

NEWSLETTER

DECEMBER 2023

EDITION #20



Made with love, shared with joy.

IT'S OFFICIAL!! Nonna's Cucina has a new home



NONNA'S NEW HOME

Nonna's Cucina will be moving - head over to page 8 & 9 for more information!



STEF'S SPECIAL RECIPE

This newsletter's special recipe is almond biscotti! Turn to page 19 to learn how to make them. Don't miss it!



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@nonnascucina.com.au



ANNUAL GENERAL MEETING



NEW ITALIAN CONSUL

SLUDGE	HOLIDAY	JOLY	TREE
CHRISTMAS	ELVES	WREATH	REINDEER
FROSTY	CANDY CANE	STOCKING	MISTLETOE
RUDOLPH	BELLS	CHEERATE	SANTA

A	L	X	O	R	A	B	A	T	I	O	V	A	L	I	N	S	O
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H	Y	W	O	M	E	J	A	N	D	C	A	V	A	N	E	S	
H	V	S	E	M	E	V	A	N	S	A	M	A	S	I	B	H	
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A	L	X	O	R	A	B	A	T	I	O	V	A	L	I	N	S	



CHRISTMAS WORD SEARCH SOLUTION



About Nonna's Cucina

Nonna's Cucina is a government funded charity organisation, providing home-style cooked meals to the aged and people with disabilities. Our meals are made to HACCP standards and we are committed to providing our clients with nutritionally balanced and tasty meals.

Nonna's Cucina is predominantly volunteer based, engaging over 100 volunteers in a number of roles. Our volunteers are dedicated to service excellence and add a personal touch when delivering our meals.

We also provide catering services and meals to the general public! If you have an upcoming event, or have a busy working life, you can purchase our meals anytime. All money raised from events and catering supports our home meal delivery service for those in need.

Call our office on 8240 3491 and speak to one of our friendly staff today for more information.

Nonna's Cucina pursues the vision:

To be a provider of meals and a point of contact to enhance lifestyle choices of people in the community who are frail, aged, or have a disability.

**Nonne are the heart
of the Italian family
and they bring
their love to
Nonna's Cucina.**



CATERING SERVICES



At Nonna's Cucina, we will help make your events stand out with our catering.

- ✓ Corporate Events
- ✓ Family Events
- ✓ Birthday Events
- ✓ Office Events

BOOK NOW

☎ 08 8240 3491

🌐 nonnascucina.com.au

Follow us on Facebook & Instagram

  nonnascucina.com.au



A message from the President Rebecca Staltari

Hi all and welcome to our December Newsletter, our final newsletter for 2023! This year the Nonna's Cucina staff and volunteers have continued their great work in the community, helping deliver meals to those in need at home. As you can see from the front cover, we have a new home! I am very excited to announce Nonna's Cucina has secured the purchase of the former court facility at Holden Hill. The demand for our services has been growing rapidly for several years now, and myself, the committee and our CEO have been searching for a new, larger premises so we can continue to grow as an organisation. This facility will allow us to deliver more meals at home, provide a space for day program groups to visit, a designated volunteer area, and a café for the general public to enjoy our delicious food. It is a massive step forward for Nonna's Cucina and I can't wait to welcome you all to our new home once it is ready.

Recently we held our Annual General Meeting, where we formally welcomed Michael Costantini to the committee. Thank you to the members who attended, it was great to catch up with you all on the night. I would also like to thank the other committee members for their support this year, I am looking forward to working together again with you all in the new year. Thank you to our sponsors Tony & Mark's for hosting the event at their Zeea's Café at Cavan.

As we approach the new year, I would like to take this opportunity to thank all the staff and volunteers for their support and dedication throughout the year. Without you, our service would not be possible.



Nonna's Cucina is always looking for new volunteers, especially delivery drivers and driver assistants. Maybe your new year's resolution could be to give few of hours each week to help deliver meals to those in your local community. Be sure to try out this newsletter's special offer, our handmade gnocchi for \$14! If you need something extra at your Christmas lunch this year, this is the perfect option.

