

NEWS LETTER



Meals on Wheels
YOUNG

JUNE 20 **WELCOME TO** **WINTER**

CELEBRATING NATIONAL VOLUNTEERS WEEK

Celebrations for our important and wonderful volunteers are being postponed - not forgotten!
Page 05

EXCITING NEWS: HOT HOME MADE SOUP IS AVAILABLE

We are excited to tell our Young Meals on Wheels clients that Hot, Homemade Soup can now be ordered 7 days a week. Page 06

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Open Mon-Fri 10:30 am - 2:00 pm



Get ready for the cold weather

Tips help you prepare at home

Welcome to our June 2020 Client Newsletter. Meals on Wheels is synonymous with community engagement and care. The name represents HELPING HANDS, TEAMWORK and LOOKING OUT for EACH OTHER. Since its inception in Young 57 years ago we have grown to become a driving force in Community Care.



How important Young Meals on Wheels been in our community and now more than ever, during the COVID-19 Pandemic, where the helping hand has been stretched to the limit.

While AGE, DISABILITY and COVID-19 has reduced some people's capacity to get out and about, our wonderful volunteers help make it possible for them to stay home and maintain their independence.

By delivering nutritious meals, social interaction and a friendly check on a client's wellbeing, we help people live the lives they choose.

I would like to take this opportunity to say a BIG THANK YOU to all the staff, the Meals on Wheels Committee and the Young Community for all the support we have received in many ways.

A BIG THANK YOU to Scribblegum Design & Print for DESIGNING, PRINTING & DONATING our monthly client newsletters showing true community spirit.

Thank you Lyn and her team.

Jenny

JENNY REA

SERVICE COORDINATOR - YOUNG MEALS ON WHEELS

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WELCOME TO WINTER 2020

Winter is here again, and while it can be a beautiful time of year in many ways colder weather brings a greater risk of a range of health issues for some.

Here are some tips for staying WARM and HEALTHY this Winter.

THE HOME

Make sure your home is warm enough, ensure your Living area is heated to at least 21 degrees Celsius with the rest of the home at approx. 18 degrees Celsius.

Close all curtains and windows at night time.

The coldest time of the day is just before dawn, so sleep in until later with that warm blanket.

CLOTHES

Several layers of thin clothes will retain heat better than one thick layer, so layer up in winter especially if you go outside.

Contrary to popular belief, most body heat is lost through the head, so wear that warm cap, beanie to keep warm.



FOOD

Have at least one hot meal per day

Eat regularly to help keep energy levels up during winter.

Have regular hot drinks.

KEEP IN DAILY CONTACT

People can often be socially isolated, so can be alone for a long period of time with no one noticing if they become unwell.

Keep in touch with family and friends by phone if a visit is not possible

PLEASE arrange to increase your Meals on Wheels delivery if needed during the winter months. Our staff are here to help you.



QUEEN'S BIRTHDAY LONG WEEKEND MONDAY 8 JUNE



If you require a Hot Meal for this day or would like to cancel one, would you please call the office on **6382 5008** with your requirements before Wednesday 3 June so that we are able to cater for any changes.

The office will be **closed** on this day and re-open as usual on Tuesday 9 June at 10:30 am.

Thank you for your co-operation in this matter.



Jock Rogerson was all smiles when he received his Care Package last week.



Meals on Wheels
Young

CARE PACKAGES

A little 'care package' went out to our clients last week...
Donations of:

- Toilet Paper
- Glen20 Disinfectant Spray
- Tissues
- Hand Sanitiser
- Seniors' Newspaper
- Hilltops Phoenix
- Juice

PLUS a Newsletter packed with boredom busters, gentle exercises, puzzles etc. we received from [Young Rotary Club](#), [Young Library](#), [Young Witness](#), [Woolworths](#), [NSW Meals on Wheels](#) and [RB Australia](#).

'Thank you to all our generous donators'.



CELEBRATING

NATIONAL VOLUNTEERS WEEK

Australia is monitoring the evolving COVID-19 situation closely. At this time we feel it is more important than ever to recognize and acknowledge our Meals on Wheels Volunteers.

We understand that we usually hold an event during national volunteer week to celebrate together and say a big thank you to all our wonderful volunteers.

This year we have postponed our celebration to a date to be advised.

We miss you and look forward to the return of all our volunteers to Meals on Wheels.

