



Meals on Wheels  
Bundaberg

## Newsletter

August 2020

04-2020

More  
than just  
a meal



### Service Manager Message

It's been a few months since our last newsletter, a very busy time for Bundaberg Meals On Wheels. Not only the end of the financial year but a change over to a different system yet again.

As you've noticed in the past two months invoices, they are looking quite different. We discovered that the program we were using wasn't sending out invoices as expected and caused stress on many of you in not receiving them or having a huge balance due on those received. So, I deeply apologize to you all and I hope that our new invoices are easier to interpret. If you are to receive invoices monthly and this hasn't occurred, please contact the office so we can address the issue.

Coming up this month is National Meals On Wheels Day Wednesday 26<sup>th</sup> August 2020. This year we are serving BBQ Lamb Chops (a favourite amongst many) and Black Forest Cake for dessert. As it is National Meals On Wheels day we are inviting non-clients to join us, so if you have friends or family who would like to join you for lunch on this day they can call the office and place an order. Cost will be \$8.00 Hot Meal Only or \$10 for Hot Meal & Dessert per person (promotional price only). For the tech savvy out there, you are welcome to join Queensland Meals On Wheels for a Zoom Meeting between 12 noon and 2pm on Wednesday 26<sup>th</sup>, this meeting is just to openly discuss Meals On Wheels and how you're finding the service while enjoying your meal. Details below.



Meals on Wheels  
INVITES YOU TO

**HAVE LUNCH WITH US  
THIS NATIONAL MEALS ON WHEELS DAY**

**WEDNESDAY 26TH AUGUST 2020**

PLACE YOUR ORDER BY FRIDAY 21ST AUGUST 2020

ON THE DAY COLLECT YOUR MEAL, OR HAVE IT DELIVERED,  
THEN JOIN US ONLINE ANYTIME BETWEEN 12NOON & 2PM  
VIA ZOOM.US

MEETING ID: 868 2424 8896

More  
than just  
a meal

Bundaberg Meals On Wheels is an incorporated not for profit who operates under the governance of our board with support of our members. Our next AGM will be coming up in October and we are looking for community minded people who maybe interested in becoming a member of our service. If this is you or you know of someone who maybe interested please contact our office on 4151 5825 and we can send you out a membership form.



Our service would also like to recognize and thank Bundaberg Regional Council's Community Grants Program who through the fund supported the purchase of a new much needed commercial colour printer.

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

Kind regards

*Brendon Searle*

Service Manager  
Bundaberg & District Meals On Wheels Inc.



### Office News



We now have eftpos on site, for over counter purchases and meal payments. Unfortunately this option is not available on the runs with our drivers, cash remains the only option.



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

10 Eastgate Street  
Bundaberg East 4670  
Bundaberg & District  
Meals on Wheels Inc. PO Box 740

ABN: 35 862 882 474



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

BUNDABERG 4670

Phone: 4151 5825

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



## What's Cooking

We have been busy in the kitchen using our fresh winter produce to make a variety of condiments for purchase. At the moment we have Tomato Chutney and Choko Chutney, which is from my Grandmothers recipe. In the next week, we will be making Capsicum Relish and Strawberry Jam. Small jars are \$2 and large jar are \$3. Give the office a call if you are interested in purchasing a jar and having it delivered with your meal. Enjoy.

## Breakfast Box



(Choice of 1)

Contents: 1x Cereal Sachet, 1x Tea Bag, 1x Coffee Stick, 1x Sugar Stick, 1x 150ml UHT Milk, 1x Fruit Salad Cup, 1x Orange Juice & 1x Oatmeal Twin Cookie

Breakfast Boxes are pre-packaged and cannot be separated or individual items changed. Selection is only via cereal, other contents remain standard. Boxes sent out during standard delivery times only.

Cereal options: Sustain, Just Right, Sultana Bran or Weetbix

### Cost (per box)

My Aged Care Client: \$3.00

Service Provider Client: \$8.00 (charged to the service provider)

*This is an additional extra and not included in the standard daily meal package.*

To order your Breakfast Boxes or for further information, please call our office  
Ph: 4151 5825



## Volunteer Drivers

Would like to remind everyone that our drivers are volunteers who have generously donated their time and vehicles to assist in delivering your meals, without their help we could not offer our service. So it is important to treat them with respect and if you have an issue with the meal, delivery or time to contact the office. Drivers are happy to take your messages but any form of verbal or physical abuse will not be tolerated. Remember if a volunteer decides to leave on this basis not only effects your deliveries but deliveries of many other clients who need meals.



## How Are You?

### Medical Alert Systems

One topic we would like to discuss this month is the importance of your safety in the home. I've heard many comments saying 'I don't need it' or 'I'm not wearing that thing around my neck' from the experiences we've encounter here at Meals On Wheels, the number of falls our clients have sustained and not being able to move to reach a phone or alarm have meant being stuck in pain for many hours until our drivers arrive, is an area of concern. So attached to this newsletter is some information from St Johns regarding one such medical controller device. There are different devices available on the market, please speak to your family, friends or service providers to discuss having one installed at home. Please remember not to wait until it happens before considering getting one.



