



**Meals on Wheels**  
Rockhampton

**DEC/JAN**  
**2023/24**

## Newsletter



Meals on wheels Rockhampton Inc



[www.rockhamptonmealsonwheels.com](http://www.rockhamptonmealsonwheels.com)



4928 0540



### Christmas and New Year Meal Deliveries

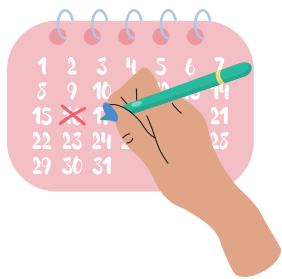
The Festive season is fast approaching. Please be aware of our Service closure dates over the Christmas and New Year Period:



- Monday 25th December - CLOSED**
- Tuesday 26th December - CLOSED**
- Wednesday 27th December - CLOSED**
- Monday 1st January - CLOSED**

A letter will be sent out prior to Christmas asking if Clients require meals for the days we are closed. **Frozen Holiday meals will be delivered during the week of the 18th December.** You only need to return your letter if you **DO NOT** require meals for these public holidays, otherwise meals will be delivered as per your normal meal delivery days. *Please ensure you have storage space in your freezer to store these meals.*

### Summer Menu - week tracker



Please note that the meals for the public holidays will differ from what is on the menu for those days.

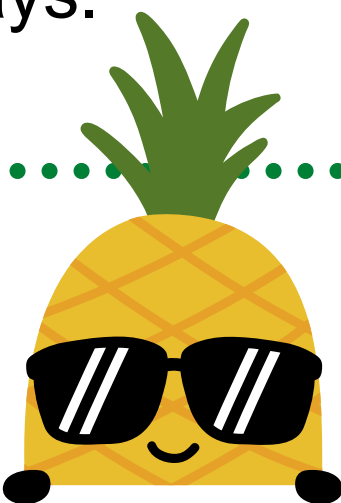
Lost track of where we are up to on the menu?

Use this handy guide below:

- Week 1 - November 27th to December 1st**
- Week 2 - December 4th to December 8th**
- Week 3 - December 11th to December 15th**
- Week 4 - December 18th to December 22nd**
- Week 5 - December 25th to December 29th**
- Week 6 - January 1st to January 5th**

Return to week 1 of the Menu,

### The Summer Menu has arrived



Summer is here and so is our Summer Menu. All clients should have received a copy of this new menu prior to it starting on November 27th. We have a great selection of meals, soups, smoothies and desserts on this new menu that we look forward to hearing your feedback on.

Please contact our friendly office team if you have any changes or questions relating to the new menu.

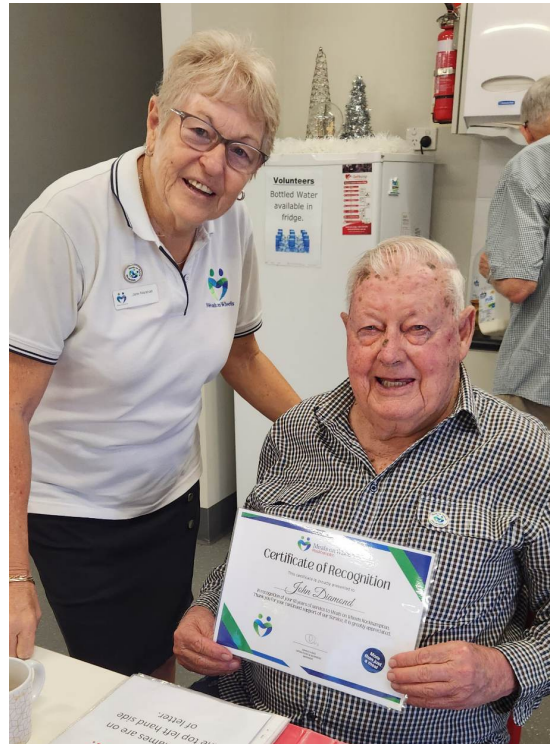
If you wish to swap over to salads or smoothies in this hot weather, please let the office know.

Please note that our Smoothies are unsuitable for people with lactose/dairy free restrictions and diverticulitis. We unfortunately do not have an alternative smoothie for these Clients.



# Years of Service Recognition

We recently recognised our volunteers who have been volunteering with our service for 10 or more years.



**LEN WILSON - 24 YEARS**  
**TIM MCSWEENEY - 24 YEARS**  
**GARTH BLACK - 22 YEARS**  
**JOHN DIAMOND - 18 YEARS**  
**JOAN MILLAR - 18 YEARS**  
**MURRAY CRAN - 12 YEARS**  
**CATHERINE LACHEUR - 12 YEARS**  
**NARELLE INSKIP - 12 YEARS**  
**GRAEME COWLEY - 16 YEARS**

THANK YOU

**IAN WILHELMSSEN - 12 YEARS**  
**GREG PRICE - 12 YEARS**  
**COLLEEN O'DONNELL - 12 YEARS**  
**CARMEL MATHEWS - 11 YEARS**  
**LYN POHLNER - 11 YEARS**  
**GREG MOLLOY - 11 YEARS**  
**RHONDA HOWELLS - 10 YEARS**  
**DARRYL LANDSBERG - 10 YEARS**  
**JANE MARSHALL - 10 YEARS**



## Heatwave preparation checklist

EVERYONE IS AT RISK OF HEAT-RELATED ILLNESS

get ready QUEENSLAND



Monitor the weather, you can use the **Bureau of Meteorology Heatwave Service**.

- Be aware of overnight and maximum daytime temperatures and how long the heatwave has gone for.



Know who you will call for help.



Know who you will check on, such as neighbours, friends, relatives and those who live alone.

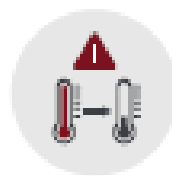


Know local cool public spaces like libraries and shopping centres.

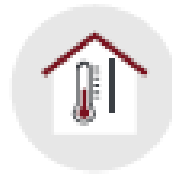


Understand how to manage your medical condition by asking your doctor:

- If your medical condition will be affected by extreme heat
- How much water you should drink in hot weather, especially if you normally need to limit the amount you drink
- How your medications could affect your health in the heat.



Store enough medication at the right temperature.



Prepare your home by:

- Storing cool packs in the fridge or freezer and making ice cubes
- Filling spray bottles with cool water to use on your face and body
- Checking fridges, freezers, fans and air-conditioners work well
- Stocking up on food and drinking water
- Creating cool rooms and cross breezes in your house
- Protecting windows from the sun by using blinds or curtains



Pack an emergency kit in case the power goes out.

- This could include a torch, batteries, portable phone charger, candles, matches, a battery-operated radio and a first aid kit.



## Payments via Bank Transfer



When paying by Bank Deposit please ensure you include a payment reference. Either your Invoice number or Name. This ensures we can allocate payment correctly.

**DON'T FORGET**



For more information visit [www.health.qld.gov.au/heatsafe](http://www.health.qld.gov.au/heatsafe)

