



Meals on Wheels Rockhampton

Quarterly Newsletter #1
January to March 2019

WELCOME TO OUR NEW STAFF

This year we have welcomed two new staff to our Centre.

Introducing **Margo Haks** and **Shannon Scofield**.

Hi, I'm **Margo** and I have started as the Business and Operations Manager. I've brought with me years of experience and knowledge of the Food Industry and working with the Community. I previously worked with Meals and Wheels over 20 years ago.



I'm **Shannon** and I am the new Administration Assistant. I have a community services background and have worked previously in non profit Community Organisations. In my spare time I volunteer as a Girl Guide Leader. As part of my role, I will be doing Home Visits with Clients. I look forward to meeting you all.

WHAT'S BEEN HAPPENING?



Our gardens always look so stunning thanks to the hard work of our resident Green thumb Seng; however, he recently had some help from Bunnings and the North Rockhampton Special School.

Bunnings kindly donated some plants and gardening supplies for Senior Students from NRSS to plant in our gardens.

The students planted the new colourful plants under the guidance of Bunnings staff and Seng.

Next time you visit the centre, take a moment to appreciate the beautiful gardens.



QUOTE



"The most worthwhile thing is to try to put happiness into the lives of others"

Robert Baden-Powell



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Meals on Wheels Rockhampton Inc.

VOLUNTEER PROFILE



Name: Joan McCamley – Volunteer on Run 7

How long have you been volunteering with Meals on Wheels? 33-34 years

What did you do prior to volunteering? Home Duties; Hiring of Indoor Plants to various business; Gardening; Sewed my own clothes and curtains; Played Squash.

What are your Hobbies? Gardening and Volunteering.

Why do you like volunteering? The satisfaction of time well spent helping folk less able than myself. Meeting people; Keeping in touch and being active is my bonus.

One thing people may not know about you? Probably not a Lot. Maybe things best forgotten or not known, even to myself, who knows??



PUBLIC HOLIDAY MEAL SERVICE

There are a few public holidays coming up in April and May, which means slight changes to our meal delivery service.

Easter Weekend

Friday 19th April to Monday 22nd April

ANZAC Day

Thursday 25th April

Labour Day

Monday 6th May

If you are due to receive meals on a day which is a public holiday, your meals will be delivered to you as a Frozen meal on the delivery day prior to the public holiday unless advised otherwise.

JOKE CORNER

Q: What did the Seal with the Broken Flipper say to the Shark?

A. Do not consume if seal is broken.

Q. What lies on the bottom of the Ocean twitching uncontrollably?

A. A nervous Wreck.

Jim Radel Run 6

Got a joke to share? Let us know and we will post it in our next newsletter

NEW SENIORS APP



Seniors Guide to Qld Help APP has been designed specifically for older Queenslanders aged 60 years and over. The app empowers seniors to address issues they may be facing for themselves or someone they care for.

Seniors Guide to Qld Help can help seniors to find information, help and support for specific life issues (eg: aged care, elder abuse, family, finance troubles, grandparent relations, transport and more); access information on rights, and understand how to lodge complaints and seek resolutions to concerns with the right agencies.

Seniors Guide to Qld Help can be downloaded for free on the **App Store** (Apple) or **Google Play** (Android).



Gluten Free Scones

As Coeliac Awareness Week is in March, here is a Gluten Free recipe for delicious Scones for you to try.

INGREDIENTS:

- 3 Cups Gluten-Free Self-Raising Flour
- ¼ Tsp Salt
- 1 Cup Milk
- ½ Cup Vegetable Oil

1. Preheat the Oven to 180C Fan forced. Lightly oil a 33cm round cake tin and set aside.
2. In a bowl, mix the flour and salt. Gradually add the milk and oil, stirring until all ingredients are combined.
3. Turn Dough out onto a Floured surface and lightly knead. Using a knife, divide into 12 Scones.
4. Place all scones touching together in the cake tin and brush tops with milk
5. Bake for 15-20 minutes until lightly browned.
6. Best served with Jam and Cream and a hot cuppa!

Community Awareness Days

13-20 March	Coeliac Awareness Week
21 March	Harmony Day
1-30 April	Parkinson's Awareness Month