



Connecting you to aged care services

It can be overwhelming when you think about your aged care journey & how to access all of the services that you need. But Services Australia are available to help.

If you need help finding general information about government-funded aged care services you can:

- Go to myagedcare.gov.au
- Call My Aged Care on 1800 200 422
- Visit any Services Australia service centre.

For more in-depth information about aged care services you may be able to talk to an Aged Care Specialist Officer. This is a free service available in some Services Australia service centres. They can help you by:

- Providing in-depth information on the different types of aged care services
- Checking if you are eligible for government-funded services & making a referral for an aged care assessment if needed
- Providing financial information about aged care services
- Helping you appoint a representative for My Aged Care
- Connecting you to local support services.

To find out if there is an Aged Care Specialist Officer in your area, go to servicesaustralia.gov.au/myagedcarefacetoface. To book an appointment with an Aged Care Specialist Officer call 1800 227 475 or ask at your local Services Australia service centre.

Please note that our service will be closed on Monday June 13 due to the Queen's Birthday public holiday.

While this will not affect our meal delivery service, it will mean that our office will be closed, & that other services including social support, personal care & cooking classes will not be on that day.



Meal deliveries: price increase

Over the past month we have received notices from our suppliers that they have had to raise their meal prices significantly to allow them to combat the increasing cost of ingredients, petrol & the like.

This, combined with our own increases in costs, means that we will unfortunately have no choice but to also raise our prices.

From 1 June 2022 our meal prices for aged care clients will be as follows:

- Main meals - \$6.60 (previously \$6.20)
- Mini meals - \$5.25 (previously \$4.90)
- Soups - \$2.90 (previously \$2.80)
- Desserts - \$3.25 (previously \$3.00).

At this stage all other items on our menu will remain at their current price. And the offering of items will remain unchanged, although we are still facing issues with the supply of the Salmon & Vegetable Patties.

If you are facing increased financial hardship & are worried by this price rise, please do not hesitate to contact Lauren or Lisa on 4759 2811 to discuss payment options.

Thank you as always for your patience & understanding.

NSW Meals on Wheels launched their 'Stop the Spread of Loneliness Campaign' in 2021 by asking the general public to leave messages of kindness on their website.

They had a huge response to the campaign & as a result printed a selection of the messages on to postcards.

Some of these postcards were distributed to our Meals on Wheels clients last week. We hope if you received a postcard that it made you smile!

" I hope you have a wonderful day, a blessed week and a year that brings you joy.

- Kathy

HELP US STOP THE SPREAD OF LONELINESS

Leave a message for a Meals on Wheels Client



Words of Kindness

FROM A MEMBER OF THE CARING MEALS ON WHEELS NSW COMMUNITY JUST FOR YOU



www.helpstopthespread.org.au



" Remember that we all sleep under the same stars. You are never completely alone.

-Annabel



www.helpstopthespread.org.au

Last month's answers

- Biodegrade **DECAY**
- Withered up **SHRIVELLED**
- Like a disco ball **SHIMMERING**
- Park pavilion **GAZEBO**
- Covered in cologne **PERFUMED**
- 'Forrest Gump' actor Gary **SINISE**
- Had a bit of a snooze **DOZED**

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!

RDI	IAL	NIA	LE
SP	HE	EL	RE
ITE	CLU	EAR	WO
BS	RES	TR	TH
AIS	SA	TER	RMS

Clues...

- Bride's walkway (5 letters)
- Lowly crawlers (10 letters)
- Like earth's inhabitants (11 letters)
- Common dog command (4 letters)
- Large Mediterranean island (8 letters)
- Short break (7 letters)
- Golfer's equipment (5 letters)

Answers in next month's newsletter!



Blue Mountains Food Services
Supporting our community

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