Meals on Wheels

Friday Fast Facts & News
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Meals on Wheels
Queensland

ANNUAL GENERAL MEETING OF
QUEENSLAND MEALS ON WHEELS LTD (QMOW)

1.00 pm TUESDAY 17 September 2019
Brisbane City Hall
King George Square
BRISBANE

Further information has been emailed Member Services, 5 July 2019 in relation to nominations for membership of the QMOW Board of Directors

Rhoda Cameron Award
for Excellence in
Delivered Meals Service

will be awarded to a Member Service
at the Annual General Meeting 17 September 2019

Nomination forms have been sent to Member Services today 5 July 2019

Royal Commission 16th July 2019

Next week the Royal Commission into Aged Care turns its focus to nutrition. As we all know and appreciate, malnutrition is a preventable health problem in older people but remains a risk which Meals on Wheels works every day in the community to mitigate. The commission will include evidence from Maggie Beer and the Dietitians Association. MOWA has also made submission on behalf all State bodies highlighting the challenges and fundamental changes to the aged care system that would improve quality and safety for older people at risk of malnutrition. We encourage you to follow the Commission at **www.agedcare.royalcommission.gov.au** and we will keep you informed on any key developments.

NDIS

Many NDIS Registered Meals on Wheels Services will have received their Certificates of Registration from the NDIS Commission, indicating start and end dates of your registrations. It is important to note the end date as Members will need to commence the re-registration process in advance of that date. Many Member Services are reporting that their notified end date is June 30, 2020. QMOW invites Members to advise us of your end date so we can be prepared to offer our support if needed. If you have not received your Certificate of Registration, you will find your registration details by logging onto the NDIS Commission portal on its website.
QMOW recommends all NDIS Registered Meals on Wheels Services visit the NDIS Commission website to familiarise themselves with the role of the Commission at **https://www.ndiscommission.gov.au/**

QMOW is continuing to seek information relating to the NDIS Commission and how its role may impact Members and will provide updates over coming weeks.

Pay Rates

A quick reminder on the new pay rates from 1 July 2019. If you are a Miles Witt subscriber you are able to download the rates from the Members Section. Otherwise please contact QMOW at **hr@qmow.org**

SE Forum – Venue and Final Numbers Confirmed

Thanks again to everyone who has responded to the SE Forum coming up on the 8th of August 2019. We have over 60 acceptances for the day and given the range of locations people are attending from, we have decided to go with a central location with the best access to public transport. We have struck a great agreement for the Mezzanine 1 & 2 rooms at the Brisbane Convention and Entertainment Centre. The Forum is set with registration at 12:00pm for a 12:30pm start running through to 4:00pm. We are currently confirming speakers for the day so we will issue you with a draft agenda in next week's FFF.

National Meals on Wheels Day – Launch of Recipe Resource

In partnership with Alison Taafe and her team, led by Gemma Payton-Skaines, from the Institute of Culinary Excellence, we have been developing a new Recipe Resource based on the National Meal Guidelines. This project is nearing completion and we are working to launch this formally on National Meals on Wheels Day (Wednesday 28th August 2019).

As part of the 2019 National Meals on Wheels Day celebrations, we invite all Member Services to participate in incorporating a meal from the Recipe Resource into their menu for the day. This will be a great way to promote Meals on Wheels Services and bring attention to the wider community about the delicious and nutritious contemporary cooking within Meals on Wheels Services, as well as bringing focus to the release of the new digital Recipe Resource. We will be issuing a press release and engaging with the media in the lead up so we envisage the more participation we have across the State, the larger the media impact that will be achieved and subsequent focus on your own local service.

In addition to adding this to your usual menu on the Wednesday 28th August, there is a great opportunity to widen the promotion of Meals on Wheels to the community by contacting local businesses, organisations, groups etc that wish to purchase one or multiple meals on this day. For example, a group could organise a lunch for 10 people with the meals supplied by Meals on Wheels or local businesses, GPs could have their lunches supplied for the day. This would be great publicity within your local community, whilst also providing the opportunity for additional revenue.

