



# Meals on Wheels Bega Valley

## 2019 WINTER NEWSLETTER

A big warm winter season's greetings from everyone at Bega Valley Meals on Wheels. There's plenty of things to talk about. The new Charter of Aged Care Rights, Scones and Jam at a Sconeversation throughout the Bega Valley, new Wednesdays Social Group, Jessica the new cook has started and Melissa is now the proud mum of a new baby boy – Bowen.

### Social Support Volunteers

We need lots more volunteers in Social Support. We have lots of people being referred to our Social Support program but not enough volunteers to help them.

Just a couple of hours each week can make a huge difference to a person's life. Home visiting, going out for a cup of tea, helping with shopping, getting to the library or helping someone feel less isolated in the community.

Talk to Helen on 6494 7456 or email [socialsupportcoordinator@bvmow.org.au](mailto:socialsupportcoordinator@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](http://www.facebook.com/Bega-Valley-Meals-on-Wheels)



### New National Police Checks Requirements

Staff and Volunteers Police Certificates, must be completed every three years and must be held by:

- All staff members who are reasonably likely to have access to care recipients, whether supervised or unsupervised; and
- Volunteers who have unsupervised access to care recipients.

BVMOW has a responsibility to ensure all staff and volunteers undergo police checks.

The Australian Aged Care Quality and Safety Commission, as part of its regular auditing process in relation to the Accreditation Standards and the Home Care Standards, will monitor compliance with the police certificate requirements in aged care. The Department of Health also monitors compliance to ensure approved providers meet their responsibilities under the Aged Care Act 1977.

New minimum Identity requirements: You must provide four (4) documents with your completed Police Check Form to confirm your identity:

- One commencement identity document.
- One primary community document.
- Two secondary community documents.

All staff and volunteers must have a current police check to volunteer or work at Bega Valley Meals on Wheels.

Bega Valley Meals on Wheels will organise and pay for your Police Check, every three years.



# Meals on Wheels Bega Valley

## Charter of Aged Care Rights

From 1 July 2019, the new Charter of Aged Care Rights will provide the same rights to all consumers, regardless of the type of Commonwealth subsidised care and services they receive.

The Charter will apply to clients once they start receiving Government subsidised aged care, including:

- Residential Care.
- Home Care Packages.
- Flexible Care.
- Services provided under the Commonwealth Home Support Programme and the national Aboriginal and Torres Strait Islander Flexible Aged Care Program.

Clients 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, personal and social life, including where choices involve personal risk.
8. Have control over, and to 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.

## 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.



## Update Your Details

People move, telephone numbers change and so do email addresses. 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)



# Meals on Wheels Bega Valley

## Stay Safe

Winter is upon us so stay safe on our roads. Low visibility, wet roads, storms, animals, fallen trees, floods and ice are all part of the driving skills you need in the Bega Valley.

Because Kangaroos and Wallabies are unpredictable, Wombats are dangerous. Cows have no road sense and I've definitely seen deer hiding in the bushes ready to pounce on of oncoming vehicles.

Drive to the conditions. Slow down and keep a safe distance between other vehicles. Expect the unexpected. Plan your trip. Take your mobile telephone and some water.

Check the tyre pressure, check all the fluid levels in the vehicle and the radiator, check the lights work and wipers, check the fuel gauge and tyres and make sure you have safety gear on board. If there's a warning light on the dash board, it means there's a problem, so fix it, don't ignore it.



## Sconeversations Morning Teas

Come join us for Scones and Jam and Conversation. A morning tea for all the volunteers. Join us for homemade scones and

June 18/06/19	Tuesday	Sconeversation	Merimbula Twyford Hall
July 16/07/19	Tuesday	Sconeversation	Bega Toussaints Café
August 13/08/19	Tuesday	Sconeversation	Bermagui Country Club
September 10/09/19	Tuesday	Sconeversation	Tathra Bowlo
October 15/10/19	Tuesday	Sconeversation	Eden CWA Hall

## Wednesday Senior Social Group

Every Wednesday in Bega from 10.00 am to 2.00 pm the Seniors Social Group meets for activities and excellent food and great friends.

A mosaic workshop is running, with Helen providing a travelogue of faraway places, a movie festival, guest speakers and interesting activities.





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## Community Food

**Sapphire Community Pantry** is located at 2 Peden Street, Bega - just around the corner from Carp Street. They are a non-denominational, not for profit charity whose purpose is to nourish the community. They have groceries, fresh fruit and vegetables, and free bread. We also offer a place to sit down, have a chat and a cuppa. We are open on Tuesday from 12 noon to 2:00 pm, and Thursdays from 11:00 am to 2:00 pm; and 3:30 pm to 5:30 pm.

