



Client Newsletter



Have you registered with My Aged Care?

My Aged Care is the entry point to access Australian Government aged care services in your home. These services can improve your wellbeing & help you to remain independent longer. Receiving help with regular activities at the right time can help you manage better at home.

Services covered by My Aged Care include:

- Meals (delivered & in-centre)
- Personal care (such as help with showering & getting dressed)
- Social support
- Transport
- Household jobs like cleaning or gardening
- Nursing, physiotherapy & other care
- Equipment like walking frames
- Modifications to your home like hand rails or ramps.

My Aged Care can also help you access short-term care services for situations such as:

- Recovery from an illness, including after a hospital stay
- When you have had a setback & want to get your independence back
- When you or your carer needs a break (respite care).

The Australian Government contributes to the cost of aged care services. The services that you receive from us are subsidised by the Australian Government.

If you are not yet registered with My Aged Care, Blue Mountains Food Services has been asked to provide your details to them by 23 October 2019. We will require your consent to do this, so you may receive a call from us in the coming months. Alternatively, you can register with My Aged Care yourself before this date.

It is important to note that the creation of a My Aged Care record will not affect the services you currently receive, & you will not require an assessment unless you require additional services.

The process to register is simple:

1. Call My Aged Care on 1800 200 422

- You will be asked questions over the phone to help work out your needs & care arrangements – this will take at least ten minutes
- You will need your Medicare card
- If you're calling for someone else, they will need to give their consent.

2. Have a face-to-face assessment

- My Aged Care may arrange for a trained assessor to come to your home
- With your consent they will assess your care needs & eligibility for services
- They will then work with you to develop a support plan which addresses your needs, goals & preferences
- Someone else can be with you during this visit.

If you have any questions at all please call Karen in our office on **4759 2811**.

Or you can contact My Aged Care directly by visiting www.myagedcare.gov.au or calling **1800 200 422** (weekdays 8am-8pm or Saturdays 10am-2pm).

Our graduating culinary legends!

This great bunch of fellows just completed their Cook + Connect Men's Cooking Group in Term 2. Lots of good food was enjoyed & a lot of fun was had! If you or someone you know would like to join us next term, call the office on 4759 2811.



FROZEN MENU UPDATE

Our stocks of Lemon Cream Tarts are now officially out & this item will no longer be available to order. We apologise for any inconvenience.

Fish n Chip Friday at our Katoomba restaurant - always a crowd pleaser!



Last month's brainteaser answers

1. Joe has 7 marbles, John has 5 marbles

2. Mark gets \$50, Patrick \$150 & Peter \$300
3. A. AMBIGUOUS
B. BACK AND FORTH

Puzzle Corner!

This month we have created a 'Blue Mountains Food Services' themed find-a-word. Enjoy!

Bacon	Fish	Quiche
Bearnaise	Food	Restaurant
Berries	Fruit	Rice
Blackheath	Gravy	Roast
Blaxland	Jelly	Sauce
Blue	Juice	Savoury
Breakfast	Katoomba	Schnitzel
Care	Lawson	Seafood
Casserole	Lemon	Services
Cheese	Main	Social
Chocolate	Meatloaf	Soup
Cream	Milk	Springwood
Crepe	Mountains	Support
Crumble	Muffins	Sustagen
Curry	Onion	Sweet
Delivery	Personal	Vegetables
Dessert	Pie	Vegetarian
Entrée	Porridge	
Espresso	Pudding	

Good luck!

MVWDGCOEAPCESYJJCTSSQNY
TANHCENPMHGDESRI CERORDSS
INEWFTTQODOSCULVFZECVFN
UECRRSSC IOEAIPRSEYSIKLCI
RGAECNORWNPUPYEH LTABFDA
FAEHLRGWIECRORLCLALEHBT
QTCFAONPROREERRBIEUZAVRN
XSFTPINUXNCDSTUAUJRWRBEU
LUELRCQIHNOEUVCTQAASNLAO
MSOPLPVBAJSLESEEH CNGAAKM
RKSEGAANHMSICYQGVSTOICFZ
TYSPOCWDXWQVGNJEORMSSKAJ
DEEWOYMS E W W E P G U V C L E A E H S K
TORNPPGEOHNRYTIEQAWVNETH
LYPCLKTDKNFYRRCGCNUOVAEA
EMSCASSEROLEDK E E T O F U G T N G
MIEVFNUBOIZROAITYSXROHDR
OLLQRLBDNUNFOTS A O R O Y W E G A
NKKRBKKEYYDUFOVREETLSCBV
BJRLEZTINHCSAQQIIPFSASMY
LBYKQMC R U M B L E M Y A I I E R O E D R
GFYQBERRIESWSBONSREURIXE
MEATLOAFWFZYMAGHTTPVYPKX
EKGNI DDUPNKDNALXALBFKGRU



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