

Dates to Note >>>

Walk of Ages: June 8
Annual General Meeting: June 12
Mums for Thanksgiving: October 4 & 5
No meals on July 1, August 5,
September 2, and October 14

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Marie Paquette and Denise Inglis

Issue Number 86 Spring 2013

More Than Just a Meal!

Behind The Wheel



More Than Just a Meal

by Beth White

Every Monday morning, Rod Miller has a routine: wake up, arrive at Meals on Wheels for 11 a.m., and deliver meals to members within his community. Miller and his wife, Marion Geddes, have been delivering the same Ottawa Centre route for many years and have developed close relationships with many of the clients.



Herb Brooks and Rod Miller
Photo: Beth White

“He seems to enjoy our company and we certainly enjoy him too,” Estelle Brooks says. “When he comes in here he is always cheerful.”

Geddes knows to park in the sun so she stays warm while Miller brings Herb and Estelle Brooks their meal and catches up with the couple since their previous weekly outing. Herb Brooks’ mobility has been drastically limited since he came out of the hospital five years ago when Estelle took on the role of his primary caregiver.

“Being a caregiver, you are working 24/7,” Herb Brooks says.

“When he came out of the hospital,” Estelle continues,

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Mayors for Meals Day in Ottawa

The annual Mayors for Meals campaign is part of March for Meals, an internationally celebrated event raising public awareness of the importance of Meals on Wheels programs in the community. On March 20th this year, Mayors across North America showed their support by delivering meals to seniors in their communities.



From left to right: Jim Morrison, Baudouin St-Cyr, Lauren Ott, Mayor Jim Watson
Photo: Jill Dodd

Ottawa Mayor Jim Watson, a long time supporter of Meals on Wheels, came out to deliver meals, joining volunteers Jim Morrison and Lauren Ott on their route. This service is especially important to seniors in our community who can be at particular risk of nutritional deficiencies if they live alone, are housebound, and have limited income. As the population of Canada continues to age, this becomes an increasingly important issue.

At Meals on Wheels, over 450 volunteers support the small staff in serving over 1200 clients in the Ottawa area. MOW relies on funding from the Champlain Local Health Integration Network and the City of Ottawa in addition to the generosity of the community, through their participation in fundraising events and individual and corporate donations, in order to provide this valuable community service.

For more information on how to support Meals on Wheels, please contact: Baudouin St Cyr at 613-233-2424 or bau@mealsonwheels-ottawa.org.

Staff Notes: Saying Goodbye to Courtney

For the past three years, we have been fortunate to have Courtney Potterton as our summer student at Meals on Wheels. Courtney worked primarily in the Client Services Department but was also invaluable in the Volunteer Services Department this past year. We thank Courtney for her hard work and dedication and wish her the

best of luck as she embarks – Queens’ degree now in hand – on her search for a full-time job.



Courtney Potterton
Photo: Jill Dodd

A Successful Volunteer Reception

The 2013 Meals on Wheels Volunteer Appreciation Dinner was held on April 24th. This event is always a great opportunity for the Meals on Wheels Board of Directors and staff to thank the volunteers for all they do throughout the year. Mayor Jim Watson attended in order to welcome everyone and to show his appreciation for the work done by the

Meals on Wheels volunteers. Magic by Vito Michienzi and piano music by Lila Aranze were enjoyed while everyone shared a delicious meal prepared by the kitchen at The Good Companions Centre. A good time was had by all! Thank you to Jim Collins for helping to record this great event on video.



Back row from left to right: Charlotte Davidson, Ian Murphy, Angelo diFrancescomarino, Sophia Morrison, Miriam Van Houten, Elliot Sherman, Lillian Barraud, Rod Miller, Lucas Rodgers, Roy Garrett, Pearl Peterkin, Bill McBride, Elizabeth Mason, Virginia Hill, Mavaia Ohlsen

Front row from left to right: Helen Garrett, Bev Sawchuk, Dean Carruthers, Betty Marceau, Nanette Whitwam, Linda Moffatt

Photo: Baudouin St Cyr

Welcome

Volunteers joining Meals on Wheels since Fall 2012:

| | |
|--------------------|--------------------------|
| Kaia Ambrose | Tasia Papadatos |
| Aster Andemariam | Shannon Powell |
| Paul Anderson | Desmond Rive |
| Brittany Chivers | Melanie Robillard-Ethier |
| Lilianne Cody | Melanie Schwartzberg |
| Elizabeth Edwards | Ahmed Shah |
| Saredo Farah | Krystle Ste-Marie |
| Carol Ann Ferguson | Anatoly Sztepa |
| Nancy Hobin | Sumayeh Taraboulsi |
| Alexandra Logozzo | Stephen Taylor |
| Donald MacDonald | Diane Thornhill |
| Nancy MacDoanld | Desmond Rive |
| Bill MacMillan | Sadia Wamunyu |
| Simile Maladlana | Beth White |
| Yvonne Millar | Monique Wiley |
| Thomas Mongeon | June Xu |
| Nahomie Morency | |
| Elie Mugisha | |
| Sukey Omran | |
| Gerry O'Neill | |

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“I figured it would help me tremendously to have Meals on Wheels so I don’t have to worry about lunch.”

