



## RUNOUT SALE LIMITED TIME ONLY

As part of our menu changeover we have some leftover stock of discontinued meals that would like to offer to you at a discounted price.

### Main meals - all only \$4 each:

- Chicken & mushroom pasta bake
- Chicken & mushroom potato pie
- Chicken frittata
- Chicken scallopini w/bacon
- Lemon chicken
- Ham & cheese omelette w/veg
- Pork ragu w/penne pasta
- Sweet & sour pork w/rice
- Beef goulash
- Braised beef w/eggplant
- Macaroni cheese
- Vegetable & potato yellow curry
- Vegetable cottage pie

### Mini meals - all only \$3 each:

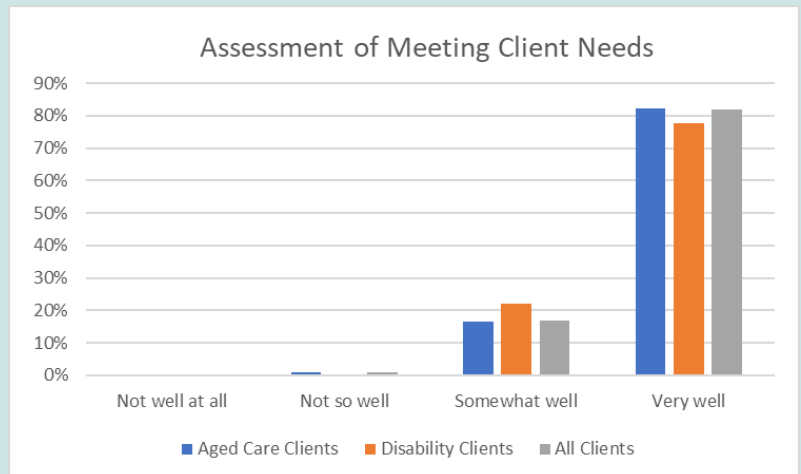
- Beef & bacon casserole
- Chicken & asparagus mornay
- Crumbed fish (Flagstaff)
- Roast lamb
- Spinach & feta omelette w/veg
- Vegan singapore noodle stir fry

### Desserts - only \$2 each:

- Chocolate lava pudding

These items are available until stocks last so you will need to get in quickly! Simply handwrite these on your order form or call the office on 4759 2811 to order.

More snippets of the results from our Client Satisfaction Surveys. This is how you think our service meets your needs:



And this is how satisfied you are with our service:



Some of the comments you made include:

*'Sandra spoils us & the volunteers are so helpful & remember our needs'*

*'Excellent meals, company, lovely set-up'*

*'Delivery service to home is excellent. Doreen & the other delivery people are a pleasure to see'*

*'The staff at BMFS have been wonderful. A wonderful quality service'*

*'Excellent, efficient & punctual'*

*'Highly reliable. Friendly & respectful. Timely & full responses to enquiries'*

*'The staff are very efficient & friendly, often going above the call of duty to assist'*



# THE DAWN PROGRAM

## Supporting People with Dementia and their Carers in the Blue Mountains

What is the DAWN program?

The DAWN (Dementia And Wellbeing Navigation) program is designed to empower & support people with dementia who live at home, along with their carers. Sessions can be home or centre based & there is no cost.

The 8 session program covers:

- Education about dementia
- Effective communication with people with dementia
- Strategies to address care challenges
- Stress reduction support
- Meaningful activities for the person with dementia.

Ongoing support is then available through the Support Group for Carers with People with Dementia.

The program has demonstrated significant improvements in:

- A carer's ability to manage day to day caregiving
- A carer's ability to handle new problems & reduce feelings of being overwhelmed
- The person with dementia increasing their enjoyment in doing activities alone.

If you would like more information on the DAWN Program email [intake@belongbm.org.au](mailto:intake@belongbm.org.au) or call the Lower Mountains Neighbourhood Centre on 4739 1164.

## NOTICE

From this month onwards our newsletters will be bi-monthly, so you will receive them at the start of February, April, June, August, October & December.

### Last month's answers

- Just thrown together: **SLAPDASH**
- Wishing harm on others: **MALEVOLENT**
- In a satisfactory manner: **ACCEPTABLY**
- Cuts down trees: **DEFORESTS**
- Small marsupial: **BANDICOOT**
- Picture takers: **CAMERAS**
- Altruistically: **SELFLESSLY**

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! Clues...

OC	PR	ERE	FOR
MA	TOR	IN	SW
ENS	ER	ICS	SH
REV	VED	DER	NA
ED	LEA	NCE	GES

- Crime detection science (9 letters)
- Veered off course (7 letters)
- Handles daily work (7 letters)
- Polished (6 letters)
- Person who guides others (6 letters)
- Respectful awe (9 letters)
- University officer (7 letters)

Answers in next month's newsletter!



## Blue Mountains Food Services

*Supporting our community*

[www.bmfs.org.au](http://www.bmfs.org.au)

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