

Behind The Wheel

MORE THAN JUST A MEAL!

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Congratulations to the winner of our Client Survey draw!



Photo: T. Paplinski

By: T. Paplinski

Mr. Fred Thorpe is a veteran of the Second World War, has a doctorate in french colonial history, and has been one of Meals on Wheels' valued clients for over 12 years! Mr. Thorpe settled in Ottawa in 1953 following his military service, and was one of the few soldiers listed for employment with Veterans Affairs. During a longstanding career which took Mr. Thorpe all across the country—including Louisbourg, Quebec City, and Winnipeg—he was tasked with

developing a new history division within the various Canadian museums. 25 years later, Mr. Thorpe retired on the day of the opening of the Canadian Museum of Civilization (now Canadian Museum of History) on June 29th, 1989.

After over a decade of retirement, Mr. Thorpe lost his wife in December of 2001. The couple had often joked that he taught her how to broil but then completely forgot it himself when she took over [the cooking]. After 3 years of relearning to cook his own meals (while also growing tired of restaurant food), Mr. Thorpe registered to receive Meals on Wheels. As a client of the frozen delivery program, Mr. Thorpe finds he eats meals that are of much higher quality than he could ever produce himself, and spends significantly less money than he had as a consistent restaurant-food consumer. Some of his favourite dishes are Tourtière Meat Pie and Bangers & Mash from the *Apetito* menu, while the *TimeSaver Foods'* Cabbage Rolls fulfill his

appetite for the Ukrainian dishes his wife had often prepared for him. Mr. Thorpe plans to use his ten free meals to treat some friends for lunch-on-him!

Thank you Mr. Thorpe, and to everyone who completed this year's client survey. Your feedback helps us to continuously improve our service. Until next year!

Notes:

OCTOBER 9 THANKSGIVING

- NO MEALS

NOVEMBER 11 REMEMBRANCE DAY

- MEALS AS USUAL

DECEMBER 25 CHRISTMAS DAY

- NO REGULAR DELIVERY
- HOLIDAY MEAL IF REQUESTED

DECEMBER 26 BOXING DAY

- NO MEALS

JANUARY 1 NEW YEAR'S DAY

- NO MEALS

Reminders:

- MEALS CANNOT BE LEFT AT THE DOOR FOR ANY REASON! PLEASE CALL US IF YOU NEED TO MAKE ALTERNATE DELIVERY ARRANGEMENTS.
- DURING WINTER STORMS WE MAY NOT ALWAYS BE ABLE TO DELIVER. PLEASE HAVE NON PERISHABLE FOOD IN STOCK AT ALL TIMES.

Come Visit us Online!

www.mealsonwheels-ottawa.org/blog

Did you know that Meals on Wheels has an online blog? Drop by and read lots of great stories about our volunteers, clients, and events.

Changes to the Apetito frozen menu!

Along with the changing of the season comes some big changes to the Apetito meal selections provided by our primary frozen meal distributor. Eight new meals have been added to the menu this season, while eight others are being retired. As well, the base sauces for the majority of the existing meals have been given an upgrade—creating creamier and more flavourful sauces. The mashed potatoes are also being upgraded, as well as many other tweaks have been made to improve the meal flavour, texture, and presentation.

Code	Discontinued Items
12096	Ginger Beef
12140	Beef Curry
14022	Vanilla Pudding
12144	Fisherman’s Pie
12151	Salmon Chowder Casserole
12129	Apple Braised Pork
12097	Char Siu Pork Loin
12121	Vegetable Chow Mein

Look for meals labeled “New Recipe” in your order bag starting this month.

Please note that there have been changes to the names and codes for several products. The new menu is available on our website, or a paper copy can be requested by calling us at the office at 613-233-2424. We will be including the new menu version in frozen order packages for part of October.

If you have any allergies, we recommend you review the updated nutritional information from the link on our website, or call our office before placing your next order.

Please note that 12142 Chicken with Mushroom Gravy and 12143 Seasoned Pork Loin **are no longer gluten free**, although the order numbers will be staying the same.

Code	New Additions
12157	Steak and Potato Stew
12156	Coconut Lime Chicken
12159	Chicken Florentine Penne
12163	Chicken Curry
12162	Creamed Salmon Supreme
12155	Tofu Teriyaki
12158	Spaghetti with Tomato Sauce
14017	Chocolate Brownie



Photo: B. St-Cyr
Meals on Wheels volunteer Rhéal is loading frozen orders for delivery to our East end clients.

Finding and Accessing Care Made Easy

Last winter, Community Support Service providers in the Champlain region, including Meals on Wheels/ La Popote roulante, undertook to begin using Caredove as a portal to services. Caredove is an online tool whose purpose is to facilitate finding and quickly accessing home care and community services.

All you need to do to use this service is enter <https://www.caredove.com/champlaincss> in your browser. Once on the Champlain Caredove site, click on the service you’re looking for and type in the home address, city or postal code where care is required. This will bring up the map and information of the service

providers for that area. You can then contact them directly via their phone, fax or website or request an appointment using one of the features of the website.

This is truly an invaluable navigation tool which makes getting to the right provider for home and community services easy and simple.