

Client Newsletter

More
than just
a meal™

To our Valued Clients,

Thank you for joining us again for this edition.

October is here, bringing with it longer days, warmer breezes, and the first signs of summer on the horizon. We hope you enjoy the articles, events, and content.

As always, please know that we are here to support you. We welcome your calls to the office, and we will do all we can to assist you.

If you have any feedback/comments about this and our other newsletter editions, please let the office know.

Sincerely, the friendly team at Camden Meals on Wheels.

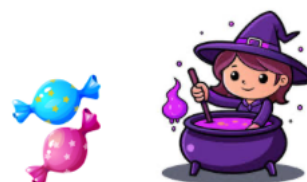
Upcoming events

Wednesday 1 Oct	Picton OP Shop and Lunch at The George Hotel
Thursday 2 Oct	Card making at CMOW 10.00am to 12.00pm
Friday 3 Oct	Wool Works at CMOW 10.00am to 12.00pm
Thursday 9 Oct	Card making at CMOW 10.00am to 12.00pm
Friday 10 Oct	Wool Works at CMOW 10.00am to 12.00pm
Wednesday 15 Oct	Chair Yoga and Lunch at Camden RSL
Wednesday 22 Oct	Bingo at CMOW and Lunch at Camden Hotel
Thursday 23 Oct	Card making at CMOW 10.00am to 12.00pm
Friday 24 Oct	Wool Works at CMOW 10.00am to 12.00pm
Wednesday 29 Oct	Chair Yoga and Lunch at The Oaks Hotel
Thursday 30 Oct	Dementia Australia session at CMOW 10.00am

*Chair Yoga days have been adjusted around the school holidays. Please be mindful that sometimes activities can change at short notice, due to unforeseen circumstances.

Dates for your diary

Wednesday 1 Oct	International Day for the Older person
Sunday 5 Oct	Remember to put your timepieces FORWARD 1 hour
Monday 6 Oct	Labour Day (CMOW office closed)
Friday 10 Oct	Mental Health day – check on family and friends
Sunday 12 Oct	National Carers Week – Acknowledge and appreciate
Friday 31 Oct	Halloween, maybe stock up on wrapped lollies for those trick or treaters.



A big THANK YOU



Thanks to the Community Building Partnership Program, we were delighted to be presented with a cheque from Sally Quinnell MP, to help us purchase a new bus that will support our Camden LGA Community. We hope to welcome you aboard soon!

Telephone **02 4655 6822**

General email admin@camdenmow.org.au

Newsletter email newsletter@camdenmow.org.au

Camden Ready Pack

The Camden Ready Pack is a handy on-the-go document holder designed to help you safely store your important documents and essentials in case of an emergency such as a bushfire or flood. It lists details of the items to keep in your Ready Pack. There are some Camden Ready Pack holders at the office, so please call to request one. It can be sent out with your meals, or you can collect it from us. Alternatively, you can use your own bag, box, or document storage to create one using this list.



CAMDEN READYPACK

ITEMS TO KEEP IN YOUR CAMDEN READYPACK

Family & Identification Documents

- ☐ Licenses
- ☐ Birth and adoption certificates - this includes all household members
- ☐ Marriage certificate
- ☐ Your child's blue book
- ☐ Child support information
- ☐ Passports
- ☐ Visas and immigration documents
- ☐ Emergency contacts
- ☐ Pet microchip numbers and vaccination records

Financial & Property Documents

- ☐ Land titles, mortgage or lease
- ☐ Insurance documents (house, life or death)
- ☐ Car or vehicle registration
- ☐ Property photos
- ☐ Inventory of household items

Other

- ☐ Educational records; transcripts, certificates
- ☐ Protection orders
- ☐ Back up of important files or scanned documents

Legal Documents

- ☐ Wills
- ☐ Educational records (e.g. certificates, transcripts)
- ☐ Court orders
- ☐ Protection orders and documents
- ☐ Police records

Medical Information

- ☐ Health records
- ☐ Medicare cards
- ☐ Prescriptions
- ☐ Pension cards
- ☐ Documents to help you access payments
- ☐ Prescription and medical care plans
- ☐ Person-Centred Emergency Preparedness plan (P-CEP Plan)
- ☐ Vaccination records

CAMDEN EMERGENCY DASHBOARD



Scan the QR code to access more information on the Camden Emergency Dashboard.

emergency.camden.nsw.gov.au

PROJECT PROUDLY SUPPORTED BY



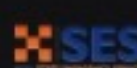
Supporting Spontaneous Volunteers Program - a NSW Government initiative



Health



Australian Red Cross



Mental Health Month

October is Mental Health Month: It's a good time to reflect on your own wellbeing and to check on friends and family.

