



Meals on Wheels Rockhampton Newsletter

JULY/AUGUST 2022



Meals on wheels Rockhampton Inc



www.rockhamptonmealsonwheels.com



Winter Menu

The Winter Menu will **start on Monday 11th July**. Our Chefs have come up with a delicious range of meals for our Clients to enjoy each day.

A copy of the Menu has been sent out to all clients. If you did not receive a copy of the new menu please let us know.

Any current client allergies and special meal requirements are carried forward to the new menu.

Cancellations and Pickups

If you are needing to cancel a meal or arrange a pick up for the day we ask that you please do this **by 9 am** on the day required.

We understand that unexpected, last-minute things can pop up that require a late cancellation, however for everything else we ask that changes, cancellations, and pickups are by 9am or you can also call the day prior.

If a meal is canceled after 9am, Clients will still be charged for it as the meal has already been prepared.



Chilled Meals

We would just like to remind our Clients that our service offers **Chilled meal and soup options**.

These meals would benefit those people who have told us that they do not eat their meal or soup straight away whilst it is hot and heat it up in the Evenings. The meal would be the same as what is on the menu for that day, however, it will arrive chilled and not hot. Heating Instructions will be included with meals.

If you wish to receive the chilled meal/ soup option instead of hot meals, please contact our office on 4928 0540.



Smaller Portion sizes

Through our Client feedback, we have identified the need for smaller meal sizes.

We understand that some Clients may find the meal size too large for them and they do not want to waste leftovers.

We are in the process of organizing a small portion size option for Clients. The small size will apply to the main meal only. As our meals are offered in a package, meal pricing will remain the same.

We will advise Clients when the smaller meal option is available to order.

Joke Corner

What is the difference between a jeweler and a jailer?

Answer: A jeweler sells watches and a jailer watches cells.

What time is it when an elephant sits on a fence?

Answer: Time to fix the fence.



What can you catch, but not throw?

Answer: A cold

Malnutrition in the elderly

Malnutrition is an ever-growing concern for the elderly in both residential aged care facilities and those remaining at home. Malnutrition is “the lack of proper nutrition, caused by not having enough to eat, not eating enough of the right things, or being unable to use the food that one does eat.” The most common form of malnutrition is an insufficient intake of protein and energy.

Causes of malnutrition

Malnutrition can occur for a multitude of reasons, the most common being:

- Low appetite
- Lack of interest in food
- Changes in taste
- Bad fitting dentures or missing teeth
- Swallowing and/or chewing difficulties
- Depression and loneliness
- Loss of motor function e.g. arthritic hands, struggling to open packets
- Nausea and vomiting
- Diarrhea or constipation



Most of the causes above result in poor oral intake, meaning that the individual is simply not consuming the energy and protein that their body needs. Symptoms such as nausea, vomiting and diarrhea may also prevent the individual from physically absorbing the nutrients they need even if they are consuming their recommended amount.

If you answer yes to any of the below questions, you or your family member are likely to be at risk of malnutrition or malnourished if physical signs are also present.

- Have you lost any weight recently without trying? If yes, how much?
- Has your appetite decreased recently? If yes, how long has this been happening?
- Do you have difficulty swallowing and/or chewing?
- Are you experiencing any nausea, vomiting, diarrhea, and/or constipation?

Additional signs of malnutrition include uneaten meals and if the client is struggling to complete their normal tasks or get around the house easily.

There are services available to access a Dietitian if you think yourself or a family member may be malnourished.

To see a dietitian privately, all an individual needs to do is find and contact a dietitian in their local area. If they have private health, their health fund may partially cover their appointments.

Accessing a dietitian can be done via a few different pathways including:

- Privately
- GP Referral - Enhanced Primary Care Plan (EPC)
- GP Referral - DVA
- NDIS

Alternatively, they can make an appointment with their GP and ask for a referral on an EPC to see a dietitian. Every year, individuals with a chronic health condition can receive an EPC which entitles them to 5 Medicare funded allied health appointments. At the appointment, the individual can request one to five of those appointments to be allocated to a dietitian. Depending on the dietitian, their appointments may be covered under their EPC with no out-of-pocket fee required. Alternatively, if they hold a gold DVA card they can request a GP referral to see a dietitian with no additional fees.

If a client is an NDIS participant, they may also be able to see a dietitian using their NDIS package. Oral nutrition supplements can also be purchased using their funds if Sustagen or another high protein high energy product is needed.