

Client Newsletter



More
than just
a meal™

To our Valued Clients,

Welcome to the July edition of our Client newsletter, we hope you are all staying warm and are keeping connected during mid-winter. Included in this edition, along with our upcoming events you will also see information about how to apply for an Energy Rebate, Digital Skills interest, Electric blanket safety, a reminder of the need to hydrate and a Slips, Trips and Falls home safety checklist.

Sincerely, the friendly team at Camden Meals on Wheels.

Upcoming events: -

Wednesday 2 July	BINGO at CMOW 10.00am then lunch at The Crown.
Thursday 3 July	Card making at CMOW 10.00am to 12.00pm
Friday 4 July	Wool Works at CMOW 10.00am to 12.00pm
Wednesday 9 July	Chair Yoga 9.15am then lunch at The Plough & Harrow.
Wednesday 16 July	Day in Picton with lunch at The Picton Hotel. Pick up 10.00am
Friday 18 July	Wool Works at CMOW 10.00am to 12.00pm
Wednesday 23 July	Chair Yoga 9.15am then lunch at Studley Park Golf Club.
Thursday 24 July	Card making at CMOW 10.00am to 12.00pm
Wednesday 30 July	Trivia at CMOW 10.00am then lunch Gledswood Hills Country Club
Thursday 31 July	Card making at CMOW 10.00am to 12.00pm

Are you eligible for the Energy Rebate?

With Winter upon us, we'd like to remind you about the Seniors Energy Rebate:

Seniors Energy Rebate - helps self-funded retirees pay their electricity bills. Customers receive \$250 each financial year.

Eligibility - you must be named on the electricity account and hold a valid Commonwealth Seniors Health Card.

How to apply - You can apply online at <https://www.service.nsw.gov.au/transaction/apply-for-the-seniors-energy-rebate> or in person at a Service NSW Centre.

Are you interested in learning new digital skills?

Have you ever wanted to learn how to:-

- Do online searches to find the information you are looking for?
- Use video calling to talk to family and friend's interstate or overseas?
- Participate in an online hobby or something that interests you?
- Use Artificial Intelligence (AI)?
- Find out how to use Apps on your phone?



Image generated by AI

If there is anything that you want to learn more about in the digital world, please call Michelle on 4655 6822, this will help in planning Digital Skills activities in 2026.



Taken from - fire.nsw.gov.au

Electric blankets

Folding your electric blanket can cause damage. Always roll it for storage, and check for any damage before use.

- Test your electric blanket before use by laying it on top of your bed, feeling the internal wires for any abnormalities and inspecting cords/controls for damage. Turn it on for 5 minutes and then feel for any uneven hot spots. If you notice any of the above the electric blanket should be replaced.
- Ready to pack your electric blanket away? Roll it for storage, folding can cause damage.

Electric blankets are not designed to be used while sleeping. Consider adding additional bedding to keep warm if needed.

HYDRATION

Preventing dehydration during winter is important, as we often don't have the thirst we do in the warmer months. Winter dehydration is real. Are you aware of the signs and symptoms? Have a read of the preventions?

Signs and symptoms of dehydration:

Thirst: while a late sign, it is still and indicator

Dry mouth and sticky saliva: This is due to reduced saliva production.

Decreased urination and dark-coloured urine: Reduced fluid intake leads to less frequent urination and more concentrated urine.

Fatigue and weakness: Dehydration can cause a lack of energy and lethargy.

Sunken eyes: A noticeable sign of fluid loss.

Headaches and dizziness: Reduced blood volume can lead to these symptoms.

Confusion and disorientation: Especially in severe cases, dehydration can affect cognitive function.

Muscle cramps and weakness: Electrolyte imbalances can cause muscle cramps.

Rapid heartbeat and breathing: in severe cases, dehydration can cause these physiological changes.

