



Meals on Wheels
Southern Highlands

Newsletter

Christmas 2018

Christmas Edition

Christmas Closure

Just letting you know Meals on Wheels Southern Highlands will be closed for the Christmas break. Our last open day will be Friday 21st December 2018 and we'll reopen on Monday 7th January 2019. To cover this period, frozen meals will be delivered the week before we close. If you're a client please let us know if you'll be away, or have any special needs or requests during this time, we want to make sure you get what you need over Christmas.

Welcome Amanda

We are very pleased to welcome Amanda Jones to our Board. We welcome her experience as a Social Worker in hospitals, private practice and other organisations. Amanda is also a volunteer delivery driver and knows firsthand how much Meals on Wheels can help people.



Merry Christmas & Happy New Year

We'd like to take this opportunity to wish all our clients a very merry Christmas and a happy New Year. We look forward to serving you nutritious and delicious meals throughout 2019.

We would also like to wish our fantastic staff and volunteers a merry Christmas and restful break. Thank you for the many and varied ways you've assisted us throughout the year. We wouldn't be able to do what we do without your positive attitude and willingness to help provide 'more than just a meal'.

A pretty cool grant

Some great news to finish off the year. We are thrilled to announce that we have received a \$11,500 community building fund grant from the NSW Government. This fantastic grant will go towards the purchase of a much needed refrigerated vehicle. It's only a quarter of what we applied for, so we still have a long way to go.

As the demand for Meals of Wheels and Community Catering grow in the Southern Highlands, a refrigerated vehicle will be invaluable in servicing that increasing need whilst maintaining food safety requirements.

Needless to say, we'll continue to seek funding and raise donations for the vehicle. If anyone is interested in donating or has any leads for us, please let Debbie know.

If you or anyone you know has a function that needs catering, please contact us to see how we can help. We're happy to give you a taste test and show you more testimonials.



Chilled out!

To say we are over the moon with the conversion of our walk-in chiller to a freezer room, would be an understatement. A big thanks to FRH refrigeration for their time and effort in making this conversion happen. You have enabled us to safely and more easily store the amazing variety of meals and desserts, which all our clients can enjoy.

Remember, our meals are available on a 4 week rotation menu for chilled meals. However, all 28 meals and desserts are available frozen at any time.

A quick tip for those who receive chilled meals. If for whatever reason you don't eat the meal before the use by date, you can freeze that meal as it hasn't been previously frozen. Putting a meal in the freezer will extend its shelf life for another 3 months or 90 days.



Nutrition Tips



Eat Three Meals a Day

To obtain the nutrients your body needs and help prevent weight loss, try to eat three meals a day. Each meal should include sufficient protein rich food. For people with small appetites it may be advisable to eat the protein food first. Nourishing desserts and snacks provide extra nutrients and energy.

Any older person who is underweight and eating very little can rapidly lose weight and muscle. Sufficient protein and high energy foods need to be eaten at main meals and snacks throughout the day to maintain good health.





Wellness and Reablement

The funding for Meals on Wheels comes under the Commonwealth Government's home-based care program. One of their key objectives is to use 'wellness' and 'reablement' (W&R) approaches when delivering support to older people. As this underpins our policies and procedures, we thought it would be interesting to explain what this means in plain, simple English.

'Wellness' emphasises identifying needs, aspirations and goals. It acknowledges and builds on strengths and has a focus on integrating support services as a path to greater independence and quality of life.

(Source: agedcare.health.gov.au)

Wellness, in plain English

'Wellness' is about finding out what an individual persons needs and generally how they'd like to live their life. Their needs and goals are then matched up and integrated with support services available so they can be more independent and live the quality of life they desire. This is a continual process that builds on previous assessments.

Reablement emphasises assisting people to regain functional capacity and improve independence. Similar to rehabilitation, it is goal-oriented and aims at full recovery where possible – it seeks to enable people to live their lives to the fullest.

