



We haven't had the opportunity to send out a newsletter for some time due to the lack of positive news. The team have also been working on new requirements through the Department of Health to support and strengthen our services; we will do our best to keep everyone informed and hope you enjoy this edition.

National Volunteer Week 16th—22nd May

Say a Big Thank You

to our wonderful volunteers who support

- * on the Committee, running our organisation
- * in the kitchen—preparing & serving group meals
- * with social groups and special interest groups
- * meal deliveries
- * home visits/accompanied outing's



The first Meals on Wheels service in New South Wales operated out of Sydney Town Hall in 1957. (Supplied: City of Sydney)



Thank you Yvonne & Steve



Thank you Lyn



Thank you Rachel & Geoff



Thank you Margaret & Carole

Happy Days!!

Everyone is happy that Social groups have returned to listen to & be inspired by motivational talks and activities. Luckily 2 BBQ's sidestepped the rain & were enjoyed at Conjola, before the heavens opened again and the Dunn Lewis Centre came to the rescue for our last BBQ of the season. We still have a few group vacancies so if you'd like to join in and meet new acquaintances, please call the office. Due to re-structuring, Emma is now enjoying the challenge of being more involved in administration, which includes organising and coordinating with Rowena for the social groups & learning more about the "other side" of all services. All very positive changes for the benefit of us all.



Important dates to remember 2022

3rd April - Daylight saving ends (turn your clocks
back 1 hour)

15th April—Good Friday

18th April—Easter Monday

25th April—Anzac day Monday



Nutrition for Falls Prevention: Food for Bones and Muscles Vitamin D



- Vitamin D is a hormone that controls calcium levels in the blood. It is needed for strong bones, muscles and overall health. Without enough vitamin D an individual will be unable to use much of the calcium they take in for their food.
- The sun's ultraviolet radiation (UV) is the best natural source of vitamin D.
- Vitamin D levels change naturally with the seasons. How much UV exposure a person needs depends on the time of year, UV levels, their skin type and their existing vitamin D levels. In the warmer months about 10 minutes per day in the sun (before 10am or after 3pm) is enough to make some Vitamin D. In winter we require longer in the

sun (about 30 minutes each day)

- Vitamin D is available in some foods. Oily fish such as salmon, sardines and mackerel contain quite high levels of Vitamin D. Other foods contain smaller amounts, for example eggs, meat, dairy foods and margarine. However it is hard to get enough vitamin D from food alone.
- Vitamin D deficiency is quite common, so it is important to ask your doctor GP's to check your vitamin D level from time to time, especially for those people at highest risk

DID YOU KNOW? USE BY & BEST BEFORE dates on many food products change after opening??

A majority of products have limited (up to 4 days) shelf life once OPENED! Especially UHT products, as the preservation process is removed once opened.



Please encourage your family & friends to like our page & share our posts on Facebook to promote our services.



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Have a laugh

Q: Can February march?

A: No, but April may.

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