I hope to see some of you at our upcoming events, keep an eye on our social media and newsletters for more information. Once again thank you for your support in 2023. I am looking forward to an exciting year ahead for Nonna's Cucina.

Rebecca Staltari

Rebecca Staltari
President

DECEMBER NEWSLETTER
**SPECIAL
OFFER**

\$14



HOME MADE POTATO GNOCCCHI

AT ONLY \$14.00 PER KG

PLACE YOUR ORDER TODAY!

Make sure to get this special price, it's only valid for the duration of this newsletter or until sold out! Pickup only.

PHONE: 8240 3491

EMAIL: RECEPTION@NONNASCUCINA.COM.AU

A message from the CEO Marco Staltari

Welcome to our final newsletter for 2023, I can't believe we are at the end of another year. I am proud of the progress and achievements we have made as a group in 2023. I am glad that we can finally announce that we will be moving after securing the purchase of a new premises at Holden Hill. This was the biggest achievement of the year and one of the biggest milestones in the history of Italian Home Delivered Meals and Services. The Nonna's Cucina board and I have been searching for a larger facility for several years now, and we are all very excited to have found something we believe can take Nonna's Cucina to the next level. There will be more information to follow soon about our move and any impact it may have on our service, we will keep everyone informed and updated along the way.

I would like to pay my respects to two former volunteers who sadly passed away recently: Giuseppe Cutillo and Michelangelo Spano. Both Joe and Michael had an enormous impact on our community and will be sorely missed. Our thoughts and prayers go out to their families and friends.

We have some exciting events coming up in the new year to look forward to. In March, Nonna's Cucina will be celebrating a major milestone - 25 years of service! We are looking forward to celebrating this milestone with everyone involved at Nonna's Cucina. We are also going to be a part of Tasting Australia once again in 2024. We will release more details closer to the events about how you can be a part of it.



Thank you to those members who attended our AGM in October, and all our sponsors, partners and supporters for their help over the past year.

A reminder that we will be closed from the 22nd of December 2023 and re-open on the 2nd of January 2024. If you require meals for this period, please contact reception to organise frozen meal delivery beforehand. This closure period will allow our staff and volunteers to enjoy a well-deserved break over Christmas and New Year. I hope our staff and volunteers enjoy this time with family and friends, and come back refreshed and ready for what will be a big year at Nonna's Cucina.

Marco Staltari

Marco Staltari
Chief Executive Officer

NONNA'S CUCINA IS MOVING



Nonna's Cucina is pleased to announce a significant development — we are in the process of relocating to a new facility! Following an exhaustive search spanning over three years, we have successfully acquired the former court facility at Holden Hill. Our new home is roughly 5 times larger than our existing premises in Royal Park, and will allow us to grow and improve our daily meal service.

