



Volunteer Newsletter



We are beyond excited to let you know that our community restaurants have opened up again in the last couple of weeks. We offer a home cooked two course meal for only \$8.

- Blaxland: Tuesdays
- Lawson: Wednesdays
- Springwood: Tuesdays & Thursdays
- Blackheath: Wednesdays
- Katoomba: Fridays

We take bookings through the office. Please call us on 4759 2811.

NSW Seniors Festival is the largest festival for seniors in the Southern Hemisphere. It is an opportunity to promote a better understanding of seniors within the community & the value they add to our lives, as well as to encourage older people to lead active lifestyles & participate at all levels in our community.

The Seniors Festival will be held from **Friday 25 March to Thursday 14 April 2022**. The theme for this year is '**Reconnect**'.

A program of events for the months of March-April will soon be released on www.bmcc.nsw.gov.au/seniors-week. All events will strictly follow COVID safe procedures, as outlined by NSW Health.



What is Campylobacter?

Campylobacter is an infection that most commonly causes gastroenteritis but may also cause illness affecting the whole body.

Eating contaminated food is the most common cause of this infection. It is most commonly found in raw or undercooked poultry & meat, but also in raw milk & contaminated water.

Symptoms of infection include diarrhoea, fever & cramps.



To prevent this type of infection you should wash your hands after handling raw meat, especially poultry, & keep food preparation areas clean. Wash your hands after gardening or touching animals. Make sure your meat, particularly poultry, is thoroughly cooked. Do not store uncooked poultry or other meat near foods which will be eaten raw, such as salad items.

You should seek medical advice if you believe you have food poisoning and have signs of dehydration, lethargy, a dry mouth, if you are feeling faint, have a fever, severe abdominal pain or bloody diarrhoea.

If you ever have any questions you can contact the **NSW Food Authority on 1300 552 406**.

CPSA



COMBINED PENSIONERS & SUPERANNUANTS ASSOCIATION

CPSA are providing monthly **free 'zoom' & 'face to face' Health Education Sessions** for seniors throughout the year run by the Health Promotion Service for Older People, Combined Pensioners and Superannuants Association of NSW Inc. Upcoming sessions include:

- Falls Injury Prevention
- Oral Health Care
- Diabetes Awareness
- Medicine Management
- Arthritis Management
- Healthy Bone & Osteoporosis
- Healthy Brain Healthy Life
- Invest In Continence
- StrokeSafe.



If you would like to attend any of these sessions or if you would like to find out more about what CPSA can offer, please give them a call on **1800 451 488**.

Volunteer Corner



At BMFS we love to celebrate all our wonderful volunteers. In this edition Doreen who has volunteered the organisation since 1982, has provided us with this wonderful photo taken on 16 February 1987. Doreen and her husband Jim use to deliver hot food to the upper mountains clients. A past client,

Ms McDonald would take photos of all the volunteers that delivered food to her. Doreen now volunteers on our social support program.

Last month's answers

- Official wearing a chain: **MAYOR**
- Dilapidated houses: **SHANTIES**
- Sticking around: **SURVIVING**
- Was on television: **AIRD**
- Like some newer brakes: **ANTILOCK**
- Locates: **FINDS**
- Very attractive: **BEAUTEOUS**

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!

| | | | |
|-----|-----|-----|-----|
| LLS | TY | US | EDI |
| EL | IVI | EAT | NBU |
| RGH | RBE | CR | DEN |
| TED | XIO | LAC | OB |
| AND | NO | BA | KEY |

PUZZLER! Clues...

- Like cars after a hailstorm (6 letters)
- Weightlifters' needs (8 letters)
- Inventiveness (10 letters)
- Extremely annoying (9 letters)
- Servile follower (6 letters)
- Large-horned antelope (5 letters)
- Home of the Royal Mile (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