**Ricky's Place** is an initiative of the Bega Anglican community, funded by a generous grant from Anglicare. Ricky's Place offers cheap nutritious meals, a free shower and a place to come and chat with friends or simply "chill out" especially for homeless or disadvantaged people who may be doing it tough. Ricky's Place is open on Wednesdays and Fridays between 10am and 2pm for late breakfast and lunch. St. John's Parish Hall church Street Bega.

**Pearls Place** at Toallo and Monaro Street, Pambula, is a secular community-based social café that offers a free tasty and nutritious lunch, every Wednesday from midday. Our purpose is to provide meals and the opportunity for social interaction to members of our community who may be disadvantaged by low income, social isolation, or mental ill-health. We are staffed entirely by volunteers and we operate through donations of food and money.

**Eden Community Pantry** opens every Thursdays 10.00 am to 1.00 pm. Come along and have a look, get some good food at a budget rescue prices and have a cuppa while you're there. Bring your shopping bags. 20 Chandos Street. Eden NSW 2551.



Volunteer Helen Beaulock at the Mosaic Class  
Senior Social Group Wednesdays



# Meals on Wheels Bega Valley

## Food Services

The days are shorter and the nights are colder, fireplaces are burning and the winter woollies are pulled out to wear. Personally I like this time of the year, I enjoy rugging up in jackets, gloves and scarves, sitting by the fire at home, baking goodies and cooking a hearty soup or stew in my slow-cooker on the weekends.

After living most of my years in NE Victoria and Canberra, where the winters are very cold, very frosty and winds coming off the snow mountains. I find the winters here in the Bega Valley very mild.

In saying that I still plan to stay well and not get a cold or flu over the cooler months. So I have been getting my FLU injection for the last couple of years and up till now I have not been unwell (fingers crossed it stays that way).

Things have been busy in Food Services over the last few months, new clients, new choices on the menu every three months and lots of fun social group activities happening out in the Toussaint Centre. Some of you would have seen me around a lot more over the last few months as I have also been running the Monday Social Groups and some Wednesday Social Groups whilst staff have been on leave. We have enjoyed many different theme days, some of my favourites on a Monday have been - the Titanic Day, Easter Lunch and the Mother's Day High Tea Luncheon. And on Wednesday's I really enjoy watching and participating when I have time; in the Mosaic work the group is doing.

I have really enjoyed working with the clients of the Monday and Wednesday groups, we have done some interesting things, had some laughs and got to

know each other a little more. I hope you have enjoyed it to and I look forward to next time.

And we have a new Cook – Jessica in the kitchen of the Toussaint Centre. Some of you will have met Jess already and tasted her delicious food, if not please say hi when you are in next.

Jess's profile is attached in this newsletter, so please read and learn a bit about her.

Also below are some photographs of the tasty meals she has been serving up.

### Natalie Godwin - Food Services Coordinator



Savoury Snack Pile





# Meals on Wheels Bega Valley

## Banana or Berry Resource Smoothie



Pierogi are filled dumplings of Central and Eastern European origin, made by wrapping unleavened dough around a savoury or sweet filling and cooking in boiling water, or pan-frying.

Here is a recipe below to try out.

- 1 Vanilla Flavoured Resource (237ml)
- ½ Banana or ½ Cup of Frozen Berries
- ¼ Cup of Vanilla Yoghurt or Ice-Cream
- A few ice cubes

**Method:** Pour all ingredients into a blender jug and whiz together until smooth and blended.



## Resource Plus Drinks

RESOURCE® Plus is a high in protein and energy drink. Suitable for oral or tube feed use. Contains no artificial colours.

RESOURCE Plus is a delicious calorically dense nutritional supplement. It is specifically formulated for the dietary management of malnutrition and other medical conditions with increased nutritional needs that cannot be met through diet modification alone. One pack provides 13g\* protein and 365 calories.

Resource is lovely to drink chilled or you can make it into a smoothie to have as a meal or snack. We have 3 flavours in stock Chocolate, Vanilla and Strawberry and cost only \$1.10 each.

## New Menu

We have a new WINTER MENU which will be available from Friday 31<sup>st</sup> May and continue for the next three months. There are some old favourites returning like Slow Cooked Lamb Shanks, Curried Sausages, Butter Chicken and Rice, Roast Turkey, Lemon Pudding and Apple Crumble.

See the new menu attached in this newsletter or call with any questions or for a copy – Natalie 6492 4146.

