



# Newsletter

July - August 2019

## What's not to love about Campbelltown

Wivenhoe is an historic house at Narellan that was built in 1837 by Charles Cowper and designed by renowned Sydney architect John Verge who also designed Camden Park and Elizabeth Bay House (Sydney). Originally on 600 acres the house was completed in 1838. Over the years the house has been extended and now includes stables, enclosed courtyard, coach house and servants quarters.



## Flu season is here

### Stay well during this flu season

We want you to stay well this flu season so why not follow some simple tips to keep you safe and well.

- **annual vaccination** is the single most important measure to prevent influenza and is free for Australians 65 years and over and is available now. A flu shot once a year is your best protection - it's safe and no it does not give you the flu, that's a myth
- **wash hands** often, particularly before or after contact with people, encourage visitors to do the same. Make hand-wash easily accessible for everyone
- be **alert to influenza symptoms** , Let your friends know so they don't catch it., also make sure you keep away from people with flu symptoms
- Keep warm and wear layers of clothing. Its easier to take clothes off if you get too warm rather than shiver with the cold
- Try and keep active as this warms the body and helps to beat the cold
- Take a blanket with you if your visiting someone as they may not have heating in their home. You can wrap it around you if your sitting for a long time and keep your legs warm
- Have a hot drink or soup—check out our soup range

Individuals who have contact with older people outside of an aged care service, should also be aware of the above measures, particularly the importance of vaccination for themselves and others.

For more information on influenza vaccination see the Department of Health website at:

[www.health.gov.au/immunisation](http://www.health.gov.au/immunisation). or talk to your doctor.



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More  
than just  
a meal



# Winter Warmers

## WARM UP WITH SOUP

We have a delicious range of soups Pumpkin, Chicken & Vegetable, Beef & Vegetable and Pea & Ham. Just pop them in the microwave and heat. Make it a hearty meal by adding croutons, crusty bread or sprinkle over extra herbs. Add a dollop of sour cream to Pumpkin soup for that delicious creamy taste. Each soup from our range is \$2.30 so if you haven't tried them yet give us a call to add them to your Order and start enjoying them



New Breakfast Line available! These delicious Mini Omelette Bites come in a pack of 4 and are so tasty.

There are 2x Smokey Ham and Cheese and 2x Creamy Feta, Spinach & Capsicum Bites all for just \$3.00. Eat them as a snack or add a Potato Bake or Fried Rice to make from our Snack Pack range for \$3.00 each. Or why not order the Three Cheeses & Black Pepper Omelette. Call us to add them to your menu!

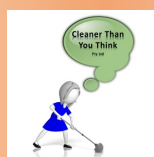
\*\*\*\*\*Don't forget, please give us 48 hours notice if you wish to change your order\*\*\*\*\*



## IT'S SURVEY TIME

During the cold months get your fingers moving and fill out our survey. We are looking forward to hearing from you on how Campbelltown Meals on Wheels is doing and if your satisfied with the service you receive. Please take some time to complete the feedback form attached as we do appreciate your comments. Once completed please give the form to the driver next time you have a delivery.

## Sponsor of the Month



Our Committee Member, Martin, will continue to support us through his new enterprise 'Cleaner Than You Think.' Thanks Martin.

# Around Town

## Winterland Festival Koshigaya Park

6<sup>th</sup> July – 21<sup>st</sup> July



The popular Winterland festival will be returning to Koshigaya Park, Campbelltown just in time for the winter school holidays! Why not take the Grandkids down to the Winterland and watch the magic of winter come alive! The winter themed festival offers a dazzling array of activities and entertainment and this year it will host two open-air ice rinks, spectacular amusement rides, a genuine ice slide and alpine food village. Entry to the event is free, however there is a cost for skating, rides and food.

### CAMPBELLTOWN DANCE CLUB

Keep that body moving and join the Dance Club, an initiative of Campbelltown Arts Centre, offers regular events for people to get together to dance and socialise. The dance style is New Vogue/Old Time/Sequence Dancing.

Each event involves one hour of instruction from experienced dance practitioners, followed by three hours of dancing. Dance Club is a free event. No booking required. All ages and skills levels are welcome. Refreshments available for purchase at the Arts Centre Cafe.



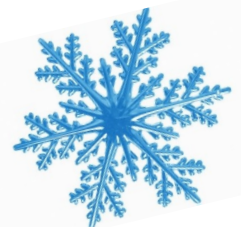
### PROMOTIONS

Watch out for our promotion table at  
Eagle Vale Market Place

on

Thursday 25th July, 9.00 a.m.—2.00 p.m.

Come and say hello to the  
Volunteers or introduce a friend who would  
like to know more about our  
service



# Scammer Alert

**Watch out there are Scammers about!!!!**

## **ATO impersonation scams**

The scammer pretends to be from the Australian Taxation Office and claims there is a warrant for their victim's arrest. The scammer asks the victim to pay an immediate 'fine' using gift cards or bitcoin, and claims police will come and arrest them if they don't pay the fine.

## **Catch-a-hacker scam**

The scammer calls and pretends to be from a law-enforcement agency or internet provider and convinces the victim they are trying to trace the location of a hacker who has compromised the victim's computer. They claim they can do this by sending money from the victim's bank account or via gift card serial numbers.

Victims are also tricked into giving up personal details with the promise of gift cards. Scammers entice victims to participate in surveys by promising gift cards as a prize, however the surveys extract personal information such as your name, date of birth, address details and even financial details like your credit card or bank numbers.

## **Telstra**

The caller claims that you need to take immediate action to avoid your internet connection being terminated or disconnected, as your computer has been hacked or infected with malware and is threatening Telstra's internet infrastructure. You don't have to be a Telstra customer to be called by these scammers. Don't give anyone access to your computer as they will then have all your personal information.

## **NBN**

Someone pretending to be from NBN or an internet provider calls a victim and claims there is a problem with their phone or internet connection, which requires remote to fix. The scammer can then install malware or steal valuable personal information, including banking details.

Scammers pretending to be the NBN attempting to sell NBN services, often at a discount, or equipment to you over the phone.

Scammers may also call or visit people at their homes to sign them up to the NBN, get them a better deal or test the speed of their connection. They may ask people to provide personal details such as their name, address, date of birth, and Medicare number or ask for payment through gift cards.

**KEEP YOUR PERSONAL INFORMATION SAFE !!**



# Just for Fun

## WINTER WORD SEARCH



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

### WORDS TO FIND:



BLIZZARD	BOOTS	CHILLY
COLD	FIREPLACE	FROSTY
FROZEN	GIVING	GLOVES
HAT	HOLIDAYS	HOTCHOCOLATE
ICE	ICESKATE	ICICLE
MITTENS	PINETREE	SCARF
SNOW	SNOWBALL	SNOWFLAKE
SNOWMAN	SNOWSUIT	WIND
WINTER		



**Don't forget to ring!**

**Please ring and cancel your meal delivery if you are going away or don't require them on specific days**

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**More  
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