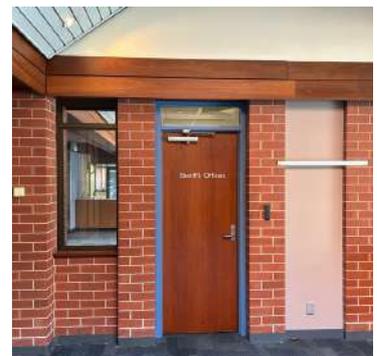
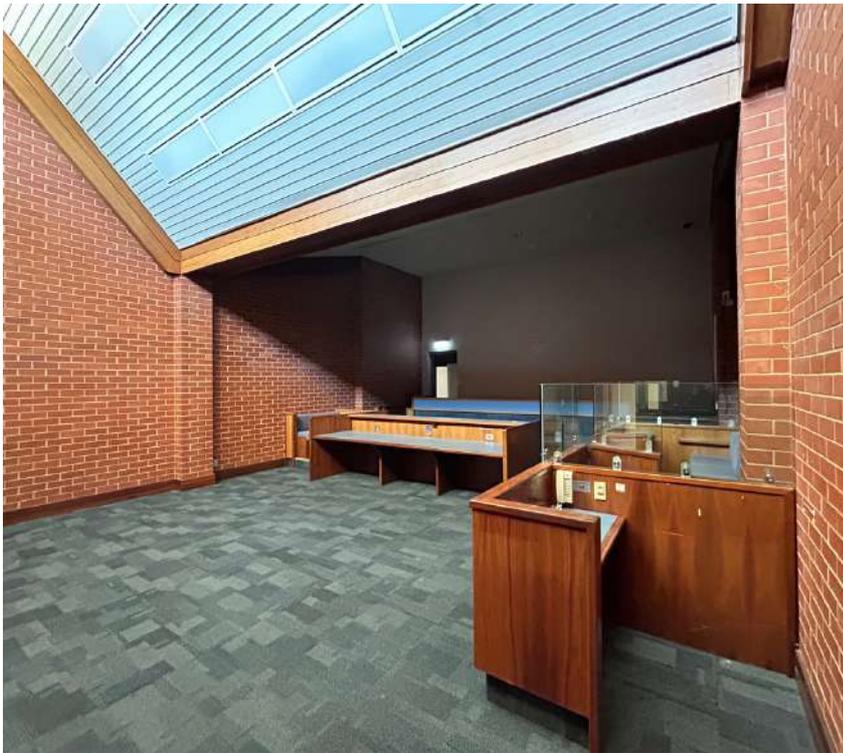
The official acquisition of the Holden Hill property is scheduled for late January 2024, followed promptly by the commencement of necessary building works. Adapting courtrooms into functional kitchens poses significant challenges, but our team is dedicated to executing this transition diligently.

While we are doing this, we would like to assure our community that we will provide regular updates to keep everyone informed of the progress and any associated changes. As we navigate through this significant transition, we appreciate your ongoing support. Stay tuned for further updates as we progress toward the completion of our new Nonna's Cucina facility.



We are excited about several aspects of our new home. Firstly, the expanded kitchen space will significantly improve functionality, enabling us to prepare meals at a greater capacity. Additionally, we will have an improved and designated volunteer area. A walk-in café within our premises is another exciting feature, offering a convenient and inviting space for our clients, volunteers, and the general public to enjoy. Lastly, the potential to host day programs and functions in our new space opens up exciting possibilities for community engagement and events.

HOLDEN HILL NONNA'S HOUSE



Compliance

Saverio Catanzariti

The year has almost come to an end and what a year it has been. The team of staff and volunteers at Nonna's Cucina have put in another fantastic year, serving the community throughout metropolitan Adelaide.

The Food Safety team has had a great year, successfully passing our annual SA Health audit, and our HACCP accreditation audit through Global Compliance Certification. These audits vigorously check our cooking and cooling processes, receipt and processing of goods, all documentation records, and the overall cleanliness of our kitchen. Reports from both audits deemed us compliant in all areas of our service & cooking facility, and provided good outcomes as well as some constructive feedback. Well done to Executive Chef Stefan and the kitchen team for their continued high-level of standards!

As a not-for-profit organisation, we apply for support through available government grants to help with the purchase of vital equipment to help improve our services at Nonna's Cucina. We recently received funding from The City of Charles Sturt through the Discretionary Ward Allowance Grant, to help with the purchase of our new mixing bowl, thank you for your support! Thank you also to Hon. Mark Butler MP for his support in the Stronger Communities Program grant, and to the Department of Human Services for their Governance and Sustainability grant.



With the new year come new challenges, but the same aim is to continuously improve our compliance processes and standards at Nonna's Cucina.

Thank you to our volunteers for their support this year, to our sponsors and staff.

Wishing you all a Merry Christmas and happy New Year!

Buone Feste!

