



Meals on Wheels
Bundaberg

Newsletter

May 2021

04-2021



Service Manager Message

Welcome to the next issue of our Newsletter, this month we are looking at assisting in the home as the weather gets cooler and we find ourselves maybe spending more time indoors.

First and foremost for those who regularly receive your flu vaccination, if you haven't already, speak to your doctor or visit your local pharmacy and book yourself in. Better to be covered than not. Also reminder the flu vaccination is different from the COVID vaccine.

I would like to acknowledge and thank both Yarning Bundaberg & Blanket Buddies for donating some fantastic blankets for those clients in need. Greatly appreciated.



Also, thank you again this year to Reckitt Benckiser Group and Woolworths for donating a care pack to our clients, making sure we stay safe this winter.



As we approach the end of the financial year, we would like to request that if you have an outstanding balance with Meals On Wheels to please make payment or contact the office to discuss payment options. Thank you.

As nights get cooler, please stay rugged up, cozy and warm and importantly stay safe.

Kind regards

Brendon Searle

Service Manager
Bundaberg & District Meals On Wheels Inc.



Office News

If you didn't receive a Woolworths pack, please contact the office and we will send one out on your next delivery.



What's Cooking

Now we are in the cooler months, we are getting a lot of beautiful ripe tomatoes. We are busy in the kitchen making tomato chutney, so if you are after a jar or two, now is the time. We have also been given some rosellas which we have made into lovely jam. Please speak to your delivery person about getting some delivered to you with your next meal delivery. They will have change with them if you don't have the exact money.

Large jar \$3
Small jar \$2



Volunteer Drivers

We are getting busier and our drivers are needing to make more stops than ever before. Please be advised that they will endeavour to have your meals delivered before 12:30pm each day. If you haven't received for meal by 1:00pm then please call our office.



Helping Hands

Thank you to all our volunteers, your dedication and volunteered time to our service is greatly appreciated and without you, we will not be here.

If you know of anyone who would like to volunteer please contact our office.



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

10 Eastgate Street
Bundaberg East 4670
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How Are You?

This year we are going to focus on the home. Ways in which to make it safer and checklists to identify any potential hazards.

This month we'll focus on decluttering. There are many areas of discussion relating to this matter, below is advice from Senior Safety Advice in the respect of children of aging parents however these tips can apply to every household no matter age or mobility.

"Decluttering is like being able to breathe properly after a bad cold. It frees up your mind to think of the things that are really important"

How Can I Help My Elderly Parents Declutter?

For children of aging parents, convincing them to get rid of their stuff is no easy task. It's not easy for anyone but it's much worse for older adults. Professional organizer Vickie Dellaquila has years of experience with this, so much so that she wrote a book on the topic. Check it out – [Don't Toss My Memories In The Trash.](#)

She has outlined 10 reasons why the elderly population has such a difficult time parting with so many things in their homes.

1. The Sentimental Attachment

We all have sentimental attachment to things, that's natural and very human. Dellaquila recommends that the best way to deal with this issue is to minimize the space these items take up. So, instead of boxes of photos, convert them to DVD's. Instead of closets of clothing that hasn't been worn in years, create a quilt or set of shadow boxes with pieces of cloth from those clothes. Instead of keeping an entire set of china (that is never used) just keep one plate and discard the rest.

2. The Sense Of Loyalty

There's a reluctance to give away an item that was a gift. The solution here is to encourage re-gifting to pass it forward. My mother had a crockpot that was given to her a few Christmases ago. She hadn't used it in at least 3 years. I told her that her granddaughter could use that big crockpot and it would be a great thing for her to have. Knowing that she was helping someone else made it much easier for my mother to get rid of something that was given to her.

3. The Need To Conserve

If your parents lived through hard times at any point in their lives they will most likely be very conservative. Things like re-using a tea bag more than once, keeping an old pot with a broken handle (cause it still kinda works), holding on to that 50 pound vacuum cleaner even though they can't push it around any more, etc. It's

difficult for them to give away something that still works.

The solution here is to donate these items to a specific local charity (home for battered women, homeless shelter, etc.) If your parent(s) feel that they are helping someone else, they are more likely to part with these things.

4. The Fatigue

It's overwhelming when there is so much clutter around. It's hard to know where to start. One factor that contributes greatly to this is mail. Older adults tend to receive a lot of junk mail, solicitations, catalogs and much more. You can work on keeping this clutter down by switching to online statements and unsubscribing them from catalog and junk mail lists. Also, a shredder is a wonderful thing to have these days. It should certainly help to protect against identity theft which is so very common amongst the elder population.

