



Testing positive to COVID-19

If you test positive to COVID-19 there are some steps you need to take:

- If you test positive with a Rapid Antigen Test you must register it with Service NSW on 13 77 88. You do not need to register a positive PCR test result.
- You & your household need isolate for 7 days. If you have a sore throat, runny nose, cough or shortness of breath you must remain in isolation until 24 hours after your symptoms have gone.
- Tell people who you spent time with from the 2 days before you started having symptoms or 2 days before you tested positive (whichever came first) that you have COVID-19.
- Monitor your symptoms. If you are concerned you should call your GP, the NSW Health COVID-19 Care at Home Support Line on 1800 960 933 or the National Coronavirus Helpline on 1800 020 080. If symptoms become severe call 000.

Please call us at any time if you are unsure & need pointing in the right direction. We are here to help!

Community restaurants: Delayed reopening dates

At this stage our community restaurants are scheduled to re-open at the beginning of March, however these dates will be confirmed closer to that time:

Blaxland: Tuesday March 1

Springwood: Tuesday March 1

Lawson: Wednesday March 2

Katoomba: Friday March 4

Blackheath: Wednesday March 2

Did you know Winmalee Neighbourhood Centre can provide support for electricity & gas accounts, Sydney Water bills & Telstra accounts, as well as no interest loans (NILs) & food support. For more information call 02 4754 4050. Assistance is also available via Blue Mountains Family Support Service in Katoomba (Thrive) on 02 4782 1555. The National Debt Helpline provides free & confidential advice to people experiencing financial stress on 1800 007 007.

How to stop scam calls and messages.

Out-smart the scammers.

You don't have to be tech-savvy to stop scams.



Ask for help:

Ask your family, carer or friends to turn on spam protection on your mobile phone

Ask your phone company how to block calls on your home or mobile phone

Tell someone – if it doesn't feel right, it probably isn't

Take these simple steps:



Don't answer if you don't know who it is



Don't click on any links



Don't ever give personal details



Don't ever send money

Find out how to protect yourself at acma.gov.au/scams

Call out the scammers by reporting to scamwatch.gov.au

Scams target everyone



Nutrition for the elderly

The aging process leads to a series of changes inside the body, such as muscle loss, thinner skin, less acid in the stomach, decreased appetite etc. These changes can affect your health. The way the elderly absorb nutrients, if not handled in time, can lead to nutrient deficiency. Here are 8 nutrition facts for the elderly that you should know:

- Older people need fewer calories but more nutrients - calorie needs may decrease because you tend to move & exercise less, but you will need to increase intake of certain nutrients: protein, vitamin D, calcium & vitamin B12. To ensure adequate nutrition eat a variety of foods, such as fruits, vegetables, fish & lean meat.
- Older people need to absorb more protein to slow muscle loss, help increase mass & build more muscle.
- Older people need to absorb more fibre - a high-fibre diet reduces digestive problems.
- Older adults need calcium & vitamin D in order to promote bone health. Some foods rich in calcium include dairy products, dark green leafy vegetables, nuts & yoghurt. vitamin D is present in many fish & in the sun!
- Older adults need vitamin B12 to makes red blood cells and maintain brain function.
- Other important nutrients include potassium, omega-3 fatty acids, magnesium & iron, most of which can be found in fruits, vegetables, fish & lean meats.
- As you age you tend to be more prone to dehydration & problems such as decreased fluid in the cells, decreased ability to absorb medications, worsening of medical conditions & increased feelings of fatigue. Drink enough water every day, regardless of whether you feel thirsty or not.
- Elderly people are prone to a decreased appetite which can lead to unwanted weight loss, nutritional deficiencies & impaired health. Try breaking up your meals into portions & eating every few hours. Or try making it a habit to eat healthy snacks like almonds, yoghurt & hard-boiled eggs. These foods provide many nutrients & enough calories.

Last month's answers

- Trying to have it both ways: **HEDGING**
- Person who brings a suit: **PLAINTIFF**
- Resided: **DWELLED**
- Obfuscating: **MUDDYNG**
- Selling off of assets: **DIVESTITURE**
- Rubbish crushers: **COMPACTORS**
- Arithmetic skills: **NUMERACY**

All you need to do is solve the 7 clues by matching

together the tiles on the right to make *7 Little Words!* Remember you can only use each tile once.

Good luck!

PUZZLER!

YOR	SHA	TIL	AU
SUR	NG	VI	FIN
TEO	US	AIR	AN
VI	OCK	ED	BE
DS	MA	NTI	ES

Clues...

- Official wearing a chain (5 letters)
- Dilapidated houses (8 letters)
- Sticking around (9 letters)
- Was on television (5 letters)
- Like some newer brakes (8 letters)
- Locates (5 letters)
- Very attractive (9 letters)

Answers in next month's newsletter!



Blue Mountains Food Services
Supporting our community

www.bmfs.org.au

(02) 4759 2811

admin@bmfs.org.au

25 Livingstone Street, Lawson NSW 2783 | PO Box 214 Hazelbrook NSW 2779 | ABN: 91 530 248 271

This Service is funded by the Commonwealth Government