

At the
table



Meals on Wheels
Central Coast

Client Newsletter | Autumn Edition 2016



Give Happy, Live Happy Celebrating National Volunteer Week

Monday 9 May marks the beginning of National Volunteer Week 2016. Established in 1989, National Volunteer Week is the largest celebration of volunteers and volunteerism in Australia. It provides an opportunity for organisations like Meals on Wheels Central Coast to highlight the role of our volunteers in the community and to say thank you to those of you who selflessly give your time to helping others in need.

This year, Meals on Wheels Central Coast is joining Volunteering Australia with their theme "Give Happy, Live Happy", celebrating that not only are volunteers helping make the lives of others happier, but that they too are happier as a result. Indeed, numerous studies have revealed that volunteers live happier and healthier lives—and sleep better at night! Volunteering has been proven to improve people's sense of self-worth and purpose within their community, whilst also giving off a "helper's high," a powerful physical and emotion-

al feeling experienced when directly helping others.

And the extent of that help is extraordinary! For Volunteer Coordinator, Lisa Sexton, volunteers are the lifeblood of Meals on Wheels Central Coast, giving over 15,000 hours of service to the community every year. "I can only hope that they each know how valued they are by Meals on Wheels and by the Central Coast community, not only during Volunteer Week but throughout the year," she said.

We invite our clients to join us in recognising the selfless dedication and generous contribution of our volunteers by giving them a special pat on the back during Volunteer Week. Whether they deliver your meals, assist you while shopping, or serve you with a smile at one of our community restaurants, it would brighten our volunteers' week to know just how much their service means to you.

Did you
know?

Per capita, Australians read more newspapers than any other nation • If you eat a polar bear's liver, you will die of a Vitamin A overdose • Lemons contain more sugar than strawberries • Cats have 32 muscles in each ear • Volunteers contribute \$200 billion to the Australian economy annually

New Menu!

The Meals on Wheels team is busy preparing our new menu, which will be delivered to you in July. With tasty new meals and a special 'Value Range', you won't be disappointed!



Lunch, Laughter and Sing-a-Longs

"What a fantastic time we have in the community restaurants," remarked Lorraine Gosbee, our Community Restaurant Coordinator. With delicious food, lots of laughs and great company – and the occasional sing-a-long with local entertainers – the community restaurants make for a fun weekday outing for our clients.

The restaurants provide our clients with an opportunity to meet and enjoy the company of others over morning tea and a hot lunch. Featuring crowd-pleasers like steaming hot roasts, steak and kidney pie, succulent baked fish and chicken schnitzel, and with sweets including bread and butter pudding, stewed apple with custard and creamy sago with peaches, the menu is always sure to impress.

If you would like to join us at one of our regular luncheons, please call Lorraine on **4357 8444**. Transport can be arranged if required.



Let Us Entertain You!

Support Meals on Wheels Central Coast and enjoy a host of amazing discounts for restaurants and activities across the region - or gift it to a loved one who is sure to appreciate the \$20,000 worth of valuable offers. Purchase an Entertainment Book or Digital Membership for just \$60 today. Call **4357 8444**.



Seniors Week 2016

On 7 April, Meals on Wheels Central Coast hosted 'Active Living & Learning' at Green Point Community Centre, in celebration of Seniors Week 2016.

The event saw guests participate in a low impact yoga demonstration, with a speech by Meals on Wheels Central Coast Board member, Margo Lowe, discussing the importance of volunteering on a person's wellbeing.

Guests were treated to a morning tea and sausage sizzle, whilst performances by The Singing Hands, Tony Remedios of the Fab Four, and the Coast Christian School choir - accompanied by Mr Chris Gallea on guitar - had everyone toe-tapping.

"I would like to thank all those who turned up on the day" said event organiser, Cheryl Smith.

Like Us On Facebook

Meals on Wheels Central Coast is back on Facebook and we would love to be friends with our clients! Please show your support by liking our page:

www.facebook.com/mowcentralcoast

The first 200 followers will go in the draw to win some fantastic prizes, so be sure to encourage your friends and family to like us too!



New Look

Our 'At The Table' newsletter and promotional brochures have all had a recent makeover! You can let us know what you think by emailing us at **admin@ccmow.com.au**