

MEET THE TEAM: BEHIND THE SCENES

From liaising to organising, counting to ordering, the three ladies in the office are who you come to for answers. Armed with smiles and chocolate, Megan, Natalie and Emily are always ready for action.

Megan has been working at HPMOW for nearly nine years, and about half of that time she has spent as our manager. Every single team member is grateful for her laid back style with positive affirmations and a willingness to help anyone in need at any time.

Natalie is the organisation, diligence and colour on our team (I'm talking shirts and personality). She has been with us for almost 17 years, proving her commitment to our cause!

Emily joined us in September 2017 and brings with her youthful enthusiasm and energy.



49 Abbotsleigh Street,
Holland Park, QLD, 4121
PO Box 54, Holland Park QLD 4121

P (07) 3397 9150
F (07) 3394 1262
admin@hollandparkmealsonwheels.com
reception@hollandparkmealsonwheels.com



More than just a meal

HOLLAND PARK MEALS ON WHEELS

DECEMBER 2018

FOOD FOR THOUGHT EAT, DRINK AND BE MERRY

Laughter and merriment carried through the Mt Gravatt Bowls Club halls on November 29th as staff, volunteers and clients celebrated the crazy year that was 2018. With just under a month until our Christmas break, our party was the boost of energy deserved by all to get through the silly season.

A big thank you to Christa Adams, our local member, for her generosity in funding the event.

Wishing everybody a very Merry Christmas and a New Year abundant with happiness, health and Meals on Wheels.

Our last day for 2018 is Friday the 21st of December.

Our first day in the new year will be Wednesday the 2nd of January.



HOT TIPS FOR KEEPING COOL IN SUMMER

Prolonged hot weather can affect anybody, it may make existing medical conditions worse and can cause heat-related illness.

- Keep hydrated by drinking water regularly during the day. This generally means drinking 2 to 3 litres of water a day, if your doctor normally restricts your fluid intake, check how much to drink during hot weather.
- Avoid carbonated drinks with high levels of sugar, caffeine and alcohol and very cold drinks.
- Eat smaller cool meals, such as salads.
- Keep cool using wet towels or scarves, put your feet in cool water or take cool (not cold) showers. Stay indoors or in air-conditioned facilities either at home or at a local shopping centre, library or cinema.
- Close curtains and blinds and open windows (if there is a cool breeze blowing) to reduce heat entering your home.
- Avoid strenuous outdoor activities, if you can't avoid outdoor activities ensure you only go out in the coolest part of the day, stay in the shade, wear a hat and light coloured loose fitting clothing.
- Store foods and medicines at a safe temperature.
- Consider your options for staying cool in the case of loss of electricity.
- Ensure you have a torch, fully charged mobile phone or telephone that works without electricity, battery operated radio and batteries.



A BIG THANK YOU

Every year, at both Easter and Christmas, we are lucky enough to receive gifts and visits from girls at Loretto College. Our office is always overflowing with chocolates and cakes around the major holidays and we have the school girls and Queensland Cake Decorating Society.

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