

Campbelltown Meals on Wheels



More
than just
a meal

Newsletter

May / June
2017



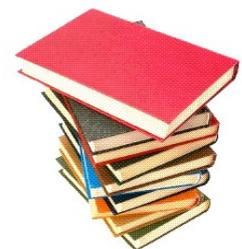
Meal Deliveries



Shopping Service



Library Service



Our Vision

Campbelltown Meals on Wheels is here to support and enhance the independence of the aged, younger people with disabilities and their carers by providing nutritious meals which enables them to remain in their own homes.

Tel. 4645 4523

Serving the community since 1972

Campbelltown Meals on Wheels

Chocolate, Chocolate EVERYWHERE!

For the past 20+ years, Eschol Park Public School has been donating Easter Chocolates and goodies to Campbelltown Meals on Wheels to pass on to our wonderful clients and volunteers. This year was the same. We were honoured to attend their



Easter Hat Parade and afterwards accepted this amazing abundance of chocolate from them. As you can see in the picture, their donations completely filled up our table.

Being curious as to how this tradition first started, we e-mailed the principal of Eschol Park Public School asking for the story:

'The reason we do this each Easter is a result of a discussion held in the past with a group of senior students. One of them had a grandparent in a nursing home who had a friend who received Meals on Wheels Support. One time when the child was visiting the nursing home, their grandparent told them about their friend and that the only person they usually see is the person who brings their meals each day. The child felt this was really sad and brought it up in a discussion at school and thought that it would be nice for us to do a little something to cheer those

people up at Easter time. The idea was hatched that the children in the senior classes would bring in donations to be given to Meals on Wheels. This grew in subsequent years with the whole school being involved in this charitable event and us needing boxes to hand over all the lovely chocolate.'

We hope you all enjoyed your chocolates again this year and that it brought a smile to your face when the volunteer brought them with your meals.



Pictured right is Sam and Lisa along with some of the kids in their Easter Hats.



Campbelltown Meals on Wheels

From the Office:

A very big happy Easter from all of us to you. We hope that each one of you, whether spending time with your families or just relaxing on your own had a lovely weekend.

April has been a busy month here in the office. We are in the process of getting a new computer program which is being tailored to suit our needs and the staff have been working hard entering all sorts of data and trying to work out the kinks. We are looking forward to having it up and running hopefully soon! We appreciate all your patience over the next few months as we get everything sorted.

Since sending out the survey we have had a few enquiries regarding the new premium meal range. We are excited to announce that these will be available from 4th May. Please fill in the menu provided and be the first to try these delicious new meals. Even if you don't want to receive any premium meals, now is a good time to update your current meal selection by selecting all the meals you may enjoy.

Just a reminder to everyone that our volunteer drivers are not allowed to give out change. This is for your protection and theirs. If you are short/over money one week your total for the next week will be adjusted accordingly. If you have any questions please give us a call - We are here to help!

From the Kitchen:

We have just received word from our suppliers that the 'Steamed Fish in Five Willow Sauce' will be replaced with 'Steamed Fish in Lemon sauce.' Please indicate on the menu provided or give the office a call to add or remove this dish from your selection.



Queens Birthday

**Monday
June 12th**

is a public holiday
& the office will
be **Closed.**

Deliveries will be
made on
Friday 9th June

Campbelltown Meals on Wheels



Are you in need of a walker? Give the office a call and we may be able to help you get a free one. *Please note the one pictured is just for illustration purposes.*



Celebrating MUMS everywhere



Mother's Day (May 14th) is a celebration honouring the mother of the family, as well as motherhood, maternal bonds, and the influence of mothers in society.

Did you know that Mothers Day is celebrated in 46 countries around the world from April to December proving that mums were not made to be celebrated on only 1 day of the year but each day, all year round. So to all the mums out there, whether you are a mum to your own children, a foster mum, a step-mum, a spiritual mum or an office mum, here are some favourite mum quotes:

'No matter how old I get, I always want my mum when I don't feel good.'

'To the world you might just be one person, but to one person you might be the world.'

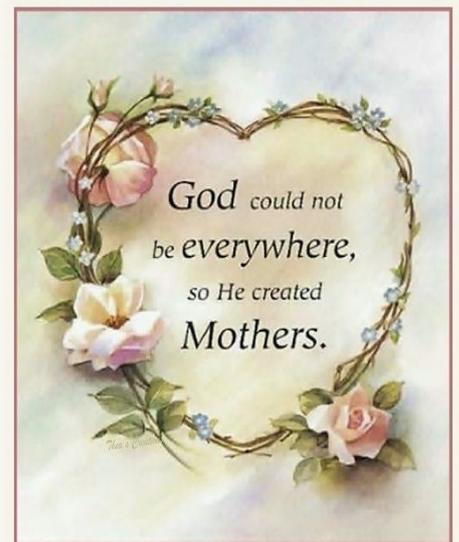
'There is no way to be a perfect mother, but there is a million ways to be a good one.'

'Of all the gifts life has to offer, a mother is the greatest gift of them all.'

'Life doesn't come with a manual, it comes with a mother.'

