

Newsletter



More
than just
a meal™

Welcome to our August Newsletter,

We're on the final stretch of winter! In this issue, you will see the upcoming events designed to keep you connected, particularly the new Walk and Talk Group. If you haven't participated in any events before, then call the office to book or ask for more information, you will be truly welcomed.

As I'm sure you will understand due to rising costs of fuel, we need to add a little to our transport costs. The increase will commence from 1st September.

Camden \$8.50 one way. Campbelltown \$17.50 one way. Liverpool \$30 one way.

Sincerely, the friendly team at Camden Meals on Wheels.

Camden Meals on Wheels is committed to providing the highest quality services to all our clients. We value all feedback, including compliments, suggestions and/or complaints from our clients, our client carers, and our volunteers. Feedback helps us review our practices, improve our services, and ensure we continue delivering the support our community deserves.

Feel free to call us on 02 4655 6822, email to admin@camdenmow.org.au or send a note with our Volunteers. We value your opinion and appreciate your input.

Upcoming Events - August

- | | |
|------------------------------|---|
| Wed 5th | Picton Op shops and lunch at Picton Hotel. Pick up from 10.00am |
| Thurs 6th | Card Making at MOW 10.00am to 12.00pm |
| Wed 12th | Chair Yoga and lunch at Rashay's Narellan 10.15am to 11.15am |
| Thurs 13th | Card Making at MOW 10.00am to 12.00pm |
| Mon 17th | Walk and Talk, meet at Camden RSL Community Memorial walk car park 10am |
| Wed 19th | Sutton Forest Inn lunch. Pick up from 10.00am * transport \$10.00 |
| Mon 24th | Walk and Talk, meet at Camden RSL Community Memorial walk car park 10am |
| Wed 26th | Chair Yoga and lunch at The Plough & Harrow 10.15am to 11.15am |
| Thurs 27th | Card Making at MOW 10.00-12.00pm |

** Lunch at client's expense unless otherwise stated ** Transport available for CMOW clients for a fee depending on LGA

** Chair Yoga pick up starts from 9.15am.

** Event days pick up starts from 10.00am unless otherwise stated

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July & August Birthdays

Wishing all a "HaPpY BiRtHdAy" as you take another lap around the sun ☺

July Birthdays 🎁

Dianne F	Denise P	David C	Judith P (Happy 80th)	Patrick Mc (Happy 90th)
Anne I	Brian B	Olive F	Mary Y	

August Birthdays 🍰

Doreen P	Edward D	Chris M	Netta G	Janice C	Gerda B
Robert H	Lily M (Happy 90th)		Isabel W	Christine G (Happy 75th)	
Sharon Mc (Happy 70th)			Susan B	Wilma J	Barbara C
Irene M	Valerie Mc				

What you've done and what you can do

July saw us complete another exciting workshop for our Christmas in July celebrations. Our clients participated in a Christmas Wreath Making class with the wonderful florists from Porter and Hudson in Picton who supplied the gorgeous foliage and decorations for the wreaths. The clients that attended had an amazing time and put a lot of effort into their beautiful wreaths to take home and display.

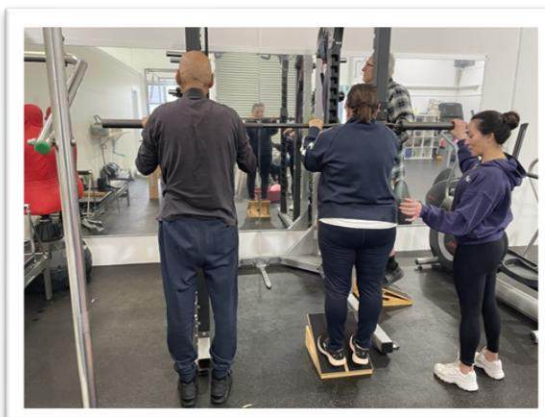


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We also started our new 3-month Fitness Program with Power Elite in Narellan. The 8 participants attend two sessions per week and are giving great feedback on the program and the benefits. I think some have found muscles they didn't know they had 😊 We look forward to seeing some wonderful results in September when the program comes to an end.