If you're worried about yourself or someone who needs mental health support, Medicare Mental Health can help. They provide free, confidential mental health support including: Face to face support, a national phone service and resources. You can connect with Medicare Mental Health services on 1800 595 212 or visit their website medicarementalhealth.gov.au

Book a Safety Visit

Have you had your smoke alarm recently tested? If not, Fire + Rescue Smoke Alarm Safety Visits can provide this service for you.

What is a Safety Visit?

During a Safety Visit, Fire + Rescue firefighters will attend your home and check that you have working smoke alarms, that they are in good working condition, and are installed in suitable areas. If you do not have one, firefighters will install a long-life battery-powered smoke alarm as well as replace existing smoke alarm batteries **all at no cost**. With your permission, firefighters will also ask you to show us around your home and property. This will allow them to give you personalised fire safety advice.

Who might benefit from a Safety Visit?

Everyone can benefit from a Safety Visit, however there are people within our communities that are statistically at higher risk of incidents occurring, including:

- Over 65's.
- Those who live alone.
- People with limited mobility, hearing impairments or vision impairments.
- Residents who are supported by carers, family, and friends.
- Anyone with English as a second language.

Request a Safety Visit

You can request a Safety Visit by contacting your local Fire Station. Fire stations in the Camden LGA are:

Camden on 4634 6048, Narellan on 4634 6093, Oran Park on 9493 1095



AIDER

ASSISTANCE FOR INFIRM, DISABLED AND ELDERLY RESIDENTS

What is AIDER?

AIDER is a one-off free service provided to infirm, disabled and elderly residents who live in bush fire prone land, to better prepare their properties for bush fire, in conjunction with the development of a bush fire survival plan.

Who is eligible?

Those who live in bush fire prone land, and who are infirm, disabled, or elderly.

AIDER services may include:

- thinning vegetation
- removing leaves, sticks and fallen branches
- trimming branches from around and overhanging the home
- mowing or slashing long grass
- cleaning gutters.

An assessment of your property will be completed by NSW RFS staff. Assistance can be provided to complete a Bush Fire Survival Plan. All works are completed by NSW RFS Mitigation crews.



**A ONE-OFF
FREE SERVICE
TO REDUCE BUSH
FIRE HAZARDS**

 **Visit the AIDER page on the RFS website**

 **To find out more please call: 1300 011 737**



RFS



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What are your plants telling you?



Collective Nouns

A collective noun is a single word that refers to a **group** of people, animals, or things. Can you solve the grid by inserting the missing collective noun?

A _____ of ships (5)	A _____ of flowers (7)	A _____ of trees (6)
A _____ of sticks (6)	A _____ of stars (13)	A _____ of wolves (4)
A _____ of fish (6)	A _____ of geese (6)	A _____ of dolphins (3)
A _____ of monkeys (5)	A _____ of penguins (6)	A _____ of crows (6)
A _____ of owls (10)	A _____ of oysters (3)	A _____ of frogs (4)
A _____ of camels (7)	A _____ of rhinoceroses (5)	A _____ of giraffes (5)
A _____ of apes (10)	A _____ of vultures (9)	A _____ of crocodiles (4)
A _____ of ferrets (8)	A _____ of cats (7)	A _____ of people (5)
A _____ of students (5)	A _____ of employees (5)	A _____ of directors (5)
A _____ of players (4)	A _____ of musicians (4)	An _____ of soldiers (4)
A _____ of cattle (4)	A _____ of lions (5)	A _____ of birds (5)
An _____ of ants (4)	A _____ of bees (5)	A _____ of grapes (5)
A _____ of keys (5)	A _____ of books (7)	A _____ of kangaroos (3)
A _____ of donkeys (4)	A _____ of ducks (4)	A _____ of tigers (6)
A _____ of hyenas (6)	A _____ of cobras (6)	A _____ of royalty (4)
A _____ of bacteria (7)	A _____ of scouts (5)	A _____ of experts (5)

Name that airline



A poet and you know it

LIKE A BIRD

I drift above the world so wide,
With open wings I learn to glide.
The sky my home, the clouds my song,
I find my place where I belong.

Through winds that whisper soft and free,
I chase the sun; I greet the sea.
No chain can hold, no cage confine,
This soaring heart, this life is mine.

On endless air I sail with grace,
Each moment new, a vast embrace.
The earth below, the heavens stirred,
I rise, I shine — just like a bird.



