



Meals on wheels Rockhampton Inc



www.rockhamptonmealsonwheels.com



4928 0540 or 4928 9337

Upcoming Public Holidays

There are **4** public holidays coming up in April and early May.

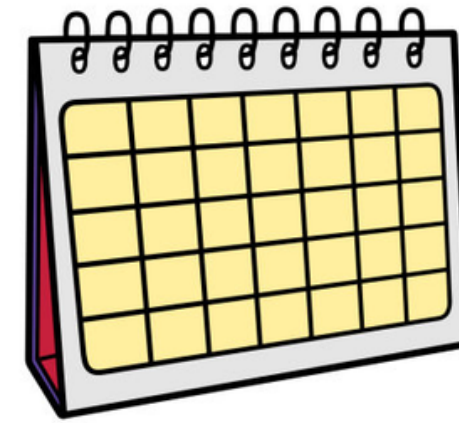
These are :

Good Friday : Friday 7th April

Easter Monday : Monday 10th April

ANZAC Day : Tuesday 25th April

May Day (Labour Day) : Monday 1st May



As with all public holidays our service will be closed on these days. A letter has been sent out to Clients regarding receiving frozen meals for the public holiday. If you require the frozen meals, you do not need to do anything. However, if you **do not** want the meals you will need to return the note to the volunteers.

Winter Menu



The new Winter menu will start on Monday 12th June. All Clients will receive a copy of the new menu prior to its start.

Any food allergies, food restrictions and selection of days will automatically carry on to the new menu. If you need to make any changes to this, please advise us when you receive your copy of the Winter Menu.

We will continue to cycle through the current continuous Summer menu until the 12th June.

Upcoming Client feedback reviews



As a requirement of the Aged Care Quality Standards, our service is required to obtain feedback from our Clients each year through a Client feedback review form that is sent out annually.

The next review will be sent out during April. It is essential that we receive back completed forms from all of our Clients.

Your feedback helps ensure we are providing our Clients with the best possible service.

ANZAC Biscuit Recipe

Ingredients:

- 1 cup each of rolled oats, sugar and coconut
- 1 tablespoon syrup
- 3/4 cup flour
- 2 tablespoons butter
- 1 teaspoon bicarbonate of soda (dissolved in 2 tablespoons boiling water)



Method

- Melt butter.
- Add syrup to dissolved soda and water. Combine with melted butter.
- Mix dry ingredients and stir in liquid.
- Place small balls on a buttered tray and bake in moderate oven for 15 minutes or until browned.
- Lift out carefully with a knife as they are soft till cold.

Recipe courtesy of the Country Womens Association.

Introducing Matthew



Introducing our newest staff member to Meals on Wheels Rockhampton, Matthew Deakin.

Matthew is our new financial officer and will be looking after the finance side of things. Matthew is able to help you with any queries regarding your Invoices. Matthew also assists Administration staff with taking client phone calls and assisting clients on the phone and in the office.

Matthew's background is in Finance and taxation and he looks forward to getting to know the Clients.



Fighting the flu starts with you

Annual influenza vaccination is the most important measure to prevent influenza and its complications and is recommended for all people aged 6 months and over.

You should get vaccinated each year from mid-April onwards to be protected before the influenza season, which is usually June to September

in most parts of Australia. However, it's never too late to be vaccinated as influenza can spread all year round.

Vaccination is particularly important for people aged 65 years and over as they are at high risk of complications from influenza.

All adults aged 65 and over are eligible for a free influenza vaccine that is specifically made to boost the immune response for better protection.

The influenza vaccine is also free for people with the following conditions that put them at higher risk of severe influenza and its complications: cardiac disease; chronic respiratory conditions; chronic neurological conditions; immunocompromising conditions; diabetes and other metabolic disorder; renal disease; haematological disorders.

Flu shots are available from your GP or Local Pharmacy.

St Patricks Day at Meals on Wheels



Staff and Volunteers wore green to celebrate St Patricks Day in March.



Local ANZAC Day Services April 25th 2023



Rockhampton Dawn Service : Rockhampton Botanic Gardens Cenotaph. Starting at 4.27am.

Rockhampton March: Stepping off at 9.57am from Archer Street, the March winds its way through Victoria Parade and Quay Street before finishing at the corner of Quay and William Street.

Gracemere March: March assembles at 4.20am in front of the shops. Lawrie Street. Step-off at 4.30am.

Alton Downs Service: Dawn Service is held at the Memorial Cenotaph, Alton Downs Hall - 1569 Ridgeland's Road, and will be followed by a Gunfire Breakfast.