Saverio Catanzariti

Saverio Catanzariti
Compliance Manager



Proud Bronze Sponsor of Nonna's Cucina



tilley luccon

WE LISTENED!

Dear Volunteers,

Thank you so much for your feedback on our Volunteer Survey for October 2023. Most of our volunteers have been with us for more than 5 years which is amazing. We appreciate your contributions as we could not run Nonna's Cucina without your amazing efforts.

Consistently we hear that the main reasons that you volunteer is to help people and to give back to the community. Our clients appreciate the contact that they have with the drivers and the assistants when they receive their meals. For some of the clients this is the only contact that they have during the day.

Some of the volunteers are asking for additional feedback on their performance. We are looking at different ways in which we can do this as people like to receive feedback in different ways. We will be asking for your ideas in this area. Stay tuned!

Thank you also for your wonderful suggestions on how best to promote volunteering for Nonna's Cucina. Most of you have heard of Nonna's Cucina through family and friends. We encourage you to keep promoting Nonna's so that we can continue to grow and help those in the community who depend on us.



Nonna's Cucina Patron Rosa Matto

Christmas is a special time of the year for all families, including the Nonna's Cucina family. Sadly, some of our clients do it extra hard – some of them feel lonely and neglected. Our volunteers bring more than delicious food to their door: they bring a smile, a touch of warmth and genuine care.

I wish all our clients the happiest of holidays. I hope that over the year Nonna's Cucina has made life a little easier for you.



To our hard working volunteers, words fail to describe what an important part of our organisation you are. You are the foundation of our work. Over our short break, I hope you will relax with your own families and recharge the batteries so we can depend on you, as always, next year.

The staff, both administration and kitchen, has worked very hard indeed this year to position Nonna's Cucina for big things in the new year. They deserve a few carefree days before the biggest year in our history begins in 2024.

So, Merry Christmas to our clients, friends, volunteers and staff that I love as my Nonna's Cucina family. I thank you for your hard work in the community and I hope that time spent with your families is happy, peaceful and restorative.

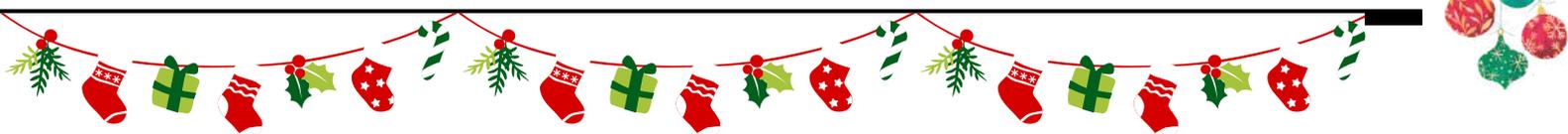
See you all in the New Year!

Rosa Matto
Patron

Proud Silver Sponsor of Nonna's Cucina

REN  TURF

PROFESSIONAL TURF RENOVATORS
SPORTS TURF AND PARKS MAINTENANCE



CHRISTMAS CLOSURE



**Last meal will be delivered on Friday the 22nd of December 2023.
Our meal delivery will recommence again on Tuesday the 2nd of
January 2024.**



Dear Clients,

In November we sent out information on the closure asking if you require frozen meals for this period. If you haven't already done so, please contact the office as soon as possible even if you do not require frozen meals.

We hope our volunteers and clients enjoy the break!

Our Nonna's Cucina family wish you a Merry Christmas
and a Happy New Year!



MENU UPDATE

We have been listening to feedback from our clients and are set to release updated menus in the New Year!

Nonna's Cucina runs a 5-week rotating menu that we update twice a year. We ask our clients for feedback and try to keep everyone happy. That's why any feedback is of utmost importance for us! If you have any comment or suggestion you would like to share you can fill in our forms or call the office.