## Helping Hands

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

### Treasurer- Rino Gastaldon



Hi, my name is Rino Gastaldon, I am a volunteer driver as well as helping in the office as a treasurer of the board of Meals on Wheels Bundaberg & District.

In my working era I was an electrician, and worked at Monduran Dam during construction, also worked at Iron ore mine in Western Australia and coal mine in Central Queensland.

I joined the Lions Club international over 35 years ago, and when moved back to Bundaberg got transfer to the Bundaberg Lions Club, which by the way started Meals on Wheels 54 years ago. Now retired from my trade, seeking to do something with my spare time I joined Meals on Wheels as a delivery driver, not long after that I was asked to join the board as the treasurer.



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I am immensely proud to be able help with this project, and amazed to see the many other volunteers also doing their bit to help, it certainly gives hope that the world is a good place to be.

I wish all our clients all the best, during this difficult time, and hopefully we will get through this.

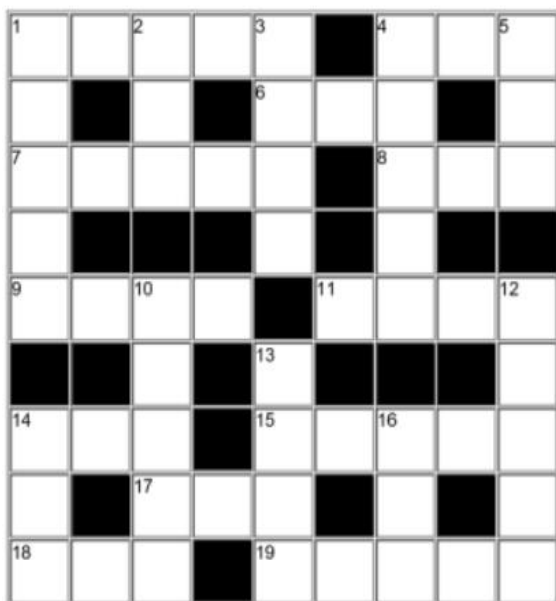


## Puzzle Me This??

How did you go last month?

### Solutions:

#### Crossword Confusion



#### Across

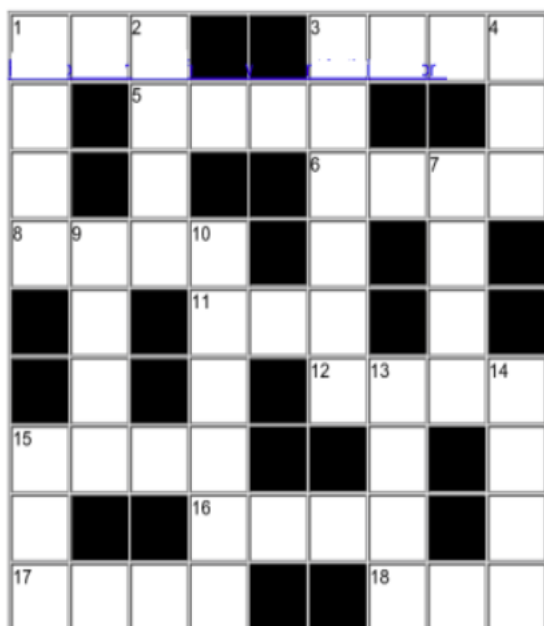
1. Cook on gridiron
4. Work with shovel
6. Belonging to us
7. Repeated another time
8. Small insect
9. 10 cent coin
11. Frozen precipitation
14. Food tin
15. Grayish green
17. Hooting bird
18. Sticky black substance
19. A lollipop

#### Down

1. Protect
2. Northern Ireland army
3. Not short
4. Empty liquid from container
5. Acquire
10. Not major
12. Fully of weeds
13. Tootsie \_\_\_\_
14. Feline
16. Sick

#### Answers to 9x9 Crossword #270:

**Across:** 1.dad, 3.send, 5.east, 6.itsy, 8.nerf, 11.ark, 12.sync, 15.mesh, 16.ever, 17.near, 18.down  
**Down:** 1.down, 2.dear, 3.stinks, 4.day, 7.stun, 9.ease, 10.father, 13.yard, 14.card, 15.man



#### Across

1. Father
3. Cause to go
5. Not west
6. \_\_\_\_ bitsy spider
8. Maker of foam toys
11. Large boat, like Noah's
12. Create unison
15. Netting
16. At any time
17. Closeby
18. Had done

#### Down

1. Not up
2. Honey, sweetheart
3. Smells bad
4. Not night
7. Amaze; make speechless
9. Slacken
10. Male parent
13. Land around a house
14. Ace, King or 8
15. Not a woman

#### Answers to 9x9 Crossword #269:

**Across:** 1.grill, 4.dig, 6.our, 7.again, 8.ant, 9.dime, 11.snow, 14.can, 15.olive, 17.owl, 18.tar, 19.lolly  
**Down:** 1.guard, 2.IRA, 3.long, 4.drain, 5.get, 10.minor, 12.weedy, 13.roll, 14.cat, 16.ill



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Donations



A Huge Thank You to Bunnings who donated \$5,000 to our Service.