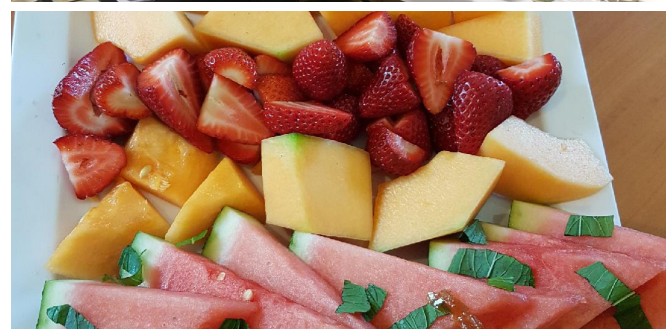
(Source: agedcare.health.gov.au)

Reablement, in plain English

'Reablement' focuses on helping people regain their physical and / or mental capacity as a way of improving their independence. Similar to rehabilitation but with the aim of full recover, where possible, so people are more able to live their lives to the fullest.

With this in mind we aim to cater to individual needs as much as possible. Everything from flexible meal plans and how we deliver meals, to no restriction on the minimum number of meals ordered and the convenience of being able stop and start meals as needed.

Whether you're a client, or know someone who needs assistance with wellness or reablement please don't hesitate to contact us. We are here to help.



Interested in becoming a **Volunteer?**

Contact Debbie on Tel: 4869 4032



What's On in the Highlands

Kapil to Kohli Indias rise to cricket greatness exhibition

Friday 16 November - Thursday 28 February
10am to 5pm Daily
Bradman Museum: St Jude Street Bowral NSW 2576
E. Info@bradman.com.au

Christmas at Farm Club

Saturday 1 - Sunday 23 December
Check the dates below
Farm Club, Cnr Greenhills and Werai Road, Werai
PH. 0436 398 864

The Wildlife Art of Garry Fleming

Wednesday 5 - Monday 24 December
10am. - 5.00pm.
Milk Factory Pop Up Gallery Station Street, Bowral
E. shirley@milkfactorygallery.com.au

Sarsaparilla Photographic Exhibition

Saturday 8 - Monday 24 December
Thurs to Mon 10am - 5pm, or by appointment
MAB Gallery, 17 Old Hume Highway, Berrima, 2577
E. maryannebrophy@yahoo.com

The Summer Exhibition 2019

Saturday 8 December - Thursday 28 February
10am - 5.00pm
Milk Factory Gallery 33 Station Street, Bowral
E. shirley@milkfactorygallery.com.au

Christmas Events



Christmas functions at Peppers Manor House

Saturday 1 - Monday 31 December
12.00 PM
Katers Road, Sutton Forest
E. manorhouse.conf@peppers.com.au

Santa at Welby Garden Centre

Wednesday 12th of December
11.00am
Cnr Hume Hwy & Bendooley Street, Welby
PH. 4872 1244

Moss Vale Festive Foraging

Thursday 13th of December
6pm - 9pm
Argyle Street Moss Vale

The Mill Cafe, Bowral Christmas Party

Friday 14th of December
7pm - 12pm
Shop 6, 210-224 Bong Bong Street Bowral



What's On in the Highlands

Christmas Events Continued...

Carols in the Park

Saturday 15th of December
6pm for family activities. Carols from 7pm
Leighton Gardens, Argyle St, Moss Vale
E. Info@christiancentre.com.au

Christmas Under the Stars Italian Xmas Festa - Sotto Stelle

Saturday 15th of December, 6pm
Cnr Oldbury Road and Illawarra Hwy, Sutton Forest
E. admin@shw.com.au

Carol Service in Berrima

Sunday 16th of December
6.30pm onwards
Holy Trinity Church, Argyle Street, Berrima.

