

Client Newsletter



More
than just
a meal™

To our Valued Clients,

Welcome to the August edition of our newsletter! As we move through the final stretch of winter, we're embracing the fresh energy that August brings. This month is all about connection, wellbeing, and keeping active—whether that's staying informed, moving your body, or simply sharing a laugh with others.

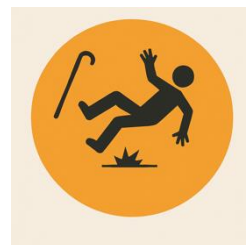
In this issue, we are also highlight upcoming events and sessions designed to keep you connected. If you haven't participated in any events before, just call the office to book or for more information and know you will be truly welcomed.

Sincerely, the friendly team at Camden Meals on Wheels.

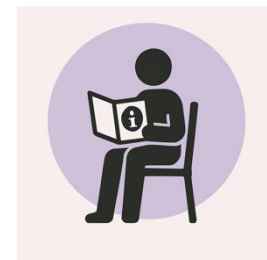
Upcoming events: -

Wednesday 6 Aug	Art Gallery at Campbelltown.
Wednesday 13 Aug	Chair Yoga + Lunch at Plough and Harrow 12.00pm
Thursday 14 Aug	Card Making at CMOW 10.00am to 12.00pm
Friday 15 Aug	Wool Works at CMOW 10.00am to 12.00pm
Wednesday 20 Aug	Putt Putt Golf at Smeaton Grange \$16.00 & lunch at Camden RSL
Wednesday 27 Aug	Chair Yoga + Lunch at Narellan Hotel
Thursday 28 Aug	Falls Risk Workshop at CMOW 10.00am to 11.00am (see below)
Friday 29 Aug	Wool Works at CMOW 10.00am to 12.00pm

We will be presenting a **Falls Injury Prevention Information session** which will provide information on how to reduce the risk of falling and to maximise independence at home. **Call the office on 4655 6822** to put your name on the list for 28 August at CMOW meeting room from 10.00am to 11.00am



Dementia Information session on Thursday 30 October at 10:00am, the location will be announced closer to date. This session will include general information on dementia and exploring dementia in more detail, as well as what services can be accessed for those caring for an individual living with Dementia. The talk will be conducted by a Representative from Dementia Australia. Transport can be provided at a small cost. **Call the office to put your name on the list 4655 6822.**



New Drinks available



Juice boxes 250ml \$2.50



**Iced Chocolate or Iced Coffee
500ml \$4.00**

We also have some new Lite n Easy meals available:

Chicken Parmigiana
Slow cooked Beef with Pepper Gravy
Spaghetti Carbonara
Rosemary & Garlic Chicken with Potato Bake
Tasmanian Salmon with White Wine sauce

Slow Cooked Lamb Shanks
Parmesan Crusted Fish
Spaghetti with Creamy Garlic Prawns
Pork Scallopini
Fried rice with BBQ Chicken

Telephone **02 4655 6822**

General email: admin@camdenmow.org.au

Newsletter email: newsletter@camdenmow.org.au

The SOLACE Research Project

Camden Meals on Wheels (CMOW) has partnered with the University of Wollongong to carry out a research project on social isolation and loneliness amongst our senior community. As part of this research, two researchers from the University would like to interview CMOW clients about their health, friendships and social connections that may lead to experiences regarding social isolation and loneliness.

All interviews will be confidential and CMOW staff will not know who participated and what you speak about will not be shared with anyone. All data and information gathered through the interviews will be deidentified and your personal details will be kept strictly confidential.

To express your interest in participating, please write your name and contact number on a piece of paper provided next to the locked box in the office foyer and place this, folded, in the box. A researcher will then confidentially contact you. Please note that only the two researchers from the University have access to this locked box. Alternatively, you can email Dr. Della Maneze via dmaneze@uow.edu.au

For more information about the research project, there are copies of the Participant Flyer and Participant Information Sheet for you to take home to read. You can also ask any questions you may have when contacted by the researchers. The researchers hope to commence interviews in September.

Staying Warm and Healthy as Winter comes to an end

- **Continued Warmth:** Even as temperatures rise, layering clothing and ensuring a warm home environment are important, especially during cooler mornings and evenings.
- **Hydration:** Maintaining adequate hydration with warm fluids is still beneficial as winter's chill can lead to dehydration.
- **Physical Activity:** Gentle exercise and movement remain crucial for circulation and overall well-being, even as the weather improves.
- **Social Connection:** Regularly connecting with family, friends, and community groups is vital for mental health, especially to combat potential loneliness that may have intensified during winter.
- **Mental wellbeing:** Addressing potential seasonal depression or isolation through social engagement, light exposure, and a healthy diet continues to be important as the season changes.



