



# NEWSLETTER

Meals On Wheels  
Association of  
Tasmania Inc

*"We Care"*

Summer 2010

## MYER HOBART CHRISTMAS PAGEANT

Last year Meals on Wheels participated in the Myer Hobart Christmas Pageant on November 21st 2009, this was a fun filled day that involved a few groups from the South and St. Johns Park kitchen staff. Although the entry was not lucky enough to win an award, a lot of hard work went into the display; all involved felt that the display was a great representation of Meals on Wheels and a great opportunity for us to advertise our services. Many volunteers, employees and children came along with their festive spirit to help celebrate the day. If you would like to be involved this year, keep an eye out in the newsletter for details at a later date.



## Congratulations Mrs. Andrews

Hobart Meals on Wheels recipient Mrs Andrews, celebrated her 100th Birthday recently and a celebratory fruit and cheese platter was presented to her in recognition of this by Volunteer, Colin Jones and Relief Assessment Officer for the South, Jody Rhodes. Mrs Andrews currently receives meals 3 times a week; Lauren Gough, State Office Manager, asked what her secret was to reaching the milestone of 100 years, she replied Vitamin E, she has taken the supplement every day of her life.



### Inside this issue:

<i>Myer Hobart Christmas Pageant</i>	1
<i>Mrs. Andrews 100th Birthday</i>	1
<i>Cora Waal- Award</i>	2
<i>Hot/Cold Packs State Finance Officer</i>	2
<i>National Volunteer Week</i>	3
<i>Eastern Shore Group</i>	3
<i>A Word from the President</i>	3
<i>Joke of the day</i>	3
<i>State Committee of Management</i>	4
<i>Goods for sale Meal prices 2010</i>	4

### For your Diary

- 23 March – Board Meeting
- 10-16 May—National Volunteer Week
- 25 May—Board Meeting
- 13 July—Board Meeting
- 25 Aug - National Mow's day
- 18 Sept—State AGM/ Conf
- 28 Sept—Board Meeting
- 23 Nov—Board Meeting



As printed in the Advocate February 2, 2010.

# "Congratulations Cora Waal"

## Award for service

THIRTY FIVE years is a long time, especially if they have been spent volunteering for the same organisation.

Cora Waal, of Wynyard, has been lending a helping hand with Meals on Wheels around the Wynyard area and was recently honoured with the Harbour House Reward a Volunteer Excellence Award at the Waratah-Wynyard Council Service Awards.

Of these 35 years, Ms Waal has spent 20 as president and only stepped down from the job during the middle of last year.

Her road to becoming a Meals on Wheels volunteer was a long one, travelling all the way from Holland about 60 years ago to follow her then boyfriend.

"He moved here two years before me," she said.

Ms Waal first moved to Canberra then Burnie and now Wynyard.

When Ms Waal is not delivering Meals on Wheels she is on the golf course.

"When people ask my handicap I say it's 80," she said with a smile.

She has been living in Wynyard for more than 50



Wynyard resident Cora Waal has been volunteering for Meals on Wheels for 35 years.

years now and plans on staying put with Meals on Wheels for as long as possible.

"It's a very good thing (Meals on Wheels)," Ms Waal said.

"Lots of people are housebound who need it."

Ms Waal didn't even know she was going to the awards ceremony until the president of Meals on Wheels rang up and said she had broken her foot.

"I was really talked into going," Ms Waal said.

### State Finance Officer

The State Finance Officer, Mr. David Macrow would like to thank Mrs. Bev Jordan for her review of each groups financials and reassessment of the HACC meal subsidies applicable for the current year.

THANK YOU



### ASSESSMENT OFFICER SOUTH

The email address for Sharon Bellette is now as follows: [mowtasao@bigpond.com](mailto:mowtasao@bigpond.com) All future emails should be sent to this address only, thank you.

### New Hot/Cold Packs now available from the State Office

Icepak hot/cold packs are now available, Cryopak flexible blankets are safe, non-toxic, and can last for years. They don't have to be hydrated so whatever you might spill on them will not soak into the blanket! Since no bacteria will grow on them, they will never smell or go mouldy or slimy.

They can be heated three ways:-

- In a warming oven for around 12 to 15 min at 130c.
- Heat in microwave immersed in a bowl of water for approx 2 mins, (or can be put straight into microwave). Times may vary.
- Immerse in hot, not boiling water.

Hot/Cold packs are available in two sizes small \$3.00 and large \$6.00, please phone the State Office for enquiries.

