



**Meals on Wheels**  
Eurobodalla

**CLIENT NEWSLETTER**  
**MARCH 2021**

We are well underway with our year and Australia can feel immensely proud of its handling of the pandemic. The roll-out of the vaccine is the latest initiative to protect us from the disease and the dreadful time other nations have been experiencing.

I hope that you have been advised, or soon will be, when you are able to receive the vaccine and where to go to get it. I am sure we all want it 'yesterday', but this is a big effort to get us all inoculated, so we must be patient.



Our Board is watching the changing environment carefully and at their February Board meeting they have eased restrictions. They now expect the following from the volunteers who are visiting you.

**As there has been nothing in the local area,**

- **that we ease our restrictions for the next month on the understanding that we can revert to masks, staying out of homes as soon as a problem arises.**
- **that we do not require masks to be worn by volunteers (unless they wish to do so) and that meals may be taken into homes if clients are happy (if clients want volunteers to wear masks, volunteers should be able to produce a mask and comply).**
- **that we continue to encourage social distancing and sanitising of hands.**

And if you are going on our Out and About programme then there is the opportunity to welcome more people as we allow more on the bus but with the following protocol

- **that we lift the seating restrictions on our bus/car for Out and About but encourage passengers (clients and volunteers) to wear a mask while in a closed vehicle.**

We will be watching carefully what is happening and will be expecting our volunteers to have the vaccine once it is available and the Board has stated.

- **that all who work and volunteer for Eurobodalla Meals on Wheels will be expected to have the Covid vaccine once it becomes available.**
- **that we review this again in March.**

We enjoyed Christmas 2020 with clean air and the opportunity to celebrate the new year. Now we are heading to Easter and another chance before winter to enjoy time with family and friends.



Over Easter we have a few new routines such as

**Meals** delivery schedule will be:

**Batemans Bay** -delivery 31 March (orders by 26 March) & 7 April (orders by **THURSDAY** 1 April)

**Broulee/Tomakin** -delivery 30 March (orders by 26 March) & 6 April (orders by **THURSDAY** 1 April)

**Moruya** -delivery 1 April (Orders by 26 March) & 8 April (orders by **THURSDAY** 1 April)

**South Head** -delivery 1 April (orders by 26 March) & 8 April (orders by **THURSDAY** 1 April)

**Narooma** -delivery 26 March & **THURSDAY** 1 April (order for two weeks by 19 March) & 9 April (orders by **THURSDAY** 1 April)

**Out and About** will be operating as per their calendar but I highlight the Easter celebrations to be held the week leading up to Easter...

**Monday** (29<sup>th</sup> March) in Narooma with "Easter Treats".

**Tuesday** (30<sup>th</sup> March) Lunch About with "Movies in the Bay"... you may even get a lolly bag!!

**Wednesday** (31<sup>st</sup> March) in Moruya with "Easter craft".

**Thursday** (1<sup>st</sup> April) the day before Easter and April

**Fool's Day**; come along; anything may happen, be ready!

There will be **no** programme on Good Friday (2<sup>nd</sup> April) and Easter Monday (5<sup>th</sup> April).

*Out and About clients  
made jam and scones.*



**Out and About has two vehicles every day, and the call upon a third!**

More  
than just  
a meal

**Come along...plenty of room for you and a friend.**

Recently a group met here at the office and made scones and jam...what a treat and there was not much room for lunch!!



**Individual Social Support** will be operating as usual except for Good Friday (2<sup>nd</sup> April) & Easter Monday (5<sup>th</sup> April).

Our **PALZ Group** (meets every two months, on a Tuesday morning) had a wonderful gathering in February where the group discovered the Meals on Wheels office and its workings; some sat at the computers and entered meals for clients; followed by sampling the meals we have on offer. The next meeting is in April and you and your partner/carer are invited to join us. This group was established for those with the early onset of dementia and their carer. But we are happy for others to join. We usually have a Guest Speaker and discussion while enjoying morning tea. Would you like to join us?



*The scones are out...  
a taste tester was required!*

**Remember to be in touch (44744464) if you want more information on:**

- ❖ Meals
- ❖ Group Social Support (Out & About)
- ❖ Individual Social Support
- ❖ PALZ



Alan Russell,  
Manager

*Keep those hands washed  
and stay healthy.*