'A mans work is from sun to sun, but a mothers work is never done.'

'Sooner or later we all quote our mothers.'



March/April Sponsor of the Month

Campbelltown Meals on Wheels would like to acknowledge

ESCHOL PARK PUBLIC SCHOOL

for their incredible donation of Easter goodies for our clients and volunteers.

We were overwhelmed with the amount received from them this year and are so thankful for their generosity!



Campbelltown Meals on Wheels

Staying healthy and well:

With the cool change of season, you may be noticing people getting sick with coughs, colds or flu. These simple tips may help you resist getting sick yourself!



1. Drink lots of water.

It might be tempting to sip on hot drinks such as coffee in colder weather. However drinking plenty of water will keep you hydrated and flush out toxins in your system. Try adding some lemon and honey to a cup of hot water to make it more exciting. If you are feeling unwell and cannot keep fluids in, contact your physician.

2. Boost your immune system

Make sure you're eating a good balanced diet, including fruits and vegetables that contain healthy vitamins and minerals. Fruits that are in season have a higher nutritional content than those out of season or unripe.

3. Rest

Around 8 hours sleep per night is pretty good to rest your immune system. You will feel recharged and will more effectively handle stress.

5. Wear layers

This is about avoiding sudden changes to your body temperature. You can add or remove layers to suit your environment, which means your body can easier regulate its temperature.

6. Commit to exercise

Get your sweat on! Exercising regularly enhances your immune function. Don't let the change of weather discourage you - consider indoor and out door activities depending on the weather.

7. Take some alone time

Take care of yourself and have some alone time. Wait until your grandkids or friends are over their colds / flu before saying yes to some company. This may be just the time to start reading that book you have been meaning to for the last few months or finish crocheting that blanket that's been sitting in the basket beside the couch.

8. Wash those hands

It's the advice we hear all the time - wash your hands often! Warm water and soap will kill the germs, but be sure you don't rush. Try to wash for at least 20 seconds before rinsing off.

Enjoy the story about Mr Butlers boats? If you have a hobby and would like to share your story just give us a ring. We would love to come out and see what you do, take pictures and feature you in our newsletter!

Campbelltown Meals on Wheels

Around the town



Friends Annual and Focus Exhibition

Campbelltown Arts Centre presents the Friends Annual and Focus exhibitions, an eclectic display of artworks by the Friends of Campbelltown Arts Centre. The *Friends Annual* exhibition is a chance to see some of the best art the region has to offer. With a range of mediums and styles throughout, the *Focus* exhibition features a strong collection of artworks highlighting the work of a talented local artist giving a cohesive insight into their practice. Open until Sunday, May 14th.



IT & Biscuits: Apple and Android Phones Friday 26 May 10 - 11.30am

Have your kids been pestering you about getting a mobile phone? Greg Percival Library is having a class focusing on an in-depth look at Apple and Android phones and tablets and how to use them. This is a free event but bookings are essential. Contact the Library on 4645.4060 to book your seat.



Campbelltown Meals on Wheels Bunnings BBQ!

Come down to Bunnings (Crn of Kellicar Road & Bugden Place) and say 'hello!' Campbelltown Meals on Wheels will be having a BBQ fundraiser on Saturday June 11th. Grab a sausage, have a chat and help support us in our commitment to the Community.



Menangle Markets

Don't forget that the Menangle Markets are on the 3rd Saturday of each month! (May 20th and June 17th) Why not grab breakfast and browse the stalls for a lovely Saturday morning outing. Open hours are from 9am - 2pm located at Club Menangle Paceway.

Banana & Cinnamon French Toast

3 eggs, lightly beaten	1/2 tsp ground cinnamon
1/2 cup milk	4 slices of day old brioche/bread
1/4 cup cream	2 tbsp. butter
1 tsp vanilla essence	3 bananas
1 tbsp. icing sugar	maple syrup to serve



- 1) Combine eggs, milk, cream, vanilla, icing sugar and cinnamon in a large jug. Whisk with a fork until well combined. Pour mixture into a shallow ceramic dish.
- 2) Preheat oven to 180 degrees. Dip 2 brioche/bread slices in milk mixture for 30 seconds to 1 minute each side or until well soaked. Hold over dish to drain. Heat 1 tbsp. butter in a large frypan over medium heat until bubbling. Add soaked brioche. Cook for 1-2 minutes each side or until golden. Transfer to a baking tray. Keep warm in oven. Repeat with remaining butter and brioche/bread.
- 3) Place French toast on plates. Top with banana and drizzle with maple syrup. Serve and Enjoy!

Campbelltown Meals on Wheels



All About Mums...



A G F F U S E I R O M E M Q C J V G
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BRUNCH

CANDY

CARDS

CARING

CHILDREN

DAUGHTERS

DEVOTED

DINNER

FAMILY

FLOWERS

FRIEND

GIFTS

GIVING

GRANDMOTHERS

HOME

HONOR

HUGS

KISSES

LAUGHTER

LOVING

MAY

MEMORIES

MOTHERS

ROSES

SUNDAY

SONS

TRIBUTE



Campbelltown Meals on Wheels



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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