Words that start with A

A person or thing that helps or supports a cause.
Very wealthy; having a lot of money or resources.
To make something easier or less severe.
Friendly and good-natured; pleasant to be around.
A strong desire to achieve something.
Not clear or having more than one possible meaning.
A formal agreement between parties, or people united for a purpose.
To gain or obtain (often by effort).
To decorate or add beauty to something.
A person, group, or thing that opposes or competes.
Skilled or very capable at something.
Relating to beauty or taste; visually pleasing.
To clear someone from blame or obligation.
Extremely plentiful or more than enough.
To praise publicly and enthusiastically.
To emphasize or make more noticeable.
To stir up public feeling or trouble; to excite.
Passionate or intensely enthusiastic.
A large, organized group of similar items (or a line of things).
Something that attracts or tempts, a charm or appeal.



Spot 10 differences at Camden Council, Oran Park

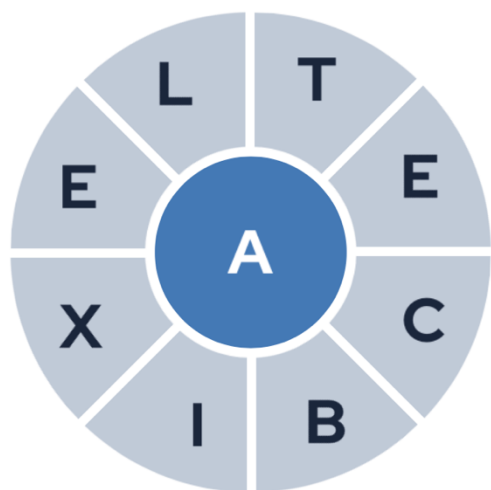


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Word Wheel



NINE LETTER WORD

List as many words as you can.

Sudoku

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

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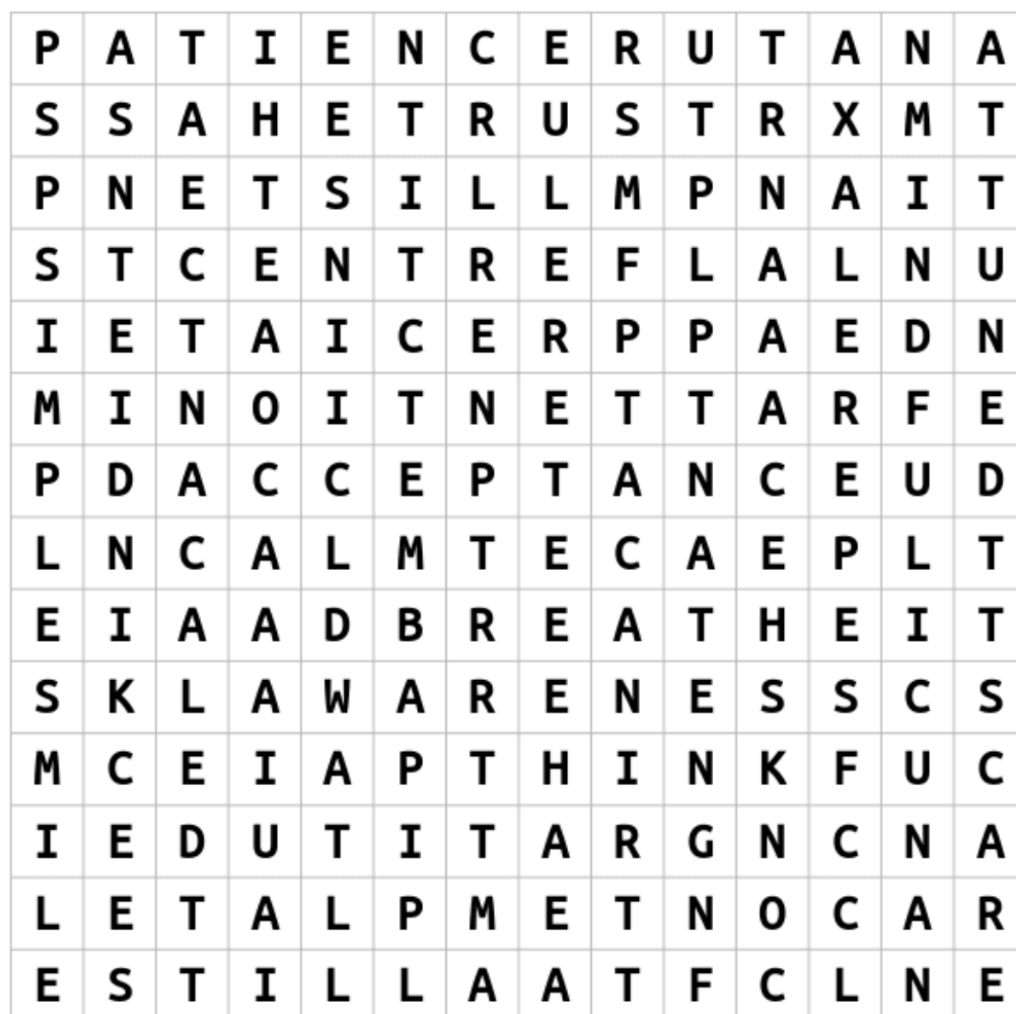
Difficulty: moderate

