

## National Patron pays special visit to MoWSA...



*Left: Local MoW client Martin Vandersteeg meets Her Excellency with Volunteer May Healy, as she accompanies the Governor-General in making the delivery. Mr Vandersteeg was one of the first to buy land and built his house in the area..*

*Below: Brighton Branch volunteers L-R: Mary Francis, John Francis, John Symonds and Frances Symonds, meet the Governor-General.*



## Governor-General visits Meals on Wheels Happy Valley kitchen and assists with meal deliveries too!

The Governor-General, Ms Quentin Bryce AC CVO, as Patron of Australian Meals on Wheels, made a very special visit recently, to recognise the coming 60th anniversary of Meals on Wheel's operations in Australia.

It was also an opportunity to acknowledge the coming 25th Anniversary and 300,000th meal delivery of the Happy Valley Branch of MoWSA.

Her Excellency met staff and volunteers at the branch as they were preparing lunches for just some of the over 4,000 clients who are provided with meals each day across South Australia.

Her visit also included the opportunity for many volunteers from neighbouring branches across Adelaide and near country locations. She spoke warmly of Meals on Wheels and the great work done across the state and nation. National President Ron Welsh and SA President Leon Holmes



*There was time for an "official photo" on the day! L-R AMOWA President Ron Welsh, The Patron, Governor-General, Ms Quentin Bryce AC CVO, MoWSA President Leon Holmes AM, CEO Sharyn Broer and Board Member/Happy Valley Chair Bill Coomans.*

AM officially welcomed Ms Bryce and thanked her for her leadership as patron.

Her Excellency later joined volunteers for the daily lunch delivery service around the suburbs surrounding Happy Valley!

It was a special day for MoWSA, volunteers and clients alike.

## Inside

Comment from the CEO	2
Corporate volunteering	2
Movie day celebrations	3
New vests a hit	4
Client Stories	5
Tidbits	6



## Comment from the CEO...

Welcome to the "Spring" NewsFeed, our quarterly communication with clients, volunteers, staff and supporters of Meals on Wheels.

The fantastic work undertaken by thousands of Meals on Wheels volunteers in 90 South Australian communities has certainly been in the spotlight lately.

From the visit of our national Patron, Her Excellency the Governor-General Ms Quentin Bryce, to our celebration of national Meals on Wheels Day on 29 August, and local coverage of branch Annual General Meetings, we have enjoyed a great deal of positive media coverage.

Our message that we offer 'more than just a meal' is being heard and understood by prospective volunteers, potential clients and their families, along with individual and corporate donors, with an increase in enquiries from all groups recorded in July.

Meals on Wheels will remain in the public eye during the Royal Show. For many years this has been our major opportunity to promote ourselves to the South Australian community and our team of volunteers and staff hope to chat with many thousands of Show visitors again this year.

Recently, Australian Meals on Wheels and the Commonwealth Bank joined forces to grant wishes to senior Meals on Wheels clients nominated by volunteers.

In South Australia, wishes were granted to Doris, from Christies Beach branch, so that she can visit her grandson in WA, and to Fred, from Peterborough, for computing equipment that will allow him to have a 'virtual' reunion with his sister who lives in the UK.

We were also granted an extra 'wild card' wish. Sadly the recipient, Barbara from Berri, passed away before we were able to grant her wish for a gopher scooter to be able to get around her community. It was certainly very difficult for the national selection panel to make their final decisions from the list of worthy nominees.

Meals on Wheels SA is currently involved in several important and interesting research projects.

Firstly, as part of a national research project into volunteering and sustainable ways for Meals on Wheels to operate in the future, all branches were invited to complete a survey which will highlight the similarities and differences between the 740 Meals on Wheels services around Australia and comparing these to international examples.

Secondly, we are commencing a pilot study aimed at boosting the energy and protein content of meals for people who are malnourished or at risk of malnutrition. The study will provide preliminary information about the health benefits of both standard and high energy, high protein meals, as well as useful data about the barriers to people eating all of their meal.

Finally, Ms Claire Johnson, a PhD candidate at the University of Adelaide, has been researching the benefits of corporate volunteering. Her thesis is near completion and the results are encouraging – showing that, on many levels, corporate volunteering is good for business.