Mittagong Christmas Carols

Sunday 16th of December, 6.30pm
Mittagong Presbyterian Community Church, Cnr Alice
& Edward Street Mittagong
PH. 4871 2683

Christmas Lunch at The Loch

Sunday 16th of December 11:30am to 4pm
581 Greenhills Road
E. info@theloch.net.au

Community Christmas Dinner

Sunday 23rd of December
5.30pm - 8.30pm
Southern Highlands Christian School -
Kangaloon Road Bowral
PH. 0410 401 089

Christmas Day - Peppers Manor House

Tuesday 25th of December
12:00
Peppers Manor House, Kater Road,
Sutton Forest NSW 2577
E. manorhouse.conf@peppers.com.au

Christmas Day Lunch - Bistro One46

Tuesday 25th of December
Bistro One46, 146 Moss Vale Road,
Kangaroo Valley
PH. 02 4465 2820

Christmas Day - Peppers Craigieburn

Tuesday 25th of December
From 12:00
Centennial Road, Bowral 2576
E. craigieburn.events@peppers.com.au

Christmas Day - Gibraltar Christmas Buffet Extravaganza

Tuesday 25th of December
12.30pm - 3pm
7 Boronia Street, Bowral
PH. 02 4862 8600





Message from the Manager



Well, it's hard to believe we are approaching the end of another year. 2018 has been a great year for us and we hope the same for you. We have seen several big changes, areas of growth and, as a flexible service, we continue to adapt to meet the changing needs of our clients.

In October we celebrated the 10th anniversary of the Queen St centre (the building we are located in) and the amazing community support that enabled this building to be possible. We are very thankful to Moss Vale Rotary for helping to initiate the project and for their continued support. Rotary have given again significantly to the building committee this year. It has been agreed to install automatic sliding doors for the Meals on Wheels entrance. This will be so helpful for our volunteer's when collecting meals and for all the deliveries as well as easier access for those with mobility issues. Thank you Rotary and the Queen Street Centre for your continued support of Meals on Wheels.

I'm happy to say our Community Catering is going very well. It's been wonderful to be a part of so many different organisations, groups and individual people's events as well. We look forward to more catering opportunities in 2019.

Once again, we're collecting hamper items and gifts to distribute to our clients. If you'd like to donate in this way, please bring your items to our kitchens in Queen Street, Moss Vale and we'll distribute to our clients during the week before Christmas.

This year, again we have the opportunity of cooking for the Community Christmas Dinner. If you're available, I encourage you to come along. It's a fantastic night, with great food, terrific company and just a wonderful way to celebrate Christmas. There's a copy of the invitation in this newsletter. You can RSVP to Jade, Penny or Chris, who can also assist with transport if needed. So please come and join us on 23 December, we'd love to see you.

I'd like to take this opportunity to thank our fantastic staff and volunteers for all your assistance and support throughout the year. We certainly couldn't have achieved the fabulous things we did without you.

Remember, if you're a client we're here to help and support you. If you need any assistance please don't hesitate to contact us. Whether it's with meals, your deliveries, or you'd like some assistance navigating the My Aged Care system, or any other questions you may have.

Finally, I and everyone at Meals on Wheels Southern Highlands wish each and every one of you a very Merry Christmas and a Happy New Year.

Kind Regards's



Debbie Smith





DEC 23

THE
LIGHT
OF THE
WORLD
IS HERE!

YOU'RE INVITED TO THE

Community Christmas Dinner

JOIN US AT THE SOUTHERN HIGHLANDS CHRISTIAN SCHOOL
FOR A DELICIOUS ROAST DINNER & DESSERT. THERE'S GIFTS
FOR CHILDREN UNDER 18, CAROLS AND MORE!

| | | |
|------------------------|-----------------------------|----------------------|
| SUNDAY | 5:30 — 8:30 | FREE EVENT |
| 23RD | RSVP | PENNY — 0410 401 089 |
| DECEMBER | ESSENTIAL BY DECEMBER 19 | CHRIS — 0402 033 282 |
| | | JADE — 0402 033 254 |

TRANSPORT AVAILABLE AND SPECIAL DIETS CATERED FOR, ALL WELCOME!

