

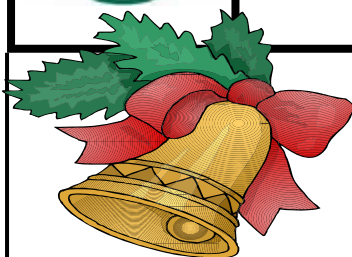


NEWSLETTER

Meals On Wheels
Association of
Tasmania Inc

"We Care"

December 2008



We wish you all a Merry Christmas and hope you have a very safe and Happy New Year.

A WORD FROM THE PRESIDENT

As I am writing these lines for the Christmas Newsletter, I am thinking that the year has passed so quickly. I was delighted with the attendance and the spirit of the Conference and Annual Meeting held in Launceston in early September. Most of the feedback has been positive, but I have found during my life time, that it is impossible to please everyone.

The year 2008 has been a very busy one, and maybe that is the reason why it has passed so quickly. It is gratifying to reflect again this year; and it is

also gratifying to know that we

Have the volunteers to provide the service everyday. When we reflect on the poverty and starvation in the world today it gives us some sort of perspective on just how important this is, so just try to bring some joy, happiness, love and peace to someone who is shut in or lonely this Christmas.

As I have said so very often before Meals on Wheels is a family, and for that reason we need each other for encouragement and support. Sometimes life can be overwhelming and the challenges of Meals on Wheels can be

too; that is when it is good to call on the strength of each other.

I hope this Christmas will be a safe, happy and a special time with family and friends. I also trust that you will be able to take some time to recharge your batteries as you face the year of 2009.

So in my final word I wish you all a very Merry Christmas and wish you all the Best for the New Year and I look forward to working with you all in the upcoming year.

Yours in the interest of Meals on Wheels.

Roy Preece

National Meals on Wheels Day

In Hobart, His Excellency the Honourable Peter Underwood, Governor and Patron of Meals on Wheels in Tasmania and Mrs Frances Underwood delivered a meal to Mrs Kathleen Cheeseman, Mrs Billie Faye Ackerley and Mrs Joan Game at their homes to mark the occasion.

Each year more than 750 Meals on Wheels services across Australia prepare and deliver 15 million meals. Nationally an average of 50,000 clients per day receive a nutritious meal, assisting them to remain independently in their homes.

Meals on Wheels volunteers provide a service that no-one else in Australia can—and they do it with a smile.

On this day the tireless efforts of this army of 80,000 unsung heroes were acknowledged across the country through National Meals on Wheels Day celebra-

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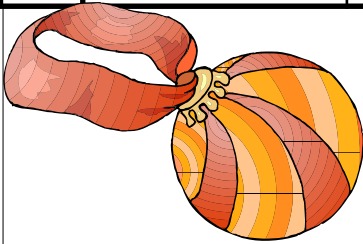


For your Diary

February 3rd	————	Board Meeting
March 24th	————	Board Meeting
April 21st	————	N/W Regional
May 25th	————	South Regional
May 26th	————	Board Meeting
June 15th	————	N/E Regional
July 28th	-	————
Board Meeting		
September 12th	————	State AGM/ Conference
September 22nd	————	Board Meeting
September 29,30th, Oct 1st	————	National Conference



"Volunteers are always welcome. Call 6228 4546 or visit us online."

**VOLUNTEER
HANDBOOK**

The Volunteer Handbook has recently been updated, so if you would like a copy of the November 2008 version please come into the State Office at St. Johns Park New Town.



Right : State Board Member
Betty Cook.

A Profile on New Board Member *JACKIE COLE*

We would like to welcome Jackie Cole our second newest Board Member. Jackie is currently the President of Eastern Shore Meals on Wheels.

Jackie was born in England in 1944 and had a wonderful Childhood

despite the post war doom and gloom. Despite wanting to be a nurse almost all of her childhood about 6 months before leaving high school she went right off the idea and became a Post Office telephonist until migrating to Sydney in 1963. She worked in a Pharmacy for 3 years before returning to England in 1967 for 2 years on a working holiday, including living in Norway for a few months.