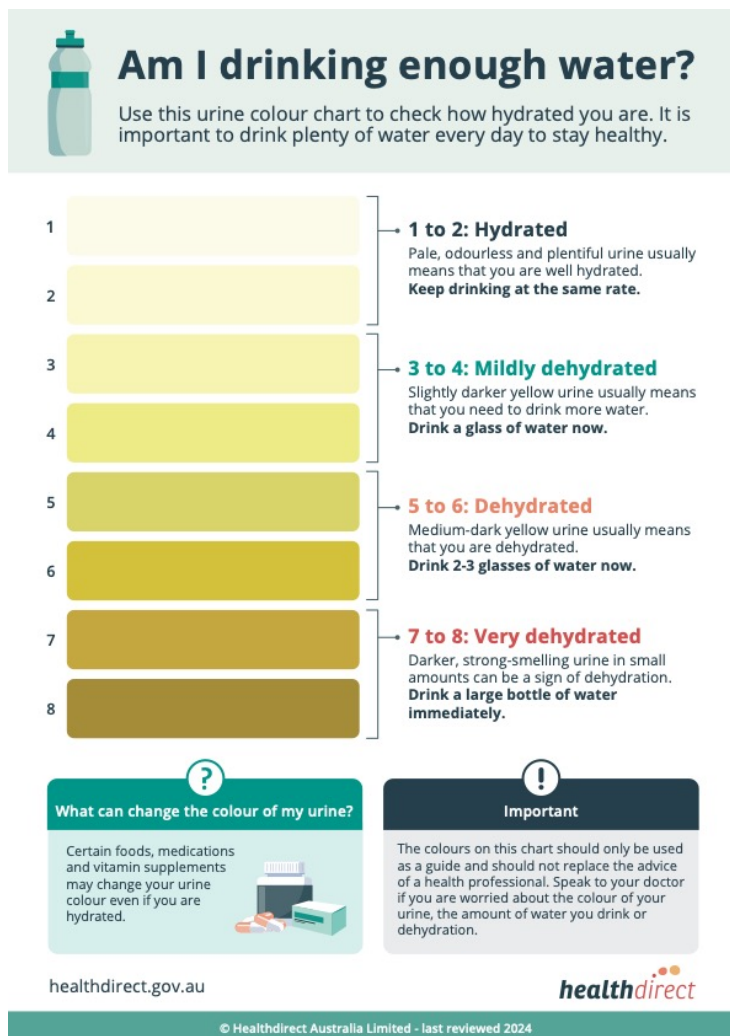
Preventing Dehydration:

Regular Fluid intake: Drink water, juice, or other fluids throughout the day.

Drink fluids with meals and snacks: This can help increase overall fluid intake.

Eat water-rich foods: Fruits and vegetables like watermelon, cucumber and strawberries can contribute help keep you hydrated.

Monitor urine output and colour: Dark yellow or amber urine can indicate dehydration.



Home safety checklist

About half of all falls occur in and around the home. You can reduce your chances of having a fall at home by making sure that you have followed some basic home safety guidelines.

This checklist will help you identify aspects of your home that might increase your risk of a fall. Walk around each room and check that there is nothing that might pose a risk. For small safety improvements, see if a family member, friend or local handyperson can help you fix the problem. A health professional can also arrange for an occupational therapist to perform a home safety assessment and arrange for installation of home modifications.

The Australian Government's My Aged Care phone line and website can help you to access services and find information. You may be eligible for home modifications and equipment like walking aids. www.myagedcare.gov.au or 1800 200 422.

	Yes	No
Entrance and hallway		
Light switches easy to reach and near each doorway or hallway		
Doorbell easy to hear from other rooms		
Rugs or mats with slip-resistant backing		
Stairs and steps		
Light switch at both the top and bottom of stairways		
Stairs and steps well lit		
Carpets or runners securely fixed		
Sturdy handrail		
Edges of steps clearly marked		
Non-skid treads or paint used on the edges of each step		
Kitchen		
Regularly used items within easy reach without climbing or bending		
Good lighting over benchtops and other work areas		
Good ventilation to reduce the risk of glasses fogging		
Floor surfaces slip resistant		
Spills cleaned up straight away		
Sturdy low step stool with handrail if need to use higher shelves		

Home safety checklist

About half of all falls occur in and around the home. You can reduce your chances of having a fall at home by making sure that you have followed some basic home safety guidelines.

This checklist will help you identify aspects of your home that might increase your risk of a fall. Walk around each room and check that there is nothing that might pose a risk. For small safety improvements, see if a family member, friend or local handyman can help you fix the problem. A health professional can also arrange for an occupational therapist to perform a home safety assessment and arrange for installation of home modifications.

The Australian Government's My Aged Care phone line and website can help you to access services and find information. You may be eligible for home modifications and equipment like walking aids. www.myagedcare.gov.au or 1800 200 422.

	Yes	No
Entrance and hallway		
Light switches easy to reach and near each doorway or hallway		
Doorbell easy to hear from other rooms		
Rugs or mats with slip-resistant backing		
Stairs and steps		
Light switch at both the top and bottom of stairways		
Stairs and steps well lit		
Carpets or runners securely fixed		
Sturdy handrail		
Edges of steps clearly marked		
Non-skid treads or paint used on the edges of each step		
Kitchen		
Regularly used items within easy reach without climbing or bending		
Good lighting over benchtops and other work areas		
Good ventilation to reduce the risk of glasses fogging		
Floor surfaces slip resistant		
Spills cleaned up straight away		
Sturdy low step stool with handrail if need to use higher shelves		

Taken from: **Staying Active and on your feet** - activeandhealthy.nsw.gov.au

Telephone **02 4655 6822**

General email: admin@camdenmow.org.au Newsletter email: newsletter@camdenmow.org.au

A poet and you know it

Golden rays on sun kissed skin,
barefoot kids with freckled grins.
Esky packed and picnic bound,
to bushland trails or footy grounds.

