



We are very pleased to welcome Ali Betts to our team at Meals on Wheels. Ali is our Accounts Manager and commenced on 23rd January 2023. Ali we hope you enjoy working at Meals on Wheels as much as we do!

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COFFEE WITH A COP

Meals on Wheels will be hosting Coffee with a Cop on Thursday 23rd March.

Officer Heidi Clancy from the Cootamundra Police Station will join us for a coffee and a chat on some of the following topics: Security at Home, Scams, Personal Safety, Unsafe Relationships and Road Safety.

There will also be an opportunity for you to ask any questions you may have.

The afternoon tea will be held at the Ex-Serviceman's Club commencing at 10.30am.

An invitation with all the details has been attached with this newsletter. If you would like to join us please RSVP by 16th March.



HAZARDS NEAR ME

Do you have a mobile phone?

You can find current information about local emergencies on **HAZARDS NEAR ME on the mobile App. The APP shows information provided from emergency services on: Bush fires, Floods and advice on what to do to stay safe.**



Country Med Group

The Country Med Group is a well-equipped fully accredited practice located in Dr Perera's old surgery at 42 Cooper St.

Their aim is to establish and maintain close and long-standing relationships with new and existing patients and service providers.

THEIR TEAM:

PRACTICE MANAGER: Danyal Syed

DOCTOR: Dr Munazaah Ebad

DOCTOR: Dr Aker Ekparg Dolan

NURSE: Karen Martin (RN Nurse Immuniser)

ABORIGINAL HEALTH PRACTITIONER:
Catherine Carroll (EN)

NURSE: Catherine Carroll (EN)

RECEPTION: Catherine Carroll

Bulk-billed services are offered for Pensioners, Healthcare cards or DVA, as well as all Health Assessments and Care Plans.

WAITING TIMES: The Country Med Group endeavour to keep to appointment schedules, cases of emergency may affect waiting times.

WEEKEND CONSULTATIONS will incur an additional \$10 fee.

HOME VISITS: are reserved for seriously ill patients and need to be booked in advance.

TELEPHONE ACCESS: The practice policy for phone access to a Doctor or Nurse is that you leave a message with reception and your call will be answered by the end of the day.

To book an appointment phone: 6942 1011 or
you can e-mail:

admin@coountrymedgroup.com.au



The Meals on Wheels office will be closed for the public holidays over the Easter long weekend - **Good Friday, 7th April & Easter Monday, 10th April.**

The service will still be delivering our Hot meals as normal on these days. Please remember if you are going to be away and do not require your regular delivery please contact the kitchen at ADINA CARE on 6942 7077 and cancel your meals.

ON BEHALF OF THE SERVICE HAVE A WONDERFUL EASTER



COUNCIL ON THE AGEING

COTA's role is to promote, improve and protect the wellbeing of older people in Australia as citizens and consumers. COTA promotes the rights, interests and good futures of Australians as we age.

COTA has played a major role in recent years in achieving: Aged Pension increase, Aged Care Reform (ongoing), Oral & Dental care for Nursing Home residents, Age Discrimination Commissioner Appointment and more.

COTA collaborates with stakeholders across the ageing sector and with those organisations whose work impacts on the wellbeing and independence of older people.

REGIONAL SENIORS TRAVEL CARD

The regional Seniors Travel Card is once again available for people receiving the Age Pension and for those living in a designated regional area of NSW. Applications opened 23rd January and close on 30th November 2023.

The Regional Seniors Travel Card is a \$250 prepaid card to help ease the cost of travel. The card can be used to pay for pre-booked NSW TrainLink regional trains & Buses or for fuel and taxis.



You can apply on line at service.nsw.gov.au or call into our Services NSW office in Cooper St.

PRICE RISE



From 17th April 23 the price rise will take affect for the frozen meals supplied by **MY CHEF**.

Deleted meal items are: Irish Lamb Stew & Atlantic Salmon Fillet, as well as our range of puree meals.

Meals on Wheels will always ensure that you have access to a large range of meals to suit your dietary requirements as well as your tastebuds.

If you do not currently order any meals from our frozen range but would like a copy of the current menu please contact the office.



Daylight savings will end on Sunday 2nd April. Don't

forget to wind your clocks back 1 hour.