Keep an eye out for some changes to our Nonna's and Grandma's Menus that we think you will love. If you would like to see a copy of our menus visit our website www.nonnascucina.com.au or call the office on (08) 8240 3491



PATRITTI

Over the last few months, Nonna's Cucina has actively engaged in various events hosted at Patritti.

On September 15th, we were at Patritti's birthday weekend, where our food van showcased our authentic Italian street food, contributing to the festive atmosphere. The day before, September 14th, marked the Lavoro Wine Launch - an important event for Patritti Wines who accommodated over 100 guests, including Members of Parliament. Another important event was on Saturday, November 18th, as we joined forces with Patritti at the Adelaide Italian Festival. On this day, Nonna's Cucina prepared homemade casarecce pasta.

Participation in these events not only strengthens our community involvement but also provides crucial financial support for reinvesting in our operations. This fundraising benefits our clients by helping to keep our meal prices down. For updates on upcoming events, we encourage you to stay connected through our Facebook or Instagram page. We look forward to seeing you at our next event!



SAN PELLEGRINO FESTA

The Altavilla Irpina Sports and Social Club will host their annual San Pellegrino Festa on the 14th of January 2024. The event celebrates San Pellegrino, the Patron Saint of the city of Altavilla from which the Altavilla Irpina Club takes its name. Nonna's Cucina will be there to join in the festivities by cooking a delicious gourmet barbeque on the day. Helping out at the Italian festas around Adelaide is one of the many ways in which Nonna's Cucina is making a difference to the community.

Come and experience Italian food and drinks, culture, entertainment for children, live music and much more. Everyone is welcome, and we hope to see you there!



ANNUAL GENERAL MEETING



In October, we conducted our Annual General Meeting for the year 2022-2023. The event provided a platform for everyone associated with Nonna's Cucina to review the financial performance of the past year. It also served as a forum for making decisions aligned with our future vision.

During the meeting, members elected Micheal Costantini as a new board member. We extend congratulations to Micheal and welcome him to our organisation.

The meeting was held at Zeeva's Cavan, and we would like to express appreciation to the Capobianco family for their support. Everyone had a pleasant evening, enhanced by the high-quality food that contributed to the overall satisfaction of the event.

A special acknowledgment goes to our Patron, Rosa Matto, for her consistent support over the years.

We also thank our sponsors, Renoturf and Tilly Luccon, along with other event sponsors, for their generous support. It is through such collaborative efforts that Nonna's Cucina continues its mission. We appreciate everyone's contributions to our community.



Volunteer Corner

Great friends, Russell and Jill

This newsletter's story is about two volunteers who have been friends for over 50 years!

Russell has been volunteering at Nonna's Cucina since 2020 as a driver. Having previously worked in state government in various roles including as a bus driver initially and then as a housing officer, Russell has had a lot of experience dealing with clients and being out in the field.

Russell has been married to wife Sheryl for 49 years and have two adult children. They've shared a passion for amateur theatre over the past 40 years with their most recent production being "Singing in the Rain" based on the 1952 American musical comedy film with Gene Kelly and Debbie Reynolds.



While Sheryl works with the props and the costumes, Russell is involved with front of house and building sets. The lead up to each musical production takes 3 months of rehearsals 3 times a week for 3 to 4 hours at a time.

When he's not involved with musical theatre, Russell volunteers at an op shop in Port Adelaide. He is a passionate Port Adelaide footy supporter and also loves travelling overseas with his most recent trip being to the United States to visit friends that he and his wife met on a cruise in 2017.

Russell first met Jill at a tennis club where he and his best friend, Rob, were playing. At a dinner one evening Jill invited her friend, Sheryl and the rest was history! Russell married Sheryl, and Rob married Jill. They were even in each other's weddings!

Having finished her nursing career after 35 years, Jill found herself with time on her hands and wanted to volunteer to give back to others. After a conversation with Russell in 2021, Jill started volunteering for Nonna's Cucina twice a week as a driver and an assistant.

