

NATIONAL VOLUNTEER WEEK

National Volunteer Week is Australia's largest annual celebration of volunteering and this year will take place from 15th – 21st May 2023. This year's theme is **THE CHANGE MAKERS**.

National Volunteer Week recognises the vital support that the millions of volunteers in our country provide to their communities, it encourages other people to consider volunteering, and to celebrate the power of volunteers to drive change and ensure volunteering thrives. **Volunteers are the change makers.**



In the lead up to **Volunteer Week** the Coota Connections Expo is an event to connect community, link with local services, clubs and opportunities. It provides community information to increase volunteering & participation.

On **Friday 5th May**, Meals on Wheels will be just one of many local organisations and groups taking part in the Expo who rely heavily on volunteers to carry out our work.

There will be something for everyone – food, entertainment, guest speakers and lots of information. Come along and say “Hi” bring a friend or family member.

There are many benefits of Volunteering – meet new people, make new friends.

MEALS ON WHEELS FOOD SAFETY

For the health & safety of our clients we remind all volunteers that if a client is not home to receive their meal **do not leave the meal at the clients home unattended.**

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.

Please phone the clients contact on the Runcard to enquire of their whereabouts and inform the service that the client was not home. Return the meal to the **ADINA CARE** kitchen so it can be refrigerated.



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NEW PHONE NUMBER

For your convenience the service has a new mobile phone number. For any enquiries when you are out during your delivery run, please call:

0491 250 201

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VOLUNTEER LUNCHEON

The service would like to invite you to join us on **Tuesday 6th June** for a Volunteer Morning Tea. Our guest speaker is Constable Heidi Clancy from the Cootamundra Police Station.

An invitation has been enclosed with your roster. Please RVSP before the due date to assist us with catering. We hope you can join us for a very informative discussion.



COTA is the peak organisation for people over the age of 50 in NSW. COTA's role is to promote, improve and protect the wellbeing of older people in Australia as citizens and consumers. COTA promotes the rights, interests and good futures of Australians as we age, through consultation at the highest levels of government and with key national organisations.

COTA has played a major role in recent years in achieving: Aged Pension increase, Aged Care Reform (ongoing), Oral & Dental care for Nursing Home residents, Age Discrimination Commissioner Appointment and more.

COTA collaborates with stakeholders across the ageing sector and with those organisations whose work impacts on the wellbeing and independence of older people.

For more information on the work that COTA do you can visit their website: cota.org.au or Ph: (02) 6154 9740 or e-mail: cota@cota.org.au

RESPECT, DIVERSITY, EQUITY, ENGAGEMENT & INTEGRITY

COVID -19 HEADING INTO WINTER

As we approach winter we are starting to see a rise in **COVID – 19** transmissions in our community, which increases the risk to vulnerable people both in aged care & the community.

We ask you to be vigilant by: wearing a mask indoors, use hand hygiene stations, be mindful of physical distancing, stay home if unwell & stay up to date with your **COVID vaccinations**.



NATIONAL MEAL GUIDELINES

Meals on Wheels, in conjunction with the University of Wollongong's Smart Food Centre, developed the National Meal Guidelines for older Australians. Meals that meet the guidelines are specifically designed to meet the nutrient needs of people over the age of 65 years.

Older people have higher requirements for protein, calcium and vitamin D than younger adults. Eating a wide variety of foods with regular meals and snacks will help to ensure you are getting all the nutrients that your body needs for good health.

As you get older your body's nutrients change.

A lot of people believe that you need to eat less than when you were younger, but this is not always the case, in fact as you get older your needs for some nutrients increase. As a volunteer you are assisting our service in delivering wholesome, nutritionally balanced soups, salads, sandwiches, meals & desserts.

Meals on Wheels recognise the important role that food plays in everyone's lives and we believe that food is to be enjoyed.

**More
than just
a meal**

Meals on Wheels deliver more than just a meal. Our volunteers have been heroes on many occasions where they have found a client who is unwell or has had a fall and the emergency services have been called. Our volunteers conduct a wellness check for our clients and provide that peace of mind for their families.

NEW WEBSITE FOR COOTA MEALS ON WHEELS

The Cootamundra Meals on Wheels Service Inc. has a new website. Check out our page by visiting: cootamealsonwheels.com.au The website is filled with information about our service and events.

