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INSIDE THIS ISSUE:

Happy Birthday
Marj

Social Groups

From the
Manager's Desk...

YOUR meal
schedule

Telechat Service

XMAS and New
Year Closures

From the
President

Happy 100th Birthday Marj G.

Reports are out! There was a bit of a party in town at the end of September.

And it was a well-deserved one too!

Our long-term client Marj Griffiths (Run 7) celebrated her **100th Birthday** with family and friends. Rumour has it that she lasted the distance and fared much better than some of the younger guests in attendance! We asked one of our regular Run 7 drivers to do a special delivery of some flowers and a card from everyone at Meals on Wheels.

Congratulations to Marj on reaching this very significant milestone.



Social Groups for Seniors

Care For Seniors provides a range of social activities to cater for varying interests and hobbies at minimal cost to participants with lunch and morning tea provided.

Sometimes it's just nice to get out of the house and meet up with some friends to play some games, show off your trivia skills or your latest craft project. The best part is that the participants of each group contribute to planning the schedule of activities.

There is a **group for the blokes** to get together each month - they might head out on an excursion or for lunch at the club..

In addition to the regular weekday groups on Tuesdays, Wednesdays and Thursdays: Care For Seniors also holds regular **Sunday Lunches** at one of the local pubs.

Morning of Melodies is held every three months at the Bowling Club for attendees to enjoy some music, sing along and catch up with friends over morning tea.

Day Trips are back on the calendar in the warmer months and might be a trip to Bendemeer Pub for lunch or a day in Inverell..

Call Care For Seniors on 6772 7087 for more information on how you can join in the fun!



Kerryn Williams
Manager

From the Manager's Desk....

Hello everyone,

As we head towards what is predicted to be a warm summer, we hope you all are enjoying the menu changes - and don't forget - if you are unsure about any of the meals or need us to try some adjustments for you PLEASE call the office!

It is so wonderful that Armidale is spoiled for musical entertainment, of all types. I was lucky to attend the Goldner Quartet concert at the Town Hall on September 15th as part of their final tour after 30 years of performing. It was brilliant! I was delighted to see many of our volunteers and clients in attendance. I heard a rumour that the quartet chose to drive to Armidale as a Cello cannot be accommodated in the cabin if the smaller QANTAS aircraft and such things are far too precious to put in the cargo hold!

At the other end of the musical spectrum, I got to enjoy the very legendary Cold Chisel who put Armidale in the spotlight as they chose to launch their 50th Anniversary tour here on the October long weekend.

We held our AGM on October 21st and we farewelled two of our Committee Members from the last few years. Both Carole Peacock (Treasurer) and Judy Fisher (Vice President) have given us much of their time and talents in the last few years and their input has been greatly appreciated.

On September 4th, our new State MP, Brendan Moylan went on a delivery run with AUMOW President Simon McMillan. It was great to have him on board for the day and he was delighted to assist in meal deliveries and to have a chat with a few of our clients on Run 8. Although AUMOW is federally funded, Brendan

showed a very keen interest in our operations. We thank him for his time, interest and support of Meals on Wheels.



Kerryn Williams
Manager



In Memoriam

Our condolences and thoughts to the loved ones of the following clients whom we have been proud to serve whether it be for a long time or a short time, recently or a while ago, who have passed away in the last few months and are all sadly missed.

Other people who have also been involved in our service: **Kimberly Johnston** (volunteer, committee member) ~ **Lucas Rologas** (volunteer and legendary Armidalian), **Bruce Johnson (90)** (volunteer)

- ~ Prof. Klaus Rohde (91) ~ Joan Willcockson ~ Melvin Yeomans ~ Noelene Marjoram ~
- ~ Daphne Brazel (92) ~ Gloria Kiehne ~ John Lawlor (96) ~ Jenny Smith ~ Betty Cherry (92) ~
- ~ Gwen Killen ~ John Vickery ~ Helen Carey ~

YOUR Meal Schedule - how it works

Most of our clients have a regular service on set days of the week. Some people have a delivery from Monday to Friday; others might choose a few days each week as their service pattern. For example, Mon/Wed/Fri is a popular cycle for people who like to do some meal preparation and this balance works well for them.

