



## Meals on Wheels National Conference

Wednesday 24 July to Friday 26 July 2024

Sofitel Wentworth, SYDNEY

### CONFERENCE PROGRAM

<b>Wednesday 24<sup>th</sup> July</b>	
12:00pm - 1:00pm	Delegate Registration
12:00pm - 1:00pm	<i>Light lunch held in the Trade Exhibition</i>
1:00pm - 1:05pm	<b>Welcome introduction by Conference MC:</b> Cathryn Hewitt, MoWA Board
1:05pm - 1:10pm	<b>Welcome to Country:</b> Uncle Allan Murray – Descendant of the Wiradjuri and Kamilaroi national
1:10pm – 1:45pm	<b>Chairs Address:</b> Paul Sadler, MoWA National Chair
1:45pm – 2:00pm	<b>Welcome Address:</b> Chris Minns, Premier of NSW (invited)
2:00pm - 3:00pm	<b>Keynote: Noble Self-Leadership; Being selfish to be selfless:</b> Kevin Humphreys DSC.
3:00pm - 3:30pm	<i>Afternoon refreshments held in the Trade Exhibition</i>
3:30pm - 4:00pm	<b>How the Department of Health and Aged care can support Meals on Wheels services and their volunteers.</b>  Jennifer Morser, Department of Health and Aged Care, Director, Service Delivery Division, NSW ACT Western Region.
4:00pm – 4:50pm	<b>Let's talk volunteering:</b> Penny York, Director, Usability
4:50pm – 5:00pm	<b>Gold PLUS Sponsor presentation: Welcome Function - Enterline</b>
5:00pm – 6:30pm	<i>Conference Welcome Function held in the trade exhibition – sponsored by Enterline</i>

<b>Thursday 25<sup>th</sup> July</b>	
8:00am - 8:30am	Delegate Registration - arrival tea and coffee will be available
8:30am - 8:35am	<b>Welcome and housekeeping by Conference MC:</b> Cathryn Hewitt & Kevin Reid, MoWA Board
8:35am - 9:30am	<b>Future of Food – with the population ageing, peoples dietary preferences are changing and there is a lot of innovation in the space – what is the future?</b> Professor Dr. Johannes le Coutre, FRSN, Food and Health, School of Chemical Engineering, UNSW Sydney
9:30am - 10:30am	<b>Cooking presentation:</b> Christopher The, Founder, Master Pastry Chef  Featuring the native ingredients used in his baking, Christopher will make cookies used from rescued croissants and provide samples to delegates.
10:30am - 11:00am	<i>Morning refreshments held in the Trade Exhibition</i>
11:00am – 11:45am	<b>Hearing Loss in Older Adults is a Public Health Challenge:</b> Bamini Gopinath, Cochlear Chair in Hearing and Health and Professor, Macquarie University Hearing / presenting with Claudia Odello, MoW NSW



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11:45am – 12:30pm	<b>Regulating to incentivise best practice aged care:</b> Commissioner Janet Anderson PSM, Aged Care Quality and Safety
12:30pm - 1:30pm	<b><i>Lunch held in the Trade Exhibition</i></b>
1:30pm – 2:25pm	<p><b>Concurrent Workshop 1: The Art of Stress Management: Strategies from my stress survival toolbox:</b> Christina Fam, Founder of SplendEd</p> <p>Immerse yourself in a dynamic workshop where practical stress management techniques meet the power of storytelling. You'll have the unique opportunity to explore and practice a variety of stress management strategies from the presenter's own stress-defying toolkit, while delving into the tales of resilience and change that accompany them. Through live, interactive demonstrations, you'll learn how to integrate these tools into your daily routine, transforming the way you perceive and manage stress. Whether you're looking to enrich your own life or seeking new methods to support others, this session promises insights and skills that will empower you to navigate life's pressures with a reinvigorated sense of strength and clarity.</p>
	<p><b>Concurrent Session 2: Let's Do Lunch (LDL):</b> Dr Mikaela Wheeler, Lecturer in Nutrition, School of Public Health, The University of Queensland and Nutrition and Catering Institute</p> <p>LDL is a new program that builds on the social license of Meals on Wheels Queensland (MOWQ) to extend and enhance its social engagement with clients. By going beyond simply delivering meals, volunteers sit with clients to enjoy a meal together and during this process, using appropriate assessment tools and skills, assist in understanding the client's wellness needs and provide additional social connection. This co designed program was implemented and evaluated in six Meals on Wheels Services in Queensland.</p>
	<p><b>Concurrent Workshop 3: Textural &amp; Nutritional requirements for texture-modified meals:</b> Alison Host, Faculty of Science, Medicine &amp; Health, University of Wollongong Co-presenting with Prudence Dorn</p> <p>Dysphagia, or swallowing difficulty, is a common issue experienced by older persons and those with dementia, that places them at increased risk both for choking and for food or fluids entering the lungs. The condition is often managed by modifying the consistency of the food and fluids consumed; however, great care must be taken to ensure not only safety, but also that the meals provided are nutritious, visually appealing and enjoyable to eat. With experts anticipating a sharp rise in the number of people requiring texture-modified foods in the very near future, it is imperative for anyone involved with the preparation or service of such meals to feel confident in their knowledge, understanding and application of the relevant standards and principles. Join Alison and Prudence in this workshop to learn more about this condition, the International Dysphagia Diet Standardisation Initiative (IDDSI) standards for modified foods and fluids, and to build your confidence with serving food that is safe, nutritious and appealing to eat.</p>
2:25pm – 2:30pm	<b><i>Changeover to repeat of workshop sessions</i></b>
2:30pm – 3:30pm	<p><b>Concurrent Workshop 1: The Art of Stress Management: Strategies from my stress survival toolbox:</b> Christina Fam, Founder of SplendEd</p>
	<p><b>Concurrent Workshop 2: Let's Do Lunch (LDL):</b> Dr Mikaela Wheeler, Lecturer in Nutrition, School of Public Health, The University of Queensland and Nutritional and Catering Institute</p>



