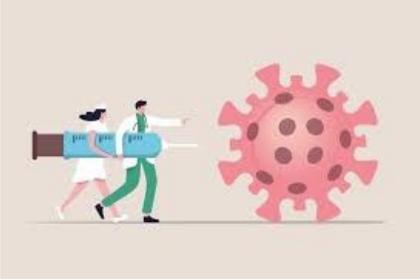


Getting Vaccinated is strongly encouraged—but not mandatory

During the next few months the Administration office at Meals on Wheels in Ulladulla will remain closed to the public until such time as vaccinations have been more widely implemented within the local community.

We have however, returned our Social group activities and everyone is enjoying the socialisation, food and fun of group gatherings. Contact the office if you are interested in attending group, scrabble or card making.



COVID-19 is a very contagious virus that can cause serious respiratory infection, particularly in older people.

Immunisation is a safe and effective way to help protect people from serious disease caused by the COVID-19 virus. When you get vaccinated you are protecting yourself and the whole community & the more people vaccinated the quicker the spread will be reduced.

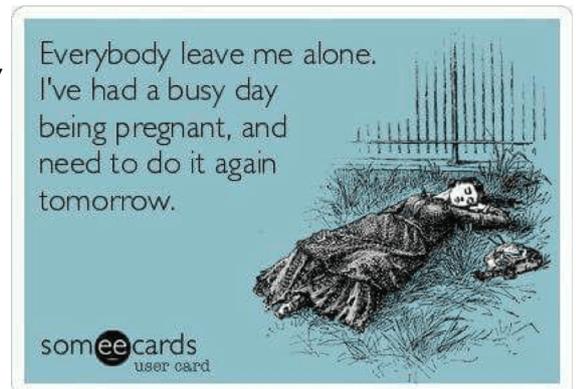


STAFF NEWS—Congratulations to our own Easter Bunny, Social Group Coordinator Emma, who is due to start maternity leave in July.

Emma, Mark and daughter Aria are excited and ready to welcome their new addition.

We are advertising for a replacement to cover Emma's 4 month maternity leave, and she is busily organising the group schedules to ensure the break is as organised & uninterrupted as possible.

We know the time will fly before she leaves and even quicker before she is back bouncing around the function room.



Scams

Scammers are using the spread of COVID-19 (coronavirus) to take advantage of people across Australia.

Scamwatch urges everyone to be cautious and remain alert to coronavirus-related scams. Scammers are hoping that you have let your guard down.

Do not respond with a "yes" answer to any questions—hang up as soon as the recording starts or if there is a delay before conversation. If it is someone who genuinely wants to speak to you, they **will** ring back.

Do not provide your personal, banking or superannuation details to strangers who have approached you via email, front door, or phone. Always be wary.

Scammers may pretend to have a connection with you. So it's important to stop, think and check, even when you are approached by what you think is a trusted organisation.

ALWAYS be prepared. Hang up and if possible **BLOCK THE NUMBER**. (ask a family member to assist to block any numbers that repeatedly call).

To register your number on the Do Not **Call** Register, visit the Do Not **Call** website or **call** 1300 792 958.





Good nutrition is of utmost importance to maintain good health. Enjoy a meal for lunch and a soup at night or visa versa – it is YOUR choice 😊

RECYCLING GLASS—Glass that **CAN** be recycled in your yellow bin

- * Glass that originally contained a food, beverage or medicine can be deposited into your yellow kerbside bin for recycling.
- * Glass bottles that contained soft drink, milk, sauces, alcohol, vitamins and jars that contained jam and condiments.
- * Glass containers need to be given a quick rinse before placing in the bin

What **CANNOT** be recycled through your yellow bin

- * If it wasn't used to contain a food or beverage then it cannot be recycled.
- * This includes mirrors, windows, crockery, perfume bottles and drinking glasses. These need to go in the red landfill bin. These types of glass have different melting temperatures to glass bottles and spoil the recycling process and therefore cannot be recycled.

Light globes and fluorescent tubes cannot go into either of your kerbside bins. Light globes and tubes contain a mixture of materials, including some toxic substances, therefore they need specialised recycling.



Keep Your Mouth Clean

ORAL hygiene is as important as having a shower!

- ◆ Teeth should be brushed twice a day – in the morning and at night before going to sleep.
- ◆ Dentures should be cleaned with mild soap and a denture brush or soft scrubbing brush.
- ◆ Toothpaste should not be used to clean dentures—believe it or not, toothpaste can scratch the surface, creating somewhere for the bacteria to attach & hide if not cleaned correctly,
- ◆ Best practice is to remove dentures at night and store in a denture solution or water.
- ◆ BAD practice is to clean in the shower. ALWAYS hold your denture gently, but firm.
- ◆ Safe practice is to clean while holding low in the sink, to avoid dropping and breaking.
- ◆ Finishing your cleaning regime with an antibacterial mouth wash is a great last step!!

