



# Newsletter

Edition 1

01-2024



## Service Manager Message

Welcome to the first newsletter for 2024, it's hard to believe we are approaching the end of the first quarter of the year.

Bundaberg Meals On Wheels has been moving in leaps and bounds in making improvements to our building. Our kitchen has been the main focus as the demand for meals is increasing and the kitchen needs room to move. Over the next couple of months will see the completion of the new kitchen space with another Cold Room, which is desperately required. This all wouldn't have been possible without the funds through the successful Community Development Fund Grant.

It's not only the construction works that the service is progressing forward but investigating ways to improve the service through digital avenues. It is getting harder for many clients to have money on hand to pay for meals and the phasing out of cheques leaves very few options. So, Bundaberg Meals On Wheels is looking at broader possibilities including direct debits (which currently you the client, has to arrange through your bank) and paying via card (at present this is only done in the office or over the phone) but having this available to come to you with deliveries.

As this develops, we will keep you in the loop and make options available to you.

Keep in mind over the next few months we have multiple public holidays which our services does not operate. Everyone should have received and returned the form to the office stating if you need meals for these periods. If we haven't received this back you should receive a call over the next week.

Hope you all have a great and safe Easter.

Kind regards  
*Brendon Searle*

Service Manager  
Bundaberg & District Meals On Wheels Inc.



## Office News

### Public Holiday Closures



**Good Friday 29/3/24**

**Easter Monday 1/4/24**

**ANZAC Day 25/4/24**

**Labor Day 6/5/24**

### **Bundaberg Show Holiday 30/5/24**

Bundaberg Meals On Wheels will be OPEN on this day but will be CLOSED Friday 31/5/24



## What's Cooking

Don't forget that we offer freshly made salads daily and makes a nice change from hot meals especially during the warmer months.

If you would like to try our salads, please contact our office.



## Volunteer Drivers

Our volunteer drivers are keeping very busy with more daily deliveries than ever. We have also recruited new volunteers to deliver meals, so please have a little patience as we will deliver your meal as soon as we can. Remember that they are volunteers who donate their time to help our service and without them, we wouldn't be able to offer Meals On Wheels.

Reminder: Meals can NOT be left unattended, health and safety regulation state meals have to be kept within safe food temperature levels. So meals have to be received and consumed OR placed in a working fridge/freezer.

Drivers will not leave meals on tables, in boxes or in eskies.

**Bundaberg & District  
Meals on Wheels Inc.**

ABN: 35 862 882 474



[www.facebook.com/bundymow](http://www.facebook.com/bundymow)

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## Helping Hands

### Make 2024 the year for Volunteering

If you are able to assist or know of someone who could donate a few hours each week in our kitchen, deliver meals or help on the grounds, we would love to hear from you.

Please call our office (07) 4151 5825



## How Are You?

It maybe something that we don't consider at present as we are still in the warmer months, however it's coming to the time of year for Flu Shots.

It's important for anyone over the age of 65years, has a compromised immune system or other health issues to consider the annual flu vaccination.

We see many of our clients in hospital throughout the year with influenza-based illnesses. Please contact your doctor or speak to your pharmacists in how get this year's vaccination.



## What's On



**Regional Disability Expo**  
Bundaberg Multiplex  
Friday 19<sup>th</sup> April 2024



**Seniors Lifestyle & Care Expo**  
Bundaberg recreational Precinct  
Friday 7<sup>th</sup> June 2024



## For A Laugh

### ADMIT IT

#### You've done one of these:

- 1) Walked into a room, forgot what you needed, walked out, and then remembered.
- 2) when you were younger, drew the sun in the corner of the paper
- 3) When you Were little, thought the shape of a real heart was actually
- 4) Closed the fridge door really slow, just to see when the lights went off.
- 5) Tried to balance the light, between the ON & OFF