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	<b>Concurrent Workshop 3: Textural &amp; Nutritional requirements for texture-modified meals:</b> Alison Host, Faculty of Science, Medicine & Health, University of Wollongong
3:30pm – 4:05pm	<i>Afternoon refreshments held in the Trade Exhibition</i>
4:05pm – 4:15pm	<b>Platinum Sponsor presentation: Conference Dinner - POLIXEN</b>
4:15pm – 4:50pm	<b>Vegemite: The Recipe for Success:</b> Jamie Callister  'The <i>Secret</i> Recipe for Success' isn't just a yarn about a tasty spread but Aussie ingenuity, resilience, and the power of self-belief. Behind every spread of Vegemite lies a dash of innovation, a spoonful of tenacity and a pinch of Aussie spirit.
4:50pm – 5:00pm	<b>Closing comment for the day – Conference MC</b>
7:00pm	<i>Pre-dinner drinks held in the Trade Exhibition</i>
7:30pm – 10:00pm	<i>Dinner seating for 70's theme conference dinner – sponsored by Polixen</i>
<b>Friday 26<sup>th</sup> July</b>	
8:00am - 8:45am	Delegate Registration - arrival tea, coffee will be available
8:50am – 9:00am	<b>Welcome and housekeeping by Conference MC:</b> Cathryn Hewitt & Kevin Reid, MoWA
9:00am - 9:30am	<b>National board update:</b> Paul Sadler, MoWA National Chair
9:30am - 10:30am	<b>Strategic Priorities for Meals on Wheels Australia:</b> Facilitated by Paul Sadler Sharyn Broer, CEO MoWSA; Tennille Valensisi, Senior Co-Ordinator, Griffith MOW; David Hubbard, Founding Director, CINCH; Evan Hill, QMoW, Monique Belousoff, MoW Brisbane South  The panel will discuss the challenges and opportunities facing Meals on Wheels services across Australia. It will provide an opportunity for our members to identify the issues affecting them and participate in setting a positive agenda for MoWA to work towards.
10:30am - 11:00am	<i>Morning refreshments held in the Trade Exhibition</i>
11:00am - 12:00pm	<b>Keynote: Sarah Rowan – inspirational speaker &amp; speed painter</b>
12:00pm - 1:00pm	<i>Lunch held in the Trade Exhibition</i>
1:00pm – 1:30pm	<b>Discover the magic of Intergenerational Programs with Meals on Wheels SA -.</b> Panel members: Mark Kearns, General Manager Business Sustainability, Vicki Moll, Marketing & Communications Coordinator, Sarah Harrison, Project Officer, Colin Trenouth, Participant.  Join us for a brief yet powerful dive into intergenerational programs and their amazing benefits. Got questions? Our expert panel is ready to answer them! Don't miss out on this incredible opportunity to learn and connect.
1:30pm – 2:10pm	<b>Secure Your Own Oxygen Mask First! Transforming Without Breaking Your Organisation, Your People or Yourself.</b> Angela Frith, Managing Director Fire Up Solutions; James Langanke, Director Fire Up Solutions; Sharyn Broer, CEO Meals on Wheels SA  Meals on Wheels leaders have successfully piloted our organisations against headwinds of uncertainty and navigated many changes over recent years. High fives all round for getting to where we have! Nevertheless, the impact of constant change is taking its toll on volunteers, frontline staff, coordinators, managers, and boards/management committees alike. With more change looming, you might be wondering where you will find the energy for the next initiatives you need to lead. This practical and interactive session will reinforce



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	ways for you to revitalise and stay resilient in the face of ongoing change, reimagine how to lead your people through the next waves of change however big or small, and equip you with at least one practical new idea to help in that quest. This conference closing session will build on the wisdom of previous speakers and is sure to have you leaving Sydney with pep in your step!
2:10pm - 2:30pm	<b>Conference close &amp; summary:</b> Paul Sadler, MoWA National Chair