



Meals on Wheels
Eurobodalla

CLIENT NEWSLETTER JANUARY 2023

Eurobodalla Meals on Wheels is up and running for 2023. It is great to be back assisting our clients in so many ways and to be able to support you living in your home with meals, and social activities in both a group and individual way. We look forward to another great year with you.

We hope that you have enjoyed a wonderful festive season and are looking forward to all that lies ahead. But we do need to be careful of where we go and who we meet so to keep ourselves safe. Remember that we still have the Covid virus with us and we continue to hear of new variants arriving all the time. Please keep your hands washed, have a mask with you should you be entering a large gathering and safe distancing when waiting in lines to be served.



We do have several new clients who have joined us recently so I will outline the various services we offer. Some clients have joined us for a specific area of assistance but may like to be part of other groups.

Meals...this is our core business area, and we supply frozen meals for clients from Durras to Mystery Bay.

- Our wonderful volunteers bring the meals on set days and clients can order as many meals as they wish from our menu of 62 items.
- Menus are due each Friday and the processing of the delivery runs takes place on a Monday. The delivery runs happen over the next four days to the set locations.
- Clients are expected to be at home during the morning of their delivery day as we cannot leave meals on esky boxes.
- Some clients like to visit the office and pick up their meals which is great as we can have a chat and share tales of the week. Others we speak to as we ring to make sure if an order is required.
- We have two core suppliers, Flagstaff and My Chef, and we are negotiating with a new third supplier.
- Unfortunately, we have had to increase our prices from February 1st due to one supplier letting us know that their costs will increase from January 15th delivery. We are expecting this to happen with the other supplier as well due to the shortages caused by the floods earlier in the year.
- From time to time, we also have Specials and with the new menu being sent to clients this week, we have some Specials. I am sure you will like what is being offered.



Group Social Support...is a very busy area and we look forward to hosting clients on an outing on three days a week (Monday, Tuesday, and Thursday).

- Clients are collected from home by our bus with a driver and volunteer and go to the set location for social interaction and lunch.
- Morning Tea is enjoyed en route, and clients can pick which event or events they would like to attend.
- The Tuesday trips can go out of the Shire to Ulladulla and Mollymook, to Braidwood and to towns in the south.



- On other days the trips are more local.
- As this Newsletter is written a talk by a military historian has been very informative and most interesting.
- We have two vehicles serving the Out and About programme and if needed we can use a third. So, there is plenty of room for those who wish to join the group. We are hoping for another new vehicle in March and then we must hope we can afford to keep all vehicles to meet the growing demand for spaces.



Individual Social Support...allows us to assist clients by taking them to appointments, to complete shopping and to do some small courtyard gardening for them. We can visit and enjoy a cuppa, so to break the isolation.

Registration

All of these services require a referral through My Aged Care. It is then flexible in allowing clients to make choices and decisions as to what they wish to eat, where they may like to visit and how they manage their time and days.

If you want more information on any of these areas, please ring the office and chat to the staff about how you can benefit from these services.

We have one other group which we hope to restart in 2023. This is our **PALZ Group** (meets every two months, on a Tuesday morning).

- 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?

Christmas

We were delighted with the Christmas Cards which were sent to clients with the calendar and pen as a small Christmas gift. These cards were done by the students at Narooma Public School this year. Each year we invite another school in our area to complete these for you. So far, we have had, St Mary's Catholic School (Moruya), Moruya Public School, St Peter's Anglican College (Broulee), Batemans Bay Public School and Broulee Public School accept the challenge!



We were also delighted with the feedback on our Christmas menu items and thank you for letting us know your views.

Feedback

For our newer clients the feedback we receive is vital to our organisation. So please let us know of your thoughts on the meals and the outings so we can plan for you enjoyment.

We will have our Annual Clients' Survey later in the year and again we will be encouraging you to give your views. We hope to reintroduce our Client Forums where you can meet with me and tell me face to face your views and thoughts.

Changes

The new Aged Care Act is being developed and later in the year I shall let you know of changes being planned and how their introduction in July 2024 will affect you.

Keep well and enjoy our services.

Alan Russell
Manager

Remember our number 4474 4464
Call us so we can help you.