Memory Story

Molly and Penny had been looking forward to their beach day all week. As best friends since childhood, they had a ritual of choosing one spontaneous adventure every summer, and this year's choice was an early morning drive to Shell Cove. With a thermos of iced coffee and a playlist of nostalgic songs, they sang along and laughed the entire way there. When they arrived, the beach was quiet, the golden sand still cool from the night air. They kicked off their sandals, raced down to the water, and let the waves lap at their ankles as they planned the rest of their day—sunbathing, shell hunting, and definitely getting ice cream from the tiny truck by the dunes.

As the sun climbed higher, Molly spread out a striped blanket while Penny waded deeper into the surf, her laughter echoing across the shore. They spent hours collecting tiny white shells and sea glass, pretending they were pirates uncovering treasure. A friendly golden retriever wandered by, and they played fetch with it until its owner called it away. When the tide began to roll in and the sun softened toward evening, they sat side by side, sandy and sun-warmed, watching the sky turn pink. "Let's never skip summer adventures," Penny said, brushing a strand of hair from her face. Molly smiled, knowing this was one of those perfect days they'd talk about for years.

Questions (without referring to the story)

1. Where did Molly and Penny go for their summer adventure?
2. What did they bring with them for the drive to the beach?
3. What did Molly and Penny do when they first arrived at the beach?
4. What activities did they enjoy during their day at the beach?
5. What did Penny say at the end of the day?
6. How did the story describe the feeling of the day for Molly?

Name that Whale



A poet and you know it

Old friends arrive with hearts aglow,
Like echoes from the long ago.
Their laughter, warm as summer rain,
Falls gently on the past again.

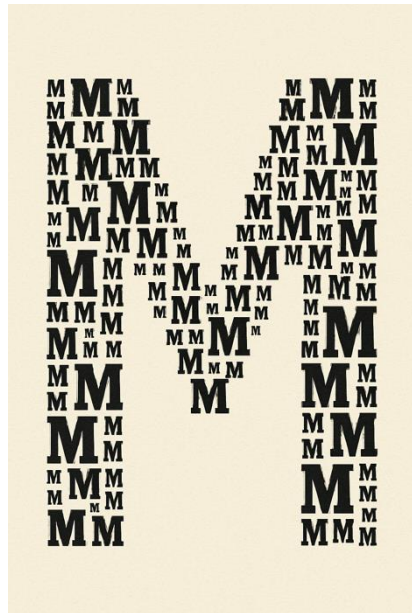
The stories flow, both wild and true,
In voices time has seasoned through.
No need for masks, no roles to play—
Just kindred souls who came to stay.

And though the visit ends too fast,
The joy they bring will always last.
For in their eyes, we see our youth,
And in their bond, a deeper truth.



Words that start with M

Tall natural structure that climbers love.
Cold and creamy served in a cone or tub.
The midday movie showing.
A tiny unit of volume used in science labs.
It squeaks and loves cheese.
You need this to see tiny cells.
Half-man, half-bull from Greek mythology.
A solo speech in a play or drama.
A purposeful journey, often with a goal.
Money borrowed to purchase a property.



Spot 10 differences on Argyle St



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Word Search - Countries

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

Phillipines

Switzerland

Australia

Italy

Ireland

Portugal

Vietnam

Croatia

Uruguay

Belgium

Canada

Mexico

Malta

France

Denmark

Greece

Norway

Spain

Wales

China

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Australia Trivia

Which constellation is depicted on the Australian flag?

What is the name of Australia's largest cattle station?

Which iconic Australian landmark is the world's largest war memorial?

When is Australia Day?

Where was the first Australian Lifesaving Club founded? When?

Which Australian Island is the largest sand island in the world and stretches over 120km?

Which line of latitude runs through Australia?

What type of Mine can you find in Coober Pedy?

Who is Australia's head of state?

How many time zones are there in Australia?

Sudoku

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

#90210

Difficulty: moderate

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Answers

Memory Story

Shell Cove beach. A thermos of iced coffee and a playlist of nostalgic songs. They took off their sandals, ran to the water, and let the waves lap at their ankles. Sunbathed, collected shells and sea glass, played with a friendly dog, and planned to get ice cream.

Let's never skip summer adventures."

Molly felt it was a perfect day and knew it was one they'd remember for years.

Name that Whale. minke, sperm, humpback, killer.

Words that start with M: Mountain, Milkshake, Matinee, Millilitre, Mouse, Microscope, Minotaur, Monologue, Mission, Mortgage

Australian Trivia: The Southern Cross, Anna Creek Station, The Great Ocean Road, 26th January, Bondi Beach 1906, Fraser Island, Tropic of Capricorn, Opal Mine, King Charles III, 3.



