



Meals on Wheels
Rockhampton

Newsletter

JAN/FEB

2023

More than just a meal



Meals on wheels Rockhampton Inc



www.rockhamptonmealsonwheels.com



4928 0540 or 4928 9337

2023

HAPPY NEW YEAR

Australia Day Public Holiday



Our next public holiday is fast approaching. Australia Day is on **Thursday, January 26th** which means our service will be closed.

A letter will be sent to all clients prior to this holiday to ask whether they require a frozen meal for this holiday. We will reopen on Friday, 27th January.



Snapshots - Whats been happening at MOW



Pat O'Driscoll Real Estate provided Christmas Cheer by donating Christmas goodies to all our Clients



The team at Allied Parts held a Christmas raffle with proceeds going to our Service. The raffle raised \$1693



Our Volunteers and Staff all got into the Christmas spirit



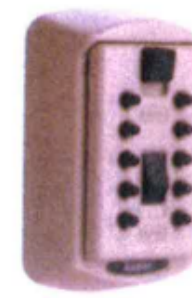


Keeping safe at home

There has been a recent surge in home break ins and vehicle thefts in the Rockhampton Region.

Here are some tips to staying safe at home:

- Keep your Doors locked
- Don't leave your spare key under the door mat or in a easy to find spot - consider installing a key safe.
- Don't leave your house unlocked when you go out
- Store keys, tools and valuables securely out of sight
- Always keep your car locked and don't leave valuables in your car.
- Ask for proper identification from delivery persons or strangers. Don't be afraid of asking - if they are legitimate they won't mind.
- Don't leave notes on the door when going out.
- Get to know your Neighbours



HAVE YOU THOUGHT ABOUT A KEY SAFE?

CQ HOME ASSIST SECURE CAN PROVIDE KEY SAFES

A Key Safe allows you a safe place to store your house key.

Ideal for:

- Housing a spare key if you lock yourself out
- Emergency services Access
- Family/Friends access
- Meals on Wheels can put your meal in the fridge if you are not home

Key safes attach to any wall or flat surface and holds 2 keys. (Larger safes are also available)

FOR THE COST OF \$40 CQ HOME ASSIST PROVIDES:

- The Key safe
- Installation
- Demonstration on use
- Provide your code to the emergency services in case of an emergency to allow them to access your home easily

Call Home Assist Secure on 4936 8522 or 1800 223 301



Meals on Wheels Reminders



It's the start of a new year, here's just a few reminders regarding Meals on Wheels Service:

- If you are not home, we cannot leave meals in eskies, cold bags, or sitting on a table. We can only leave meals in a working fridge .
- When paying your account through the branch or online, please ensure you put a reference. Invoice number or surname are ideal. The Accounts Department are unable to allocate payments when the reference simply says "My meals" or "Mums meals".
- If you are needing to cancel meals, please ensure you cancel meals prior to 9am otherwise you will be charged for the day.
- When leaving messages on our answering machine, please say your name clearly and remember to leave your phone number.

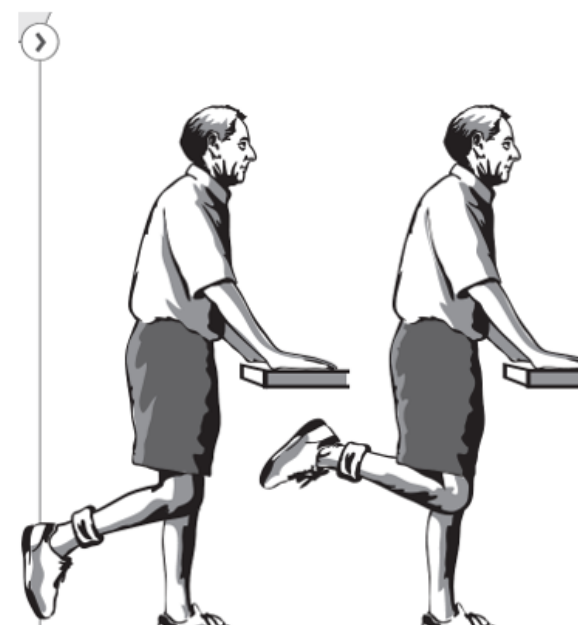


Exercises to improve your balance



Calf raisers

Holding on to stable surface, lift both heels off the floor, coming up onto your toes. Start with both hands for support progress to one hand and then no hands, as you feel comfortable



One leg balance

Placing both hands on a stable surface that won't move, stand on 1 leg for 5 to 10 seconds.

Repeat on other side.

Increase time as feel able and then use one hand, progress to no hands.



Toe raisers

Holding on to stable surface, lift both toes off the floor, start with both hands for support progress to one hand and then no hands, as you feel safe and comfortable



Side leg raise

Using a stable surface stand on one leg and raise other leg to side as high as feels comfortable

Repeat on other side