Jill describes herself as an "ordinary person giving back a bit". She loves delivering meals to Nonna's clients who she describes as nice people. In her spare time Jill cares for her grandchildren and spends time outdoors in her garden.

Russell and Jill mostly work together on the Glandore run, after which they try and catch up for a cuppa and a chat, the foundation of decades of friendship.

Both Russell and Jill appreciate the staff at Nonna's and love getting out and about and connecting with the beautiful clients of Nonna's Cucina.

TUTTI I SANTI OR OGNISSANTI

In Italy, on November 1st, Ognissanti is celebrated: a very ancient ritual of Christian origin that commemorates all the Saints of the religion.

The earliest traces of this celebration date back to the 4th century AD. As the name of the celebration says, the purpose was to remember the main saints of Christianity.



To commemorate such tradition, every Italian region has its typical sweet: from the **Ossa dei Morti** of Lombardy, ie cookies with almonds and hazelnuts, to the **Colva** of Puglia, made of wheat, pomegranate, chocolate and walnuts.

In Sicily there are **Martorana Sweets**, made of almond paste, and **Ossa ri Muortu**, small sweets made of "honey dough" covered with white icing.

In Umbria, Marche, Emilia-Romagna, Lazio and Lombardy, it is customary to eat the **Fave dei Morti**, these tasty almond pastries similar to macaroons; in Veneto, lovers, to remove the melancholy, give their loved ones a bag of **Favette dei Morti**, as a pledge of eternal love.

SA FARMERS MARKET COOKING DEMO WITH STEFAN AND ROSA

On Sunday, October 15th, Nonna's Cucina had the opportunity to participate in the SA Farmers Market at Pooraka. Chef Stefan and Patron Rosa conducted a cooking demonstration on the preparation of fresh potato gnocchi, with two sessions in the morning drawing considerable interest among adults and children. Chef Rhiannon and CEO Marco, along with the Nonna's team, also prepared and sold Nonna's merchandise during the event.

The day proved to be a positive experience for the team and all those who attended, and we thank everyone who came to the event.



NONNA'S SPECIAL MERCHANDISE

BAGS
\$12

NONNA'S  CUCINA
Made with love, shared with joy.

NONNA'S  CUCINA
Made with love, shared with joy.

NONNA'S  CUCINA
Made with love, shared with joy.

NONNA'S  CUCINA

HATS
\$20

NONNA'S  CUCINA
Made with love, shared with joy.

BOTTLE
OPENERS
\$3

APRONS
\$20

GIFT
VOUCHERS
AVAILABLE



PLACE YOUR ORDER TODAY!

PHONE (08) 8240 3491 or
EMAIL reception@nonnascucina.com.au

Stef's Recipe of the Month

Nonna's Cucina Executive Chef Stefan Dimasi

BISCOTTI

Ingredients:

- 1 cup white sugar
- ½ cup vegetable oil
- 3 eggs
- 1 tablespoon anise extract, or 3 drops of anise oil
- 3 ¼ cups all-purpose flour
- 1 tablespoon baking powder
- 250 grams of chopped almonds