Back in Sydney Jackie commenced her general nurse training in 1969 and discovered that nursing was where she was always meant to be! Jackie had a fascinating career working in many disciplines of medicine, along the way she acquired post grad certificates in her fields of interest;- Coronary Care, Neurology & Neurosurgical Nursing, followed later by a Diploma in Occupational Health and Safety.

In 1980 another Occupational Health and Jackie opened the first Occupational Health Service, it became a successful business and continued until 2001 when unfortunately she had to give up work due to health problems. In March 2003 she moved to Tasmania for a "quiet" retirement in a cooler climate, well the climate is fine but not so sure about the "quiet" part!

Since moving here Jackie has also become a member of Probus and quickly became the editor of the monthly newsletter and am now Vice-President. Jackie was also working as a volunteer on the Derwent Valley Railway for a couple years (currently not operative) and on top of that a friend in Sydney persuaded her to assist in the organisation of a Conference at Wrest Point Casino in 2005, She thought she just wanted her to go and talk to the organising committee and perhaps give them some advice, but she came away as the Registration Secretary of a Conference for 800 delegates. Jackie's interests are her dog the love of her life, she also loves reading, live theatre, movies and dining out. Jackie is off to New Zealand to visit family for Christmas Holidays, but she will be back in time for her next Meals on Wheels delivery day!

State AGM/Conference

A GREAT SUCCESS

On Saturday 6th September 2008 we held our Tasmanian Annual Conference and AGM at the Lecture Theatre, Launceston General Hospital. It was a very successful day with Guest Speakers Dr. Natalie Jackson and Les McDonald NSW Meals on Wheels attending and both giving very interesting talks.

State President Roy Preece was presented with Life Membership. Approximately 90 people from Meals on Wheels Groups all around the state were in attendance and enjoyed a lovely lunch together.

Our next State Conference/AGM is on Saturday 12th September 2009.



Pictured from left: Edith Hoskins (M.O.W. Finance Officer) and Ruth How (State Vice President) enjoying themselves at the State Conference.



A Profile on New Board Member *BETTY COOK*



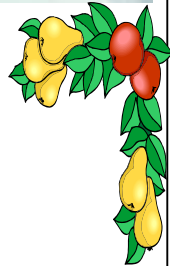
Welcome to our newest Board Member, Betty Cook. Betty has been Secretary to the Cygnet Meals on Wheels Group since it reformed in July 2007.

She is a wife, mother and grandmother. Her husband Geoff is a committee member of the Cygnet group. Their eldest son is married and lives in Hobart with his wife and son; being grandparents has brought them special joy. Their youngest son is an officer on a luxury yacht cruising the Mediterranean.

Betty's working career was in the Travel Industry in the retail, wholesale, tour escorting, group travel and administrative/secretarial areas; involving lots of travel which she enjoyed.

Geoff and Betty moved to Cygnet twenty years ago and they both love the caring community there. Betty is involved in community activities—she is an active member of the Anglican Church, Treasurer of Cygnet Eating with Friends Group, Life Member and Catering Co-ordinator for the Port Cygnet Sailing Club and of course Meals on Wheels.

Betty's interests include cooking, reading, gardening and floral art. Betty has always cared for those who are alone and Meals on Wheels provides a wonderful opportunity to do this. Betty is looking forward to her term on the Board with enthusiasm.



HEART ATTACK WARNING SIGNS:

TIGHTNESS, FULLNESS, PRESSURE, SQUEEZING, HEAVINESS OR PAIN IN YOUR : CHEST, THROAT, SHOULDERS, NECK, ARMS, JAW OR BACK.