Walk and Talk Group Starting Monday 17th August 2026

The group provides a great opportunity to enjoy some gentle exercise, connect with others, & build social connections in a relaxed and supportive environment. We welcome everyone to come along, get moving, and enjoy a chat while exploring our local community. Every week the walking group will be led by Kel, Michelle, and some of our fabulous Volunteers.

We will be meeting at The Camden RSL Community Memorial walk car park at 10:00am. The address is 23 Cawdor Road, Camden.

If you would like to put your name on the list, please call the office 4655 6822.



Community Engagement Highlights

Save the date – Camden Meals on Wheels Morning Tea will be on Tuesday 22nd September 10:45am.

We will have some delicious savoury & sweet treats and a raffle. Raffle tickets will be available for \$2.00 each or 3 for \$5.00 and will be available for purchase in the office from Monday 27th July.

Please call the office on 4655 6822 if you would like to attend.



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As usual we are still running our Chair yoga classes every 2nd and 4th Wednesday of the month at The Senior Citizens Centre 65 John Street, Camden.

If you have some time to fill in the morning, head down to the centre. Class begins at 10.15 to 11.15 with tea or coffee served before class at 9.45am.



*Transport is available to Camden Meals on Wheels clients for a small fee depending on LGA.

Community Partnerships

We would like to send a heartfelt thank you to Kylie and the amazing team at **Bakers Delight Camden** for their ongoing generosity and support of our Camden Meals on Wheels events. The kindness and commitment from Bakers Delight Camden in giving back to the community is truly appreciated. Thank you for helping us bring people together, one delicious bite at a time. We are incredibly grateful to have such a wonderful community partner supporting us.



Compliance - The New Aged Care Statement of Rights

From **1 November 2025**, the **Aged Care Act 2024** introduced a strengthened **Statement of Rights** for older Australians accessing government-funded aged care services. This reform is part of a broader push to improve transparency, accountability, and trust in the aged care sector, following recommendations from the Royal Commission into Aged Care Quality and Safety.

The new **Aged Care Statement of Rights** puts you at the centre of your care.

You have the right to:

- Be **treated with dignity & respect**
- **Choose** how you live and receive care
- Feel **safe** and receive quality services
- Have your **privacy protected**
- **Speak up** and **be heard** without fear

💬 *Your care. Your voice. Your rights.*

If you would like more information about the strengthened Statement of Rights, we can provide you with an easy read Fact Sheet. Just call our office.

Reminder

Please do not park in the Grinners Catering car park.



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Our Volunteers

The heart of our community. Our Volunteers don't just give their time – they create connections, inspire kindness, and strengthen our community every single day.

Thank you for showing up, lending a hand, and sharing your time.

Your commitment helps create a place where everyone feels welcome, connected, and valued.

We are grateful for the support you give to Camden Meals on Wheels.

thank you for making a difference everyday



From the Kitchen

This picture shows the newest item we have added to the menu from Lite n' Easy - Roast Chicken with Mushroom Sauce.



From our supplier: Bathurst Meals on Wheels

Bathurst are transitioning to new meal packaging together with new heating instructions for their meals. (see below)

Please note, they no longer recommend heating their meals in the oven.

The tray (as pictured below) is recyclable; however, the plastic film is not.

New packaging for Bathurst meals



Heating Instructions

Microwave is the best method for heating meals from frozen.

1. Pierce the film
2. For a 1000W microwave oven, heat on **HIGH for 6-8 minutes**
3. Check if heated all the way through, if not heat for another minute, or until the meal is hot all the way through.

Oven reheating is not recommended, if required, transfer food to an oven safe dish or plate before heating.

Food Safety

- Ensure the meal reaches at least 75°C before eating.
- Do not reheat more than once.
- If thawed, keep refrigerated and consume within 48 hours.
- Microwave ovens vary; heating times may need adjustment.