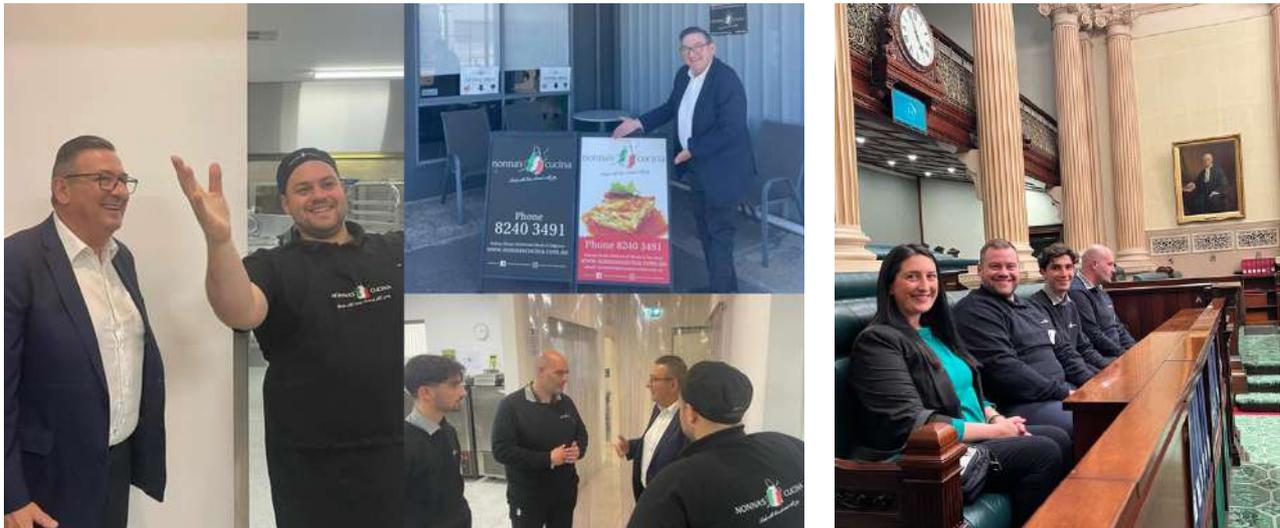
Instructions:

- Preheat the oven to 190°C. Grease two cookie sheets or line with parchment paper.
- Beat together sugar, oil, eggs, and anise extract in a medium bowl until well-blended. Combine flour, baking powder, and almonds in a separate bowl; stir into egg mixture to form a heavy dough.
- Divide dough into two equal pieces. Form each piece into a log the length of a cookie sheet.
- Place one log on each of the prepared sheets and press the dough down to 1/2-inch thickness.
- Bake in the preheated oven until golden brown for 25 to 30 minutes. Transfer logs to wire racks; let sit until cool enough to handle, i.e. about 15 minutes.
- Slice each log crosswise into about eighteen 1/2-inch-thick slices.
- Place slices cut-sides up back on the cookie sheets.
- Bake until lightly toasted and golden brown, 6 to 10 minutes per side.

SPECIAL GUESTS

Over the past few months, Nonna's management team and our President Rebecca, have had the honour of catching up with some MP's here at Royal Park and at Parliament House. Some of our meetings have been with the Hon. Steve Georganas MP, Hon. Vincent Tarzia MP, Hon. Nat Cook MP, Hon. Zoe Bettison MP, Hon. John Garden MP, Hon. James Stevens MP, the Mayor of Charles Sturt Angela Evans and Mayor of West Torrens Micheal Coxon.

As a not for profit organisation, it is crucial to maintain good relationships with our community and members of parliament, and we look forward to more meetings and discussions in the future. Your continued support is crucial as we embark on this significant phase of growth and development, and we express our gratitude for being an essential part of Nonna's Cucina's journey.



CELEBRATING THE WEEK OF ITALIAN CUISINE IN THE WORLD WITH THE NEW ITALIAN CONSUL ERNESTO PIANELLI

On Monday the 13th of November, Nonna's Cucina celebrated the opening night of the *Settimana della Cucina Italiana nel Mondo* (The Week of Italian Cuisine in the World). This event is dedicated to the celebration of Italian cuisine and its enduring traditions that have crossed global boundaries throughout the years. This was also a good opportunity to welcome the new Italian Consul, Mr Ernesto Pianelli. Our Executive Chef Stefan, and Head Chef Rhiannon did an amazing job preparing the Ancient Roman Menu with the help of our amazing patron Rosa Matto. Our menu was made of basic ingredients like legumes, fish, meats and herbs, just like the Romans used to do it. Things like lemon, garlic and certain spices were not used at this ancient time. That's why our chefs worked really hard to find recipes to reinvent this ancient Roman menu, and we are glad everybody enjoyed it. On the night, the chefs made spelt flatbread, herb pie, moretum, bean puree, deboned tommy ruff fish with garum, honey cake and other items you can see in our photos. Everybody loved the food and enjoyed the night.