Hills Hoist spins in the breeze,
with Mum's fresh wash and the
scent of trees.

A Vegemite smile, a lamington bite,
the backyard hums with pure
delight.

The Beatles play on crackling air,
as flares and beehives bounce with flair.
Beach radios, surfboard rides,
Kombi vans on weekend jives.

No worries, mate - it's all alright,
under the Southern Cross at night.
In '60s Oz, the vibe is cool,
sun, surf, and fun rule.



Memory Story

Hayley had always loved Vincentia, with its beautiful bay and white beaches. She returned every summer to visit her grandmother's small cottage near the lighthouse. This year, however, the skies were darker than usual, and the air held the heavy stillness that comes before a storm. Locals whispered about a once-in-a-decade weather front heading toward the coast, but Hayley wasn't worried—until the rain began to fall in thick sheets.

That night, as winds howled and trees bent against the gale, Hayley and her grandmother lit candles and listened to the radio for updates. Suddenly, a loud crash shook the house - an old gum tree had fallen in the backyard, blocking the back door. With the power out and the storm worsening, Hayley helped her grandmother gather blankets, water, and food. She realised that staying calm and prepared was more important than panicking.

By morning, the storm had passed, leaving the garden flooded and the streets littered with branches. Neighbours began helping each other clear debris and check on each other. Hayley, tired but relieved, stood by the gate and watched the sun peek through the clouds. The wild storm had reminded her of something simple yet powerful: in tough times, community mattered most.

Questions (without referring to the story)

1. Where does Hayley go every summer in New South Wales?
2. What warning did the locals give about the weather?
3. What caused the crash during the storm?
4. How did Hayley respond when the power went out?
5. What lesson did Hayley learn after the storm passed?

Name that Bird



Words that start with L

1. A deep feeling of affection or strong attachment.
2. To make sounds that show amusement or joy.
3. To gain knowledge or skill through study or experience.
4. A form of energy that makes things visible.
5. Success or failure apparently brought by chance rather than through one's own actions.
6. Occurring after the expected or usual time.
7. Measuring a great distance from end to end or lasting a great amount of time.
8. To guide or direct in a course or direction.
9. A few connected items or names written or printed together.
10. To direct one's gaze in a specified direction.
11. To be alive; to exist.
12. To go away from a place.
13. A meal eaten in the middle of the day.
14. Below average in amount, extent, or intensity.
15. Noisy.

Spot 10 differences on Oxley St.



Australia Trivia

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?

Which instrument is thought to be the world's oldest musical instrument?

Which famed singer was born Helen Porter Mitchell?

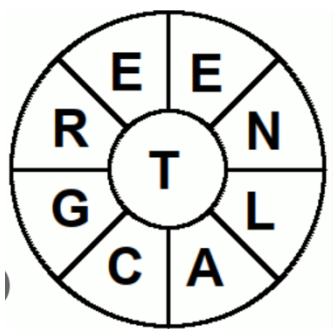
Where is Home & Away set?

What animal is the famous 90s cartoon character Blinky Bill?

Who was the Crocodile Hunter?

Word Wheel puzzle

How many words can you make using these letters? All words must include the letter in the centre circle.



9 letter word

Telephone 02 4655 6822

General email: admin@camdenmow.org.au

Newsletter email: newsletter@camdenmow.org.au

Word Search

Human Bones

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

MANDIBLE
 RADIUS
 METATARSAL
 FEMUR
 SCAPHOID
 TALUS
 STAPES
 HAMATE
 TRAPEZIUM
 TIBIA
 PATELLA
 TEMPORAL
 ULNA
 CLAVICLE
 COCCYX
 STERNUM
 MALLEUS
 HUMERUS
 FIBULA

Sudoku

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

Telephone 02 4655 6822

General email: admin@camdenmow.org.au

Newsletter email: newsletter@camdenmow.org.au

Answers

Australia Trivia: opal, King Charles III, 3, didgeridoo, Dame Nellie Melba, Summer Bay, koala, Steve Irwin.

Words that start with L: love, laugh, learn, light, luck, late, long, lead, list, look, live, leave, lunch, low, loud.

Word Wheel puzzle: rectangle

Name that bird
cassowary, king parrot, rainbow lorikeet, pink flamingo, penguin, grey heron, seagull.

Vincentia, once-in-a-decade weather front, old gum tree had fallen in the backyard, Helped grandmother gather blankets, water and food, in tough times, community mattered the most.



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

Add some colour



Telephone 02 4655 6822

General email: admin@camdenmow.org.au

Newsletter email: newsletter@camdenmow.org.au