

# CLIENT NEWSLETTER

Edition - 2 / 2014

## SERVICE AWARD WINNER - 2014

Fairfield Food Services won the NSW Meals on Wheels Association service awards in the innovation category for 2014. We have introduced 2 new concepts being the client video titled "Everything you need to know" and our volunteer video "Volunteering @ Fairfield Food Services" which is a induction to our service.



## ANNUAL GENERAL MEETING

**When – 2.00pm Tuesday 18th November 2014**

**Where – Fairfield Senior Citizens Hall, 11 Kenyon Street, Fairfield**

The Management Committee of Fairfield Food Services Inc. extends an invitation to all to attend our Annual General Meeting for 2014. Light refreshments will be provided.

We would like to invite volunteers, clients, carers and members of the broader community to be a part of our Management Committee. Our service plays a vital role in ensuring that the frail aged and people with a disability are supported to remain in their own homes, where appropriate, for as long as possible. Our commitment is to provide nutritious meals of the highest quality which meet the needs of the individual client. Through our service we are able to connect clients with other like services to assist them in their homes.

The committee holds meetings once in two months, for about 2 hours. Members are well supported by existing Management Committee members and the training is available on many subjects.

If you would like to nominate yourself or if you know someone who would be interested to share their experience and skills with other members of the Management Committee, please contact Radhika Canchipuram on 9728 6939 / 9724 1486 or email [ffldmow@bigpond.com](mailto:ffldmow@bigpond.com). Nominations need to be in seven days prior to the Annual General Meeting.

Please RSVP by Friday 14th November 2014 for catering purposes.

## DIET KIT LAUNCHED

Fairfield Food Service's Diet Kit was launched in May 2014. The Diet Kit contains ingredients for every meal and dessert offered to clients. It also contains the nutritional panel for each meal that quickly and easily highlights all the nutritional information for the meal. This kit is beneficial for clients as it allows them to quickly and easily access information on each meal that can assist them with their nutritional requirements and special dietary requirements such as diabetes. It is also very useful for other organisations to be able to identify meals that are best suited to their client's needs.

The overall aim of the Diet Kit is to provide clear and concise information on each of our meals. The nutritional information listed in the kit on each specific meal can assist clients and/or families, community and health workers to choose the best suited meal for their or their clients dietary requirements.

## SMOKE ALARMS SAVE LIVES

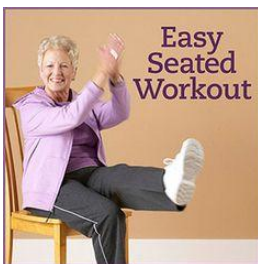
Do you have smoke alarms – it could save your life

Elderly people living at home are radically overrepresented in fire fatality figures. Fire and Rescue NSW's Community Safety Coordinator for Ageing and Disabilities, Melanie Rebane, says older people are our highest 'at risk' group. "Out of 14 preventable fire deaths in NSW this year, 12 involved people over the age of 60," Firefighter Rebane said. This trend is expected to rise as the population ages and more and more people choose to remain at home.

Smoke alarms are required by law in NSW, but the elderly often find it difficult to climb a ladder to change the batteries. Fire and Rescue NSW firefighters can assist the elderly with their Smoke Alarm and Battery Replacement (SABRE) program. Firefighter Rebane says "Keeping your eyes peeled for bad habits can reduce and prevent fires just by changing small behaviours". Common dangerous habits include leaving cooking unattended, drying clothes too close to the heater and falling asleep while smoking or with an electric blanket on.

Fire and Rescue NSW has produced a DVD, Better Safe than Sorry, which highlights the risks for older people and explains what to do in case of a fire. For further information on how to check if a smoke alarm is working, please contact your local fire station.

## HEALTH & EXERCISE



Many of us worry about conditions such as diabetes, cardiovascular issues and even cancer, but what we don't realise is by being physically active we can either prevent or manage conditions that effect us in our later years. Exercise can seem a chore at times, we are all guilty of making up excuses. But is it really that hard?

Here are a few easy exercises you can do at home:

- Stand up and sit down, or chair raises (for strength and balance): Sit on a chair with your feet flat on the floor and slightly apart. Try to keep your back and shoulders straight throughout this exercise. Slowly stand up, trying not to use your hands (or as little as possible). Slowly sit back down and pause. Do this 8-15 times.
- Shoulder roll (for flexibility): Using a gentle circular motion, hunch your shoulders upwards, backwards, downwards and forwards. Do this slowly five times, then reverse the direction.
- Heels up toes up (for flexibility): While seated, start with feet flat on the floor and lift heels as high as you can, keeping the balls of your feet on the floor. Slowly lower heels until feet are flat, then lift toes until they point upwards. Repeat these movements for 30 seconds

## FEEDBACK

We'd love to hear from you.

Please provide us with any suggestions, comments or compliments to:

Email: [radhika@fairfieldfoodservices.org.au](mailto:radhika@fairfieldfoodservices.org.au)

or

Contact us on : 02-9728 6939

