



EXCELLENCE IN THE WAY WE SUPPORT AND ENABLE OUR CLIENTS TO STAY INDEPENDENT

Behind the Wheel

Nepean Food
Services

December 2015 Issue #4

CLIENT NEWSLETTER

A Message from our Operations Manager

Ditte Kozak

I would like to wish everyone a very Merry Christmas and a Happy New Year.

Please make sure to order your Christmas meals and if you have any queries call the office. We will be closed from 23rd December to the 4th January.

If you think you will need assistance over the holidays please call the office before 23rd December and we will see if we can arrange some help for you.

Santa will be coming on the 17th December to deliver Christmas goodies.

Please check the date calendar in this issue for return dates for your favourite clubs.

Our Christmas light tours are coming up with Warragamba on 21st December and Penrith on 22nd

December. Please book early to secure your seat for this very popular event as numbers are limited.

Have a happy and safe Christmas and New Year and we look forward to the many great things that 2016 will bring.



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

Email: admin@nepeanfoodservices.org.au
Website: www.nepeanfoodservices.org.au

Stepping On

Nepean Food Services celebrated the graduation of the latest group of clients who completed the Stepping On Program with a tasty lunch and the presentation of achievement certificates. See below for details on our next very informative group of sessions.



Have you had a fall recently or are you concerned about falling?
Are you over 65 years of age?
Do you want to have fun while learning how to prevent falls?



Come to a **FREE STEPPING ON PROGRAM**. It's an informative and fun program, presented by trained health professionals who will provide you with up to date advice on how to build your confidence and prevent falls.

Topics include: Reducing home hazards, moving safely in the community, safe footwear, vision and nutrition, medication management and exercises to improve strength and balance.

"I now have a sense of hope that I'm still in control and I can improve with effort." Stepping On participant.

Next program starts: **Friday 1st April 2016 from 10am – 12noon at Nepean Food Services, Regentville Hall, Jeanette St, Regentville.**

The program runs for two hours a week for seven weeks, followed by a refresher session two months later.

BOOKINGS ARE ESSENTIAL.

To register or for more information phone:

- Nepean Food Services: Mavis Mumford on 0432480337
- OR
- Stepping On Coordinator: Melissa O'Neill on 47343877.



WHAT IS THE GET HEALTHY SERVICE?

We offer free and confidential telephone-based expert advice and plenty of motivation to help you find a healthier, happier you.

The Get Healthy Service has two streams, Information Only and a 6 month coaching program, allowing you to pick what's right for you.



Your FREE Health Coach! Get started now!

1300 806 258 Monday – Friday 8am – 8pm



Important Safety Reminder

The team at Nepean Food Services cares about your safety and wellbeing. Please stay inside your home when being picked up for any event or medical transport. Our volunteer will come to your door to collect you and escort you safely to our bus or volunteer vehicle.

The Rotary Club of Penrith Valley Inc. invites you to attend the *Annual Shopping Night For the Elderly and Less Able* at Big W Westfield Penrith Wednesday, 2nd December 2015 6pm to 8pm. All residents of retirement villages, the elderly and less able (and their families) are invited to be our guests. RSVP or enquiries to Eddie 0414 361 063 or Armand 10412 278 289



Christmas Pizza Joke

Good King Wenceslas phoned up for a pizza.
The salesgirl asked him:-
'Do you want your usual? Deep pan, crisp and even?'

Event Name	Final date for 2015	Recommence in 2016
Office	Midday 24 th December 2015	4 th January 2016
Penrith Luncheon Club	17 th December 2015 Combined Christmas Luncheon	21 st January 2016
Santa Run	17 th December 2015	-
Londonderry Luncheon Club	Regular 7 th December 2015 Combined 17 th December	18 th January 2016
St Marys Luncheon Club	Regular 14 th December 2015 Combined 17 th December 2015	25 th January 2016
Warragamba Luncheon Club	Regular 10 th December 2015 Combined 17 th December 2015	21 st January 2016
Warragamba Mystery Lunch	-	23rd January 2016
Warragamba Social Outing	7 th December 2015 Christmas Party	25 th January 2016 
Penrith Monthly Special Event		23 rd February 2016
Warragamba Special Events	21 st December 2015 Christmas Lights	
Penrith Christmas Lights	22 nd December 2015	
Warragamba Shopping in Penrith	16 th December 2015 (changed from 17 th December)	
Stepping On Falls Prevention Program Session 1- 2016		1 st April – 13 th May Booster session 15 th July
Stepping On Falls Prevention Program Session 2 - 2016		9 th September – 21 st October Booster session to be announced



At this year's National Meals On Wheels Conference, Maggie Beer AM - Australian cook, entrepreneur, food author and food manufacturer, Founder: Maggie Beer Foundation, was one of the guest speakers. Her enthusiasm for the joy of eating great food to stay well was inspirational. <https://www.maggibeer.com.au/> Here is one of her deliciously great recipes. Enjoy and Merry Christmas!

Chocolate & Pear Super Brownie

Preparation 15 minutes Cooking 15 minutes Makes 30 portions 42g cooked weight per portion
Cost \$0.54 per portion (based on retail prices) Season Winter/Any Ability Medium Can Make ahead and Freeze Equipment Mixer & Oven
Did you know? These brownies contain 50% more energy and twice the amount of fibre as two store bought lamington fingers.

The benefits: Cocoa has more antioxidants than just about any other food on the planet. Cocoa contains many minerals such as calcium, copper, zinc, iron and magnesium, all essential for good health. The high flavonoid content of cocoa has been scientifically linked to a reduced risk of heart disease, stroke and diabetes. Eggs provide a wonderful source of protein for muscle maintenance as well as Vitamin B12 which assists with the nervous system and brain function. Pear is a good source of dietary fibre which is helpful in

regulating cholesterol and controlling blood sugar levels. This recipe is gluten free and can be eaten by those with coeliac disease.



Ingredients

280g butter
280g 70% chocolate (good quality)
280g castor Sugar
4 eggs
1 tsp vanilla 50g cocoa Powder
75g gluten free plain flour
100g dried pear, chopped into small pieces
20g cocoa nibs

Method

1. Preheat the oven to 175C
2. Grease and line a slice tin

3. Place the chocolate and butter in a bowl over a bain marie to melt, alternatively place in the microwave safe bowl on low.

4. Place the eggs, sugar and vanilla in a mixing bowl and whisk on high until light and fluffy.

5. Once the chocolate and butter are melted and the eggs and sugar are whisked, gently combine the two. Fold in the flour and cocoa mix, then the dried pear and cocoa nibs. Careful not to over mix! Pour into the prepared tray and bake for 14 minutes or until set.

6. Cool, then place into the fridge to completely chill before cutting (using a hot knife!)

Important Reminder!

Please RSVP with your Christmas Food requests as soon as you have received the **Christmas Food Order Form** that our volunteers will be delivering to you in the coming days.

Nepean Food Services invites you to join the new Brunch Club

Get together with some familiar faces for a chat over coffee and brunch at one of our local
Let's Dine Out partnering cafes

Tuesday 24th November, 2015

Cost: Let's Dine Out voucher - \$6.60

Transport: \$4

Pick up starts from 8:30am

Please call the office on 4733 7200 to register for this or any future Brunch Club

Thank you to our sponsors



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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