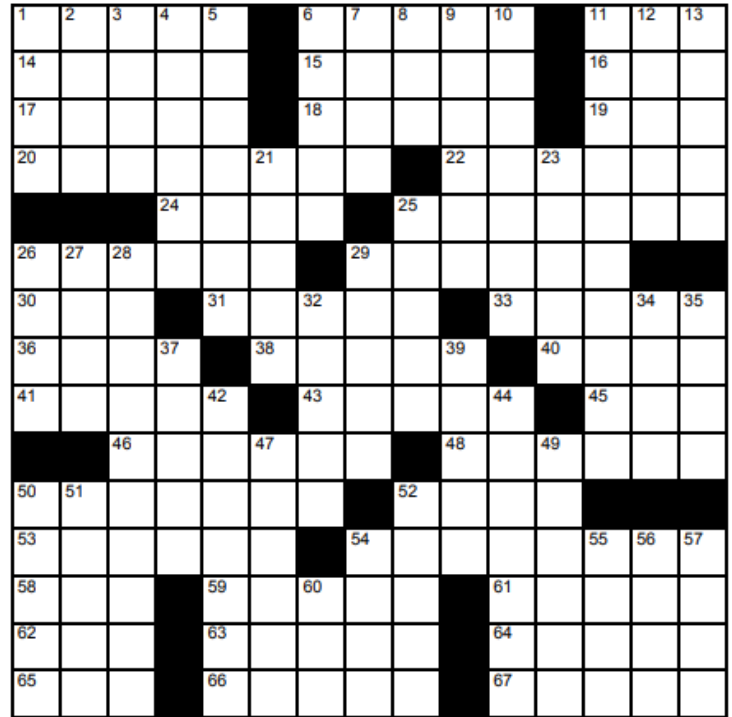
Based on how I react when toast pops out of the toaster, I will never look cool walking away from an explosion.

**I DON'T MEAN TO INTERRUPT PEOPLE I JUST RANDOMLY REMEMBER THINGS AND GET REALLY EXCITED**

Finally the fourth ape!  
He is the sum of the first three: He sees nobody, hears nobody and speaks to nobody.



## Puzzle Me This??



### Across

- |  |   |                         |
|--|---|-------------------------|
| 1. Chocolate alternative               | 58. Poetic palindrome                       | 21. Shish ____          |
| 6. Venomous snake                      | 59. Fluid build-up                          | 23. Old-fashioned       |
| 11. "Goodfellas" fellas                | 61. Skip a syllable                         | 25. Coquettish woman    |
| 14. Cocktail garnish                   | 62. Vintner's vessel                        | 26. Open, a little      |
| 15. Hot spot                           | 63. Word repeated twice in a 1983 Bond film | 27. Drag                |
| 16. Indignation                        | 64. Twill fabric                            | 28. Mike Brady was one  |
| 17. Prince hit, "I Wanna Be Your ____" | 65. Picnic pest                             | 29. Book jacket ad      |
| 18. Pick up the tab                    | 66. What's hot                              | 32. Pool problem        |
| 19. Conk out                           | 67. Pittsburgh product                      | 34. Elder or alder      |
| 20. Kind of leather                    |   | 35. Preside over        |
| 22. More miffed                        | <b>Down</b>                                 | 1. Hard-hearted         |
| 24. Pet name                           | 1. Succulent plant                          | 37. Lofty nest          |
| 25. In all respects                    | 3. Tear apart                               | 39. Feudal slave        |
| 26. Take in                            | 4. Cook too long                            | 42. Far from strict     |
| 29. Dress down                         | 5. Bad way to go                            | 44. Go off-topic        |
| 30. Scribble (down)                    | 6. In motion                                | 47. Ding site, maybe    |
| 31. Aussie "bear"                      | 7. Mend socks                               | 49. Bathroom furnishing |
| 33. Choppers, so to speak              | 8. Word on an invoice                       | 50. Sorority letter     |
| 36. Region                             | 9. Beguile                                  | 51. Air again           |
| 38. Kind of wine                       | 10. Machine gun sound                       | 52. Prison profession   |
| 40. Take a chance                      | 11. Bahrain's region                        | 54. Black cat, to some  |
| 41. Drive away                         | 12. Bay window                              | 55. Nearly hopeless     |
| 43. Miser's problem                    | 13. Drunken                                 | 56. Drop-off point      |
| 45. Sargasso, for one                  |   | 57. Rod's companion     |
| 46. Modular home                       |   | 60. Cain raiser         |
| 48. Passel of pups                     |   |                         |
| 50. Workplace newbie                   |   |                         |
| 52. Belinda Carlisle, once             |   |                         |
| 53. Legalese word                      |   |                         |
| 54. Motorcycle escort                  |   |                         |