## Volunteer Profile

My name is Christine McDowell. I was born in Manchester; Lancashire in the UK in the early fifties. Manchester is famous for its two football teams – Manchester United and Manchester City. Also well known for its Cotton Mills many years ago.



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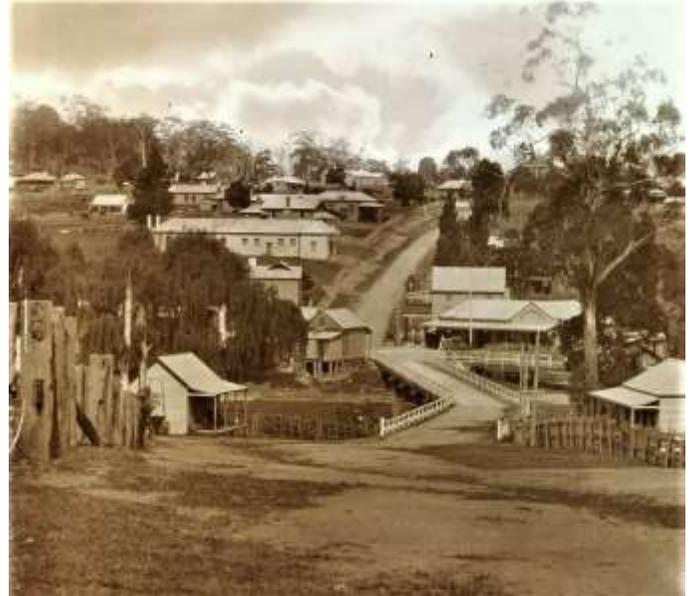
I Came to Australia in the early seventies with my family and lived in Sydney for many years till moving down to Tarraganda four years ago with my family and three dogs. We all live together in one big house. I have one daughter, son in-law and two grand-daughters ages 20 and 14 years old that I love to bits.

My interests are watching movies, crime shows, reading and researching my family tree. Also looking after my veggie garden and two sheep named Charlie and Yodi.

For over 30 years I worked in the disability field in group homes as a Disability Support Worker in Sydney which I loved. Now I am volunteering in Bega which I also love to do. At the new Bega Hospital, I volunteer each Friday as a 'Golden Girl' helping patients with Dementia, also at the Community Pantry two days each week and also with them I facilitate a teenage cooking class every Monday afternoon. Last but not least volunteering at Bega Valley Meals on Wheels; which I also love doing and have been here almost one year. Every Monday I help out in the kitchen, assisting the cook with food preparation, cleaning, dishes, serving and much more. It is so lovely to see everyone each Monday enjoying themselves and having a lovely meal, getting involved in all the activities and socialising with each other.



Christine McDowell



Cobargo 1900?

## Social Support

The Social Support programs are designed to allow older people and adults on the NDIS to access their community. This can happen with a volunteer assisting with tasks like grocery and general shopping, banking and bill payment. Also with home visits for a cuppa and a chat, list shopping if mobility is a problem, visiting the library or the movies. These activities usually happen on a specific day each week or fortnight through the Social Support Individual or Flexible Respite programs. The client pays an agreed contribution towards this service.

Social Support Groups take place in Bega on Monday and Wednesday. Monday and Wednesday are structured days with activities and a delicious lunch. Once a month there is an outing, weather permitting. On Friday the Toussaint Café operates from 11.00 am -2.00 pm. This is a more relaxed day, with clients dropping in to meet with friends, or make new friends and enjoy lunch together. Both of



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these groups have a fee for attendance. Gina Sly and Jess Inkster are the paid staff present on Monday, Wednesday and Friday, they are assisted by volunteers to make the events happen.

Volunteers work alone in the community for Social Support Individual and Flexible Respite.

We welcome new volunteers into the Social Support Programs. The tasks are many and varied. We aim to place volunteers and clients for best outcomes. If you are interested in volunteering or know someone who could benefit as a client, please contact Helen Kuriger, for a chat on 6492 0972.

**Helen Kuriger**

**Social Support and Flexible Respite Coordinator**

## Funding

The federal government confirmed that Meals on Wheels funding would continue until 2022 and that the nature of the agreement between Meals on Wheels providers and the government would be developed over the next 15 months in consultation with the sector.

“It has been determined that, at this stage, it is appropriate to continue those services while we continue to develop home care programs across the portfolio of aged care,” Dr Studdert said.

Meals on Wheels rolls on until 2022.



## Staff Profile Jessica Inkster

My name is Jessica Inkster, I grew up in the Bega Valley. I am 32 years old and I have two children and one on the way and I have an amazing loving partner who is also a Chef.

