

# Campbelltown Meals on Wheels



More than just a meal

## Newsletter

July / August  
2017



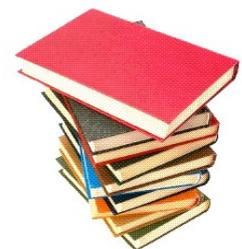
Meal Deliveries



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

## Out and About!

Sunday, June 11th was a busy day for Campbelltown Meals on Wheels. We were at Bunnings cooking up sausages for all the hungry shoppers, answering questions about our services and having a laugh with those who stopped to talk. We served up so many sandwiches that we had to run and get more bread and drinks towards the end of the day. A massive Thank you to Bunnings for having us there again this year - looking forward to the next! (Save the date - Friday, August 4th! Come and visit!)

We were also given the opportunity to have promotional stalls at the Wests Tigers games on Sunday June 11th and Friday June 23rd. We had amazing days at both games. Sam (accounts) who is a major Tigers supporter, was in her element being able to take photos and meet with the players all while promoting our services to the community.

Her and Committee Member Martyn were grabbing players and convincing them to swap hats for photos. The players were so lovely and obliging. As you can see in the photos, Sams adorable step kids were there as well handing out brochures to everyone who passed by. A huge Thank You to Wests Tigers for these amazing opportunities and for making us feel so welcome! Promotional stands such as this are so helpful to us. It allows us to interact with the people in our community and let them know we are here to help.



# Campbelltown Meals on Wheels

## **From the Office:**

Can you believe it is July already! The year is half done and it feel like it has only just begun.

As some of you may know our fearless leader Lyn has been away on a well deserved holiday! She enjoyed the warmth and beauty of Bali for a week and then spent the rest of her days off at home with family! If you have called into the office lately you may have heard a new voice on the phone. Debbie Jones (some of you may know her as she volunteered with us doing meal deliveries) has come on as staff and is taking over as administration/kitchen while Amy is away on maternity leave. Debbie fits in with the rest of us perfectly and we are so happy to have her on board.

Please remember that our meal deliveries are done in between **9:00am - 11:00am**. We have many volunteers and they all do the runs differently resulting in your meals being delivered at a different time. We cannot guarantee you an exact delivery time each week although we will do our best to accommodate in emergency situations. If you know in advance that you are not going to be home just give us a ring and we will be happy to send your meals the day before or after (or another day that suits you best.)

We have had a few enquiries lately regarding meals being left in an esky at the front door. Unfortunately due to Occupational Health and Safety and Food Safety Standards we are unable to do this and we really appreciate your understanding in this matter.

A reminder again to please phone the office and talk to the staff in regards to ANY changes needed i.e. change of delivery days, menu, payments etc. The delivery drivers are not responsible for passing messages to the staff.

If you have any questions please give the office a call. We are here for you and happy to answer any questions you may have.

## **From the Kitchen:**

We wanted to send out an apology for the delay in being able to send out our premium meals! They were a much bigger hit than we expected and while we were waiting on our supplier we ran out of a few of them (The Lamb meals went like hotcakes!). We will do our best to constantly have stock of them all!

If you have received a new menu in the last month you would have noticed a few dishes that say 'coming soon.' Unfortunately the Beef stroganoff, Lamb & Rosemary Pie and Baked fish with Mornay have not yet arrived. We are still waiting on word from our suppliers as to when they will be available. Keep watching the newsletters for updates!

# Campbelltown Meals on Wheels



Everyone deserves to be pampered every now and again and when it is in the comfort of your own home it makes it even better! Pamela Olson is the owner of Au Naturale Salon and Mobile Beauty. Going around to Aged Care homes and Retirement Villages, working with people with disabilities and general pampering days, Pamela would love to come to your home to give you the spoiling you deserve. You can give her a call on 4628 6746 or 0408 634 967.

Waxing  
Facials

Pamper Parties  
Massage

Manicures  
Pedicures

## National Meals on Wheels Day

is celebrated on the last Wednesday in August each year. This year it will be celebrated on August 30th. This annual celebration recognises the work of the organisations' 78,700



volunteers at over 740 branches around the country. Why not take the time to thank the volunteer that delivers your meals on that day.



We sure couldn't operate without them!



How fantastic is this photo! After 40 years of volunteering with Campbelltown Meals on Wheels, Kerrie Beatty (left) has retired from volunteering to spend time with her family. Her beautiful smile will be missed around the office. Her and Mary (right), who passed away a few years ago are pictured here picking up hot meals from Campbelltown Hospital before going out on their run.

## March/April Sponsor of the Month



Campbelltown Meals on Wheels would like to acknowledge

### Guardian Funerals

for their ongoing support with our Bunnings Sausage Sizzles.