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Mindfulness



RELAX
FOCUS
BREATHE
AWARENESS
APPRECIATE
TRUST
PATIENCE
ACCEPTANCE
SMILE
SIMPLE
ATTUNED
LISTEN
CENTRE
THINK
ATTENTION
MINDFUL
CONTEMPLATE
CALM
KIND
GRATITUDE
PEACE
CARE
STILL
NATURE

Tongue Twister

Betty Botter bought some butter,
But, she said, the butter's bitter.
If I put it in my batter,
It will make my batter bitter.

But a bit of better butter
Will make my batter better.
So, she bought a bit of butter,
Better than the bitter butter,
And she put it in her batter,
And the batter was not bitter.
So 'twas better Betty Botter
Bought a bit of better butter.



Answers

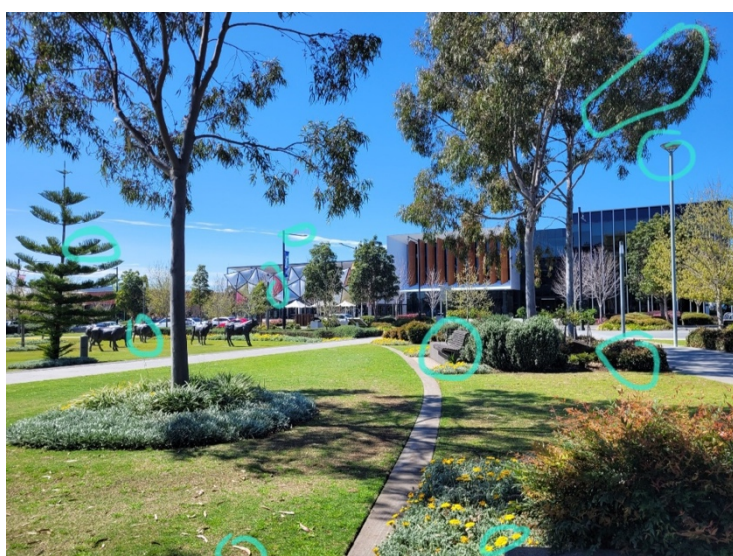
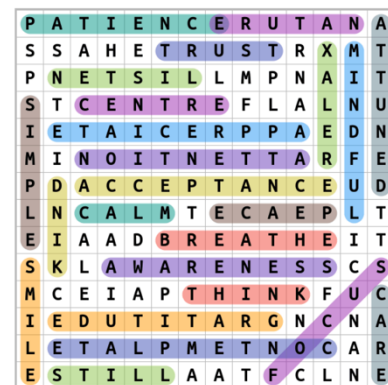
Name that Airline

Air Canada, British Airways, Jetstar, Aeroflot, Lufthansa, Singapore Airlines, Qantas, Air Alaska.

Words that start with A:

Advocate, Affluent, Alleviate, Amicable, Ambition, Ambiguous, Alliance, Acquire, Adorn, Adversary, Adept, Aesthetic, Absolve, Abundant, Acclaim, Accentuate, Agitate, Ardent, Array, Allure

Word Wheel: Excitable



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

A fleet of ships	A bouquet of flowers	A forest of trees
A bundle of sticks	A constellation of stars	A pack of wolves
A school of fish	A gaggle of geese	A pod of dolphins
A troop of monkeys	A colony of penguins	A murder of crows
A caravan of camels	A crash of rhinoceroses	A tower of giraffes
A shrewdness of apes	A committee of vultures	A bask of crocodiles
A business of ferrets	A clutter of cats	A crowd of people
A class of students	A staff of employees	A board of directors
A team of players	A band of musicians	An army of soldiers
A head of cattle	A pride of lions	A flock of birds
An army of ants	A swarm of bees	A bunch of grapes
A bunch of keys	A library of books	A mob of kangaroos
A pace of donkeys	A raft of ducks	A streak of tigers
A cackle of hyenas	A quiver of cobras	A line of royalty
A culture of bacteria	A troop of scouts	A panel of experts

Add some colour



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