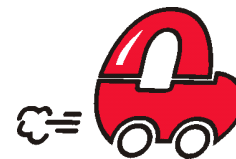


Driving Toward *Independence*



August 2011

A Newsletter for Friends of Meals on Wheels London

Geraldine of Anderson Flowers — Generous, Community Minded, Donor...



Geraldine of Anderson Flowers is our go-to florist and her unique arrangements make every occasion special. For many years she has supported us in our endeavours: the 40th Gala in 2009, the annual Walk for Wheels, and volunteer events such as the Sunshine Café held this past April. Lovely bouquets for “years of service” volunteers are always a staple at the formal Recognition event in October. A pleasure to work with, Geraldine goes the extra mile to accommodate our needs.

Make Someone Smile Week July 18-22, 2011—Flowers by Teleflora

350 flower arrangements courtesy of local Teleflorists, floral wholesalers, and Teleflora Canada were delivered to Meals on Wheels London clients during “Make Someone Smile Week.” Volunteers had a larger than usual load delivering meals and flower arrangements to meal clients but judging from the response they received—it was well worth it! Special thanks to McLennan Flowers, Springhill Flowers, Daisy Flowers, VanLuyk Floral Services, Regency Florists, McInnis Flowers, and Richmond Florist. Compliments poured into our office from both clients and our volunteers:

I was thrilled to get the beautiful flowers! What a pleasant surprise!

Thank you for making me smile. This just made my day!

I was down today but the flowers really made me feel better.

The clients on my route were so grateful. I felt like a hero delivering meals today!

My mother was tickled with glee for the flowers she received with her lunch today.

Smiley face cup and all were a treat. How thoughtful!

I was so surprised and delighted that I had to give my volunteer a great big hug!

Based on what happened at our house this morning, the timing of the flower delivery couldn't have been better.

My mother adores flowers—how thoughtful. It's just delightful.

My wife was so happy with the flowers...just beautiful!

I was having a bad day today. It lifted my spirits.

My grandmother said that she received flowers today with her meal and it made her day.

Yesterday we had to leave the building because of the heat. Today the flowers were just perfect.

I've been “in” all week with anxiety. The flowers were a real lift.

IT WORKED! Every time I look at it and the smiley face—I smile too. Thank you again!



Personal Delivery—Nutritious Meals—Door-to-Door Transportation Service—Here When You Need Us

356 Queens Avenue, London Ontario N6B 1X6 Phone 519-660-1430 Fax 519-433-1167 www.meals-on-wheels.ca

MEALS ON WHEELS LONDON



Chinese Canadian National Council donates \$8000



Staff Receive Years of Service Recognition



United Way Annual Celebration Event



More Crafts from Banting for our Clients

Clockwise from top left:

The Chinese Canadian National Council board members presented Meals on Wheels London with a cheque for \$8000 in March. This amount included proceeds from the Chinese Lunar New Year celebration held in February at the London Convention Centre. This celebration featured Chinese cuisine with a western flair, entertainment, live and silent auctions as well as door and raffle prizes throughout the evening.

The June **Annual General Meeting** included recognition of employee commitment. Pictured left to right: Peter-5 years; Laura-10 years; Pauline-25 years; Lenore-10 years. That's a total of 50 years right there!

We are fortunate that members of the community endeavour to brighten our clients' days with handcrafted treats throughout the year. Whether bookmarks from the 111th London Brownies, or Easter **crafts and cards from the students at Banting**, we are always happy to pass on these little gifts.

Alan Johnston, Christine Poier and Lenore McGuire attended **United Way's Annual Celebration** event at the Covent Garden Market in February where it was announced that 2010 campaign goals were surpassed with donations of over \$7.6 million! Meals on Wheels London received \$87,250 from United Way.

IN MEMORY OF...



The following people were honored with donations made in their memory: Evelyn Edwards, Dr. Earl Russell, Edith Fishleigh, John Cullion, Lynn McDonald, Frank Gregory, Shane Cullion, Ted Froats, Ken Sample, Shirley Bordman, Esther Arnold, Norman Guy, Stanley Marshall, Adam Densmore, Clive King, Milton Poier, Lillian Bowman, Dr. Gordon Preuter, Birgit Kierdorf, Phyllis Gorman, Dwight Kellerman, Melvin Goodfellow.