 Meals on Wheels™

More than just a meal™

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SUNDAY BUSINESS



with NOEL WHITTAKER

Before you choose the care, make sure to count the cost

One of the biggest financial decisions many Australians will ever make is choosing aged care.

Yet thousands of families make that decision without first understanding what it will cost. Their focus is naturally on finding the right care. Is the home suitable? Are the staff caring and experienced? Will Mum or Dad be comfortable?

There is another question that is also important, and it is often overlooked until it is too late: what will it actually cost? Every week, families agree to home care or residential aged care without fully understanding the financial consequences. They know the care that is needed, but they don't know what they will actually pay, how their assets and income will be assessed, or how their decisions may affect their age pension and other government benefits.

Aged care funding has become one of the most complicated parts of Australia's retirement system.

For many families, the process begins with a crisis. A parent has a fall. A spouse can no longer cope. Living at home is no longer safe. Decisions that would normally take months suddenly have to be made within days. Care providers and placement services do an excellent job helping families answer the immediate questions. What services are available? Which homes have vacancies? What level of care is required?

But the financial questions are often left until later. That creates a dangerous gap between agreeing to care and



understanding the cost of that care. Many people assume aged care fees are simply based on income or the amount of money they have in the bank, but the government uses complex means-testing rules that take into account a full range of assets and income. Rules also differ depending on whether a person remains at home or moves into residential aged care.

Residential aged care can involve accommodation costs, basic daily fees, "hotelling" fees, non-clinical care contributions and higher everyday living fees. For care provided at home, under the new Support at Home program, contributions also depend on whether the services provided are

classified as clinical care, independence support or everyday living assistance. The result is a maze of rules that can overwhelm even financially sophisticated people. To make matters worse, aged care decisions rarely stand alone. Decisions to sell or retain the family home, pay a Refundable Accommodation Deposit (RAD), or structure finances in particular ways can have significant impacts on age pension entitlements, cash flow, estate planning and even the amount eventually paid for aged care itself. So looking only at the aged care fees does not tell the whole story.

There are government-provided online calculators to estimate costs, but they are

only as accurate as the information entered, and answering many of the questions requires an understanding of financial terminology and aged care legislation. If you enter one figure incorrectly, the answer may appear convincing while being wrong by many thousands of dollars.

The biggest mistake I see families make is to concentrate entirely on finding the right care and assume they can sort out the finances later. Agreeing to aged care without properly understanding the cost is like buying a house without knowing the purchase price. Yet every day Australians make aged care decisions involving tens, and sometimes

hundreds, of thousands of dollars without first obtaining a clear picture of the financial consequences.

Fortunately, help is available and affordable. Aged Care Decisions (ACD), which is Australia's largest aged care placement provider, supports tens of thousands of seniors and their families every month in finding the right care. Like travel agents, ACD's service is free to the user. It has now partnered with Rachel Lane, creator of sophisticated software "Village Guru" that removes much of the mystery surrounding aged care costs. So ACD now provides the complete essential services: help to find the most appropriate care, plus an

easy-to-understand Village Guru report for the recommended options, outlining the expected fees and the likely impact on age pension entitlements and other financial matters.

The goal is simple: give families the information they need before they make one of the biggest financial decisions of their lives, not afterwards.

Good care is essential, and so is understanding what that care will cost.