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# CAMOUFLAGED CREATURES

## Sea Animals

C	P	R	E	U	S	S	C	A	P	S	S	S	J
S	E	P	L	S	E	R	R	A	O	H	E	E	E
U	I	L	A	B	A	S	O	C	L	A	M	A	L
P	R	A	W	N	P	E	C	I	G	R	L	R	L
O	O	N	S	R	Y	A	O	E	H	E	L	A	Y
T	B	K	E	A	T	L	D	L	A	P	R	T	F
C	A	T	A	E	H	I	I	A	M	O	R	T	I
O	R	O	L	N	O	O	L	H	M	R	E	L	S
C	C	N	A	R	N	N	E	W	E	G	T	E	H
E	E	P	I	R	A	N	H	A	R	I	S	S	T
P	E	N	G	U	I	N	S	A	H	A	B	N	G
C	A	R	P	R	A	S	E	O	E	E	O	A	P
N	M	U	S	C	L	E	S	S	A	I	L	K	I
A	L	L	I	G	A	T	O	R	D	E	S	E	S

SEA RATTLESNAKE  
 WHALE  
 PIRANHA  
 GROPER  
 PENGUINS  
 HAMMER HEAD  
 SEA LION  
 JELLYFISH  
 PRAWN  
 CARP  
 CROCODILE  
 SEA PYTHON  
 PLANKTON  
 LOBSTER  
 ALLIGATOR  
 OCTOPUS  
 CLAM  
 CRAB  
 SEAL  
 MUSCLES

## Dangerous Animals

P	U	F	F	E	R	F	I	S	H	E	L	B	F
O	O	B	Y	I	K	E	H	G	O	K	O	E	A
Y	P	I	Y	R	K	R	K	A	Y	A	A	L	H
B	L	A	C	K	B	E	A	R	R	N	N	E	T
R	I	T	R	B	H	K	U	H	S	S	A	L	S
Y	A	C	A	Y	A	A	A	A	S	E	B	I	C
P	I	E	E	C	A	A	L	D	G	L	M	D	O
Y	L	N	B	B	O	L	H	E	O	T	A	O	R
T	A	E	K	R	I	B	F	A	R	T	M	C	P
H	T	B	O	G	A	C	R	H	I	A	K	O	I
O	A	P	A	P	R	L	P	A	L	R	C	R	O
N	K	T	L	A	A	O	O	I	L	C	A	C	N
I	O	N	O	I	L	R	C	P	A	K	L	G	N
R	R	H	E	I	B	O	D	D	P	H	B	A	E

BLACK MAMBA  
 SHARK  
 ALLIGATOR  
 PUFFER FISH  
 POLAR BEAR  
 LEOPARD  
 RATTLESNAKE  
 PYTHON  
 SCORPION  
 CROCODILE  
 COBRA  
 LION  
 BLACK BEAR  
 GORILLA  
 HYENA

Solutions will feature in next month's newsletter.



MADE IN AUSTRALIA

CENTRAL STATION MONITORING



## 4G MEDICAL ALERT CONTROLLER

The St John Medical Alarm is an ultra-capable Australian Made and Australian Standards compliant 4G medical alert controller supporting central station monitoring.

The large backlit Help and Cancel keys are conveniently positioned for easy operation or press the help button on up to 8 pendant transmitters which use TWR spread spectrum technology for reliable operation.

The powerful Two-Way Voice Call feature allows you to open a voice channel following a help alert and talk back with hands-free operation for the user.

Supports up to eight St John Two Way Radio waterproof pendants which can be worn on the wrist or on a chain.

The unit is pre-programmed and set up for self-installation.

Includes a SIM card.



4G DIALLER FOR CENTRAL STATION MONITORING



CENTRAL STATION MONITORING



Please call the doctor

TWO WAY VOICE

Are you ok?

ABN 74 264 019 231

stjohnqld.com.au 1300 785 646



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#### INCLUSIONS



The benefits of a St John Qld medical alarm package include:

- The device is an ultra-capable Australian Made and Australian Standards compliant 4G medical alert controller supporting central station monitoring.
- Monitoring is 24/7.
- The devices operate on Telstra 4G network, covering 99% of Australia.
- Unit is pre-programmed and set up for self-installation ("plug & play").
- Optional falls detection pendant, motion sensor and key safes can be purchased at an additional cost.

The St John brand is well-known and trusted for quality. Our services are delivered by highly experienced and trained staff. We've been helping the community for over 130 years, and your clients can rely on us to help them when they need it most.

**Please phone 1300 785 646 [Option "1"]  
or email:**

**[medicalalarms@stjohnqld.com.au](mailto:medicalalarms@stjohnqld.com.au)**