#### REMEMBER

Heat goes to cold

Heat goes up (out of the bag)

So make sure you close your delivery bag between deliveries

### ST. HELENS MEALS ON WHEELS

St. Helens Meals on Wheels were recently successful in applying for a \$2,350 grant from the Department of Families, Housing, Community Services and Indigenous Affairs, this will be a great help towards fuel costs. If your group would like some assistance in applying for a grant, please contact Lauren at the State Office.

National Volunteer Week is from 10th-16th May 2010

“Volunteers reported that volunteering increased their health and well being 71%, while 82% reported that volunteering increased their sense of community belonging. However it was disappointing to note that 36% of volunteers surveyed had not received any recognition or appreciation for their work in the previous month.”

“Many volunteers do their good work for nothing more than the satisfaction they get for knowing that they are helping others in their community”. *Survey conducted by Volunteering Australia*

This year the State Office has posters and post cards available, but unfortunately we missed out on the NVW badges; but if you would like to purchase a volunteer badge for \$5.60 from the State Office or if you would like some certificates to hand out to your volunteers, please contact Lauren in the State Office for enquiries.



### Joke of the Day

Seems an elderly gentleman had serious hearing problems for a number of years.

He went to the doctor and the doctor was able to have him fitted for a set of hearing aids that allowed the gentleman to hear 100%. The elderly gentleman went back in a month to the doctor and the doctor said, "Your hearing is perfect. Your family must be really pleased you can hear again."

To which the gentleman said, "Oh, I haven't told my family yet. I just sit around and listen to the conversations. I've changed my will five times!"

### A WORD FROM THE PRESIDENT

Yesterday I looked at the willows down at the river, and they have changed colour. That colour reminded me that autumn was with us, and we all know what comes next.

Every season has its appeal, but for me there is something special about autumn colours.

Some how with Meals on Wheels there are special times and difficult times, highs and lows. Visiting groups, and meeting new and old friends at special functions is a real high.

We have some wonderful people involved in Meals on Wheels.

Only yesterday (Feb 23rd) I attended the Forth Valley 25th Anniversary, and what a happy time it was; the friendship, the food, the certificate presentations, the guest speaker, the venue all helped to make it a great celebration, they deserve our congratulations.

I have been thinking about the future of Meals on Wheels a good deal lately, there seems to be more and more rules and regulations; it not only makes it hard to keep, but also to give heed to the implementation. We have the Guide Line Manual (our bible), the Strategic Plan, the Constitution, the rules, the meals agreements, Volunteer Hand Book, and a host of others, like the stack of policies, at times it can be overwhelming.

Unfortunately this tends to take away a lot of the Joy and satisfaction. I trust that we can look beyond all of this, and provide a service of the highest standard; plus the little extras. There will always be a need, I am quite sure of that; so hang in there and be there for the future. I hope you all enjoy reading this issue of our Newsletter.

✠ GAIL PHILLIPS ✠

26/5/1956—18/1/2010

Sadly, earlier this year Dodges Ferry Meals on Wheels coordinator, Gail Phillips, lost her battle with cancer. Gail had only been with the Dodges Ferry Group a few years, but her hard work and friendship will be dearly missed by all. *R.I.P.*



*“More people fear losing their independence than death”*

### Eastern Shore

### Meals on Wheels

We have now moved premises, the new details are as follows:-  
C/- Warrane Senior Citizens Club Inc.

10 Binalong Road  
Mornington TAS 7018  
Phone: 6244 3925

More people are afraid of losing their independence in old age and being forced to move into a nursing home than they are of dying, a British survey has found. As elderly care becomes more expensive, more than two in three Britons fear becoming a burden on friends or family in their old age, it found. While three in four people said they feared getting ill in their old age, just 29% said they feared dying, according to the survey. The research from the national Disabled Living Foundation...

*More than a service—we care*

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Tasmania Inc**

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**“More than a service  
-we care”**

Visit us at  
[mealsonwheelstasmania.org.au](http://mealsonwheelstasmania.org.au)



**GOODS FOR SALE  
from the State Office**

- ✓ Hot/Cold packs Sm & Lg \$3 & \$6
- ✓ Caps \$7.00
- ✓ Sticky note pads \$0.90
- ✓ Greeting cards \$0.63
- ✓ Magnetic car signs \$5.00
- ✓ Additional resource manuals \$30.00
- ✓ Badges (to order) just ask
- ✓ Calendars \$3.00
- ✓ Pens \$2.00
- ✓ Clip Magnet \$1.30



*With Easter just around  
the corner, we would like  
to wish you  
all a safe  
and happy  
Easter.*



**Meal Prices 2010**

3 Course Meal \$8.00

Main meal only \$7.00

Sandwiches as per contract



**State Committee of Management 2010**

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