

The Multicultural Meals Service is designed to provide meal services to the people who are eligible for subsidised aged-care services.

The eligibility and registration for the services is an easy procedure done through My Aged Care. It starts with a simple eligibility check which you can do online or over the phone followed by an in-person assessment.

The first step is to call My Aged Care on **1800 200 422** (Monday to Friday 8am – 8pm or Saturday 10am – 2pm) or visit **www.myagedcare.gov.au**

Our staff will be happy to assist you with this process. You may be eligible for government-funded aged care services if you are:

- **65 years of age or older**
- **50 years or older if you identify as an Aboriginal or Torres Strait Islander person**

We would like to remind you that Hunter Multicultural Communities (HMC) provides a variety of other services such as:

- Group activities in our Health and Wellness Centres
- Meals in our centres
- Transport to and from centres
- Transport and support with shopping and appointments
- Respite
- Grocery delivery
- Telephone calls
- Bus outings

Unfortunately, all of our group services were put on hold during the COVID-19 pandemic crisis, but we will reopen as soon as it would be possible. If you require other services, besides the meals, please talk to the assessors about it.

A place in our social groups, social event celebrations, bus outings and activities is waiting for you at the time of our centres re-opening.

For bookings or further information about these services or how to obtain an assessment for eligibility, please feel free to contact Milan Kurjakovic at Hunter Multicultural communities on **4960 8248**.

Hunter Multicultural Communities (HMC) is a non-profit public benevolent organisation serving established, new and emerging multicultural communities in the Hunter Region.

We provide social support and community programs for seniors, people with disabilities and their carers from culturally and linguistically diverse (CALD) backgrounds. This helps them to live independently in their own home and to prevent early admission to permanent residential care.

Our Vision... is to maintain our position as the leading multicultural organisation in the Newcastle and Hunter Region providing health, wellness and cultural programs and support to promote a healthy, united, just and equitable multicultural society.

Our Mission... is to provide for the diverse needs of all people within existing, new and emerging multicultural communities in the Hunter Region.

Our Core Values... guide us in our decision making, our relationships and form the foundation of HMC today. They are:

Integrity	Professionalism	Inclusion
Respect	Empowerment	Social Cohesion
Equality	Harmony	Multiculturalism



Australian Government
Department of Health

T 02 4960 8248
F 02 4960 8249
E office@huntermulticultural.org.au
P PO Box 318, Waratah NSW 2298
A Waratah Community Reserve,
2a Platt Street, Waratah NSW 2298
W www.huntermulticultural.org.au

The Hunter Multicultural Communities Inc. is supported financially by the Australian Government Department of Health and the NSW State Government and their entities. VIDA6604



Multicultural Meals Service



Supporting the diverse needs of all people within the Hunter Region's multicultural communities by fostering cultural harmony, encouraging social cohesion, and promoting a united, just and equitable society for all.

www.huntermulticultural.org.au

Dear HMC Clients,

As the Hunter Multicultural Communities Inc. (HMC) continue to explore new ways of reducing social isolation, improving the way we do things and providing much needed services and support to our clients, we are pleased to announce the commencement of a new program, an ethnic inspired Meal Delivery Service.

The program was developed as a result of the challenges presented by the COVID-19 Pandemic and the unfortunate decision to temporarily suspend our Social Support Group (Health and Wellness) Centres. Our centres were key in promoting social contact, engagement and participation and social cohesion with our communities whilst concurrently delivering a quality 3 course meal. As such the HMC was eager to ensure we maintained contact and provided workable alternate options for clients, particularly in these times of unprecedented uncertainty and in accordance with these aims, it prompted the HMC to become more creative in our attempts to:

- Deliver reliable ongoing services;
- Support independence;
- Reduce social isolation;
- Promote the health, safety and wellness of our clients;
- Deliver quality meals to nourish our clients; and
- Accommodate the emergent needs of our clients.

We are actively working to increase the accessibility of our services and in doing so adhere to the necessary standards and guidelines.

This meal delivery program will provide clients with the opportunity to request a 3 course meal, consisting of an entrée, main meal and dessert which will be prepared freshly in the kitchens of the HMC by our qualified cooks who understand the appetites of our culturally and linguistically diverse communities.