YOU MAY ALSO HAVE DIFFICULTY BREATHING , OR BREAK OUT IN A COLD SWEAT, OR FEEL LIKE VOMITING (OR ACTUALLY VOMIT), OR FEEL DIZZY OR LIGHT HEADED.

DON'T WAIT UNTIL IT'S TOO LATE

IF YOU HAVE HEART ATTACK WARNING SIGNS:

1. STOP AND REST –NOW
2. TELL SOMEONE NEARBY ABOUT YOU SYMPTONS
3. IF ANY OF YOUR SYMPTOMS ARE SEVERE, OR GET WORSE , OR LAST FOR 10 MINUTES CALL TRIPLE **000** OR TRY **112** IF YOU CANT DIAL **000** FROM YOUR MOBILE AND ASK FOR AMBULANCE
4. WAIT FOR ADVICE FROM THE OPERATOR

THOUGHT OF THE DAY

THE WOODEN BOWL

I guarantee you will remember the tale of the Wooden Bowl tomorrow, a week from now, a month from now, a year from now.

A frail old man went to live with his son, daughter in-law and four year old grandson. The old man’s hands trembled, his eyesight was blurred and his step faltered. The family ate together at the table. But the elderly grandfather’s shaky hands and failing sight made eating difficult. Peas rolled off his spoon onto the floor. When he grasped the glass, milk spilled on the table-cloth.

The son and daughter in-law became irritated with the mess. ‘We must do something about father,’ said the son. ‘I’ve had enough of his spilled milk, noisy eating and food on the floor .’

So the husband and wife set a small table in the corner. That is where Grandfather ate alone while the rest of the family enjoyed dinner. Since Grandfather had broken a dish or two, his food was served in a wooden bowl. When the family glanced in Grandfather’s direction, sometimes he had a tear in his eye as he sat alone. Still, the only words the couple had for him were sharp admonitions when he dropped a fork or spilled food. The four year old watched it all in silence.

One evening before supper, the father noticed his son playing with wood scraps on the floor. He asked the child sweetly, ‘What are you making?’ Just as sweetly, the boy responded, ‘Oh, I am making a little bowl for you and Mama to eat your food in when I grow up.’

The four year old smiled and went back to work.

The words so struck the parents that they were speechless.

Then tears started to stream down their cheeks, though no word was spoken, both knew what must be done.

That evening the husband took Grandfather’s hand and gently led him back to the family table. For the remainder of his days he ate every meal with the family. And for some reason, neither husband nor wife seemed to care any longer when a fork was dropped, milk spilled. Or a table-cloth soiled.



Hmm, Food for Thought

GOODS FOR SALE from the State Office

✓ Hot/Cold packs	\$13.00
✓ Caps	\$7.00
✓ Sticky note pads	\$0.90
✓ Greeting cards	\$0.65
✓ Magnetic car signs	\$5.00
✓ Additional resource manuals	\$30.00
✓ Badges (to order)	just ask
✓ Calendars	\$2.90
✓ Pens	\$2.00
✓ Magnetic Pens	\$2.00

Important Meals on Wheels News

\$\$ Price increase \$\$

Please be aware that Meals on Wheels will have a price rise from the 5th January 2009, a three course meal will be **\$7.50** and a one course frozen meal will be **\$6.50**.

State Office

The State Office will be closed from Wednesday 24th December and will re-open on Monday 5th January 2009.



**Meals On Wheels Association of
Tasmania Inc**

St Johns Avenue
New Town

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Fax: 6228 4580
E-mail: mowtas@bigpond.com

"We Care"

Visit us at
mealsonwheelstasmania.org.au



home and community care

A JOINT COMMONWEALTH AND STATE/TERRITORY PROGRAM
PROVIDING FUNDING AND ASSISTANCE FOR AUSTRALIANS IN NEED



The State Office will be closed from Wednesday 24th December 2008 and will re-open Monday 5th January 2009. We look forward to working with you all next year.



We don't care how you get it to us but please we need your contributions to make our Newsletter a success.

Your Board

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