**Sharyn Broer**  
CEO Meals on Wheels, SA

## What is a Corporate Volunteer?

Corporate volunteers are paid employees of a company, who with the support and encouragement of that company are involved in some form of community based volunteer activities. Meals on Wheels SA has the ideal model and program for organisations to get involved in corporate volunteering and we would be delighted to work with your organisation for a mutually positive experience that benefits our brands, the community and your people.

Just some of the feedback we have received from corporate volunteers:

*'I had a GREAT experience working within the group of volunteers & the recipients of your services, and given the opportunity I would like to volunteer again.'*

**NAB employee**

*'I just wanted to thank you and the wonderful team at Meals on Wheels. They are a great group of people that I thoroughly enjoyed 'working' with on the day. What a pleasant way to spend a corporate volunteer day!'*

**Edwards Marshall employee**

*'I previously completed a volunteer day at Meals on Wheels, and it was a really great experience – I told the team I would come back, and now I'm going to bring another colleague to help!'*

**Optus employee**

**For more information or to organise a corporate placement, contact our Corporate Coordinator, Vicki Moll, at [vicki@mealsonwheelssa.org.au](mailto:vicki@mealsonwheelssa.org.au) or direct line 8273 1323.**

# Round up from the Meals on Wheels Branches...

## Meals on Wheels turns 58!

On Thursday 9 August, Meals on Wheels SA celebrated our 58th birthday with a private screening of the movie, 'The Best Exotic Marigold Hotel', held at the Capri Theatre Goodwood.

This year was the biggest birthday celebration we have had in a long while, with over 650 volunteers attending! It was great to see so many country branches join us this year, especially Murray Bridge and Strathalbyn who had over 25 volunteers from each of their branches attend.

Despite having heaped platters of sandwiches and hundreds of samosa's made by Thomas George, chair at Unley, we still couldn't feed everyone; however, from the sound of the laughter on the day, and the wonderful feedback we have received, everyone had a great day.

We would like to thank our major sponsor, Bendigo Bank Goodwood, and sponsors Fasta Pasta, and Menz, and congratulate the 183 prize winners on the day.

We would also like to thank our wonderful volunteers for their dedication and service to Meals on Wheels over the past year, and for helping to make our 58th birthday a fantastic day.



*The crowds move in to collect their lollies and lucky envelopes from Central Office Staff.*



*We have not seen queues before!*



*The Strathalbyn crew seemed to have had a good day!*

## Port Adelaide Enfield Region...



*The great people at San Remo have provided a substantial donation for the kitchens in the Port Adelaide Enfield Area; Port Adelaide, Osborne, Enfield & Northgate. The money will provide for building & operational projects. Sharyn Broer, Port Adelaide Mayor Gary Johanson and San Remo's Michael Neale seen together at the cheque handover.*

## Port Pirie Region...



*After exhaustive consultation, briefings and a tender process, the Board of MoWSA recently approved the construction of a new kitchen in Port Pirie. The new building will boast many "green initiatives" including an array of solar panels donated by local company Nyrstar.*

## Highly Visible Volunteers!

All over the state, every day, our valued volunteers are now even more visible thanks to the new Hi Vis vests.

Launched following unanimous support at the Chairs, Secretaries & Treasurers, and Regional Conferences, the vests provide a dual role. Safety & visibility.

First, our volunteers are more easily seen out an about on their rounds in all sorts of weather and road conditions and that's a great thing. MoWSA believes that providing this type of safety gear helps keep precious volunteers safer.

Second, our clients can more easily recognise their friendly delivery team as they approach the door. It was also agreed that clear identification in the community actually helps prevent crime too.

The initial supply of vests, 2 for every

hotbox, was provided free to branches though a kind donation to MoWSA. Each branch received a memo with details on how you order more at an introductory price, what sizes, and so on. Already extras have been purchased by keen volunteers and branches.

If you or your branch would like more vests then simply liaise with your Staff Officer to get orders collated, discuss payment and ask for another order form to place an order through the Volunteering Department. It's that easy!

Final costs and delivery times will depend on the amount of orders received at the time.

