

Delivered Meals Deliver More Than Food Across the Mallee

For many people across the Mallee, the arrival of a delivered meal is about much more than lunch or dinner. It is a friendly face at the door, a reassuring wellbeing check, and the support needed to continue living safely and independently at home.

Mallee Track Health and Community Service (MTHCS) is reminding the community of the important role its Delivered Meals service plays in supporting older people and people living with disability across the region.

MTHCS Director of Community Services, Lyndal Munro, said the service provides much more than nutritious meals.

"Our Delivered Meals service is far more than food, it's nourishment, safety and a vital connection to the outside world. Delivered meals ensure older Australians receive reliable nutrition, a wellbeing check from a staff member or volunteer, and the support they need to continue living independently in their own homes," Munro said.

The service has experienced growing demand in recent months, with Delivered Meals Coordinator Joanna Pohlner overseeing a number of improvements to ensure clients continue to receive high quality care.

"We have welcomed an influx of new clients and there has been a great deal of work happening behind the scenes to continually improve our service," Joanna said.

Our priority is to ensure new referrals are processed efficiently so clients can begin receiving meals as quickly as possible. We are also listening closely to feedback from our annual client experience survey and implementing quality improvement projects based on what our clients have told us."

One of those improvements is the introduction of a new meal labelling system, developed in response to volunteer feedback to make meal identification clearer and easier.

Each day, the MTHCS kitchens in Ouyen and Sea Lake prepare an average of 170 fresh meals, seven days a week. Every meal is prepared using a rotating four week menu that has been reviewed by dietitians and caters for a range of dietary requirements, including diabetic and gluten free options.

Meals are delivered with the support of MTHCS volunteers, whose dedication ensures clients receive not only nutritious food but also regular social contact and reassurance.

The service is available throughout the Mallee, with fresh meals delivered throughout Ouyen and Sea Lake, while clients in Patchewollock, Speed, Murrayville and Underbool receive flash-frozen meals prepared in Ouyen to maintain quality and freshness. In Woomelang, meals are prepared and delivered locally through the Woomelang Café.



Image L to R: Carolyn and Rod Fuller are some of the many dedicated MTHCS Volunteers who deliver food and cheer to residents of the Mallee.

Delivered Meals Deliver More Than Food Across the Mallee cont ...

The Delivered Meals program supports people recovering from illness or surgery, as well as those requiring ongoing assistance with meal preparation, helping them remain connected to their communities while maintaining their independence at home.

People wishing to access the service are assessed through My Aged Care or the Home and Community Care (HACC) program to determine eligibility.

To find out more about MTHCS Delivered Meals, contact the Ouyen Service Centre on (03) 5092 1111 or speak with the Delivered Meals Coordinator on 0407 000 129.

A Touch of Glamour Brings Smiles, Confidence and Joy to MTHCS Aged Care Residents

There was plenty of sparkle, laughter and confidence on display at Mallee Track Health and Community Service's Aged Care recently as residents enjoyed a glamorous photo shoot designed to celebrate their individuality and create lasting memories.

Organised by Mallee Track Leisure and Lifestyle staff member Vanessa Morrish and Catherine Phillips, the special event transformed the aged care home into a glamorous studio, with residents selecting from an extensive collection of vintage furs, feathers, jewellery, hats and accessories to create their own unique look.

After months of planning and collecting beautiful vintage pieces, our staff were delighted to see residents embrace the experience with enthusiasm.

"The residents enjoyed a very special glamour photo shoot, where they were given the chance to shine and celebrate their own unique style," Vanessa said.

"Each resident carefully chose the beautiful furs, feathers and jewellery they wanted to wear, creating a look that reflected their personality and brought out their confidence."

With hair beautifully styled, radiant smiles and a touch of glamour, residents thoroughly enjoyed an afternoon filled with fun, friendship and laughter. The photo shoot provided more than beautiful photographs, it was an opportunity for residents to feel celebrated, valued and confident.



Image (clockwise): Maureen Bursill in all her finery, Vanessa Morrish (Leisure and Lifestyle), Glynda Barnard sparkles in feathers and pearls and Joyce Jardine gets a hairdo from Catherine Phillips (Leisure and Lifestyle).



Talk

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Community Care Team Leader Pennie Wisneske praised the dedication of the Leisure and Lifestyle team for creating meaningful experiences that enrich the lives of residents.

"Our staff are some of the best in the business and continually go the extra mile to make our residents' lives joyful," Wisneske said.

"The care, creativity and compassion they bring to every day is admirable and makes me incredibly proud to lead this team."

Adding to the special occasion, Catherine Phillips, who is both a member of the Leisure and Lifestyle team and a qualified hairdresser, ensured every resident looked and felt their very best before stepping in front of the camera.

For Pattinson House resident Joyce Jardine, the experience was about much more than a glamorous makeover.

"It means the world to me to still have my hair done. Having this wonderful service here that I had at home helps me feel like myself again." Mrs Jardine said.

The glamour photo shoot is one of many lifestyle activities offered at MTHCS to support residents' wellbeing, social connection and self-esteem.

Events such as these demonstrate MTHCS's commitment to creating meaningful moments and ensuring every resident continues to experience joy, dignity and a sense of belonging.

As the smiles captured throughout the day clearly showed, a little glamour can go a long way in brightening lives, proving that everyone deserves to feel special, regardless of age.

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ACKNOWLEDGEMENT TO TRADITIONAL OWNERS

"We would like to acknowledge and extend our appreciation for the Wotjobaluk, Jaapaai, Jankawillij, Wangala and Jangala peoples of the Wotjobaluk Nations, the traditional owners of the land that we live, play and work on and all other lands represented. We recognise that these lands have always been places of healing, learning and caring for elders. We pay our respects to leaders and Elders past, present and emerging for they hold the memories, the traditions, the culture and the hopes of all Indigenous Peoples. We express our gratitude in sharing of this land, our sorrow for the personal, spiritual and cultural costs of that sharing and our hope that we may walk forward together in harmony and in the spirit of healing."