[Current update @ 18th May 2020](#)

Volunteers over the age of 70 Years old proposed date of return for volunteering is 30th September 2020 (unless we are advised earlier).

Volunteers under the age of 70 years old are now back volunteering (with restrictions as advised by the Department Of Health).

Thank you for working with us in these very different times but we will continue to spread the message that volunteers really are supporting communities & changing Lives.

A BIG THANKYOU from all the staff and committee at Young Meals on Wheels.

Thank you again,

Jenny Rea

Service Co-ordinator
Young Meals on Wheels





Meals on Wheels
Young

EXCITING NEWS: HOT HOMEMADE SOUP!

We will be introducing hot, homemade soup for Meals on Wheels clients in the township of Young from **Monday, June 1st 2020** to be delivered at Lunchtime, 7 days a week.

\$ 2.50 per Serve

If you are interested in receiving homemade soup, please phone **6382 5008** to place your order.

Soup is available for all Meals on Wheels clients in the Young township.

Enjoy!

More
than just
a meal





(Sample images only)



JUICE DELIVERY UPDATE:

PLEASE NOTE:

From **Monday, June 1st 2020**

We are discontinuing our Monday and Friday Macquarie Valley 200 ml Juice and replacing it with our **Golden Circle 1 Litre Tetra Packs** to be delivered every FRIDAY with Hot Meals

OR when your Frozen Meals are delivered.

We thank Young Services Club for their continued support with our Hydration Program.

THANK YOU!



young services club
that's my club

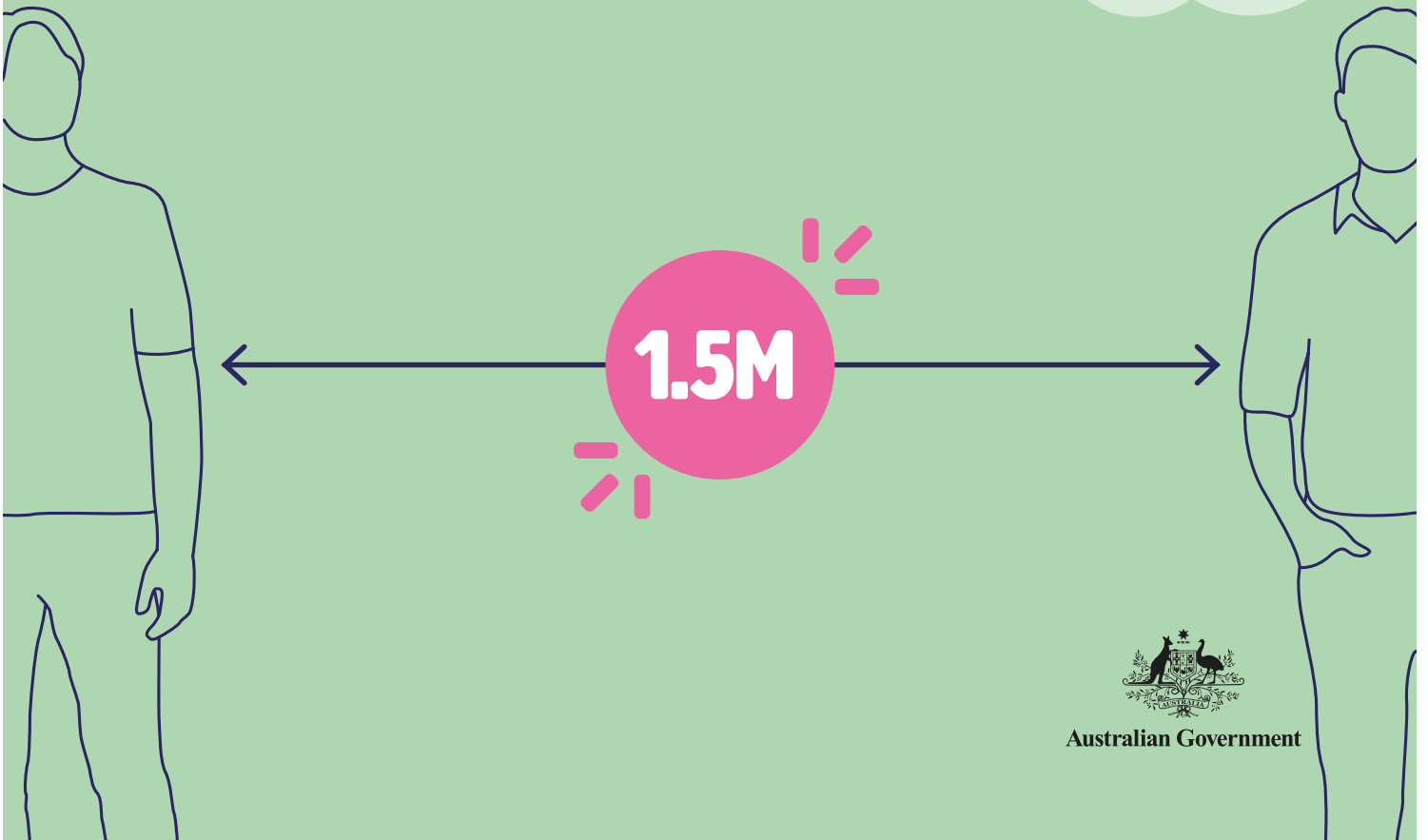
Coronavirus
(COVID-19)