Noel Whittaker is the author of *Wills, Death & Taxes*, and numerous other books on personal finance. Email: noel@noelwhittaker.com.au



Source: Sunday Telegraph,
19 July 2026- Author Noel Whittaker

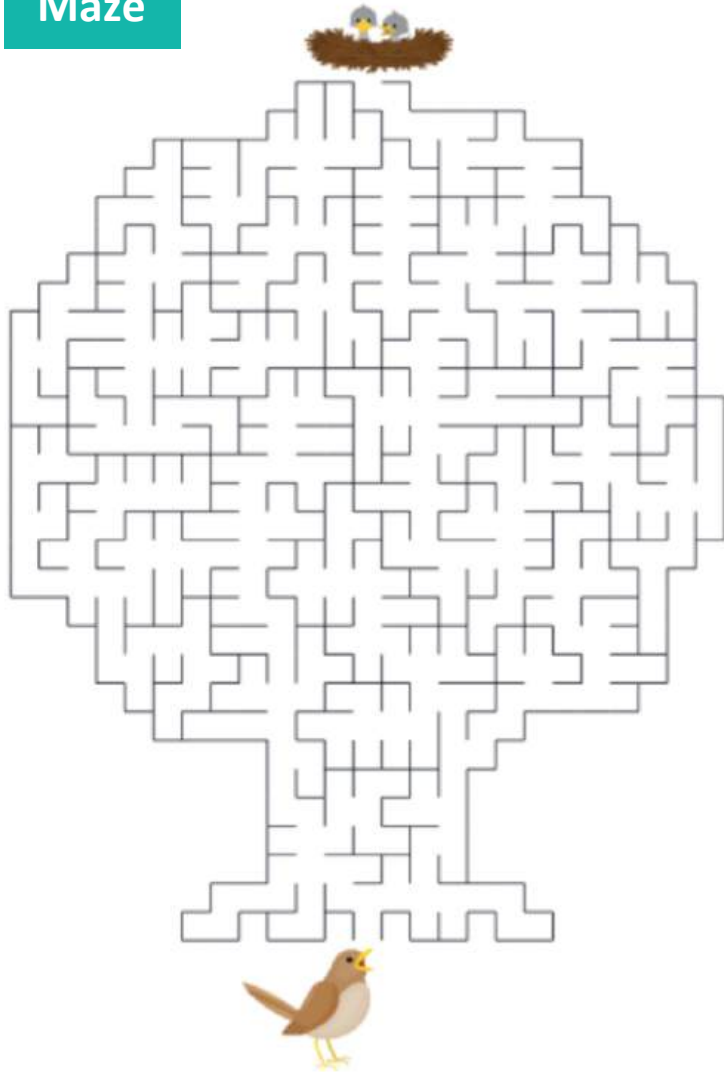
Disclaimer: This article is intended for educational and information purposes only and should not be construed as financial advice. Always consult with a qualified financial advisor, for any personalised advice.

Tongue Twister

Busy bakers baked buttery biscuits beside blooming banks of beautiful bottlebrush.



Maze



WHY are people in the public eye said to be “in the limelight”?

Because limelight, invented in 1825, produced a brilliant light by heating lime. It was used in theatres to illuminate performers, so anyone “in the limelight” was the centre of attention.



WHY do X's at the end of a letter signify kisses?

Because in the Middle Ages many people could not read or write and signed documents with an X. Kissing the X showed sincerity and an oath to honour the agreement. Over time, the X became associated with a kiss.

XXX

A poet and you know it

The morning wakes with golden light,
As silver trills take graceful flight.
A flash of crimson, blue, and green,
The sweetest chorus ever seen.

Through eucalyptus branches high,
They paint a song across the sky—
A joyful blur of wings and cheer,
To tell us that the bush is here.



Words that start with P

1. Putting your clothing into your suitcase before traveling
2. Part of a flower
3. Light in colour
4. The number of people who live in a city
5. Showing lack of hope for the future
6. Large instrument with a keyboard
7. A large round object in space
8. Get ready
9. When someone allows you to do a specific thing they give you.....
10. A green area in a city
11. A temporary stop
12. In business, the money left after all expenses are paid
13. Continuing to do something even though it is difficult
14. Getting stung by a wasp is.....
15. A fun social event
16. A domesticated animal
17. When there is no war
18. Respectful and good mannered
19. Don't jump out of a plane without one!
20. Two things that looks the same



Chuckles

Why did my friend not understand cloning?

