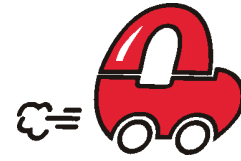


Driving Toward *Independence*



Winter 2010

A Newsletter for Friends of Meals on Wheels London

2010 Olympic Volunteer Event held at Greek Canadian Centre in October



Meals on Wheels Staff Choir left to right: Karen, Abbey, Rachel, Laura, Christine, Kristi

Over 300 volunteers gathered as Meals on Wheels carried on the tradition of honouring those who have left their mark in the hearts and minds of our clients. Festivities included an appearance by Olympic torch bearer Carol Wilkinson, singing by staff of the Meals on Wheels choir, a tasty chicken luncheon, and recognition for volunteer years of service. Of special note, was the recognition of three very spirited and unique people who have volunteered for twenty five years! Thank you to Jane, Beth and Marion for their generosity and their "gold medal sized hearts"! During the ceremony, Volunteer Manager Laura Christie reminded us that torch bearers made a 45,000 kilometer trip across Canada to light the Olympic cauldron. Her conservative estimate of the number of kilometers Meals on Wheels volunteers travelled this past year is 1,215,000!

150th Anniversary Garden at Byron United

A ceremony was held September 26, 2010 at the Byron United Church where congregation members and friends gathered to view the beautiful and serene garden established in celebration of the church's 150th anniversary. Meals on Wheels London contributed a garden plaque and stone in recognition of the late Dr. Earl Russell's community work as founder of the agency. From 1969, when Dr. Earl Russell and members of the Byron United Church saw the idea of a meal service come to fruition, countless people have fulfilled their desire to help others and give back to the community at large.



PICK & MIX SOLUTIONS

PRODUCTS • SYSTEMS • SERVICES

Meals on Wheels London's frozen meal supplier Apetito, offers a menu with over 50 meals to choose from, including the option of ordering soups and desserts. The frozen meal program allows clients to choose their own menu for the week! Clients may call their order into the office on Mondays, and volunteers deliver frozen meals, soups and desserts in bulk each Thursday.

Ingredient and nutrient listings are available for all menu items, making this program an option for individuals with diet restrictions such as food allergies. Special diet meals are available for those in need of gluten-free, renal or lactose-free products. Purée and minced meals are available for those with chewing or swallowing difficulties.

Frozen Food Options

7 meals \$33, 7 soups \$13, 7 desserts \$13

Order weekly, monthly, or just when you need us!
Menus available : www.meals-on-wheels.ca

apetito

MEALS ON WHEELS LONDON: MEALS & MORE

Here's what our Clients say...

"Please thank the people who deliver. We are donating because we want to help, but our driving is at a minimum. We can't help by volunteering so we are sending a little money."

"My wife has Alzheimer's and I am finding it overwhelming to cook for myself. Thanks for helping."

"Madelyn, who delivers my meals, is a gem!"

"We are having difficulty keeping up with making meals. My husband requires a special diet so I am cooking two different meals all the time. I need a break."

"I hope I can call on you when I have my knee replacement. Thank you."

"Many thanks for getting me a ride on short notice. I know it was an exception to the rule. I had a dental emergency and am so grateful."

"My mother just came home from hospital and my father has dementia. We need convenient meals that can be heated up easily."

"I am 92 and tired of cooking all the time. This service will be a relief for me"

وجبات طعاو . . . وأكثر

BIEN PLUS QUE DES REPAS

Posilki... i więcej

Comidas...y más

Meals...and More

Our brochure and frozen meal menu are available in French, Spanish, Polish and Arabic. Upon request, we will also provide materials in Braille.

Where language is a barrier, many of our clients have a care worker or family member assisting on their behalf to register and request service. There are times, however, when help is needed to communicate with our clients.

With 360 volunteers and a listing of their spoken languages, we have a great resource for client's in need of a translator. Community agencies such as Across Languages and the London InterCommunity Health Centre are also available to help us with translation.

Once clients are registered and staff in the office coordinate meal delivery or transportation to a medical appointment, service delivery runs smoothly. Even with the language difficulties, a smile goes far!



Meals on Wheels
SPONSOR EDITION

For every fresh and nutritious meal you buy, you directly sponsor a meal for someone who can't otherwise afford it. It's simple; you get a meal, someone else gets a meal.

It's the meal that keeps on giving!

On September 14, 2010, one thousand and nineteen meals were delivered to local businesses in support of the Sponsor Edition fundraiser which raises money for the meal subsidy program. The Little Red Roaster offers a choice of three tasty meals, companies submit their orders one week in advance of the event, and volunteers deliver meals throughout the day to local businesses. Seventy-five businesses participated in September's event.



Hot Cup of Soup on a Cold Winter's Day

Why not head on down to The Little Red Roaster for a bowl of soup? For every soup sold, Meals on Wheels London will receive 25 cents. Carrot Ginger, Cheese and Cauliflower, Potato Leek, Minestrone and Italian Wedding are just some of the selections that are offered as the "Soup of the Day".

Locations: Byron, Covent Garden Market, London Central Library, London Provincial Courthouse, Masonville Mall, The Renaissance, Wortley Village, St. Thomas-Elgin General Hospital.

