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## Summer 2025 Newsletter

FEBRUARY 2025

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## Healthy Hydration

As we swelter through this summer it is very important to remain properly hydrated. We often hear a range of reasons why people don't like to drink too much fluid, but have you thought about how bad that is for your body?

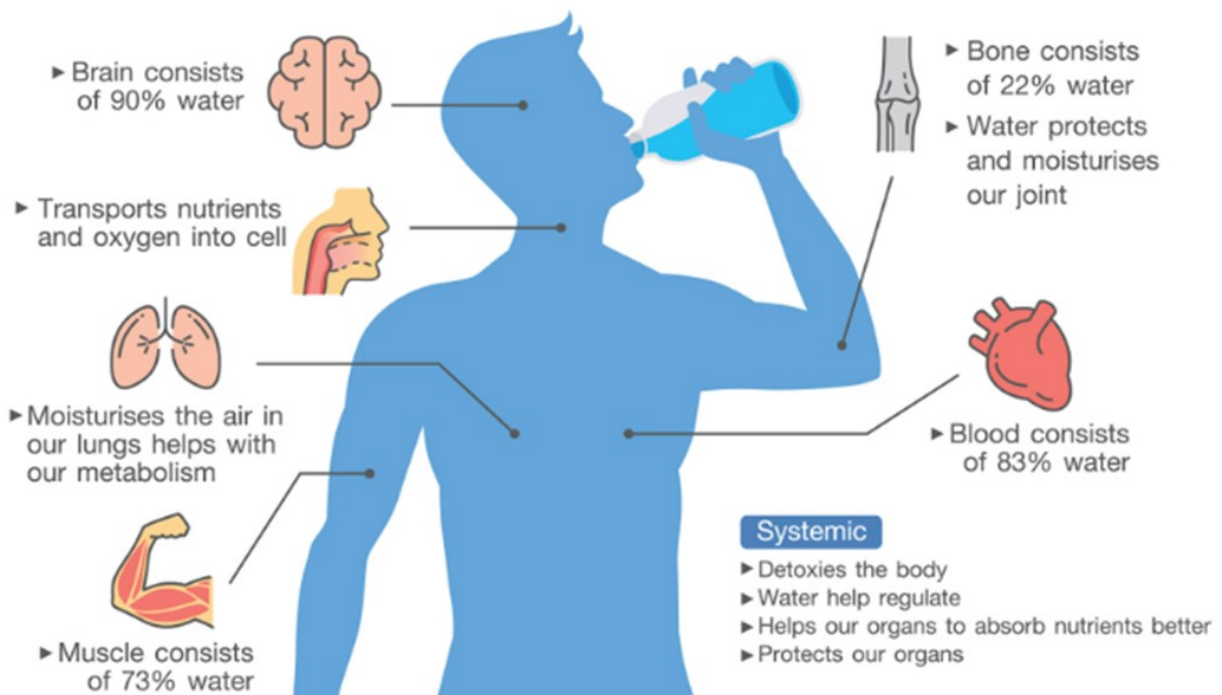
Perhaps you could try drinking additional fluids earlier in the day, so it can pass through your system and minimise night-time disturbances.

Dehydration can mean that your entire system is depleted of water and may not be functioning the way it should; nutrients can't circulate properly throughout your body because your blood is not flowing easily in your veins and arteries; dehydration can also impact the efficacy of medications you are taking; the cells in your body can become deflated and shrivelled instead of being plump and healthy - this is what happens inside when you do not drink enough fluid.

As a result you can experience increased pain in your muscles and joints, often general discomfort, headaches, digestive issues, fatigue and lethargy.

The best news is - it's very easy to fix! **Grab a drink of water now!**

## Function of water in the body





**Kerryn Williams**  
Manager

## From the Manager's Desk....

Hello everyone,

Wow - it's been HOT!! Please note the article about hydration - one of the most important things we need to do daily is to ensure that we are sufficiently hydrated. This is fundamental to how a healthy body functions and I cannot stress enough how important it is. Please speak to your GP if you struggle to maintain your fluid intake.

It's peak storm season. Make sure you are taking precautions around the home and you have a torch in a really handy spot and your mobile phone charged in advance in case of power outages.

I'd like to take this opportunity to say **Thanks and Farewell to our longest serving staff member Chrissy White** who has been working in our kitchen since 2016, after delivering meals as a volunteer for many years prior to that.

Chrissy finished up on January 17th and is delighted to think she will never have to make 45 sandwiches a day again! We wish her all the best with life on the farm!

We hope everyone had a nice festive season. A very hearty **Thank You** to the **Lions Club of Armidale Dumaresq** for donating their delicious Christmas Cakes for us to give to our clients. This donation has been happening for so long no-one can remember when it started!

And lastly, a big **THANK YOU** to our friends at the **Armidale Regional Council** who donate Xmas presents every year for our valued clients. The staff hold various raffles to raise funds for this annual gift-giving and the feedback is always positive, we know these gifts are very much appreciated, as are the volunteers delivering them!