Because I told her, "That makes two of us."

Why was the paddle sale at the boat store so popular?

Because it was quite an oar deal.

Why does my friend keep telling me things could be worse?

Because he keeps saying I could be stuck underground in a hole full of water. I know he means well.

Teacher: Donald, what is the chemical formula for water?

Donald: H I J K L M N O.

Teacher: What are you talking about?

Donald: Yesterday you said it's H to O.

Teacher: Simon, tell me frankly, do you say prayers before eating?

Simon: No sir, I don't have to. My mum is a good cook.

Teacher: John, why are you doing your multiplication on the floor?

John: You told me to do it without using tables.



Well liked phone App

Imagine you're out for a walk and you hear a beautiful bird singing in a tree. You know it's a bird, but you have no idea which one.

The Merlin Bird ID app is like having an expert birdwatcher in your pocket.



Merlin Bird ID by Cornell Lab

Identify Every Bird You See

Simply open the app and choose one of these easy ways to identify a bird:

- **Listen:** Tap the Sound ID button and the app listens to the birds around you. Within seconds, it shows the names of the birds it can hear, often in real time as they sing.
- **Take a photo:** Snap a picture of a bird (or use one already on your phone), and the app suggests what species it is.
- **Answer a few questions:** If you didn't get a photo, the app asks simple questions like the bird's size, colour, where you saw it, and what it was doing. It then narrows down the possibilities.
- **Browse local birds:** It can also show you the birds you're most likely to see in your area at that time of year.

One of its most popular features is **Sound ID**. You can sit quietly in your backyard or at a local park, start the app listening, and watch as it identifies birds as they call—even if you can't see them.

The app also acts as a **digital bird guide**, with:

- Clear photos of each bird.
- Recordings of their songs and calls.
- Maps showing where they're found.
- Interesting facts to help you learn more.

A few other things people like:

- It's **free**.
- It works in **Australia** and many other countries by downloading the appropriate regional bird pack.
- You can keep a personal list of all the birds you've identified.



In simple terms: Merlin Bird ID turns birdwatching into a fun treasure hunt. Instead of wondering, "*What's that bird?*" you can usually find the answer in a few seconds with your phone. It's especially enjoyable for anyone who likes spending time in the garden, walking in nature, or becoming more aware of the wildlife around them.

Available to download on Google Play for Android phones or the App Store for Apple phones.

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Mythological Idioms

Achilles' heel – a small weakness in someone who is otherwise strong.

Pandora's box – A source of endless problems or trouble once opened.

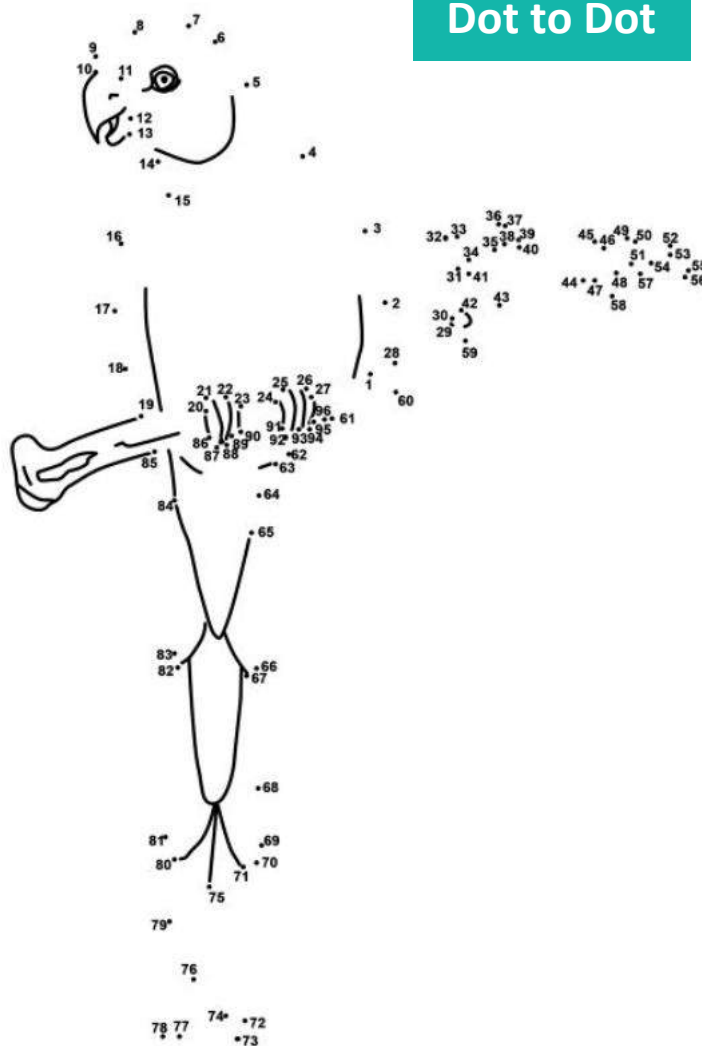
Midas touch – The ability to make money or be successful at anything.