INDEPENDENCE IS WHAT WE'RE DRIVING AT!



Clockwise from top left:

Mayor Joe Fontana and volunteer Richard Lawrence deliver meals on National “Mayors for Meals” day in March. This is a national campaign to raise awareness of seniors’ needs. Clients along the route had a chance to talk one on one with the Mayor.

A **Kingsmill’s Fashion Event** took place in March and approximately 75 individuals showed up to get tips on upcoming fashion trends. Entrance fee was by donation and we were pleased to receive \$450! Pictured left to right: Christian and Jaime Bullas, Marilyn Lawton, and Lenore McGuire.

Over 80 **seniors attended a luncheon** at the Chinese Canadian National Council in June. Staff were invited to speak about the services we offer. Each guest went home with a treat bag which included a Chinese-style meal from our frozen meal supplier Apetito. Volunteers helping to distribute the bags were Calvin, Priscilla, May and Keith.

London North Centre MPP and Health Minister Deb Matthews attended a community function supporting the food bank and spoke with Meals on Wheels London Board Member Samira El-Hindi and Executive Director Laurel Hevenor Vallance. 30% of Meals on Wheels London’s funding is from the Ministry of Health.



Weekly Frozen Meals

Meals on Wheels London Board of Directors

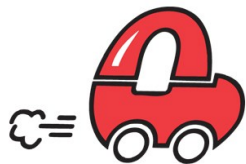
President: Leigh Follott **Vice President:** Kevin Barry

Treasurer: Christian Bullas **Secretary:** Janet Groen

Members: Eric Beriault, Shannon Bain, Samira El-Hindi, Mark Okonski, Ron Olson, Ginny Poon, Dean Radloff, Gail Stark.



Daily Fresh Meals



Meals on Wheels

London

Full and Independent Lives

Have you ever thought about what sort of help you may need—if even for a short time—over the next year or so? How about what sort of help you might be able to offer?

Last year we were fortunate to welcome 34 new volunteers to our team. Active volunteers tell us that the pursuit of meal delivery is extremely satisfying and, once they get to know the people on their route, it is like they are delivering to a good friend. This role attracts individuals who are “people persons” along with spirited individuals who like the adventure of the scenic tour, a drive through different neighbourhoods to their meal delivery destinations.

Every now and again I have the opportunity to deliver meals in an emergency situation (e.g. flat tire) and I was recently called out for delivery. My first stop was a lady who assured me that it was OK that I was late. She had been working on a crossword to keep her mind exercised. She said that she was active in World War II and has kept busy ever since. Amazing what you can find out about people in the first minute of a conversation! Next on my list was a gentleman who said he would put that meal in the fridge because he wanted to keep his schedule of going for a walk down to the bank. It was a beautiful summer day, he had his walking shoes on—all ready to go.

After delivering that route and coming back to the office, I paused by our reception desk where the mantle was covered in Thank You cards sent in by clients and volunteers. The handwritten heartfelt messages rivalled anything in a Hallmark store. Some cards included pictures of family, pets or a vacation. Yes, we like those vacation photos when you get your picture taken by a Meals on Wheels sign. The most interesting sign was from India, the last one was from Meals on Wheels in California! I then opened one little card and written inside was “Your thoughtfulness will surely speed up my recovery.” To me, these words cement our mission, to offer evolving services to people with the character and desire to live full and independent lives in their own homes. I invite you to make a donation and help us continue this mission.

Sincerely, Christine Poier , Development Manager



PS: A donation of \$25 will help someone afford the cost of meals for 1 week

Meals on Wheels London Donation 2011

Name: _____ Phone: _____

Address: _____

I wish to make a donation in memory of _____

I wish to make a gift of \$ _____

Method of Payment:

Cheque payable to Meals on Wheels London

VISA / MasterCard : _____ Expiry: _____

Signature: _____ (mail this in or phone Christine)

On-Line: Go to www.meals-on-wheels.ca and click on the “Donate Now” button

Phone: Christine at 519-660-1430, extension 258

Thank You Very Much

Tax receipt will be sent to you.

Charitable # 12 989 5124 RR 0001

356 Queens Avenue, London Ontario N6B 1X6 Phone 519-660-1430 Fax 519-433-1167 www.meals-on-wheels.ca