To encompass all Member Services, we have contacted Gourmet Meals (the main supplier of meals to non-cook kitchens) about the possibility of them being able to include these recipes as a one-off offering and they are happy to discuss the possibility to make this happen. To move forward with this, we would need to know the Member Services that wish to be involved and the number of meals that would normally be ordered for this day. If there is enough interest, then Gourmet Meals would be happy to proceed.

For Member Services that purchase their meals through local hospitals/local businesses, we can provide the recipes and templates to approach these partners/ suppliers to see if they are able to participate.

The promotional menu incorporates a selection of "Winter Warming" dishes including Kumera (Sweet Potato) & Carrot Soup, Beef & Vegetable Hot Pot and Apple & Rhubarb Crumble. These dishes can be easily implemented into your menu cycle for this day, the recipe cards for these will be available soon. Promotional material will be available shortly from Queensland Meals on Wheels to assist in marketing this to your communities. We'll also host a webinar to answer any queries you may have about these recipes and the forthcoming National Meals on Wheels Day activities.

We hope that as many Member Services can take part this event for National Meals on Wheels Day and would appreciated if you can advise us by COB 20 July 2019 at **moo@qmow.org** if you wish to participate.

National Meals on Wheels Day – Marketing Strategy

In addition to the launch of the Recipe Resource QMOW will also be engaging with you on exciting new concepts from the marketing strategy. Seniors Week and National Meals Day in August present a great opportunity to reignite the Meals on Wheels brand in Queensland to the marketplace and community. You may recall that, as a part of our Activity Work Plan, QMOW has been working with our partner Nick Did This (NDT) in developing a marketing strategy for all of Meals on Wheels across Queensland. This work is nearing completion and the recommendations and proposed actions will be shared with Members over the next four to six weeks.

Meals on Wheels Mentoring Program

At the June Board meeting, a Mentoring at Meals on Wheels Program was endorsed by the Board. This has stemmed from a key initiative raised at the QMOW General Meeting, with the intent for more experienced members of Meals on Wheels to support and assist other members who would benefit from such guidance.

Queensland Meals on Wheels welcomes opportunities to assist Members making genuine connections across the network, build meaningful relationships to help them deliver business and community outcomes and improve the capability, confidence and empowerment as individuals and professionals.

The Mentoring at Meals on Wheels Program is designed to:

- Assist individuals within Member Services recognise their contribution and understand their shared purpose and connection to other Member Services.
- Strengthen connections within a broad and diverse number of Member Services across Queensland, thereby increasing opportunities for networking, sharing of better practice and innovative ideas and collaboration across the network.
- Help individuals recognise their strengths, identify challenges and barriers in the delivery of their service either in their day to day role or in a strategic sense and work with their mentor to overcome these challenges.
- Identify development opportunities for the mentoree.

We will issue further details on the program in the coming weeks with an EOI process for those interested in participating.

Alzheimers Queensland State Brokerage Agreement

This month QMOW has established a partnership agreement with Alzheimers Queensland for meal service, noting their coverage is in the following aged care planning regions:

- Brisbane North
- Brisbane South
- Logan Valley
- West Moreton
- Darling Downs and
- Gold Coast

This agreement allows for Services to to deliver meal services to Alzheimer's Queensland HCP clients under the QMOW agreement without having to sign an individual agreement.

Please note this will not impact any service that already as an agreement with AQ as part of HCPs.

Evan Hill
Interim State Manager
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Chef/Cook vacanacy

Chef / Cook – 25 hours per week This could be the best hospitality job for a chef/cook looking for a change in 2019! Your regular hours include no weekends, evenings or early starts. If you are truly passionate about food and nutrition, and you would like to demonstrate your innovation and creativity in menu planning, then consider joining our friendly team in the production of nutritious meals for our vulnerable community members. The QLD Community Facility at Caboolture is a proud community organisation with federal funding to support our services to older Australians who require assistance with meals at home. Our meals are created fresh daily in our independent commercial kitchen and in this role, you will oversee our kitchen operations including the development and costing of our menu, kitchen roster and food safety supervision. Experience with the Aged Care sector together with leading a kitchen team and working with volunteers is highly desirable. Additional training and support are provided. This is permanent part-time role working 25 hours per week. If this role interests you, please contact Rhondi on 0455 632 571 or servicemanager@cabmow.org. Applications close 5pm Friday, 19 July 2019.