Trojan horse – A hidden threat inside something that appears safe.

Open a can of worms – To start something that leads to many unexpected problems.



Dot to Dot



Sudoku

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

#50590

Difficulty: moderate

WHY do men's clothes have buttons on the right while women's clothes have buttons on the left?

Because when buttons were invented, they were expensive and worn mainly by the rich. As most people are right-handed, it was easier to fasten buttons on the right. Wealthy women, however, were dressed by maids, so dressmakers placed the buttons on the maid's right. That tradition has remained.



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Local Word Search

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

Agriculture
 Ballooning
 CatherineField
 Colonial
 Dairy
 Equestrian
 Federation
 Growth
 Heritage
 Hospital
 Markets
 Nepean
 Paddock
 Raceway
 Rural
 Showground
 Winery

Airfield
 Brickworks
 Cattle
 Community
 Development
 Estate
 Festival
 HarringtonPark
 Historic
 Macarthur
 MountAnnan
 OranPark
 Pastures
 Razorback
 Saddle
 Suburbia
 Wollondilly

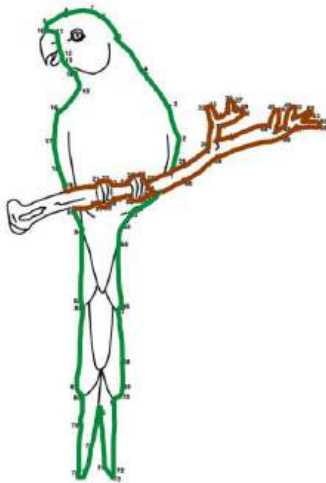
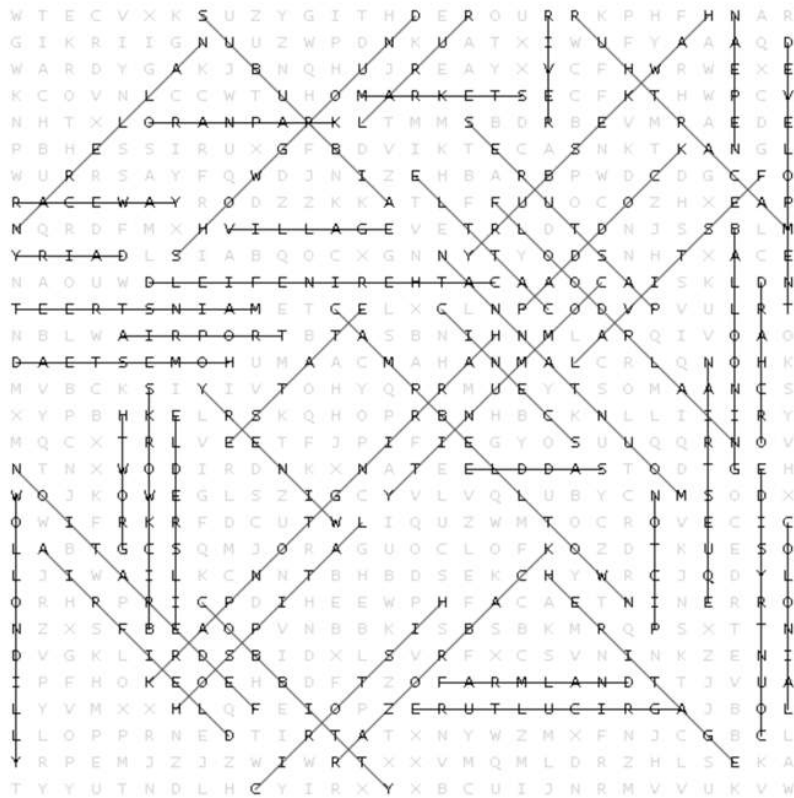
Airport
 Campbelltown
 Cobbitty
 Countryside
 Elderslie
 Farmland
 Floodplain
 Hawkesbury
 Homestead
 MainStreet
 Narellan
 Orchard
 Picton
 River
 Scenic
 Village