**Kerryn Williams**  
Manager



More  
than just  
a meal

## 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.

~ **Keith Coggan** ~ **Margaret Conlon** ~ **Christina Hall** (94 yrs 364 days) ~ **Beverlie Cochrane (91)** ~ **Sylvie Sanders (94)** ~ **Tim Roe** ~ **David Armitage (90)** ~ **Delita Worrell** ~ **Mary Wilkie** ~ **Frank Tobin** ~ **Jean Burgess (95)** ~ **Peter Morse (94)** ~ **Doreen Fay** ~ **Anna Kamci (94)** ~ **Jannie Wissink (102)** ~ **Scott Hall (92)** ~ **Annette Swain (94)** ~ **Joan Crawford (Uralla) (96)** ~ **Maria Haslam** ~ **Brian Hague** ~ **Helen Johns (97)** ~ **Anne O'Neill** ~ **Lorna Hague** ~ **Val Gasbarri (91)** ~ **Beryl Death** ~ **David Miller** ~ **Adrian Rixon** ~ **Kevin Fittock** ~ **Jan McPhie** ~ **John Young (Uralla) (95)** ~ **Kevin Williams (R.I.P Dad)** ~

## Home Medicines Review

Are you taking multiple medications? Do you also take vitamins or supplements?  
 Are they all working as they are supposed to? Are the doses still correct for your needs?  
 Do any of them clash with another medication you are taking?  
 There is an easy way to check!

Sometimes your medications change, or perhaps they should! Your GP may have you on a medication - you may have been taking it for years; then you may have a new script from a specialist or a different GP for another medication; you may also take some vitamins or supplements that you purchased at the supermarket or chemist BUT... have you checked that you can take all these things at the same time without any negative effects?

Some medications may not work well together; it's possible to experience some adverse side effects or they can even make you feel a bit odd or unwell. Has this ever happened to you?

Talk to your GP at your next appointment about any concerns or questions about the combination or doses of medications you are taking. They can refer you to your regular pharmacist to have a Home Medicines Review (HMR). Pharmacists specialize in managing medications and they will review all the things you are taking to ensure your prescriptions are all working properly for you.

If you are using a Webster Pack for your medications it's possible the pharmacist has already done this for you, but it's still worth checking.

It is definitely worth reviewing all your medications whenever there is a change in your health or if you start a new medication. Check with your GP or pharmacist about this.

## Salads Everywhere!

We know our salads are great and it seems that you do too!

On this particular day in December, we ran out of bench space to make up the **50 salads** ordered!

There were salad containers covering every surface in the kitchen as the staff worked a production line to get them all made in time!

If you haven't tried one of our fantastic salads yet, why not pick one on the menu that you think you might like to try and see what you think?

Main size = \$9.00 and Mini size = \$7.00



## Thanks to the Costa Group

We hope you continue to enjoy the wonderful tomatoes we deliver to you from the **Costa Group**, based in Guyra.

They continue with their very generous donations each month - the really colourful collection we received before Christmas was very popular!

They also provide boxes of regular tomatoes for our use in sandwiches, salads and for cooking.

We value and appreciate their amazing ongoing support.

## Service Disruption at Showground March/April

From March 20th through to the first week of April, access to our service at the Showground may be disrupted by an event taking place within the Showgrounds during this period. The national Ulysses Motorcycle Rally and AGM will take over the entire property and they will have security at the entry.

We have been advised this will NOT hinder our deliveries at all but anyone coming to the MOW building will have to inform security on arrival at the gate.

## ARMIDALE / URALLA MEALS On WHEELS INC.

P O Box 1608  
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### 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

Victor Raszewski - Vice President

Maryann Munsie (Uralla) - Vice President

Sandra Stroud - Treasurer

Natasha Little (Uralla) - Secretary

Committee Members: Barbie Connah / David  
Breusch / Helen Dennis / Wayne Upton

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

Back before mobile phones, and when the internet was less pervasive, our landline telephone used to ring nearly every weekday evening between 5:00pm and 7:00pm. Especially in May and June. Yes, it was mostly well-intentioned charities, and the occasional ne'er-do-well, seeking our financial assistance. Times and techniques have changed, but the "pitch" is still the same.

Recently I became aware that "cold calls" were being made to some of our clients and volunteers, seeking donations to Meals on Wheels New South Wales Ltd (MOWNSW). Even though Armidale/Uralla Meals on Wheels (AUMOW) is affiliated with MOWNSW we would never ever supply them with the contact details of our clients or volunteers. Never.

It would appear that such calls may be coming, at random, from a fund-raising organisation which has a commercial relationship with MOWNSW. The fund-raiser gets a significant percentage of the amount raised. As an affiliated organisation AUMOW sees little trace of the dollars raised.

If you are inclined to make a donation to AUMOW, please consider giving it to us directly. We are a registered charity and donations of \$2 or more are likely to be tax deductible for you. Most importantly we know that every cent comes to AUMOW and not to a middleman. Needless to say we will provide you with a receipt for your donation.

## Do you care for someone living with Dementia?

Care For Seniors now runs the **Dementia Carer Support Group** monthly on the 2nd Friday 10am-12noon at the Armidale City Bowling Club for just a gold coin donation.

People from all walks of life come together with a common bond – they are all caring for someone living with dementia. The group creates a safe, respectful and confidential environment to share your experiences with others who will understand which can be so beneficial and supportive.

If this is something that may interest you or someone you know, please call Care for Seniors on 6772 7087 for more information or to join.