Meals on Wheels Queensland

ALTURA learning

OPAN has available a short online training in regards to advocacy that would be beneficial for all to undertake, from delivery drivers to management committee. They will provide a certificate of completion as well which is also a bonus for our training records. Promoting and undertaking this training will help in meeting many standard (1-3-c; 4-3-b & e; 6-3-a, b & c; 7-3-c & d; 8-3-b & d) .

https://www.alturalearning.com/opan-talk-to-us-first/

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Nominate your Outstanding Volunteers Now!

It is that time of the year again when we ask our member services to nominate your outstanding volunteers for one of our recognition awards, the Roll of Honour and the Mary Lowe Living Legend Award.

The Roll of Honour recognises volunteers who have given more than 30 years of service to Meals on Wheels. Should you know of a volunteer who has made this great contribution to Meals on Wheels please nominate them using the form that can be found at https://www.qmow.org/resource-view/roll-of-honour-18.

The “Mary Lowe Living Legend Award” is awarded to an individual volunteer who has made an outstanding contribution to the organisation. To read more about the criteria or to download the nomination form, visit https://www.qmow.org/resource-view/mary-lowe-living-legend-award-85.

Rachael Speechley
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Adults living with Alzheimer's dementia needed for research study

Project: ***MRI detection of changes in prefrontal network connectivity in Mild Cognitive Impairment (MCI) and early Alzheimer's Dementia (AD).***

A/Prof Mathew Summers (*Associate Professor of Neuropsychology & Mental Health*) and Dr Kathryn Broadhouse (*Head of neuroimaging & MRI Physicist*) invite you to participate in this study to identify brain changes associated with Alzheimer's Dementia using magnetic resonance brain imaging (MRI) techniques

The main requirements for taking part in this study are:

- You are **aged 65 years or older**

AND

- You have been **diagnosed with Alzheimer's Dementia in the last 2 years**

What does the study involve?

If you are eligible to participate in the study you will be invited to attend the **Sunshine Coast Mind and Neuroscience—Thompson Institute** in Birtinya. At the Thompson Institute you will undergo:

1. A formal neuropsychological assessment with A/Prof Mathew Summers ($2^1/_2$ - 3 hours duration)
2. A magnetic resonance image (MRI) brain scan (1 hour duration)
3. Face-to-face and written feedback of your neuropsychological assessment with A/Prof Mathew Summers

MRI is a safe scanning technique that does not emit any radiation but used magnetic fields to create images of tissue such as brains.

How do I become involved in this study?

If you are interested in participating in this study or have any questions regarding the research contact:

A/Prof Mathew Summers

5456 3758

msummers@usc.edu.au

Calendar of Events

Date	Event	Region	Topic Covered	Link to join or registar	QMOW Staff attending
15 July	Compassionate Communities Conversation		Networking	https://palliativecareqld.org.au/cccs2019_events/	Rachael Speechley
28 July	OASIS and DEX Reporting	All			
7 August	Aged Care Employee Day	All			
8 August	South East Queensland Forum	South East QLD	To be advised	To be advised	To be advised
17-25 August	Seniors Week	All	Promotional event	https://www.qldseniorsweek.org.au/	
28 August	National Meals on Wheels Day	All	Promotional event		
12 September	PHN Brisbane North Aged Care Forum	Eatons Hill	Networking, Guest Educational Speakers	To be advised	Rachael Speechley and Kath Neilsen
17 September	QMOW Annual General Meeting	Brisbane	Governance issues	To be advised	All QMOW Staff
4-5 October	Care Expo	Brisbane	Promotional event	https://careexpo.com.au/	To be advised
28 November	PHN Brisbane North Aged Care Breakfast	Caboolture	Networking, Guest Educational Speakers	To be advised	To be advised
19-21 February 2020	Meals on Wheels National Conference	Tasmania	To be advised	To be advised	To be advised