Here are some recent photos of volunteers out and about in their vests.



Volunteer Lizzy Bennett and client Pauline Ween from the Advertiser on National MoW Day. Photo courtesy of Naomi Jellicoe – The Advertiser



At the delivery of their millionth meal, Enfield Chair Roger Dermody, deliverer Daphne Lambden and local MP the Hon Kate Ellis all decked out in their new vests, with client Stella Donald.



Norwood volunteers Lynton Burford and Pat Clark deliver a meal to Richard Widger. Photo courtesy of Roy Van Der Wegt – The Messenger



Port Pirie Volunteer Nancy Jaeschke in her vest with Chair Frank Petanga at the recent AGM.



Burnside volunteers Natica Footer (left) and Rosalie Pearson (right) arrive back from deliveries in their vests.



The Governor-General says goodbye to May Healy and Beverley Jackson from Happy Valley Branch, after her delivery round recently.

# Client News and Stories...

MEALS   
ON WHEELS

*More than just a meal.*



*Brian & Helen Nicolle welcome the Governor-General into their home recently.*

## "A welcome special delivery, that's more than a meal!"

A major operation two years ago saw Flagstaff Hill's Brian Nicolle and his wife Helen recognise the need for help and sign up to become Meals on Wheels SA clients.

"My wife has always been able to put a good meal in front of me, but the older we became, the more cooking became difficult and a bit of a chore," Brian explains.

The couple, who have five adult children, are pioneers in their area. They built their home 60 years ago, with most of the surrounding land owned and farmed by them prior to subdivision in the 1970s/80s.

A former Horticulturalist, Brian has a great affection for his local area and says that receiving Meals on Wheels allows him and Helen to live independently in their home.

"Meals on Wheels have been a tremendous support for us. We are able

to enjoy delicious, home-style meals and continue living in the house we've been in for the last 60 years," Brian says.

"The ladies and gentleman that bring our meals around are a marvellous group of people. They're always happy and cheerful towards us, rain or shine."

Brian and Helen received an even more special delivery recently, when Meals on Wheels patron and Governor-General of Australia, Quentin Bryce delivered a meal to their home as part of an official visit to Meals on Wheels SA.

"We felt very privileged to have Her Excellency visit our home."

## "It isn't just for older people, you know!"

So said Fiona Slee, a new client to Meals on Wheels, who made this very positive statement when NewsFeed spoke to her recently.

After a successful career in sales and marketing with an international company, Fiona now finds herself using all her skills and determination to take on a new challenge in her life.

At just 54 she has been diagnosed with MS, which has already taken much of her sight. Her positive mental attitude is truly inspiring and she is determined to live life to its fullest, even contributing where she can to MS research and now promoting Meals on Wheels!

"I didn't ever think I would be a Meals on Wheels client, let alone embrace it as I have done", Fiona said. "The whole thing is just fantastic. The meals are just like Mum used to make, the people who deliver are great and they enjoy a chat with one of their younger clients!"

Fiona believes MoW needs to be actively promoted to a wider audience especially younger people in the community who like her, find it difficult to shop or cook for themselves. She currently receives meals on just three days a week so that she can pace herself with energy levels, ensures she is getting good food, and retaining her independence whilst she is able.

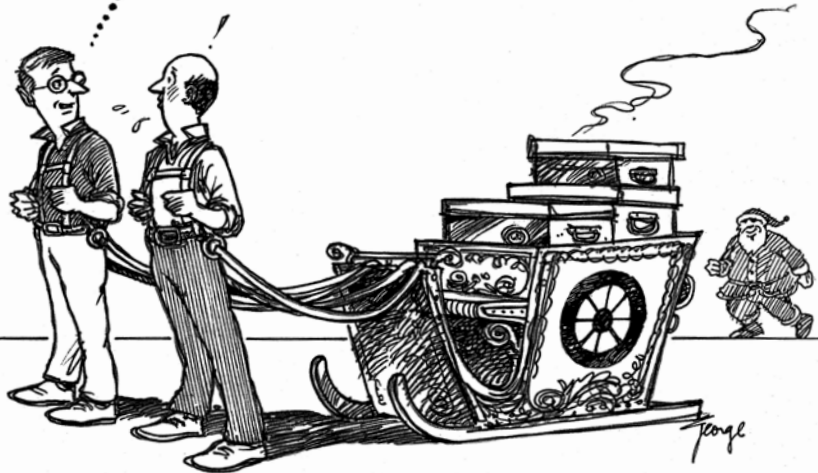
Coming to Meals on Wheels was an easy choice for Fiona. Her brother is a volunteer driver and suggested she consider it. A chat with her GP quickly confirmed the wisdom of getting some help, and now the rest is history.

