



Meals on Wheels Rockhampton

More than just a meal

Issue 4: July 2020

Meals on Wheels Rockhampton www.rockhamptonmealsonwheels.com



Welcome back to Familiar Faces!

We recently welcomed back some of our older Volunteers who had to step back from Volunteering due to Government recommendations regarding our older generation and the risk of Covid-19. Its been wonderful to have these familiar faces back at our service doing what they enjoy.

Pictured : returning Volunteers Debbie Cusack, Steve Atkinson, John Diamond, Gary Kitchiner and Les Head.

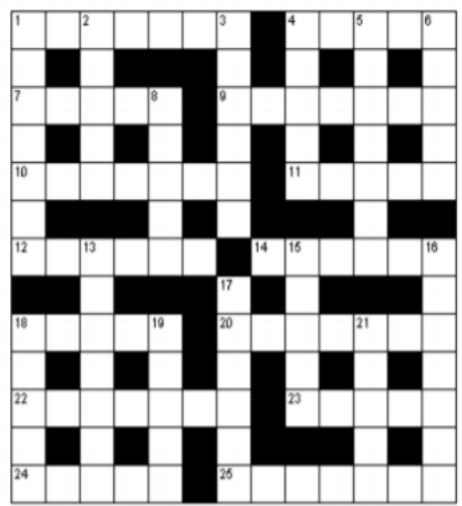
Stockland CARE Grants

We were recently successful recipients of the Stockland Care Grants. The funds received in this grant have allowed our Service to purchase an Automated External Defibrillator (AED) Machine, that may help save someones life one day.

Pictured : Staff member, Karen McCusker with Volunteers Marie Weaver and Susan Thorpe



CROSSWORD



- Across**
- 1. Floorshow (7)
 - 4. Spooky (5)
 - 7. Detection device (5)
 - 9. Vertical (7)
 - 10. Inactivity (7)
 - 11. Measuring implement (5)
 - 12. Dictator (6)
 - 14. Ecclesiastic (6)
 - 18. Copious (5)
 - 20. Drawn (7)
 - 22. Pouch worm with a kilt (7)
 - 23. Diadem (5)
 - 24. Admittance (5)
 - 25. Spiny anteater (7)
- Down**
- 1. Transported (7)
 - 2. Emblem (5)
 - 3. Tropical bird (8)
 - 4. Mistake (5)
 - 5. Dependable follower (7)
 - 6. Go in (5)
 - 8. Magnitude relation (5)
 - 13. Reinforcement (7)
 - 15. Reasoned judgment (5)
 - 16. Musical passage (7)
 - 17. Opportunity (6)
 - 18. Part of a church (5)
 - 19. Ahead of time (5)
 - 21. Obviate (5)

Volunteers Required

Do you know of someone who has some spare time and would like to help make a difference? We are looking for Volunteers to help out at our Service.

We do have volunteer shortages in our Kitchen and meal delivery runs and are in need of people who are able to volunteer on a permanent basis.

If you know someone who may be interested in volunteering with Meals on Wheels Rockhampton, contact 4928 0540 or email info@mowrockhampton.org.au



Upcoming Public Holiday

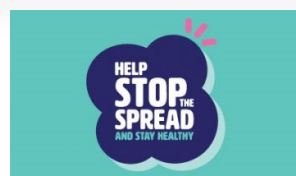
Our Service will be closed on the upcoming Public Holiday on **Friday, August 14th**.

Friday meals will be delivered as a frozen meal on the days prior.



Upcoming:

**Meals on
Wheels Day is
August 26th**



COVID 19— Help stop the spread

Our Service continues to take steps to help prevent the spread of Covid-19 by:

- Using hand sanitizer after each delivery
- Staff and Volunteers are not allowed to attend work if they are sick and have their temperature taken at the start of each shift.
- Limiting Contact at Clients homes by delivering meals in Bags and to the front door only.
- We ask if you do feel unwell with cold or flu like symptoms that you please contact our service on 4928 0540 as soon as practicable so we can take the necessary steps to ensure we deliver your meal as safely as possible.
- Practicing good hand hygiene and sneeze/cough hygiene at all times is the best defence.