BCNKUEOBELGIUMN
 AUSTRALIAWLXENO
 YWIRNURUGUAYWWR
 CPHILLIPINESVAW
 GMALTACERAAXXLA
 RTEGQHRFRANCEY
 EWVXHEKDOCMCOS
 ELNMEXICOA AVELD
 CPORTUGALUTNRFE
 EBENITALYUSIADN
 IRELANDDAUPJADM
 RKSWITZERLANDNA
 ZBAPKYPPSXIAKXR
 GSYSSRYAZBNBBCK
 CHINAKVIETNAMWA

Solution of sudoku #90210:

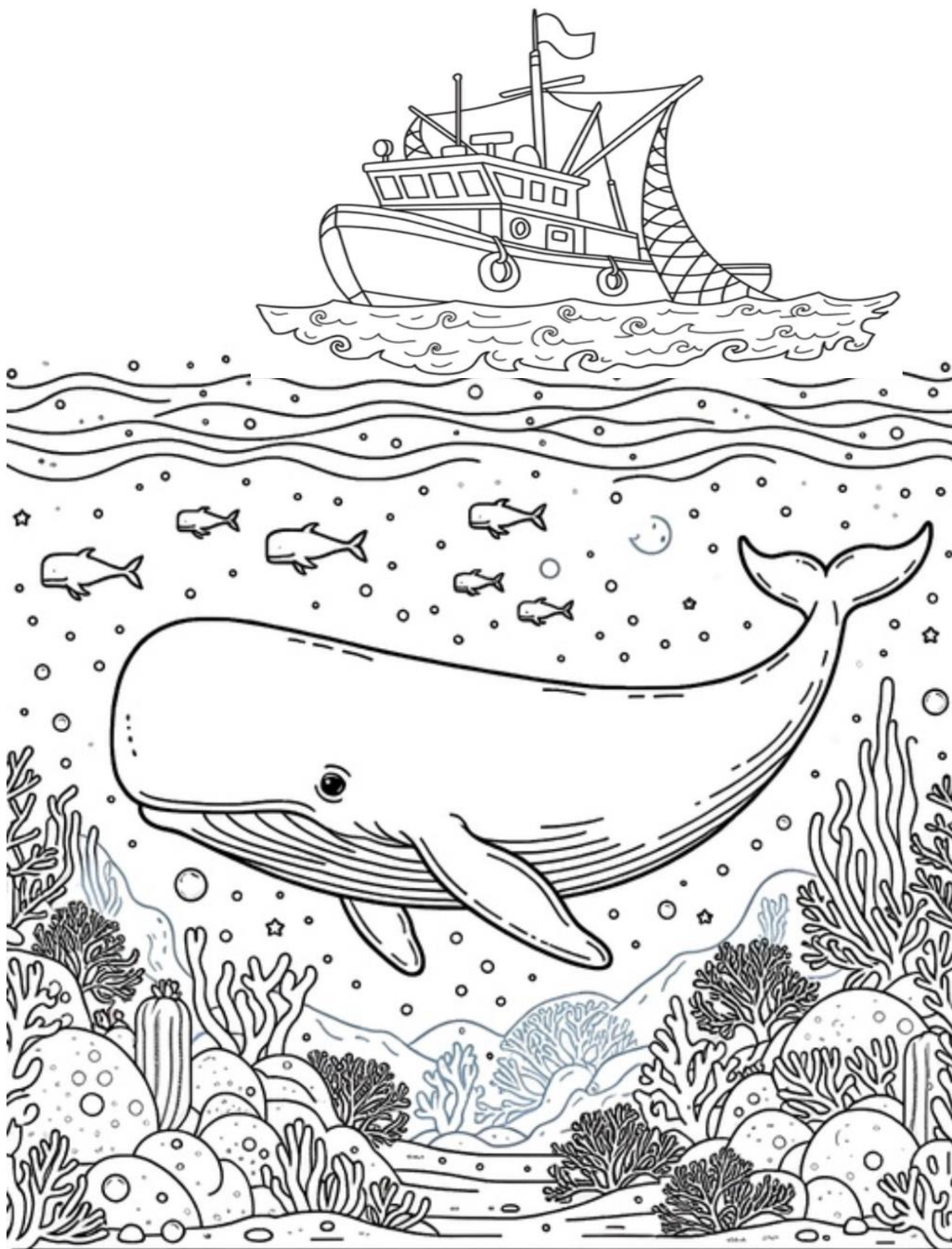
5	7	1	3	9	8	6	2	4
4	3	2	6	1	5	7	9	8
6	9	8	7	2	4	3	5	1
1	2	4	5	3	7	8	6	9
3	5	9	8	6	1	4	7	2
7	8	6	9	4	2	5	1	3
9	4	5	1	7	3	2	8	6
2	1	7	4	8	6	9	3	5
8	6	3	2	5	9	1	4	7

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Add some colour



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