



Meals on Wheels Rockhampton

More than just a meal

Issue 3 : May 2020

Meals on Wheels Rockhampton www.rockhamptonmealsonwheels.com

COVID-19 Service Changes

The recent weeks have certainly been challenging for everyone. As a Service, we have had to implement quite a few changes to limit the possible spread of COVID-19, including implementing a 2 week Frozen menu with a reduction in delivery days.

We understand that some of these new changes may be confusing or inconvenient to some of our valued clients, however we appreciate your understanding during this difficult time.

Challenge yourself—Sudoku

	2						7		
9							6	1	
7			9				8	5	
			8		3			6	
6			7	4					
							2	3	4
			1	9				8	
		1							
4	5						3		

Winter Menu

The new Winter menu starts on **Monday 11th May**. See the attached copy of the menu. Please note that the Winter Menu is still a Frozen Menu and will consist of a frozen main meal, soup, juice and dessert. The Winter Menu is a 2 week continuous menu. Meals will continue to be delivered on Mondays and Thursdays.

Soup



Starting on May 11th, Soup will be included with your Frozen meal. The soup will be Frozen and will need to be defrosted prior to heating. Reheating instructions are on the back of this newsletter and can also be found on the back of your menu.

Congratulations Linda!



Congratulations to our Apprentice Chef **Linda Mooney**, who has just completed her qualifications in Commercial Cookery and is now a fully qualified chef. Linda is a hard working, valuable member of our Kitchen team.

Joke Corner

Q: What starts with E, ends with E, and has only 1 letter in it?

A: Envelope.





Need the Care Army?

If you're a senior and need community support, there are many Queenslanders who'd love to help – to have a chat over the phone, to help you with groceries and medications.

[Call your Care Army on 1800 173 349](tel:1800173349)

Here are some tips for how to manage self-isolation in your home:

Food and essential supplies

- Ask your friends, family or neighbours to assist you with your weekly shopping. If you live far from relatives perhaps try and reach out to your neighbours and ask if they can assist
 - When receiving delivered items, it is important to comply with social distancing guidelines to help keep everyone healthy by following these tips:
- The deliverer should notify you that they are nearby and are making a contact-free delivery
- When they arrive, they should place the delivery outside your front door
- They should step back at least 1.5 metres nearby to confirm that they have delivered your items

Use the supermarkets' online shopping arrangements for people over 65 to get groceries delivered straight to your door (we recommend you ask someone to assist if you don't know how it works)

Medical

- Ask your friends or family to assist you if you need help picking up prescribed or OTC medicine
- If you live far from relatives perhaps try and reach out to your neighbours and ask them if they can assist .
- When receiving delivered items, it is important to comply with social distancing guidelines to help keep everyone healthy by following these tips:
 - ⇒ *The deliverer should notify you that they are nearby and are making a contact-free delivery*
 - ⇒ *When they arrive, they should place the delivery outside your front door*
 - ⇒ *They should step back at least 1.5 metres nearby to confirm that they have delivered your item*
- If you start to feel unwell, contact a doctor or call 13 HEALTH (13 43 25 84).
- Senior Queenslanders or people with chronic conditions are able to seek medical support from their GPs through bulk-billed telehealth (video link) and telephone services
- Visits by homecare workers and other providers of essential services should continue as normal

Social life

- Swap the physical catch-ups with a telephone call, letters or a video-call
- Become a pen pal and write letters or postcards for your friends and family
- Getting your body moving can improve how you feel physically and mentally. By staying home you might not be able to do some of the types of exercise you normally enjoy. But there are lots of ways to keep moving while inside your house or backyard