



NATIONAL 15-21 MAY 2023 VOLUNTEER THE CHANGE MAKERS WEEK

National Volunteer Week is Australia's largest annual celebration of volunteering & will be held on 15-21 May 2023. The week-long event recognises the vital support that the millions of volunteers in our country provide to their communities & encourages people to consider volunteering. The theme for this year's celebrations is *'The Change Makers'*. The week is a celebration of volunteers' power to drive change.

BMFS would like to officially thank all of the volunteers that work with us in bringing about positive change in the lives of our clients day in day out. Thank you - we could not do it without you!

Please note that our service will be closed on Monday June 12 due to the Kings Birthday public holiday. While this will not affect our meal deliveries, it will mean that our office will be closed & that any social support or Cook+Connect classes will not be running that day.



Our suppliers have discontinued another two meals unexpectedly. The Mexican Style Vegetable Stew is no longer available to order. And we only have limited stock available of the Macaroni Cheese. Again, we apologise for the inconvenience this causes. Our menu review is just around the corner so please watch this space!

Keeping your hands healthy

The most effective way to keep your hands in great shape is to continue doing the activities you do every day. This ensures your hands are strong enough to complete the things you like to do. Here are a few everyday activities that help maintain hand strength:

- Cooking: carrying pots & pans, cutting food & pouring milk
- Gardening: pruning your plants, pulling weeds & digging soil
- Washing the car: wringing out the sponge, scrubbing & wiping windows
- Hanging washing: pinching pegs & folding clothes.

Helpful products for healthy hands

There are a variety of assistive products available that are designed to make everyday tasks easier. These include:

- Jar or can openers
- Key turners
- Easy grip utensils
- Velcro fasters
- Button hooks, zipper pulls & dressing sticks
- Long handled shoehorns.

Over Easter we had the delightful pleasure of hosting a group of super cute & very well behaved preschoolers at our Blaxland restaurant.

Before lunch was served they spent a good half an hour colouring in with our restaurant clients. It's safe to say this brought a smile to everyone's faces!



Meet Madam Jeanne Louise Calment, who had the longest confirmed human lifespan of 122 years, 164 days. Apparently, fate approved of the way she lived her life! She was born in Arles, France, on February 21, 1875. The Eiffel Tower was built when she was 14 years old.

When she was 85, she took up fencing, & still rode her bike when she reached 100. At the age of 114, she starred in a film about her life, at age 115 she had an operation on her hip, & at age 117 she gave up smoking, having started at the age of 21. Her reason was that she didn't like having to ask someone to help her light a cigarette once she was nearly blind!

In 1965, Jeanne was 90 years old & had no heirs. She signed a deal to sell her apartment to a 47-year-old lawyer called André-François Raffray. He agreed to pay her a monthly sum of 2,500 francs on the condition he would inherit her apartment after she died. However, Raffray not only ended up paying Jeanne for 30 years, but then died before she did at the age of 77. His widow was legally obliged to continue paying Madam Calment until the end of her days.

Jeanne retained sharp mental faculties. When she was asked on her 120th birthday what kind of future she expected to have, her reply was, 'A very short one.' Here are the Rules of Life from Jeanne Louise Calment:

- 'I'm in love with wine.'
- 'I think I will die of laughter.'
- 'I've got only one wrinkle, & I'm sitting on it.'
- 'I never wear mascara; I laugh until I cry often.'
- 'If you can't change something, don't worry about it.'
- 'Always keep your smile. That's how I explain my long life.'
- 'I see badly, I hear badly, & I feel bad, but everything's fine.'
- 'I have a huge desire to live & a big appetite, especially for sweets.'
- 'I have legs of iron, but to tell you the truth, they're starting to rust & buckle a bit.'
- 'I took pleasure when I could. I acted clearly & morally & without regret. I'm very lucky.'
- 'Being young is a state of mind, it doesn't depend on one's body. I'm actually still a young girl, it's just that I haven't looked so good for the past 70 years.'



Last month's answers

- King: **MONARCH**
- Stage backdrop: **SCENERY**
- Make cheerful: **BRIGHTEN**
- Come together: **CONVERGED**
- Views or prospects: **VISTAS**
- In law, a deed: **FACTUM**
- Like a nice picture: **FRAMEABLE**

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...

MEO	HEA	PAT	BBI
OG	LO	FI	HIC
MES	RS	HO	HER
EAR	ES	LIW	TE
POL	RST	DG	FAL

- Tadpole (8 letters)
- Before anyone else (5 letters)
- Hotel areas (7 letters)
- High fashion house (6 letters)
- Like some remedies (11 letters)
- Hats and helmets (8 letters)
- Stumbles (7 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