# Campbelltown Meals on Wheels

## Winter Safety

As the cold weather continues we are being urged to stay warm safely. Here is a few tips taken from thesenior.com.au for helping to keep you safe and warm until spring and the warmer weather arrives.

**Gas heaters:** must be certified and should be serviced every two years or in accordance with the manufacturer's instructions. If a gas heater produces a pungent odour, a sooty flame or the flame is yellow in colour, stop using it immediately and get it serviced. Always have a source of fresh air entering the room when using un-flued gas heaters.

Don't place **room heaters** too close to furniture, clothing, furnishings, curtains and bedding. If you dry your clothing using a heater make sure it is far enough away and don't leave it unattended. Don't allow children or pets to play, stand or sit too close to heaters. Supervise them at all times around heaters.

Check that **electric heaters** are free from dust build-up and have intact power cords and plugs. Older style heaters with rusted reflectors or frames can cause hot spots and be a source of danger.

**Wheat bags** are designed to heat bodies, not beds and may spontaneously ignite when placed in bedding. Don't overheat wheat bags or gel heat packs by placing them in the microwave longer than the period of time specified by the manufacturer. Don't leave them unsupervised in the microwave. Don't reheat wheat bags before they have properly cooled. A wheat bag should be cooled down on a non-combustible surface before storing.

**Hot water bottles** are also subject to product safety standards. Only purchase hot water bottles that carry the mandatory label: WARNING – Hot water bottles can cause burns. Avoid prolonged direct contact with the skin. Check for damage. Hot water bottles that are old, show signs of wear or are not used properly can burst or leak, resulting in severe burns. Ideally, buy new hot water bottles every winter.

FRNSW recommends testing an **electric blanket** by laying it flat on top of the bed and switching it on for five minutes before putting it on the bed for use to confirm that it is okay.

A healthy diet and getting out of the house are also key features to staying 'safe.' Winter blues are common and can lead to loneliness. It makes for a great excuse to catch up with old friends and enjoy a nice cuppa out!



Carpets looking a little dirty? Our wonderful Committee Member Martyn is owner of Forest Cleaning Services and more than happy to come and take care of all your carpet cleaning needs. You can give him a call on 0421 599 449. Don't forget to tell him you are a client of Campbelltown Meals on Wheels!

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# Campbelltown Meals on Wheels

## Around the town



### Focus on Nature: Calling all photographers!

The annual Macarthur Nature Photography Competition opens on 26 August. Nature lovers, photography buffs and happy snappers alike are invited to venture out and capture the beautiful sights of local flora, wildlife and natural scenery. Visit [campbelltown.nsw.gov.au/MNPC](http://campbelltown.nsw.gov.au/MNPC) for more details.



### 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 Friday, August 4th. Grab a sausage, have a chat and help support us in our commitment to the Community.

## ding dong

We are always reminded to change the batteries in our smoke alarms (which is extremely important!) but we are never reminded to check the ones in our doorbells! It makes life much easier for the volunteer that is delivering your meals if your doorbell is in working order!



I found this recipe in a newsletter we received from the Meals on Wheels Association. It came with this little story: 'A regular delivery of a nutritious three course meal from Meals on Wheels allows Dorothy to cook in the comfort of her own home. She loves having the time to share her mother's secret recipe and bake with her grand-daughter Nicky. Her mum Susie used to bake these cookies for workers in the shearing sheds near Moree.'

### Susie's Chocolate Chip Cookies Recipe

- \* 125 grams butter
- \* 3/4 cup sugar
- \* 1 egg
- \* 1 & 3/4 cups self raising flour
- \* 200 grams chocolate chips (white or dark chocolate)



Preheat oven to 180 degrees. Line a baking tray with baking paper. Cream butter and sugar. Add egg and beat until mixture is white/creamy. Stir in flour and lastly, chocolate chips. Roll into balls and place on baking tray approx. 4-5cm's apart and press with a fork. Bake in oven for approximately 15 minutes or until biscuits are 'golden'.

# Campbelltown Meals on Wheels



## Sweet Tooth Word Find



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

- |              |            |             |               |           |         |
|--------------|------------|-------------|---------------|-----------|---------|
| Baklava      | Chocolate  | Licorice    | Nougat        | Rockyroad | Turtles |
| Brittle      | Fudge      | Lollipops   | Penuchefudge  | Rumballs  |         |
| Butterscotch | Gummybears | Marshmallow | Peanutbrittle | Smores    |         |
| Candycane    | Halvah     | Marzipan    | Praline       | Toffee    |         |
| Caramel      | Honeyballs | Mints       | Rockcandy     | Truffles  |         |

# 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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