Meals on Wheels™ Eurobodalla

CLIENT NEWSLETTER OCTOBER 2026



Hello to everyone and we are now well into Spring, with daylight saving and warmer days in place. It is nice to see the sunshine and feel its warmth. But I do feel for the moths which are off course and hanging around our homes and battling them as we come and go!

We held our Annual General Meeting on Monday 12th October at the Batemans Bay office. It was a quick meeting, and all the Board have been re-elected to their roles. I thank all of them for standing again and for the work and support they give the organisation. Following the AGM, we held a Board meeting and elected the officers for the next 12 months. Thank you to all for accepting this additional responsibility.

I am delighted that our Board has an even number of men and women plus the President; and that we cover a wide geographical area. We do have subcommittees made up of representatives of most areas as well.

We have a good professional coverage with a doctor, accountants, a nutritionist, and governance and leadership skills a plenty. This makes our Board a 'skills based' board which is what we need looking to the future of our organisation and when dealing with matters coming from the new Aged Care Act 2024.

One area we need to reinstate are the Client Forums we have held in the past. These fell off over the COVID period. However, we have tried to get these up and running several times, but we haven't been very successful. Feedback is important and a part of the requirements under the new Act.

Board of Directors

President
Cathy Milliken
(Tuross Head)

Committee Chairs

Finance, Risk and Audit
David Friedleib JP
(Lilli Pilli)

Policy and Administration
Dr Paul Rothe
(Milton)

Food Panel
Jan Young
(Moruya)

Community Engagement
Sofia Keady
(North Batemans Bay)

Directors
Lyn Sandford
(Mollymook)
Phil Armstrong OAM
(Broulee)

FEEDBACK

We welcome your compliments and complaints.
Please contact your nearest office with any feedback.
As part of our Continuous Improvement objective your feedback is important to our organisation.

While we have been noting this in all Newsletters and on all of our publications, to meet with you in person to hear of your concerns, to hear of the good things we are able to offer and to find out if there are new ideas we could follow, is very important. It is also more personal, and we do pride ourselves on personally supporting you.

I have noted this to our volunteers as well and will be starting the Volunteer Forums too. Now that the Annual General Meeting has passed, we will look at how we may reintroduce these for you. I shall be in touch with dates and venue. I would enjoy meeting with you and hearing about our services. Please join us when you can and maybe we could start with these from the Strengthen Aged Care Standards:



What did the baker's son do over spring break? He just loafed around!

Standard 1: **The Individual**- providers need to deliver person-centred care tailored to the individual needs, goals and preferences of the older person, including ongoing communication and partnership with older people, their carers and other health professionals.

Standard 2-The organisation -governing bodies and providers are to promote a culture of safety, quality and inclusion, drawing feedback from older people and their carers to monitor and improve care.

On another front - It was very nice to host volunteers to a Thank you High Tea. This year we held two -one in Ulladulla on 22nd September and one in Batemans Bay on 23rd September. Between the two we had 70 volunteers share some laughs, meet other volunteers and enjoy a relaxed afternoon tea. We are most grateful to those who provided such lovely food.

Our volunteers are the life blood of our organisation, and we owe them so much. Their smiles alone are so important to all of us and brighten up our day.



The weather for the start of Spring has been amazing.



Ulladulla Tornado pictures

We are grateful for the recent rain but not so much for the tornado which hit Ulladulla. I hope all those in the area were fine and took shelter from the very heavy rain. I was pleased that Laura (*Ulldaulla office*) and her family were fine in their home as the tornado passed right between their home and the neighbours!

We need to make sure we are preparing ourselves, and our homes, for all manner of events. The upcoming bushfire season reminds us to get our gutters cleaned and emergency awareness kits prepared. How well do you know your neighbours should you need assistance? A list of emergency contact names and numbers close by would be helpful.



Remember that the staff at each office are only a phone call away from answering any questions you may have.

Alan Russell
Manager