Meals on Wheels... "Just fantastic"... you can quote Fiona on that!

## A message from the Olympics for all!

Hasn't it been wonderful to watch the participation of the athletes at the Olympic & Paralympic Games. Their commitment and perseverance is inspiring. We may not be able to participate in the Olympics but by keeping our bodies moving and active, we can actively participate in life! Independence and control is important to all of us, and one of the main reasons for losing it, can be due to a loss of mobility. The important things in life do take a little effort though and we encourage everyone to make sure that you do all you can to ensure your own safety in the home by keeping mobile and active. Our client services team can put you in touch with simple programs you might like to consider.

DID THEY NOT TELL YOU ABOUT THE CHRISTMAS DELIVERIES ?!



## Christmas Closure Reminder for our Clients

Keep a look out for a note from your local branch advising when they will be closed over Christmas. This will allow you to pre order frozen meals. Most metropolitan and some country branches may be closed after 21st December 2012 and not resuming deliveries until 2nd January 2013. A check in the next few weeks will be important so you don't miss out.

## Milestone Birthdays...

Congratulations to the following branches who celebrated a recent milestone birthday:

- Glenelg celebrated their 45th Birthday on Monday 13 August at the Glenelg North Community Centre.
- Hallett Cove celebrated their 20th Birthday on Wednesday 27 June at the Cove Tavern.
- Minlaton celebrated their 15th Birthday on Wednesday 22 August at the Minlaton Ambulance Centre.

### Other important birthdays...

- Port Pirie celebrated their 47th Birthday on Friday 25 May at the Lighthouse Uniting Church.
- Findon celebrated their 28th Birthday on Tuesday 21 August at the Findon Hotel.

## Make a donation of time or money...

Please contact us to enquire about becoming a Meals on Wheels volunteer. It's a rewarding role working with interesting people and it is something you can manage to do as little or as much as you want or can! Call our Volunteering Team now on 1800 854 453 to find out more.

Sometimes we do not have the time to volunteer and would still like to help. Indeed we may simply wish to recognise the difference Meals on Wheels has made to someone's life.

We have many projects and ideas that could use your support through donations, bequests and so on. All donations to Meals on Wheels are tax deductible.

### Here's how to give;

You can donate on line at our website [mealsonwheelssa.org.au](http://mealsonwheelssa.org.au), freecall now on 1800 854 453, or complete the form below and send it with your donation to:

### Meals on Wheels SA

Reply Paid 181  
PO Box 406  
Unley, SA 5061

Name

Address

Phone

Email

I would like to make a donation to assist the work of Meals on Wheels:

\$25  \$50  \$100  Other \$   
*(Donations of \$2 and over are tax deductible)*

Enclosed is my cheque/money order **OR**

Please debit my:

Bankcard  Mastercard  Visa

Card No:

Name on card

Expiry Date

Signature

**Yes.** I am interested in volunteer work with Meals on Wheels. Please contact me.

**Yes.** I am happy to receive contact form Meals on Wheels.

This publication is edited by the Volunteering Department at Meals on Wheels SA. If you would like to follow up or comment on an article, or if you have an article to submit in the next edition, please send a complete article with any photos to Vicki Moll by email: [vicki@mealsonwheelssa.org.au](mailto:vicki@mealsonwheelssa.org.au) or by post: PO Box 406, UNLEY SA 5061, or call 8271 8700. Statements and information appearing in the publication must not be interpreted as having the endorsement or being the opinion of Meals on Wheels SA, which takes no responsibility for the correctness of information, statements or comments made in the publication. If you do not wish to receive a copy of Newsfeed, please call us.