



Client Newsletter



WELCOME TO BLUE MOUNTAINS FOOD SERVICES LESLEY!

Lesley Connor has joined Blue Mountains Food Services as the new Volunteer Coordinator, replacing our lovely Celia Lotus. Lesley was born in England but spent her early childhood traveling the globe as an army kid. She emigrated to Australia when she was 20, immediately falling in love with this great country. Lesley's background is in Computer Security & Disaster Recovery planning. More recently she worked as an Outreach teacher at Blue Mountains TAFE, lugging 16 laptops, printer, projector & modem to neighbourhood centres from Blackheath to St Marys, teaching basic computing. Some of you may even have attended her classes!

Lesley absolutely loves working at BMFS. She says it's the best job she has ever had. She loves working with the volunteers & meeting all the lovely clients in the restaurants, in their homes & the participants in the Cook & Connect classes.

Lesley has four grown up children & is a self-confessed sports tragic!

I'M DREAMING OF A
WHITE CHRISTMAS!

Our next **Super Tuesday Senior Lunch Event** is on **Tuesday 13 August**, with the theme: **WHITE CHRISTMAS!**

In Room 1 at the Blue Mountains Theatre & Community Hub on Macquarie Road, Springwood, from **11am-1pm**.

For **\$10** you will be treated to morning tea, live entertainment, lucky door prizes & a 3 course meal.

So come along to make new friends, connect with old ones & celebrate life over a meal!

Limited seating is available, so **bookings are essential**. Call Springwood Neighbourhood Centre on 4751 3033.

And if you need transport, please book at least 3 working days in advance on 4722 3083.

AND WELCOME BACK ANNETTE

Annette is back on board, currently delivering personal care, helping to bring new clients on board & assisting with administration in the office.

Annette has a long history with BMFS and brings a wealth of experience & enthusiasm with her every day!



FROZEN MENU UPDATE

Our stocks of Blueberry Friands are now officially out & this item will no longer be available. There are still a number of Lemon Cream Tart snack packs in stock.

We apologise if you have been affected by recent stock outages. Some items have not been available due to supplier issues & have had to be substituted with alternate meals options.

We apologise for any inconvenience.

Keeping warm in winter!

As we age, our bodies' ability to regulate its temperature is less efficient, so, while chilly temperatures during Australian winters may seem bearable for most of us, it can be a different story for a senior. Here are five tips to help you keep warm this winter...

- 1. Sustain a healthy diet:** This tip is probably the least obvious of them all, but it's one of the most essential! Ensure you are getting adequate nutrients by consuming a healthy, nourishing diet. Soups, casseroles & porridge are all easy, nutritious meal ideas that will help warm your tummy on a cold day.
- 2. Keep blankets handy:** Aside from extra layers of clothing, it's always a good idea to have a blanket on hand. This is a quick way to provide warmth & comfort during the colder months.
- 3. Pay attention to the thermostat:** Keep a thermometer inside the house & frequently check for temperature drops. If you're using heaters, radiators or other types of heating appliances make sure you are seated a few metres away to avoid risk of burns or damage to your skin.
- 4. Get regular exercise:** Not only does exercise increase your body's temperature, but physical movement, such as a gentle walk, stimulates the mobility of the body & promotes a healthy mind. But make sure you dress appropriately, with extra layers of clothing, waterproof shoes if it's wet outside, thicker socks, a hat & gloves. Of course, if the weather is extreme or if you're sick, going out in the cold weather is not advisable.
- 5. Bath the chills away:** If you are uncomfortably cold, run a relaxing warm bath & soak until your body reaches a more stable temperature. Remember, it's extremely important to check the temperature of the bath water before you get it, with your elbow or wrist, not your hands.

Puzzle Corner!

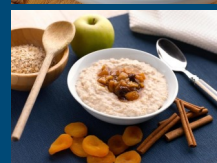
This month we have some brain teasers to tease your brains!

1. Joe and John are playing marbles. If Joe loses one marble to John, then they will both have the same number of marbles, but if John loses one marble to Joe, Joe will have twice the number of marbles as John. How many marbles do the two boys currently have?
2. Patrick, Mark and Peter had spent the week decorating their neighbours house, for which they earned \$500 between them. When it came time to dividing up the money, Patrick claimed he had worked 3 times harder than Mark, and Peter had worked twice as hard as Patrick. If the money was to be divided fairly, how much would each worker receive?
3. What words or expressions are depicted below?

A. AMUOUS

B. DNA4TH

Winter warmers from our menu: pumpkin soup, lamb casserole & porridge.



May puzzle answers

Clues	Solutions
1 courtroom offence	CONTEMPT
2 regimented group	CORPS
3 agreed	ASSENTED
4 Robert L. Stevenson novel	KIDNAPPED
5 sneaky	FURTIVE
6 endangered European bovine	BISON
7 in a teary way	MISTILY



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food services

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