When you start our service and determine your regular days, we set up a **standing order** in our system so that your services are generated by the computer every week. This process flags your regular service days and registers a meal order for those days, but not your actual meal choices. We manually enter your specific meal selections when we receive your menus at the office. This is why we send the menus out a few weeks ahead of time. This gives you time to review and return the menus and then allows us time to enter your meal choices plus any cancellations or changes.

So it is extremely important and very helpful for you return each menu as soon as you can. Also please indicate if you do NOT need a meal on one of your regular days, or call the office if you need to cancel, because your services are set up to continue unless we hear from you.

TIP: Refer to your diary or calendar when filling out your menus to check for any appointments.

SENIORS INFO BINGO

Know Your Rights
It's free, fun and engaging

Wednesday 20 November 2024
10 am – 2 pm
Armidale Golf Club
Golf links Road Armidale

Morning Tea and Lunch provided

RSVP: Before 6 November 2024
Sally Burey
0482 167 479
sburey@SeniorsRightsService.org.au
Bookings essential, numbers are limited

SeniorsRightsService.org.au

Telechat Service

The Red Cross provide a **Telechat Service** in our region. This is a regular telephone call to people who might benefit from a social chat. Sometimes it can be difficult for people to get to the social activities they used to and living alone means they may not have someone to talk to. TeleCHAT provides a connection to the community.

Friendly volunteers call participants at an agreed time, generally once a week, to share a conversation. They try to match volunteers with participants who share hobbies, interests and availability.

There is no charge and it's easy to register with the service. To register or for more information, simply call the Red Cross (Central West, Orana, New England) on 1800 088 586 or 0437 496 843

Christmas & New Year closures

With Christmas being on a Wednesday this year, we will be closed from the 25th for the remainder of that week, as it is very difficult for us to re-open on Friday 27th with minimal suppliers available for fresh items and many of our volunteers will also be away over this period.

Everyone will have plenty of opportunities to pre-order frozen meals for the public holidays including a special Christmas meal for the 25th December.

We will be **OPEN** Monday 23rd, Tuesday 24th December, then **CLOSED** on Christmas Day 25th, Boxing Day 26th and Friday 27th December.

The following week, we will be **OPEN** on Monday 30th, Tuesday 31st, **CLOSED** on New Years Day public holiday but re-open on Thursday 2nd and Friday 3rd January. We will send reminders out as we edge closer to this time - keep an eye on your menus over the festive season.

**ARMIDALE / URALLA MEALS
On WHEELS INC.**

P O Box 1608
ARMIDALE NSW 2350

Phone: (02) 6772 8970

E-mail: info@aumow.org.au

Office Hours:

Mon to Thurs - 9am to 3pm

Fridays - 9am - 2pm

Closed on Public Holidays



We are a registered Charity
under the Australian Charities
& Not-for-Profits Commission
(ACNC).

Management Committee:

Simon McMillan - President

Maryann Munsie (Uralla) - Vice President

Natasha Little (Uralla) - Secretary

Committee Members: Sandra Stroud / Barbie Connah

David Breusch / Helen Dennis / Victor Raszewski

Kerryn Williams - Manager (*ex officio*)

Armidale Uralla Meals on Wheels gratefully
receives funding from the federal government
under the Commonwealth Home Support
Programme (CHSP).

From the President

Armidale/Uralla Meals on Wheels is a community organisation whose members are the volunteer drivers.

We employ a wonderful staff, led by Kerryn, to organise things, cook the meals, and so on. Very importantly, because we meet the requirements of the Commonwealth Department of Health and Aged Care, we can obtain government funding to help us do this work. We couldn't operate without it.

Our incorporated association must meet all sorts of requirements relating to health and safety, finance, employment conditions, and so on.

Our Management Committee, which is elected annually by the volunteer drivers to oversee all of this, relies heavily on our Manager to make it happen.

It's a true team effort, of which we are very proud.

STOP PRESS!! Phone Changes

Recently, and without warning, Optus decided to overhaul our telephone operating system.

I think they referred to it as an "Upgrade" which usually implies an improvement...!

Due to the lack of notice or instructions on how to use the new system, we have been experiencing a few major issues with the new system.

We apologise for the inconvenience as we attempt to work through the new system so we can retrieve messages again and get back to people as soon as possible if we miss a call.