I love being a Chef and get so much enjoyment cooking food and learning new things about food all the time.

I've landed a job with Bega Valley Meals on Wheels and I am cooking for amazing ladies and gents, which brings so much joy to me.

I love music, going to the beach, reading and doing mosaic work. My children keep me busy with sports and their social lives; basically being the 'Mum Taxi'. I have also lived in a lot of places around Australia, but came back to my home town to ground my roots again. Jess x





# Meals on Wheels Bega Valley

## 7 Free Ways to Save Money on Winter Heating Bills

**1. Use a lower thermostat setting.** You will save up to 3% on your heating bill per degree lowered over a 24 hour period (or about 1% per 8 hours). During the winter months, we keep our thermostat set at 20 during the day and 13 at night when asleep.

Lowering the thermostat to 13 degrees while we sleep saves us about 13% on our heating bill. During the rest of the day, we wear warm clothing such as a sweater, long pants, and thick socks or slippers to keep warm. We use a programmable thermostat to make temperature regulation easier and to save money.

**2. Seal your chimney flue when not in use.** Leaving your chimney flue open when not in use is the same thing as opening your window several inches. You will allow a large quantity of warm air out of your house, and a large quantity of cold air in. You should also make sure your dryer vent closes properly as well.

**3. Use fans to circulate air.** Set your fan on low to circulate air upward toward the ceiling. This will force the warmer air that rises and gets trapped at the ceiling downward, leaving your house feeling warmer.

**4. Keep Vents and Heaters Clear.** Ensure your vents are not blocked by rugs or furniture, or that you don't have any large objects in front of your heater. This allows the air to circulate freely and you to get the full benefit of the warm air and put less strain on your heater. This is also safer!

**5. Clean Vents, Heater, etc.** Not only is dust an allergen, but it is also a wonderful insulator. Clean the built-up dust from your heaters and baseboard heat vents often. This allows the air to flow freely into your rooms and promotes equal heat radiation. It is healthier too!

**6. Pay attention to your windows.** Approximately 10-25% of your house's heat loss can be attributed to windows. To reduce this, open curtains and shades on north facing windows during daylight hours to allow the sun's heat warm your house and warm.

Keep curtains and blinds closed at night and when the sun is not shining on them to insulate your house and keep the heat inside. Another tip – place blankets over uncovered windows and drapes, especially at night when the windows are not being used and the temperature is at its coldest.

**7. Shut the doors.** If the room is not used, why heat it? Shut the doors and close the vent when you are not in the room. When you are in the room, shutting the door can increase the room's temperature by keeping in your body heat and the heat produced by lights or other electronics such as a computer.

Andre Alventoza – The Money Man

Bega Valley Meals on Wheels  
101 – 103 Bega Street  
Bega NSW 2550  
6492 4146  
Admin@bevmow.org.au



# Meals on Wheels Bega Valley



## Meals on Wheels Bega Valley

Bega Seniors Social Group  
Wednesday May 2019

<p>1<sup>st</sup> May 2019</p>  <p>Wednesday</p>	<p>Morning Tea Exercises Mosaic Project Luscious Lunch</p>
<p>8<sup>th</sup> May 2019</p>  <p>Wednesday</p>	<p>Morning Tea Dances Delicious Lunch Games + Quizzes + Trivia Choose Movie for 22<sup>nd</sup> May</p>
<p>15<sup>th</sup> May 2019</p>  <p>Wednesday</p>	<p>Morning Tea Exercises Mosaic Project Scrumptious Lunch</p>
<p>22<sup>nd</sup> May 2019</p>  <p>Wednesday</p>	<p>Morning Tea Dances ★ Movie Day ★ Magnificent Movie Lunch</p>
<p>29<sup>th</sup> May 2019</p> 	<p>Morning Tea Yoga Magical Mystic Lunch International Astrology Day</p>
	<p>Where? Toussaint's Centre Bega 101 – 103 Bega Street in Bega When? Wednesday 10am - 2pm We can arrange Transport ☎ 6492 4146 ✉ BegaCBDGCoordinator@bvmowplus.org.au</p>



