

At the  
table



# Our Largest Menu Yet! The Launch of our 2016-2017 Menu

On Thursday 30 June, Meals on Wheels Central Coast hosted the Official Launch of our 2016-2017 Menu at Tuggerah Community Hall. The event was attended by representatives from various community groups and allied health services, Meals on Wheels Central Coast staff and volunteers, and the State Members for Gosford, Terrigal, Wyong and The Entrance.

Guests were treated to a performance by singer and guitarist Kerry Garside, wife to one of our dedicated community restaurant volunteers, Jeff. They were also offered the opportunity to sample some of the delicious meals included in the new menu.

Addressing the audience, Meals on Wheels Central Coast's CEO, Dennis Taylor, said that the organisation is "continually raising the bar when it comes to meal quality," providing clients with greater choice and catering to all tastes and appetites. He also spoke of the organisation's commitment to keeping meal prices

as low as possible, ensuring Meals on Wheels Central Coast remains the best value meal delivery service on in the community.

As part of this commitment, Meals on Wheels Central Coast added a new 'Value Meals' range to its 2016-2017 menu, offering pastas and plated dishes for under \$5. "You would be hard-pressed to make the meals for anything less than what we are able to offer them for," said Dennis.

Meals on Wheels Central Coast staff and volunteers are currently distributing the 2016-2017 menu to medical centres, hospitals, retirement villages, aged care and disability services, and other community organisations across the coast. We are also promoting the menu in local newspapers, seniors magazines and on the radio.

## Thank You!

We would like to thank our volunteers Lyn, Cheryl, Julie, Nerida and Robyn for assisting us with stamping a whopping 3,000 envelopes and stuffing them with a flyer promoting the 2016-2017 menu. It was no easy feat!

Hahaha  
ha!

- What do you get hanging from trees? Sore arms
- Why did the tomato blush? Because he saw the salad dressing
  - Why did the boy eat his homework? Because the teacher said it was a piece of cake
  - Where do bees go to the bathroom? The BP station
  - Why was the broom late? Because it over swept



## Thanks Central Coast Council

Meals on Wheels Central Coast was fortunate enough to receive a generous grant from Central Coast Council recently. This grant will help us to provide seniors and people with a disability, whom are living in the Gosford LGA, opportunities for social interaction and community involvement. "We really appreciate Council's support of our organisation," said Meals on Wheels Central Coast's CEO, Dennis Taylor, pictured (right) with Council Administrator, Ian Reynolds, and our Marketing Officer, Lisa Colquhoun.



## Christmas in July

It sure felt a lot like Christmas at our community restaurants this past July! Thank you to all those volunteers who helped to spread some mid-year Christmas cheer to our restaurant clients.

The Volunteers' Christmas Party has been scheduled for Monday 5 December at Diggers @ The Entrance. Invitations will be mailed to volunteers in October.



## You Are Not Alone

September is Dementia Awareness Month, the purpose of which is to encourage Australians to become dementia-aware and to have a better understanding of what it is like for a person to live with dementia. As an organisation, Meals on Wheels Central Coast works to create a dementia-friendly community by providing meal delivery and social support services to people with dementia, helping them to live happily, healthily and independently.

This year's theme is 'You Are Not Alone.' With many of volunteers delivering meals to people with dementia, or serving them at our Community Restaurants, we thought we would share some statistics on dementia, which might help you to understand the disease a little better whilst helping our clients to know they are not alone.

- There are more than 353,800 Australians living with dementia
- Without a medical breakthrough, the number of people with dementia is expected to be almost 900,000 by 2050
- Three in ten people over the age of 85 and almost one in ten people over 65 have dementia
- An estimated 1.2 million people are involved in the care of a person with dementia
- Dementia is the second leading cause of death in Australia and there is no cure
- Total direct health and aged care system expenditure on people with dementia was at least \$4.9 billion in 2009-10
- By the 2060s, spending on dementia is set to outstrip that of any other health condition, costing over \$83 billion dollars

## Fuel Increase

As of 4 July, volunteers who deliver services using their vehicles should now be reimbursed 65 cents per kilometre, an increase from 61 cents. Please contact Volunteer Coordinator, Lisa Sexton, on 4357 8444 if you have any queries related to this fuel increase.