



Meals on Wheels  
Bundaberg

## Newsletter

March 2020

01-2020

More  
than just  
a meal



### Service Manager Message

Welcome to the first newsletter for 2020 and how the months have flown. In this month's newsletter will be discussing a few important topics including home visits, surveys and packs, calendars and few other areas.

For those who have received their packs already and for those who will be receiving them shortly, it is important that you complete, sign and return the 'Charter of Aged Care Rights'. This is to ensure that you understand what your rights are in receiving any aged care service, this one specifically with Meals On Wheels.

The other important document is the Survey, we are currently consolidating information on how we can improve our service. So please complete and return with your driver when you receive it. Thank you.

As you're aware the end of February we delivered frozen meals only, this was due to renovations in our main kitchen. The floor was in need of replacement and thanks to the generosity of The Waves Sports Clubs Charity Golf Day last year, we could make this happen.



Our 2020 Calendars will be sent out soon and you will also receive a copy of the 2020 Services Calendar which features important phone contacts.

With our seasons running a bit later than usual, we've seen a lot of storm activity around the Bundaberg Region. With it comes that horrible

higher humidity and we see so many clients being hospitalized due to dehydration, heat stroke and other heat related illnesses, so please ensure that you are drinking plenty of water and have access to something to keep you cool (fan/ air-conditioner). If you can't access these please speak to family, your service provider or facility managers to get these sorted for you.

I wish you all the best over the upcoming month, keep safe,

Kind regards

*Brendon Searle*

Service Manager

Bundaberg & District Meals On Wheels Inc.



### Office News

Keep an eye out as your packs will be arriving soon, as mentioned previously please complete and return the Charter of Aged Care Rights and Survey as soon as possible back with your delivery drivers.



### What's Cooking

As demand for Vegetarian meals grow, here in the kitchen at Meals On Wheels, we have created a large range of Vegetarian meals to meet with these demands. You can get a lot of protein from legumes such as kidney beans, chickpeas, butter beans etc, seeds and nuts and cheese. Some of our meals include Mushroom Risotto Stuffed Capsicum, Vegetable Lasagne, Creamy Veggie Pesto Pasta to name a few. So if you are feeling like something different other than meal for a meal, please let us know.



### Volunteer Drivers

We've had a lot of new clients sign up to Meals On Wheels recently and just want to reiterate



Meals on Wheels  
Bundaberg

Open Monday to Friday  
8:00am to 4:00pm  
Closed Public Holidays

Bundaberg & District  
Meals on Wheels Inc.

ABN: 35 862 882 474



[www.facebook.com/bundymow](https://www.facebook.com/bundymow)

10 Eastgate Street

PO Box 740

BUNDABERG 4670

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that meals cannot be left in eskies, boxes or on tables. Due to health regulations and importantly your health we cannot do this and all drivers have been advised that if you're not home and don't have access to a fridge or pre-arranged drop off agreement with our office, the meals have to be returned to Meals On Wheels. This may require you to collect as there is no guarantee we will be able to get that meals back to you.

So if you're not going to be home please let our office know the day before.



## How Are You?

As mentioned in past newsletters we are going to talk about what happens after your passing and how to prepare yourself and your family. In the last newsletter we discussed your Will to ensure your wishes were upheld. In this edition we will briefly discussing your wishes for your funeral.

This can be quite a broad topic and can have many contributing factors including, religion/beliefs, budget, residency, service/no service, where you wish to be placed to rest, the list goes on. The main things to consider is your wishes, budget and family as they may be up for the cost of your funeral if no prior arrangements have been made.

Once you have determined what you would like and you have a budget in place, it's advisable to speak to a funeral home, cremation service or your local church to discuss options and the process involved. You may wish to take a family member with you so they are aware of your plans and to ensure your wishes are met.

We are protected in this country by the Funeral Code of Conduct which is governed by the Department of Justice and Attorney-General, Office of Fair Trading

which all funeral services must abide by. These include:

Funeral Industry code of Conduct

The code aims to:

- help customers make informed decisions
  - develop the best practices for the industry
  - make sure that funeral providers, the community and government all understand these practices
  - give people details about their rights and responsibilities
  - help providers to be professional and informative
  - reduce harm from unethical providers.
- The code recommends that your business adopts rules for:
- behaving in a professional manner
  - training staff members

- giving information to clients and prospective clients
  - handling and storing bodies
  - making financial transactions
  - resolving any complaints from clients.
- Each of these above points themselves have regulations which also must be followed.

But remember this is your service so make it clear what you want. It's becoming more common in funeral services today to celebrate the life of the deceased rather than mourning the loss.