## Meals on Wheels Bega Valley

Bega Seniors Social Group  
May 2019

<p>6<sup>th</sup> May 2019</p> 	<p><b>World Laughter Day</b> Laughter Yoga and Breathing Shaggy Dog Stories Food to Make you Happy</p>
<p>13<sup>th</sup> May 2018</p> 	<p><b>Mothers' Day Monday Feast</b> Pamper Day Hair + Make Up + Nails</p>
<p>20<sup>th</sup> May 2018</p> 	<p><b>Global Quiche Day</b> Quiche Lorraine + Quiche Valerie Quiche Florentine + Quiche Provençale Egg Facts and Nutrition</p>
<p>27<sup>th</sup> May 2018</p> 	<p><b>Eden Bus Outing</b> Port + Wharf + Town Disaster Bay Look Out Shopping + Gallery Scenic BBQ Lunch</p>
	<p>Where? Toussaint's Centre Bega 101 – 103 Bega Street in Bega When? Monday 10am - 2pm We can arrange Transport ☎ 6492 4146 ✉ BegaCBDGCoordinator@bvmowplus.org.au</p>



# Meals on Wheels Bega Valley



Meals on Wheels  
Bega Valley



6492 4146  
To Order

Community Living Support Centre  
101-103 Bega Street  
PO Box 860  
BEGA NSW 2550  
Ph 02 6492 4146  
Fax 02 6492 4274  
foodservices@bvmow.org.au  
www.bvmowplus.org.au

Name: \_\_\_\_\_  
Delivery Run: \_\_\_\_\_

Delivery Date  
\_\_\_\_/\_\_\_\_/\_\_\_\_

## WINTER - 2019

BEEF	PRICE	QTY
Steak & Bacon Pie	\$6.50	
Rissoles with Onion Gravy & Mash (GF)	\$6.20	
Corned Silverside w White Onion Sauce & Mash	\$6.50	
Roast Beef, Gravy & Baked Potato (GF/DF)	\$6.50	
Shepherds Pie (GF)	\$6.20	
Curried Sausages & Mash (NEW)	\$6.20	
LAMB		QTY
Irish Lamb Stew w steamed Potato (DF) (NEW)	\$6.60	
Lambs Fry & Bacon/Onion Gravy & Mashed Potato	\$6.10	
Roast Lamb, Gravy & Baked Potato (GF)	\$6.90	
Slow-cooked Lamb Shanks & Mash (GF)(NEW)	\$7.00	
POULTRY		QTY
Chicken Honey Curry with Rice (DF)	\$6.20	
Chicken Parmigiana	\$6.40	
Butter Chicken & steamed Rice (NEW)	\$6.20	
Roast Turkey, Gravy & Potato (GF/DF) (NEW)	\$7.00	
Chicken Schnitzel with Gravy	\$6.40	
PORK	PRICE	QTY
Roast Pork & Baked Potato (GF/DF)	\$6.40	
BBQ Pulled Pork & Potato Gratin (GF)	\$7.00	
Sweet & Sour Pork with Rice (GF/DF)	\$6.20	

DESSERTS \$2.50	QTY
Apple Crumble & Custard (NEW)	
Sticky Date Pudding	
Golden Syrup Dumpling	
Lemon Pudding & Custard (NEW)	
Bread & Butter Pudding	
Banana Caramel Pudding (NEW)	
Choc Bavarian Cream Pie	
Stewed Apple & Rhubarb w Custard (NEW)	

(GF) = Gluten Free  
(DF) = Dairy Free  
(V) = Vegetarian

SEAFOOD		QTY
Grilled Fish w Wine Cream Sauce (NEW)	\$6.10	
Curried Prawns w steamed Rice (DF)	\$7.00	
Tuna Mornay & Mashed Potato	\$6.10	
Crumbed Fish & Wedges	\$6.10	
PASTA - PASTRIES & VEGETARIAN		QTY
Beef Lasagne	\$6.20	
Vegetable Lasagne (V)	\$6.00	
Quiche with Bacon, Spinach & Cheese	\$6.20	
LIGHT MEALS		QTY
Pork & Apple Casserole (GF) (NEW)	\$4.25	
Creamy Bacon & Cheese Pasta	\$3.50	
Spiral Bolognese	\$3.50	
Chicken Fried Rice (GF) (DF)	\$3.50	
SOUPS		
Beef & Vegetable (GF/DF)	\$2.50	
Pea & Ham (GF/DF)	\$2.50	
Crème of Chicken (GF/DF) (NEW)	\$2.50	
Creamy Pumpkin (GF)	\$2.50	

Resource Plus \$1.10	QTY
Chocolate /Strawberry / Vanilla	



**Meals on Wheels**  
Bega Valley

# Call for Volunteers



**Know someone who is interested?**

**CALL DAVID – 6492 4146**

**[begavalleymealsonwheels.org.au](http://begavalleymealsonwheels.org.au)**

**[admin@bvmow.org.au](mailto:admin@bvmow.org.au)**