KEEPING YOUR DISTANCE.

Help stop the spread of coronavirus by keeping your distance. Remember, don't shake hands or exchange physical greetings. Wherever possible stay 1.5 metres apart and practise good hand hygiene, especially after being in public places.

**TOGETHER WE CAN HELP STOP
THE SPREAD AND STAY HEALTHY.**

Advice regarding **Coronavirus (COVID-19)** will change regularly. Keep up to date. Visit **[health.gov.au](https://www.health.gov.au)**





Fact Sheet – Vitamin D

The Importance of Vitamin D

Vitamin D helps the absorption of calcium into the bones. Not having enough Vitamin D over a period of time results in thinner, more fragile and brittle bones. This means that there is an increased risk of bones breaking and crush fractures.

Adequate Vitamin D (along with adequate protein and calcium) can help reduce these problems. There is evidence that increasing Vitamin D levels also improves muscle strength and function which may result in fewer falls.

The recommended Vitamin D dose for people over 70 years is 25 micrograms (1000 international units) per day.

Food sources of Vitamin D

It is difficult to get enough Vitamin D from food alone. A small amount of Vitamin D can be found in the following foods:

- fatty fish such as salmon, sardines, tuna;
- liver;
- eggs;
- milk products such as milk and cheese;
- Vitamin D fortified margarine.

Vitamin D and the Sun

Ultraviolet rays from the sun are the main source of Vitamin D. About 15% of skin needs to be exposed for about 10-15 minutes a day. 15% would be face, hands and arms (approximately). It is important to limit time spent in the sun during the hottest part of the day in order to avoid skin damage.

Sitting behind a window in the sun won't be effective because the glass filters out the ultraviolet rays that are needed to produce the Vitamin D. Broad spectrum sun screen also blocks out ultraviolet rays and may contribute to Vitamin D deficiency especially in older people. Consequently it may be acceptable not to use sunscreen when in the sun for short periods of time but not in the hottest part of the day.

Suggestions for getting exposure to sunshine include:

- Sit outside to have morning and afternoon tea;
- Do some gardening with arms exposed (sleeves rolled up);
- Read the paper sitting in the garden or on the balcony with sleeves rolled up;
- Hang up the washing with arms exposed;
- Taking a Vitamin D supplement may be important for those people who are housebound or who are not able to regularly spend sufficient time in the sun;
- Discuss taking a Vitamin D supplement with your doctor.

Source: <http://www.cclhd.health.nsw.gov.au/ourservices/nutrition/Pages/Public-Health-Nutrition.asp>

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WORD SEARCH



Find and cross out all the listed words. The words may go horizontally, vertically, diagonally, not backwards, and may intersect. All letters are used.

- ADVENTURE
- ALERT
- APPEAR
- APRIL
- BAILEY
- BOAT
- BONUS
- ~~BROCHURE~~
- BUFFET
- BUTTERFLY
- CARTOON
- COMBINE
- CUPID
- DATA
- DEALS
- ECONOMY
- EEL
- FIR
- FLOOR
- FOLIO
- HIDDEN
- LAMB
- LEAGUE
- LECTURER
- LIBRARY
- NOBODY
- NODE
- OPERA
- PHOTO
- POSH
- REFRIGERATOR
- ROAD
- ROOSTER
- RURAL
- SKATE
- SKIER
- SOLID
- SOON
- STABLE
- STEWARD
- STRUDEL
- SUPERMARKET
- TAILOR
- TEAM
- THINK
- TRIUMPH
- TURN
- WIRE

