

Greetings to all our fantastic volunteers November 2024



I have been truly touched by all the messages of condolence and support on the death of my Dad, thank you all very much.

Also thank you for your patience while I get back into work and respond to your messages and reports.

In honour of Dad's

Kid: Did you get a haircut?

Dad: No, I got them *all* cut.

Do you know why you never see elephants hiding in trees?

It's because they're so good at it.

Which days are the strongest?

Saturday and Sunday. The rest are weekdays.

Healthy Ageing Information

Older people, still in their homes may find it difficult to get out to buy groceries, or they may feel like their appetite has reduced or disappeared. Health issues may also make it difficult to eat or enjoy foods. Eating meals with others can help. You can suggest to your recipient to attend the meals on wheels days if they are in their home or if in a facility, to eat in the dining room as often as possible.



A very important part of a healthy diet is to eat as much fresh fruit and vegetables as possible and make sure you drink enough water to prevent constipation and dehydration. Remember, most older people need 6–8 cups of fluid each day.

Maybe you, or one of their family can help with shopping or meal preparation, there are also community groups, or their carers, that can help to support them in this. They can also ask their doctor.

Meals on Wheels has social support groups that incorporate meals as well as their meal delivery services. They can be contacted on phone number: 6492 4146 or email: admin@bvmowplus.org.au



Volunteer appreciation day December 6th 12 noon at the Merimbula Bowling Club, so please save the date as I would love to catch up with as many of you as possible.

RSVP by November 20th.

Sincerely, Lee