5. The Change In Health

It's natural for most seniors to experience some decline in health as they grow older. It can be anything, a shoulder injury, a stroke, dementia, etc. This change of course makes it much more difficult to keep up with daily household chores. The solution here is to hire help or seek help from family members. There are professional organizations such as Care.com where you can search for help in your area but you can also talk to friends, church members, etc. about anyone that may be available to help.

6. The Fear

Change is frightening for most people, but especially for seniors. Giving up what they have and what they are familiar with can provoke anxiety. The solution here is to be as pragmatic as possible and to remove items slowly. My late husband had a very difficult time giving up "his stuff". What helped us was to work together to remove a few items at a time. But instead of giving them away, I simply stored them away. In a closet, store room, etc. My husband agreed that if he did not need that item within the next 6 months or a year (whatever he was comfortable with) then that item would be donated to someone who could use it. It's a gentler way of decluttering. It worked very well for us and will hopefully work with your parents too.

7. The Dream Of The Future

Many individuals who hold on to things will usually say something like "But we may need that in the future." (My late husband used to say that all the time!). The solution here is as I mentioned earlier, to remove those items and store them away for a period of time you both agree on. If that item has not been used in that time, then it will be donated.



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8. The Love Of Shopping

I have a friend whose mother has a bit of a shopping addiction. In today's environment, you don't even have to leave your home to shop. With QVC, Google and Amazon – it's so extremely easy to buy just about anything you want from the comfort of your sofa! The only solution here is to have a candid one-on-one with your parent about this problem, especially if the shopping is simply adding to the clutter. The more extreme action would be to take away their credit cards but that is something that the family will have to decide on. I would recommend to seek help from addiction support groups, credit counseling and therapy.

9. The History and Memories

Items that represent specific memories and/or have a history such as family heirlooms should be kept but they don't necessarily have to be kept in your parents' home. Encourage them to give these items to other family members or if they have historical significance to donate them to a museum.

10. The Loneliness

I can tell you from personal experience that loneliness can easily lead to depression and anxiety. It's certainly not uncommon for anyone who is lonely to compensate by surrounding themselves with lots of things, new and old. The solution here is to help your parent by encouraging them or enrolling them in outside activities or have frequent visits by family and friends arranged – to alleviate the loneliness.

This is a daunting task especially when you have many years of accumulated objects and memories, ask a family member to help out or start with as simple as a bag a day of stuff to throw out, give to someone or donate to charity.



Puzzle Me This??

How did you go last month?

Solutions:



Detective Needed!

Below are three riddles I need your hand with. Can you solve these?

1. *Who was the thief? How did the captain find him?*

Answer: The Japanese flag is just a red circle; it is the same upside down. Sri Lankan house keeping guy.

2. *What song did he sing?*

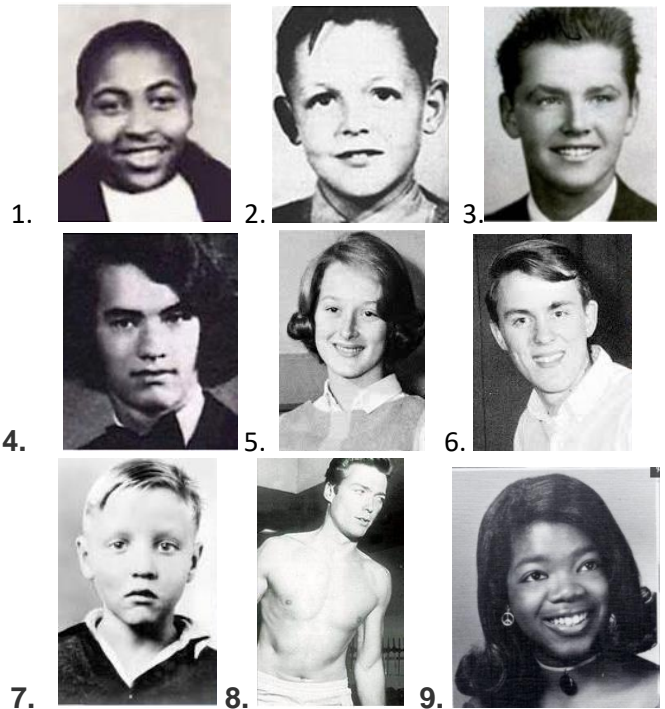
Answer: "Happy Birthday." This song can be sang with anybody's name in it.

3. *What was the new password and the old password?*

Answer: The old password is "out of date," and the new password is "different."



Can you guess from these photos the celebrities we are looking for?



BONUS QUESTION

What is the well known TV Show, ladies in box 10. Featured in?

Solutions will feature in next month's newsletter.