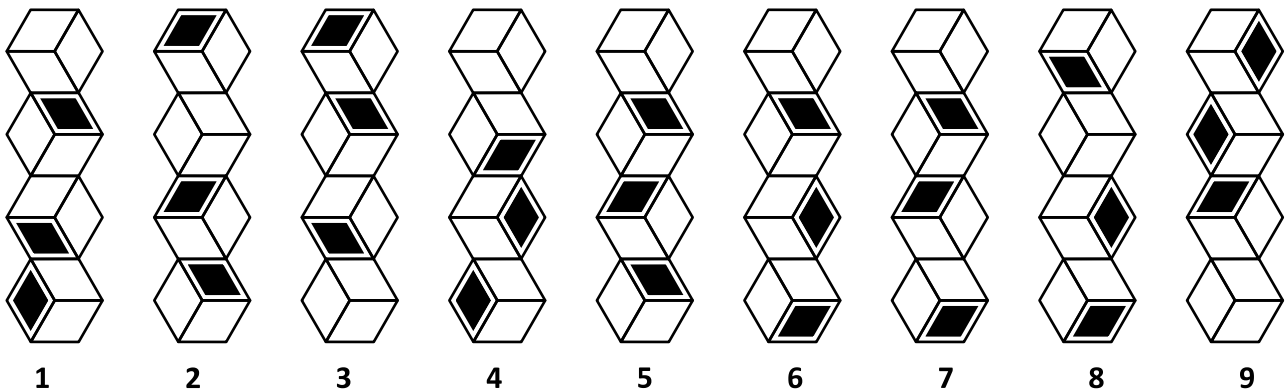
S T A B L E S K A T E E
 C U M L O L B O N U S C
 B A P P E A R A O R S O
 L R R E N R T H I N K N
 E E O T R O T F O L I O
 C B A C O M B I N E E M
 T U U G H O A O F I R Y
 U E P T U U N R D A T A
 R N A I T E R R K Y T D
 E P O M D E A E H E L V
 R O A D T W R P F A T E
 O S I S E O M F R S A N
 P H O T O U U U L I I T
 E O S L I B R A R Y L U
 R E F R I G E R A T O R
 A S T R U D E L W I R E



VISUAL PUZZLE

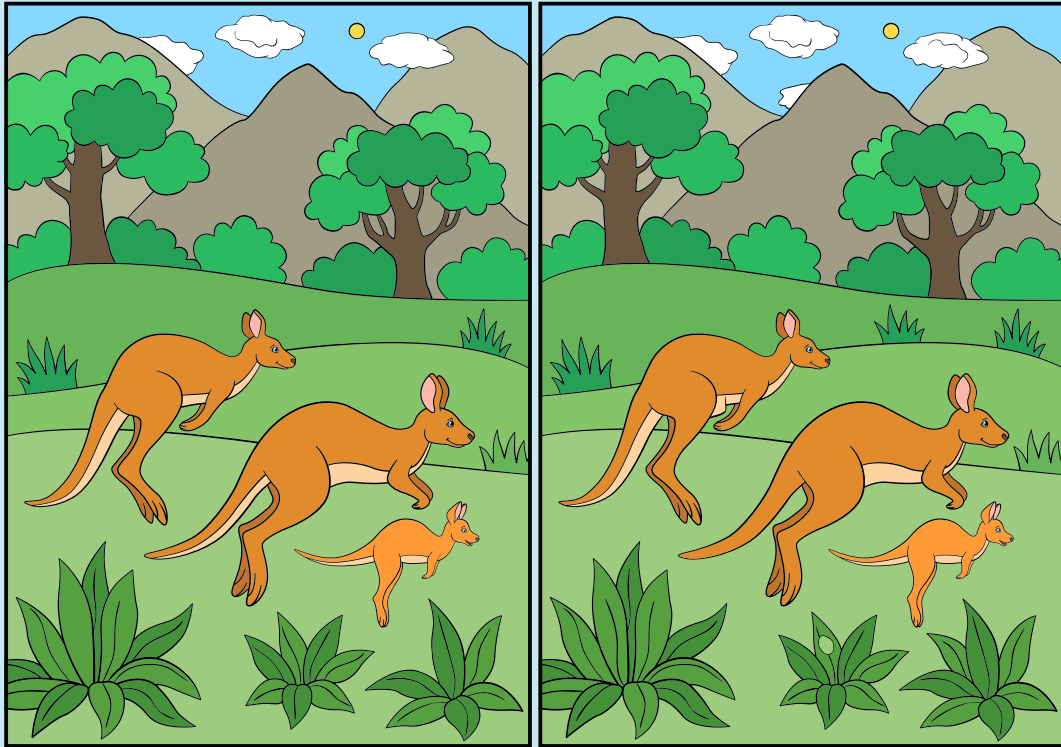


Spot the two identical graphic elements (rotation allowed).