Meals on Wheels London Board of Directors

President: Leigh Follitt **Vice President:** Kevin Barry **Past President:** Alan Johnston

Treasurer: Christian Bullas **Secretary:** Janet Groen **Executive Member:** Sherene Davidson

Members: Eric Beriault, Sarah Burner, Samira El-Hindi, Mark Okonski, Ron Olson, Ginny Poon, Dean Radloff, Gail Stark, Ted Williams

INDEPENDENCE IS WHAT WE'RE DRIVING AT!



Original & Handmade items at Silent Auction

The Crochet Club of London is a local charity that makes blankets for people in need. Since the Club's beginning in March 2002, The Crochet Club of London has made and donated 5,500 afghans to over 100 different charitable organizations in our community. Meals on Wheels London is the proud recipient each year of a blanket (made with tender loving care) which is placed on our silent auction table at our annual Walk for Wheels. Last year's blanket was coupled with a beautiful baby gift basket and gift certificate donated by Turner Drug Store.

We are pleased to be the recipient of another work of art—an original design in stained glass by Bill Brady! The next Walk will be held upstairs at the Covent Garden Market on Friday March 25, 2011 at 2pm. Please take the afternoon off and join us!



Veteran Connection

- On November 11, 2010 we accommodated a “special request” ride to Parkwood Hospital for a client to visit her husband; it was a day to salute her veteran husband and was also their wedding anniversary! The client was ecstatic to receive her ride; she was grateful in more ways than one on this Remembrance Day.
- Since 2006, Meals on Wheels London has delivered meals and offered transportation service to over 420 Veterans who receive financial support for nutrition or transportation services through Veterans Affairs Canada.
- During a typical month, 1,750 meals will be delivered to Meals on Wheels London clients and paid for by Veterans Affairs Canada.
- When you support the poppy campaign, you are supporting local programs. Meals on Wheels London was thrilled to receive a \$1000 donation in October from the London Poppy Fund. Thank you!
- Compliments from Veterans Affairs Canada staff: “Thank you to Meals on Wheels and the volunteers for going above and beyond for our client. This service is a real life-line and is making life work for him. He now has a real support network in place.” “I have found that many of our Veterans receive great benefit from your support and daily drop-ins. We appreciate your work!”
- In November, students from Banting Secondary School delivered place cards with poppy art work. We added them to meal bags for delivery with the daily hot meal program.
- Over the past few years, Meals on Wheels London has taken a group of fifteen clients out for “Lunch Bunch” at local Legions (eight times)! The hot buffet meal, and great company of others makes this a popular event. Our next Lunch Bunch to the Legion is being planned for Spring 2011. In addition to our regular outing, we will be hosting a “Men’s Only” lunch.
- For several years now, the Royal Canadian Legion Byron Springbank Branch No.533 has been a sponsor of the annual Walk for Wheels held in March. Thank you all!
- Many meal delivery volunteers requested replacements be found for their meal routes so they could attend Remembrance Day services at the Cenotaph. They have been touched by the Veterans they have provided service to and some are veterans themselves.

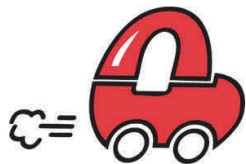


IN MEMORY OF...

The following people were honored with donations made in their memory

John Cullion Harold Griffith Jean Kellerman

Arthur McCullagh Wilfred McNaughton Ralph Seymour Eva Vanderzwan



Meals on Wheels

London

Do You Have a Special Meals on Wheels Story?

A few months ago, I received a tribute donation to Meals on Wheels London by a lady who was honouring her grandparents' 90th birthdays. She told me that when she was young, she often accompanied her grandparents when they were delivering Meals on Wheels. Such meaningful times that are shared often remain fond memories for many years to come.

This was a reminder of my own special memory. When I was little, I had the wonderful experience of tagging along with my mother delivering meals every day to Papa McNaughton. We went at breakfast and lunch, then my Aunt Lois delivered supper in the evening. Since my grandfather was blind, this caregiver support is what kept him comfortable and in his own home as long as possible.

It is the same caring devotion that I see with Meals on Wheels volunteers who deliver meals and a visit, even on Christmas. I see the impact that volunteers have on our clients and I am so proud to work for an organization that delivers this quality service – and has done so for over 40 years!

It seems fitting at this time of year to give a little extra if you are able to. I have made a donation in memory of my grandfather Wilfred McNaughton (1902-1982) to ensure that our services are there for those who need them. And I encourage you to consider making a donation in honour of, or in memory of someone you love.

Sincerely,

Christine Poier, Development Manager



Meals on Wheels London Donation 2010

- I request that a series of monthly donations be withdrawn from my account in the amount of \$ _____ beginning _____(month), 2011.
- I wish to make a gift of \$ _____

Name: _____ Phone: _____

Address: _____

Method of Payment:

- Cheque payable to Meals on Wheels London
- VISA / MasterCard : _____ Expiry: _____
Signature: _____
- VOID cheque to initiate Automatic Withdrawal (please enclose)

Charitable # 12 989 5124 RR 0001