



Meals on Wheels Rockhampton

More
than just
a meal

Issue 3 : May 2020



Meals on Wheels Rockhampton

www.rockhamptonmealsonwheels.com

UPCOMING PUBLIC HOLIDAYS

Our Service will be closed on the following dates:

Good Friday : Friday 10th April

Easter Monday : Monday 13th April

Labour Day : Monday 4th May

Prior to the Public Holidays, your Delivery Volunteer will confirm with you as to whether you will require Frozen Meals for the Public Holidays. Frozen Meals will be delivered on the day prior to the public Holiday.



CHALLENGE YOURSELF:

SUDOKU PUZZLE



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

Apr 2018

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OPAN Older Persons
Advocacy Network

Talk to us
1800 700 600

An advocate can walk alongside you and empower you to understand and exercise your **aged care rights**.

ADVOCACY
Free, independent and confidential support to help you raise and address issues with aged care

INFORMATION
Information about aged care service provision, referrals and rights

EDUCATION
Free education sessions delivered in person and online

1800 700 600 www.opan.com.au

OPAN service delivery organisation in your state or territory:

ACT	TAS	VIC	NSW	NT - Top End
QLD	SA	WA	NT - Central	

Funded by:



CELEBRATING LONG TERM SERVICE OF OUR VOLUNTEERS

We recently surprised two of our longest serving volunteers, Gordon Walker and Joan McCamley by presenting them with a special badge of Honour and celebrating with a cake cutting ceremony with their fellow volunteers.

Gordon Walker has been volunteering for 43 years and comes in on a daily basis and Joan volunteers weekly and has been with the service for 34 years.

Both of these wonderful people, are much loved by Clients and Volunteers and have always got a smile on their face and enjoy their contribution to our Community through delivering meals. The special badges were custom made locally and provide a special keepsake to these volunteers as a thank you for the valuable work and long term commitment they provide our Service.

7 WAYS TO STAY HEALTHY IN FLU SEASON

- 1 GET IMMUNISED**
 Particularly if you have a chronic condition like diabetes or spend time around the elderly or children
- 2 EAT YOUR VEG**
 And keep hydrated with water
- 3 WASH YOUR HANDS!**
 Wash regularly for 20 seconds with soap and water or a sanitiser gel and don't forget to dry them too
- 4 BIN YOUR TISSUES**
 Don't keep them in your pocket or handbag
- 5 DISINFECT**
 Keep door knobs, kitchen benches and phones clean from viruses
- 6 GET SOME EXERCISE**
 Enjoy some exercise and fresh air in the great outdoors
- 7 STRESS LESS!**
 and be kind to yourself!

REMEMBERING RHONDA



Rhonda Fisher, was a much loved, dedicated volunteer on Run 16 who passed away on November 11th 2019.

A Memorial to Rhonda has recently been placed in our Gardens at our Service to remember our Friend who gave so much to this service and to the Community.

Rhonda is missed greatly by all those who knew her.



WINTER MENU



Autumn is now here and our Winter Menu is on its way too. New Winter Menu will start 18th May. All Clients will receive a copy of this new menu prior to the start.