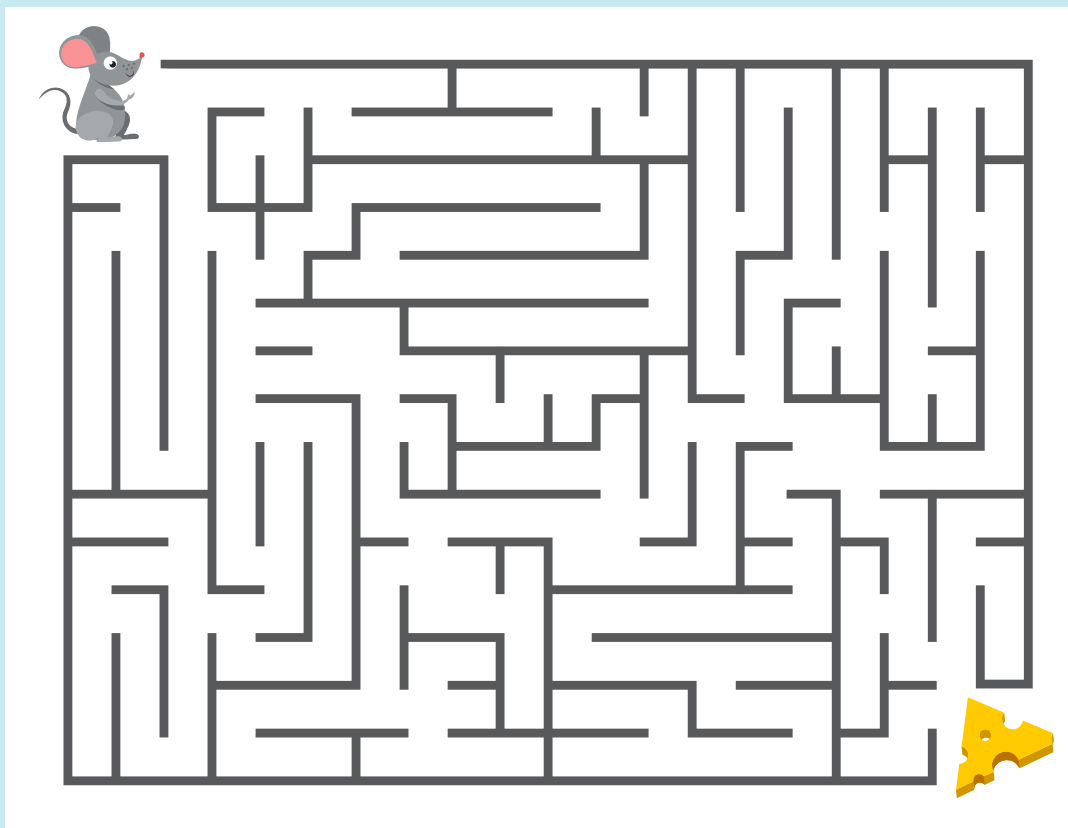
SPOT THE DIFFERENCE

(There are 12 differences)



MOUSE MAZE

Help the mouse find the cheese:



CROSS WORD

CRISS-CROSS (or KRISS-KROSS, else FILL IN) CROSSWORD PUZZLE

Fill in the blanks with the words provided. Two letters are already in place.

4 letters:

- AEON
- AREA
- KNOT
- LUTE
- MEZE
- MILK
- POME
- PONY
- STAR
- SWAN
- TRIM
- ZEBU

5 letters:

- ASK ME
- ASSET
- KYZYL
- OKAPI
- ORBIT
- RHINO
- RHYME
- TROVE

6 letters:

- ANIMAL
- BANANA
- EASILY
- LIMITS
- MODEMS
- RIDGED
- SPATES
- THREAD

7 letters:

- AUSTRIA
- DISPOSE

8 letters:

- LICENSE
- PASTIME
- POPULAR
- RAG DOLL
- REMOVAL
- UNIFORM

- ALLERGEN
- ALLIANCE
- AUGSBURG
- CENTAVOS
- INTEREST
- LANGUAGE

- LINOLEUM
- MOLESKIN
- PICTURES
- POSITIVE
- SCABIOSA
- USE AGAIN

9 letters:

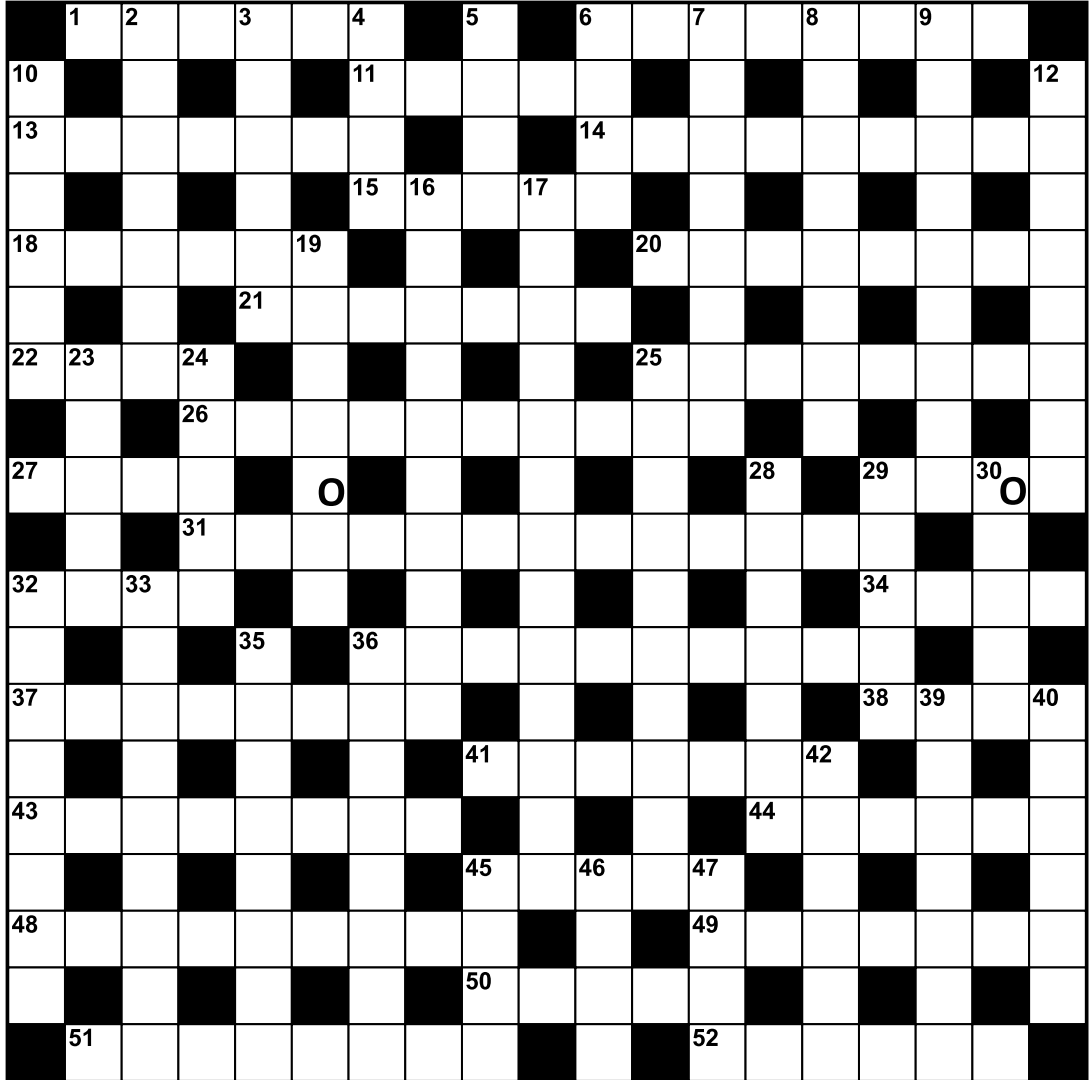
- EDUCATION
- INDENTURE
- MANNEQUIN
- ZINFANDEL

10 letters:

- ASYNCHRONY
- HYPOTHESIS
- PILOTHOUSE
- SKEPTICISM

13 letters:

- MISCELLANEOUS
- MUSICAL COMEDY



VISUAL PUZZLE

Can you find the two identical pictures?