Christmas Word Search

A	L	X	O	Y	A	D	I	L	O	H	J	O	Y	I	N	S	Q
S	G	I	N	G	E	R	M	A	H	T	A	E	R	W	M	Z	A
H	Y	S	E	M	E	A	N	S	A	M	T	S	I	R	H	C	N
P	W	O	T	R	E	E	J	Y	C	A	N	D	Y	C	A	N	E
L	R	Q	A	O	K	E	L	O	V	I	A	N	F	G	T	H	N
O	S	H	R	G	C	O	W	V	O	W	S	R	A	W	R	I	A
D	J	V	B	E	S	K	N	G	E	H	O	X	M	N	E	D	W
U	O	O	E	L	I	K	I	D	O	S	L	G	E	D	E	O	I
R	L	Q	L	S	T	H	A	N	T	L	Z	D	C	O	D	N	G
J	U	E	E	L	O	C	K	Y	G	P	E	G	S	G	N	Y	N
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E	I	R	E	I	N	T	E	B	E	X	W	F	I	R	R	S	T

SANTA**CELEBRATE****BELLS****RUDOLPH****MISTLETOE****STOCKING****CANDY CANE****FROSTY****REINDEER****WREATH****ELVES****CHRISTMAS****TREE****JOLLY****HOLIDAY****SLEDGE**



Charter of Aged Care Rights

All people receiving Australian Government funded residential care, home care or other aged care services in the community have rights.

I have the right to:

1. safe and high-quality care and services;
2. be treated with dignity and respect;
3. have my identity, culture and diversity valued and supported;
4. live without abuse and neglect;
5. be informed about my care and services in a way I understand;
6. access all information about myself, including information about my rights, care and services;
7. have control over and make choices about my care, and personal and social life, including where choices involve personal risk;
8. have control over, and make decisions about, the personal aspects of my daily life, financial affairs and possessions;
9. my independence;
10. be listened to and understood;
11. have a person of my choice, including an aged care advocate, support me or speak on my behalf;
12. complain free from reprisal, and to have my complaints dealt with fairly and promptly;
13. personal privacy and to have my personal information protected;
14. exercise my rights without it adversely affecting the way I am treated.

If you have concerns about the aged care you are receiving, you can:

- talk to your aged care provider, in the first instance,
- speak with an aged care advocate on **1800 700 600** or visit **opan.com.au**, for support to raise your concerns, or
- contact the **Aged Care Quality and Safety Commission** on **1800 951 822** or visit its website, **agedcarequality.gov.au**. The Commission can help you resolve a complaint about your aged care provider.



Monetary Donations

As Nonna's Cucina is a not-for-profit organization, we have many different ways in which you can support us. You can make a direct cash contribution to the organization and can stay anonymous if you wish, or become a sponsor and have your brand advertised by us.

You can even become a Nonna's Cucina member for a small yearly fee. We also have sponsorship packages for businesses and families to promote themselves within the communities. Call if you would like to receive a pack. All donations to Nonna's Cucina are tax deductible.

Donate today and help your community.

Bequest to Nonna's Cucina in your will

Why not leave the gift of love by bequeathing funds or property to Nonna's Cucina?

By supporting us with this generous gift of love, you will provide ongoing services to our most vulnerable in our community. If you are considering supporting a dedicated and reliable service in your will, consider Nonna's Cucina. We would be very grateful for your consideration.

A donation to Nonna's Cucina would provide funding for equipment and supporting consumers who struggle to pay for their meals.



Australian Government
Department of Health



Australian Government



myagedcare

nonna's  cucina

Made with love, shared with joy.



12 HARDY STREET
ROYAL PARK SA 5014

(08) 8240 3491