A 2 week cyclical menu, has been developed to satisfy a variety of tastes and clients will have the opportunity to request which days they would like have services delivered. The service will run from Monday to Friday each week, however clients can nominate to order extra meals should they desire.



The costs of the set daily 3 course meal with delivery for HMC Clients or those who qualify for services once assessed by My Aged Care is \$12 per person. The cost will be slightly higher for those who do not qualify for subsidy.

You can order as many meals as you wish on each day and pick and choose what days you would like meals delivered.

If you are interested in this non contractual service, please contact your Health and Wellness Coordinator as outlined below:

Gayle Grayson, ENAP Coordinator
0425 090 670 • gayle@huntermulticultural.org.au

Lucia Buxton, MFG Coordinator
0425 091 576 • lucia@huntermulticultural.org.au

Mary Moore, WMDCC & PSMDCC Coordinator
0425 409 301 • mary@huntermulticultural.org.au

Olya Hamiwka, Ukrainian Coordinator
0425 299 356 • ukrainian@huntermulticultural.org.au

Lonny Schall, NMDCC & WMDCC Coordinator
0422 099 373 • lonny@huntermulticultural.org.au

Suzi Cvetanovski, Macedonian Coordinator
0434 429 166 • macedonian@huntermulticultural.org.au

Marina Lambert, Greek Coordinator
0478 813 337 • greek@huntermulticultural.org.au

Lambrini Angelos, H/A Greek Coordinator
0435 958 352 • holyapostles@huntermulticultural.org.au

Mariola Kolbas, Polish Coordinator
0413 043 352 • polish@huntermulticultural.org.au

Ruza Rakanovic, Westlakes Coordinator
0431 466 160 • westlakes@huntermulticultural.org.au

Adriana Hannemann, Central Coast Coordinator
0458 607 777 • centralcoast@huntermulticultural.org.au

Sample Menu 1

	Entree	Main	Dessert
Mon	Minestrone Soup w/ Parmesan	Our Salmon and Vegetable Patties w/ Coleslaw and Potato Salad	Sticky Date Pudding
Tue	Roasted Carrot, Sweet Potato & Pumpkin Soup	Poached Silverside w/ Mashed Potato and Vegetables + Mustard Stock Sauce	Lemon Cheesecake
Wed	Slow Braised Pork Penne Bolognese w/ Parmesan	Slow Braised Lamb, Potatoes and Vegetable Casserole, w/ Dumplings	Rich Chocolate Cake w/ Chocolate Icing
Thu	Green Pea, Vegetable and Ham Soup	Slow Baked Beef Cottage Pie w/ Roasted Mixed Vegetables	Baked Rice Custard w/ Stewed Fruit
Fri	Bacon, Onion, Herb and Cheese Quiche Lorraine	Layered Beef Lasagne w/ Garden Salad	Stewed Fruit Trifle

Sample Menu 2

	Entree	Main	Dessert
Mon	Roasted Vegetable Frittata	Slow Roasted Pork Shoulder w/ Baked and Fresh Vegetables + Gravy	Layered Tiramisu w/ Coffee, Chocolate and Mascarpone
Tue	Penne and Bacon Carbonara. Garlic, Cream and Egg w/ Parmesan	Grilled Beef Rissolos w/ Potato Mash, Roasted Vegetables, Minted Peas + Onion Gravy	Apple Crumble Cake w/ Custard
Wed	Spinach and Fetta Spanakopita	Slow Braised Lamb Moussaka w/ Mixed Garden Salad	Fruit Yoghurt
Thu	Fried Rissoto and Parmesan Balls	Slow Braised Beef Stroganoff, Mushrooms and Sour Cream w/ Rice and Vegetables	Lemon Tartlet
Fri	Wild Mushroom Soup	Braised Steak Dianne w/ Sliced baked Potatoes and vegetables	Individual Pavlova w/ a Chocolate Peppermint Chantilly Cream

All images shown are for illustration purposes only. Actual product may vary due to seasonal availability.