



Behind the Wheel

Nepean Food Services

December 2016

EXCELLENCE IN THE WAY WE ENABLE THOSE WE SUPPORT TO STAY INDEPENDENT

CLIENT NEWSLETTER

A Message from our Operations Manager

Ditte Kozak

Nepean Food Services has successfully passed its most recent quality review by the Australian Aged Care Quality Agency. We are very proud to be delivering quality services to our clients and are very interested in your views on how we could progress our service. We have included a feedback form for your convenience.

We have included a list of important dates to help you plan your Christmas meals and outings with Nepean Food Services. If you have any concerns regarding any dates or if you are worried about how you will cope over Christmas please let us know. If you have not already ordered your meals to cover you for the Christmas period please give the office a call so you have meals for every day that you need them. We have about 90 volunteers who provide support for NFS. They are fantastic people who give of their time freely to provide the services available to our clients. Please feel free to let them know if you have any issues and they will report back to the office.

We really value our volunteers and wish them a very happy Christmas and hope they enjoy their time off during Christmas and New Year. I would like to wish all our clients a Merry Christmas and a Happy, Healthy New Year. We look forward to seeing you all next year.



 Find us on
Facebook

Contact Us

Penrith Program

Regentville Hall
16 Jeanette St,
REGENTVILLE NSW 2745
Phone: (02) 4733 7200
Fax: (02) 4733 7211

Warragamba Program

15 Weir Road
WARRAGAMBA NSW 2752
(02) 4774 2589

admin@nepeanfoodservices.org.au
www.nepeanfoodservices.org.au

Grandma's Apron



I don't think our kids know what an apron is.

The principal use of Grandma's apron was to protect the dress underneath, because she only had a few, it was easier to wash aprons than dresses and they used less material, but along with that, it served as a potholder for removing hot pans from the oven.

It was wonderful for drying children's tears, and on occasion was even used for cleaning out dirty ears...

From the chicken coop, the apron was used for carrying eggs, fussy chicks, and sometimes half-hatched eggs to be finished in the warming oven.

When company came, those aprons were ideal hiding places for shy kids.

And when the weather was cold grandma wrapped it around her arms.

Those big old aprons wiped many a perspiring brow, bent over the hot wood stove.

Chips and kindling wood were brought into the kitchen in that apron.

From the garden, it carried all sorts of vegetables.

After the peas had been shelled, it carried out the hulls.

In the fall, the apron was used to bring in apples that had fallen from the trees.

When unexpected company drove up the road, it was surprising how much furniture that old apron could dust in a matter of seconds.

When dinner was ready, Grandma walked out onto the porch, waved her apron, and the men-folk knew it was time to come in from the fields to dinner.

It will be a long time before someone invents something that will replace that 'old-time apron' that served so many purposes.

REMEMBER:

Grandma used to set her hot baked apple pies on the window sill to cool.

Her granddaughters set theirs on the window sill to thaw.

They would go crazy now trying to figure out how many germs were on that apron.

I never caught anything from an apron...But Love. (Author Unknown)



Christmas/New Year Timetable 2016 – 2017

Nepean Food Services will close at

noon – Friday 23/12/16

Will reopen on Tuesday 3/1/17 9:00am

	Last date for 2016	First date for 2017
Meal deliveries	22/12/16	3/1/17
Warragamba 'The Cottage'	finished	19/1/17
Penrith Luncheon Club	15/12/16	19/1/17
St Marys Luncheon Club	12/12/16	23/1/17
Londonderry Luncheon Club	5/12/16	16/1/17
Brunch Club	finished	7/2/17
Early Bird Luncheon	finished	15/2/17
Christmas Events		
Penrith Special Event	20/12/16 Christmas Lights	21/2/17
Combined Christmas Party	8/12/16	-
Warragamba Christmas Party	5/12/16	-
Santa Runs	13/12/16	-
Warragamba Special Event	19/12/16 Dinner & Christmas Lights	-

Security Reminders:

- When waiting to be picked up for any event, **please stay inside your home** and wait for our volunteer to come to your door to accompany you to our bus or car.
- Please **never give out your credit card details over the phone**. Nepean Food Services will not ask you to do this. If you are ever in doubt regarding the legitimacy of any call that is supposed to be from us, hang up and call our office on 4733 7200.
You can then be sure that you are speaking to an authorised person from our Nepean Food Services Meals on Wheels service.

Lamrocks Solicitors Penrith is a locally based member of AustLaw with over 100 years presence in the Penrith and Nepean Region. They can help with Compensation Law, Property Law & Conveyancing, Wills & Estate Law, Family Law, and Personal Injury Law. Contact details are:

Penrith Office

Henry Lawson Centre, 61-79 Henry Street,
Penrith NSW 2750
FREE PARKING AVAILABLE
PO Box 330,
Penrith NSW 2751
Phone: 02 4731 5688
Fax: 02 4732 3488 Litigation Fax: 02 4732 3450 Family Law Fax: 02 4732 3450

Spotlight on LDO Partner – Chatterbox Café – Centro Lennox Shopping Centre Emu Plains – 4735 6330

Chatterbox Café has a great range of dishes to tantalize your taste buds and the cakes are to die for. Gluten Free and Vegetarian meals are available. Open for breakfast and lunch 7 days a week.



Seniors Rights Service

Seniors Rights Service is a community legal service for older people.

Contact details 1800 424 079 | Interpreter Service (TIS) 131450 | TTY users call 133677 (then ask for 02 9281 3600)

From our Service User Handbook

Advocates

An advocate is a person who, with your authority, represents your interests. An advocate may be a family member/friend or another agency. Advocates may be used during assessments, reviews, and complaints or for any other communication between yourself and Nepean Food Services. If you wish to use an advocate you should inform us in writing of the name of the person you wish to negotiate on your behalf. You have the right to change your advocate at any time and should inform Nepean Food Services of any change. If you require an advocate, contact Senior Rights Service (as shown above) or Penrith Disability Resource Centre 4732 2363 info@pdrc.org.au



Great Food always!



Birthday Celebrations



Australiana Village



Mamre House



Stepping On Falls Prevention



Celebrations throughout the year



Winter Warmer Packs Guardian Funerals



The fun bus!



Warragamba Expo



Happy Volunteers



Positive Ageing Expo Thornton



Christmas in July

Some Highlights of 2016

Merry Christmas from the Staff and Volunteers

Nepean Food Services Penrith, Warragamba/Silverdale



Thank you to our Sponsors

Your ongoing support is highly appreciated.



GMR (NSW) PTY LTD T/as
GMR GAV'S MECHANICAL REPAIRS
 4/45 Leland Street
 PENRITH NSW 2750
 PH: (02) 4722 8433 FAX: (02) 4721 5931



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BAY GALLERY SHOWN BY APPOINTMENT

02 4713 3888

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Henry Lawson Centre,
 61-79 Henry Street,
 Penrith NSW 2750
 02 47315688
reception@lamrocks.com.au
www.lamrocks.com.au

FOOD BOSS

CONTACT US

ADDRESS
 24 - 27 Cambridge
 Place,
 Penrith NSW 2750

PHONE
 02 4710 5000

FAX
 02 4729 2067

COLD STORAGE

Nepean Food Services
TELL US WHAT YOU THINK

We value your comments and suggestions for improving our service so please tell us what you think and give this form to any Nepean Food Services staff person or place in the Suggestion Box at the office.

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Are you a –

- Service User
- Family member/representative
- Staff member
- Staff member on behalf of a service user
- Other

Name (optional): **Date:**