



2023
HAPPY NEW YEAR

Managers Update

It does seem late, but Happy New Year! I hope everything has started well for you for 2023 and continues in the same positive manner for the rest of the year. I started in November and to date several new developments have happened within our organisation. There have been changes to the layout of the office as we had to accommodate an extra person (Nicole McDonald a finance officer has joined me in working here); there are new computers for the staff; and there has been a reorganisation of the storage systems. These are the obvious changes. There are other changes taking place which are not so obvious. There is a new Client Management computer system being introduced gradually and a new accounting system being established. None of these will affect clients or volunteers but they will improve the function of the office. These changes are necessary as we prepare for the new era being created with the new Aged Care Act to be introduced in 2024. There are many changes coming to us from the Government with most of them being traced back to the Royal Commission into Aged Care. A major change, apart from the management of our organisation being provided by Eurobodalla Meals on Wheels, is discussion on the future for the two organisations. The new world of Aged Care will necessitate change but the Management Committee has been proactive as it looks to the future. The Management Committee has sought consolidation with Eurobodalla Meals on Wheels, and this is being seriously considered by both parties. Once again, for clients and volunteers should this take place, there will be no change to what is provided by Southern Shoalhaven Meals on Wheels, but the organisation will be well placed to face the new world of Aged Care.

We will keep you informed and up to date with developments during this process, but we will preserve the culture, and friendliness of this organisation into the future.

Alan

Social Group News

Every year brings its changes, and while, sadly, a few of our clients have moved on to live in other areas, or have not been well enough to join us, we have had some lovely new clients and volunteers join our social groups this year. Welcome to you all and welcome back everyone else!! We all look forward to enjoying many pleasurable days together this year.

What a wonderful start we had to the new year with our outing to the Mollymook Golf Club. It was such a beautiful sunny day, so it was the perfect place to show off our fabulous area to the visiting MOW group from Eurobodalla, with everyone appreciating the marvellous view from the club. It was fun to meet new people and enjoy lunch and a drink together and we look forward to joining with the Eurobodalla crowd again. Lunar New Year was celebrated in



style with the function room suitably decorated with lanterns and symbols of good luck and of the Year of the Rabbit and lots of red and gold. After some testing and hilarious chopsticks games and an introduction to Tai Chi, we were happy to relax over a tasty Chinese inspired feast and then take a lucky envelope from the giving tree. Another day in the function room was based on the Ready Steady Cook TV show, where everyone made beautiful cookies-in-a-jar. The clients all seemed to love this novel idea and made up the jars of ingredients, ready to gift to family or friends. Apparently the cookies tasted great, with several people asking for our

secret recipe.

Every day is different at our social groups, and each one of us is

different, so if you are chatty and talkative, prefer to sit quietly and watch others, like to play a game and have some fun or enjoy listening and learning, we have you covered. Come along and live your best life with us at a Meals on Wheels social group. Just give the office a call to arrange your visit. We all look forward to seeing

you here.





Important dates to remember

- 2nd April** - Daylight saving ends
- 7th April**—Good Friday
- 10th April**—Easter Monday
- 25th April**—Anzac day Tuesday



Client and Volunteer Forums

As we look to the future it will be wonderful to get your comments and thoughts. Therefore, I have started a series of “Forums”. These will allow those who wish to, to meet with me and discuss our organisation, give feedback and suggestions on the way forward. Dates will be circulated shortly, but I hope you maybe able to join with me over a cup of coffee.

HOME CARE PACKAGE MEALS

If you are transferring from the Commonwealth Home Support Program (CHSP) system where you need a My Aged Care referral) to a Home Care Package (HCP), we can still provide your meals! Your HCP provider is obligated to offer you a choice of meal providers, and it is your choice who you want to receive meals from. You can continue with us with our subsidised Home Care Package menu and not be locked into any contracts or minimum orders.

For more information, or to obtain a menu, please call on 4455 2861 or email info@ssmow.com.au

I'm Multitasking



I can listen, ignore and forget at the same time

Have a laugh

Q: What sits at the bottom of the sea and twitches?

A: A nervous wreck

Southern Shoalhaven Meals on Wheels
Ph: 44 55 2861
Office Hours: Monday to Friday 9.00am - 2:30pm
info@ssmow.com.au
www.ssmow.com.au

DID YOU KNOW?

The brain is actually not capable of multitasking. While we may think we're doing two things at the same time, we're actually just quickly switching back and forth between different tasks which negatively impacts our short term memory.

The easy solution is — Just concentrate on one task at a time.