This could be taken in many directions which may include having the persons favourite items, foods they enjoyed, or have the director read a message for the deceased at the service. Also becoming more popular is the request for those attending the service to donate the money they would have spent on flowers to a particular cause or charity which the deceased or family have nominated. Overall a funeral can be what you wish it to be.

Another common question is, "What if I can't afford a funeral"

There are many options available today which can give peace of mind for those who may not have any family or can't afford a service. This information is available online or can be discussed with your local funeral home, crematorium or through your local magistrate's court.

For those who have access to the internet, I came across an interesting article which discusses a few topics around funeral services.

<https://www.choice.com.au/health-and-body/healthy-ageing/ageing-and-retirement/articles/div-funerals-and-coffins>

I wish you all the best with discussing and planning your funeral options.



## What's On



2020 Easter Raffle is underway, with tickets on sale outside Chemist Warehouse the end of February and the second week in March. Tickets will also be available through your deliveries in March.



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PO Box 740  
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Email: [info@bmow.com.au](mailto:info@bmow.com.au)

First Prize: Easter Basket  
 Second Prize: Cha Cha Chocolates Easter Hamper  
 Third Prize: Slab of Rocky Road

Tickets \$2.00 each  
 Drawn Wednesday 1<sup>st</sup> April 2020



Helping Hands

Over the next few issues we will be introducing members of our Board.

*President- Jeff McColl*



My name is Jeff McColl, and I am currently President of BMOW. I grew up in Melbourne, arriving in Bundaberg to get married in 1971, and have been here ever since. We raised two children, a boy and a girl, we have 4 grandchildren. I became involved with Meals on Wheels in 2013m immediately following the disastrous floods. Meals on Wheels sought some assistance from Bundaberg Lions club members in driving to Hervey Bay and Maryborough to collect frozen meals whilst our kitchen was out of service. I was one of the members who responded. This went on for six months or so. The meals were then heated and delivered to clients from the Great Hall at Kepnock High School. When the flood occurred, I had been retired for about six months, and having seen what the service was all about, my wife and I commenced as delivery drivers straight away. Later that year, the late Noel Searle, a life member of BMOW, stood down as Vice-President after more than 30 years of service. He approached members of the Lions club about becoming a member of the board. It should be said here, Bundaberg Meals on Wheels commenced as a project of the Lions Club in 1966, and at least one member of the Lions Club had been on the board every year since. Consequently, Wayne Evans and I were elected as board members.

History shows we commenced in 1966 by serving 11 meals. I can report that in the year to June 30<sup>th</sup> 2019 we produced 51340 meals. I am sure we will average more than 1000 meals per week this year. I am proud to be part of an organization that provides such an important service to our community, our ability to cook a meal and deliver it hot the same day demonstrates the value of our service.

Finally, this is an ideal opportunity to thank our dedicated staff and our band of willing volunteers for their support.

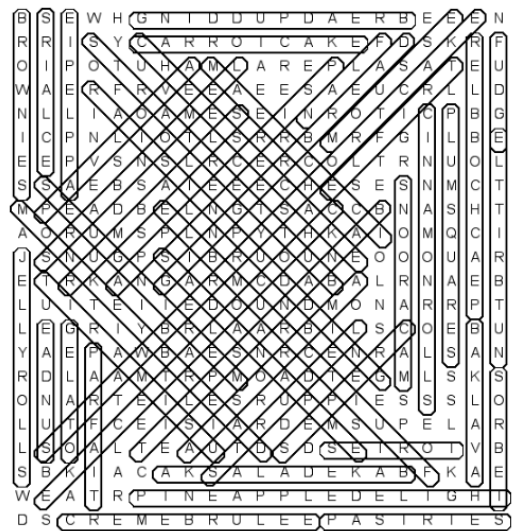


Puzzle Me This??

How did you go last month?

**Solutions:**

Delicious Desserts



Hidden message: WHEN YOU ARE FEELING STRESSED, A SOLUTION IS "STRESSED" SPELLED BACKWARDS.

Brain Tangle

- ✚ There is a room with no windows, doors, or any sort of opening, the walls are solid steel 10 feet thick, and you are trapped inside, left only with a saw and a table. How do you escape?
- ✚ What can travel around the world while staying in a corner?
- ✚ A basket contains 5 apples. Do you know how to divide them among 5 kids so that each one has an apple and one apple stays in the basket?
- ✚ The eight of us go forth not back to protect our king from a foes attack. Who are we?

Solutions will feature in next month's newsletter.