

CHRISTMAS LUNCHEON

AGED CARE REFORMS

On 1st November 25 the Australian Government implemented the biggest Aged Care reforms in a generation, with the Aged Care Act 2024 and the new Support at Home program. These once in a generation changes enshrine the rights of older Australians in law and create a system to deliver safe, dignified and high-quality care for our ageing population.



The reforms respond to 58 recommendations of the Royal Commission into Aged Care Quality & Safety. At the heart of the new Act is a commitment to empower older Australians with choice and control over their lives and the care they receive, while setting the system up to handle the challenges Australia will face as our population ages and the community's expectations of aged care evolve.

With the support of our volunteers, businesses, schools and other community organisations, Meals on Wheels are doing our part to ensure we deliver a high-quality service to our clients which assists them to remain living independently at home and keeps them connected to the people and the places they love.

On behalf of the staff and our Volunteer Management Committee, we wish to thank all our volunteers for your continued support.

CODE OF CONDUCT ✓

STATEMENT OF RIGHTS ✓

MANDATORY REGISTRATION WITH MY AGED CARE ✓

COMPLAINTS & FEEDBACK ✓

CHSP SERVICE AGREEMENT ✓

Meals on Wheels 60th Birthday March 2026

Cootamundra Meals on Wheels will celebrate 60 years of service & support to our community in March 2026. This will be a community event. More information will be sent out very soon.

Cootamundra Meals on Wheels invites you to join us for our **Christmas Luncheon** on Thursday 11th December at the Ex-Serviceman's Club. This is a combined luncheon for clients and volunteers of our service.

There will be entertainment, a raffle and lucky door prizes to be won. **An invitation is included with your roster & newsletter, please RSVP by 4th December.**



We hope you can join us!

COMBINED CHURCHES CHRISTMAS LUNCHEON



The combined Churches will be hosting their **Christmas Luncheon**. A sit down or take away **Hot Christmas Lunch** will be served at the Community Kitchen **90 Thompson Street**. The takeaway meals can be picked up or delivered.

TIME: 11.30 to 12 noon for pick up / delivery.

The sit-down lunch will be served at 12 noon.

Bookings close Friday 19th December.

**To make a booking contact Sr Kathy Hodge
0400 307 585**

CAROLS ON THE GRASS

Sacred Heart Parish presents **CAROLS ON THE GRASS**, supported by the combined Churches 2590. This event will be held on **Sunday 14th December from 5.30pm**, in the grounds of Sacred Heart School (enter via gate in Sutton St). There will be a BBQ & activities for the children. Carols will be sung by the Cootamundra Choir, accompanied by the Town Band from 7 – 9pm.



COTA is the peak independent, non- government organisation for people over the age of 50 in NSW. COTA's role is to work with its members, politicians, policy makers, service providers and the media to make sure the views of older people are heard and acted on. For details about the work that **COTA** do you can visit their website: cota@cota.org.au or give them a call, Ph: (02) 6154 9740

Some interesting points from their website below:

NEW FALLS PREVENTION ALLIANCE

Falls are preventable, not inevitable. A new campaign is seeking a national plan of action to reduce falls among older Australians. Learn more about preventing falls and protecting lives by visiting this website

www.fallspreventionalliance.com.au

STAYING ON THE NDIS AFTER 65 YEARS

The NDIS is available to people who apply before their 65th Birthday. Aside from age, people must meet the eligibility criteria to receive an NDIS plan. Among these is that they have a disability caused by permanent impairment.

Someone may lose NDIS eligibility if their impairment improves, even if their disability remains.

NDIS plans are reviewed regularly to see if they still meet someone's needs, as well as their eligibility.

THE LITTLE BOOK OF GOOD THINGS

The Little Book of Good Things, is an inspirational publication featuring powerful stories that showcase the contributions of ordinary Australians doing extraordinary things in their communities and demonstrating that later life is a time for growth, connection and purpose.

NEW VOLUNTEERS WELCOME

If you know of anyone who would like to volunteer, please encourage them to contact our office. The service is seeking volunteers to assist with Hot Meal Delivery & Social Support.



MEALS ON WHEELS FOOD SAFETY

For the health & safety of our clients we remind all volunteers **not to leave meals if a client is not at home.**

Vulnerable persons are more susceptible to food poisoning. Food stored between 5°C and 60°C for 2 – 4 hours needs to be consumed immediately. If not eaten, then refrigerated



If the client is not at home to receive their meal, please phone the clients contact on the Runcard to enquire of their whereabouts and then inform the service. Return the meal to the **ADINA CARE** kitchen so it can be refrigerated immediately.

SHOP LOCAL CAMPAIGN

The Cootamundra- Gundagai Regional Council are hosting the Shop Local 2025 Christmas Campaign. Designed to encourage residents to shop locally and support our amazing small businesses.

The ever-popular Sparkling Streets Community Christmas Party will again be held on Thursday 11th December 25, from 5pm–9pm, Parker Street. A magical night where our town comes alive with festive cheer, hosting Live Entertainment, Late Night Shopping, Local Market Stalls, Food Vendors and plenty of family fun to be had!

Have you checked out what's in stock at **THE COOTA CO-OP**?

The CO-OP has a great range of Bonds underwear - singlets, bras, boxer shorts, nightwear, socks, shoes & slippers and plenty of Daywear too.

They also have toys, games and puzzles for kids. The **CO-OP** is

having a Pop-Up Store at **ADINA CARE** on Sunday 30th November from 2 -4pm. Plenty of things for the Christmas stocking!

Christmas public holidays

The Meals on Wheels office will be closed on Thursday 25th & Friday 26th December & Thursday 1st January 26, deliveries will continue as normal on the public holidays. Thank you to all our wonderful volunteers for your continued support.

Meals on Wheels wish you a Safe and Happy Christmas.