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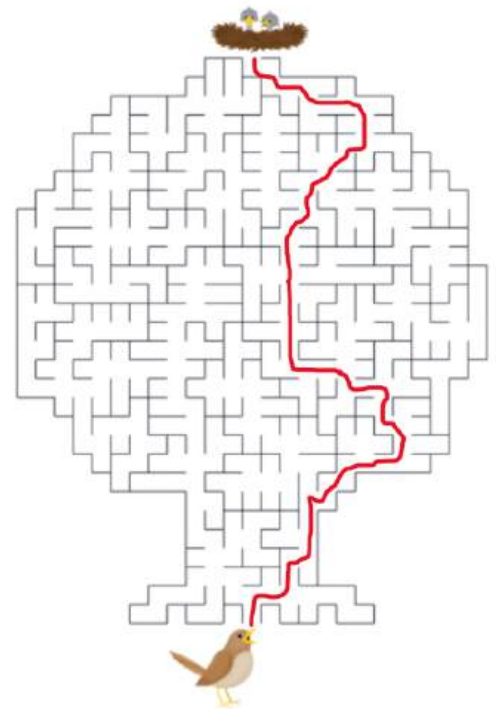
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Answers



Solution of sudoku #50590:

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



Words that start with P

1. PACKING
2. PETAL
3. PALE
4. POPULATION
5. PESSIMISTIC
6. PIANO
7. PLANET
8. PREPARE
9. PERMISSION
10. PARK
11. PAUSE
12. PROFIT
13. PERSIST
14. PAINFUL
15. PARTY
16. PET
17. PEACE
18. POLITE
19. PARACHUTE
20. PAIR

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August



2026

Monday	Tuesday	Wednesday	Thursday	Friday
3 Walk and Talk 10.00am start meet at Camden RSL Community Memorial walk car park	4 5 Picton Op Shops + Lunch @ The Picton Hotel	6 Card Making @ CMOW 10-12pm	13 Card Making @ CMOW 10-12pm	Chair yoga Pick Up Time Starts from 9.15am
10 17 Walk and Talk 10.00am start meet at Camden RSL Community Memorial walk car park	11 12 Chair yoga + Lunch @ Rashays Narellan	19 Sutton Forest Inn Lunch 10.00 pick up	20 Card Making @ CMOW 10-12pm	Event Days pick up starts from 9.30am
24 Walk and Talk 10.00am start meet at Camden RSL Community Memorial walk car park	25 Chair yoga + Lunch @ Plough and Harrow	26 Card Making @ CMOW 10-12pm	27 Card Making @ CMOW 10-12pm	Please call the office to put your name on the list for days you wish to attend
31 Walk and Talk 10.00am start meet at Camden RSL Community Memorial walk car park				

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Add some colour



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