



Meals on Wheels  
Blacktown

More  
than just  
a meal

# Client Newsletter

November/December 2022



## From the Manager

As another year draws to a close, many of us reflect on the past 12 months. As always there have been both highlights and challenges.

For us at *Blacktown Meals on Wheels* and for many in our community, living with the ever-changing environment of Covid-19 has continued throughout 2022. With the support of our wonderful volunteers, we have managed to continue our meal deliveries with little or no disruption.

Unfortunately, our social days have been closed for most of the year. We cross our fingers that in 2023 our social calendar will have some great activities for you to participate in.

*Blacktown Workers Club* is generously donating Christmas Hampers again this year. We will start to deliver these from Friday 16th December. This coming Thursday 8th December, we thank our volunteers at an End of Year Celebration held at and sponsored by *Blacktown Workers Club*. On behalf of myself and the Management Committee,



I would like to acknowledge the support The Workers have provided to our organisation this year.

The staff at *Blacktown Meals* wish you all a very Merry Christmas. Stay safe and healthy and enjoy this festive period with your family, friends, and community.

Best Wishes,  
Karen

Merry  
Christmas





## Introducing BMOW's Management Committee

Each month we will introduce to you a member of the BMOW Management Committee. But first, *what is a Management Committee?* The committee (sometimes called the 'committee of management' or 'board') is responsible for managing the affairs of the association, in accordance with its constitution and the Associations Incorporation Act 2009 (the Act).

The role of the committee includes:

- managing the association's financial affairs and maintaining its financial viability
- ensuring the association acts in accordance with its objectives or purposes
- meeting all legal requirements.

This month, we introduce Nitisha Agarwal, Secretary of the Committee

From Nitisha, *"Hi all, my name is Nitisha and I am excited to join Blacktown Meals on Wheels as the Committee Secretary. I am a Chartered Accountant by profession and have been working in NSW's public sector for almost 5 years now. I have been volunteering since high school and love contributing to my local community. I am looking forward to positively impacting Blacktown MOW's governance and committee practices and further improve our community service offerings."*



## BMOW hosts a Photo Shoot

At the end of October, some of our volunteers and clients were involved in a photo shoot with *NSW Meals on Wheels*. All were given a *boomerang bag* as a part of the campaign to raise awareness about the single-use plastic ban. The wonderful photos on Page 1 of this newsletter were taken during the event, as well as some more photos pictured above. It was a busy day in the restaurant that day as we hosted five people from *NSW MOW*. Thank you to all that participated.



## Corporate volunteers day at BMOW

On Friday 4th November, *Blacktown Meals on Wheels* hosted some volunteers from the management consulting firm, *McKinsey and Company* (picture left). Corporate volunteering is a great way for others in the community to get a firsthand experience into what we do daily. Feedback from the organiser was that the volunteers left feeling inspired by the community spirit.



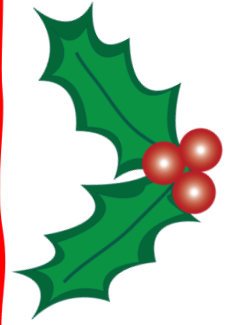
## SOCIAL DAY CHRISTMAS PARTY

Monday 12 December

RSVP 7<sup>th</sup> December - call the office

10am to 1pm

Transport available



### Christmas deadlines and closures

- 12/12 Last Social Day
- 16-23/12 Christmas Hampers delivered
- 23/12 Last day of meal deliveries
- 23/12 Office closes for Christmas break, 2pm
- 3/1/23 Office reopens at 8am
- 16/1/23 First Social Day for 2023



### CHRISTMAS MEALS – ORDER NOW

\$11 for a 2-course meal. Available until sold out.



Bus trips resume in February  
— more info to come in the  
new year



### Automatic credit card payment processing over Christmas

For those clients who have automatic credit card payments debited fortnightly, your payment due on **Tuesday 27th December** will be processed on **Tuesday 3rd January** instead. This is due to the 27th being a public holiday.

The payment following this will be on **Tuesday 10th January** and then fortnightly thereafter.

If anyone has a concern regarding these payments – please call and speak to Maria.

### Reminder

If you require extra meals for the Christmas period, please let us know ASAP. These meals will be delivered with your usual delivery between 19th and 23rd December.

*Please check you have space in your freezer*

***Our phone will not have a leave message option during the Christmas closure period. Please call back during business hours***

### Health advice from the Chief Medical Officer

Recently, the Chief Medical Officer and the Minister for Aged Care wrote an open letter to older Australians to remind them about the continuing impact of the Covid-19 pandemic. In this letter, they addressed steps that older Australians can take against Covid-19.

“Oral antiviral treatments are safe, effective and available for all Australians aged 70 or over who test positive for COVID-19, even if they have no symptoms or other risk factors ... People who are 50 years or older and have two additional risk factors, or who are Aboriginal and Torres Strait Islander people who are 30 years or older with one additional risk factor, are also eligible for the oral antiviral treatments.” They stress the need for a prescription for these treatments following a positive Covid-19 test. They finish by saying, “vaccination remains the best way to protect yourself from severe illness, so we encourage you to stay up to date with your COVID-19 vaccinations and continue to practice simple but critical measures like good hand hygiene and wearing a mask in crowded indoor spaces.”

## December Word Puzzle



### Words beginning with 'De'



	Clue	Answer
1	To pour wine	Decant
2	To mislead	Deceive
3	To make up ones mind	Decide
4	A tree that sheds its leaves	Deciduous
5	A pack of cards	Deck
6	To adorn	Decorate
7	To make a statement	Declare
8	To grow less/diminish	Decrease
9	To ward off attack	Defend
10	To illegally leave one's country	Deport
11	Opposite of shallow	Deep
12	Eaten after the main course	DeSSERT

**Answers in the next newsletter**

***If you have any enquiries or questions regarding meal delivery, ordering, menu choice, payments — please give us a call at the office 9622 6183***



**Meals on Wheels**  
Blacktown

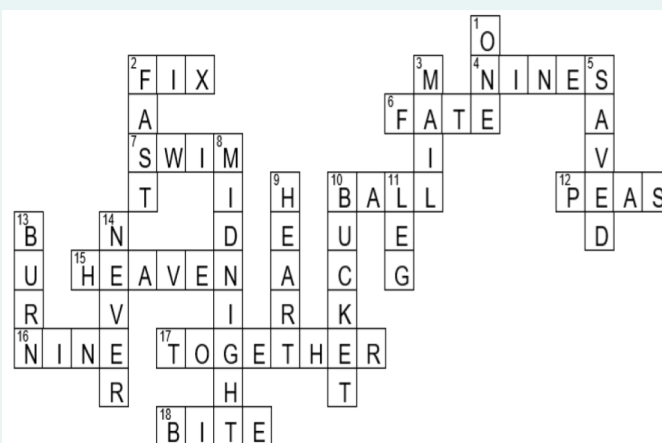
Gribble Place BLACKTOWN

Ph: 9622 6183

Office hours: 8am to 4pm Monday to Friday

Email: [clients@blacktownmow.com.au](mailto:clients@blacktownmow.com.au)

### Last month's answers



Do you have any feedback, compliments, or complaints? Contact the office to speak to staff or the Manager.

*Feedback is always welcome!*