</u> Veg & Gravy (GF,DF)	\$8.20	
Irish Lamb Stew <u>w</u> Potato (DF)	\$7.70	
Lambs Fry & Bacon <u>w</u> Mash	\$7.20	
PORK	PRICE	QTY
Roast Pork <u>w</u> Veg & Gravy (GF,DF)	\$7.60	
Quiche (Bacon, Spinach & Cheese)	\$7.30	
Fettucine <u>w</u> Bacon Cream Sauce	\$7.30	
SOUP	PRICE	QTY
Leek & Potato (GF,DF)	\$3.50	
Pumpkin (GF)	\$3.50	
Beef & Vegetable (GF,DF)	\$3.50	
DESSERTS	PRICE	QTY
Lemon Cheesecake <u>w</u> Cream	\$3.50	
Stewed Rhubarb & Apple <u>w</u> Custard	\$3.50	
Pavlova <u>w</u> Cream	\$3.50	
Chocolate Bavarian Cream Pie	\$3.50	

SEAFOOD	PRICE	QTY
Barramundi Fillet <u>w</u> Rice (GF)	\$7.80	
Crumbed Fish <u>w</u> Baked Wedges	\$7.20	
King Prawns <u>w</u> Creamy Garlic Sauce & Rice	\$8.30	
PETITE MEALS	PRICE	QTY
Ham & Cheese Croissant	\$3.50	
Roast Chicken <u>w</u> Veg & Gravy (GF,DF)	\$6.00	
Sweet & Sour Pork <u>w</u> Rice (GF)	\$5.20	
Curry Prawns <u>w</u> Steamed Rice (DF)	\$5.20	
Shepherds Pie (GF)	\$5.20	
Grilled Sausage <u>w</u> Gravy & Mash	\$5.20	
Tuna Mornay <u>w</u> Mash	\$5.20	
Beef Lasagne	\$5.20	
VEGETARIAN	PRICE	QTY
Vegetable Lasagne (V)	\$7.00	
PUREED MEALS	PRICE	QTY
Chicken Honey Curry	\$7.50	
Tuna Mornay	\$7.20	
Beef & Red Wine Casserole	\$7.40	
Irish Lamb Stew	\$7.90	
Sweet & Sour Pork	\$7.50	
RESOURCE PLUS DRINKS	PRICE	QTY
Chocolate	\$1.10	
Strawberry	\$1.10	
Vanilla	\$1.10	
Fruits of the Forest Juice	\$1.10	



Meals on Wheels
Bega Valley

Call for Volunteers



Know someone who is interested?

CALL DAVID – 6492 4146

begavalleymealsonwheels.org.au
admin@bvmow.org.au