Miller, who wholeheartedly believes that Meals on Wheels is more than just a meal, is humbled to have been volunteering for MOW for 14 years.

“I think it is important that people get at least one good meal a day,” he says. “It is heartening for the families to know that for five minutes every day there’s going to be someone in to see their loved one and if there is a problem, something will be done about it. As I age, there may be a time when I’ll need the support of Meals on Wheels myself!”

The service that Meals on Wheels provides is an important way to keep older Ontarians healthy and at home for longer, which is part of a Seniors Strategy in Ontario’s Action Plan for Health Care, launched in January 2012. The report recommends that the Ministry of Health and Long-Term Care increase funding to the home and community sector by four percent. The report states, “The Government of Ontario should support its communities and citizens to ensure they have access to a variety of programs and supports ... so that they can continue to age in place whenever possible and for as long as they desire.”

For the Brooks, the Meals on Wheels service and volunteers like Rod and Marion play an important part in helping them achieve this.

Volunteer Notes

- **Volunteer checklist:** A route checklist has been designed as a training tool for new volunteers. It is now available on our website and is a great way to get a little refresher and review of all the important information about delivering Meals on Wheels.
- **Summer help needed:** Summer is a time when people like to travel to interesting places or maybe spend time at the cottage. This means we will be looking for extra hands to help deliver meals. If you think you will have some extra availability, or know of someone who might be interested in becoming a summer volunteer, please call Jill or Terry.
- **Bike routes:** Deliveries by bike have resumed for routes delivered out of The Good Companions Centre with our new bike trailer. If you or someone you know would like to deliver by bike, we would love to hear from you!
- **Meals on Wheels T-shirts** are still available for \$10. Sizes are S, M, L XL, and XXL. Please call the MOW office to get yours!

The Mindy Robineau Fund

by Baudouin St-Cyr

The MOW Crisis Fund was created in November 2002 when Client Coordinator Shirley Ann Gorman retired after many years of service for Meals on Wheels. At the time, Shirley Ann made it known that her only wish upon retiring was that a special fund be created to support clients in dire financial straits temporarily so they did not have to suspend or limit their purchasing of Meals on Wheels. To that end, many of Shirley Ann's relatives and friends provided contributions in order to launch the fund.

The Crisis Fund was renamed the Mindy Robineau Fund in 2006 to memorialize the young woman who joined our staff as Client Coordinator in 2004. During her 30-month tenure, Mindy touched the hearts of clients and staff alike with

her caring and compassionate approach to service. Sadly, Mindy left us in the summer of 2006 to seek treatment for a very aggressive cancer that subsequently took her life a few months later. She was 26 at the time of her passing.

Shirley Ann and Mindy both exemplified commitment and caring during their time at Meals on Wheels and we are pleased to have both of them associated with this very special fund.

Please help us maintain the Mindy Robineau Fund by donating to support individuals with limited financial resources who are living through difficult situations.

The Volunteer Factor



OSCS CVC committee
Photo: Karl Butler



Meals on Wheels Volunteer Judy Dickie speaking about her volunteer experience.
Photo: Karl Butler

The Coordinators of Volunteers of the member agencies of the Ottawa Community Support Coalition (www.ocsc.ca) organized a conference held on February 27th at the RA Centre. Chantale LeClerc, CEO of the Champlain Local Health Integration Network, was on hand to introduce the day's events and welcome the participants. The goal of the conference was to give volunteers important tools and reinforce useful skills. Participants were able to attend two plenary sessions as well as workshops on recognizing elder abuse, staying mentally healthy, and communication strategies. It was a great day for learning and sharing our volunteer experiences.

Bon Appetit



From left to right: Paul Gagnon, Mei Gagnon, Winnie Ng, Mike Sutherland
Photo: Jill Dodd

Once again this year, Meals on Wheels was one of the twenty charities in Ottawa to benefit from the proceeds of this popular food and wine show. Many MOW volunteers, staff, and friends attended the event on May 7th. Many thanks to event organizers for their continued support of Meals on Wheels and the important service we provide in the community.

Welcome Chances R Restaurant!

by Melissa Petti

On April 15th, 2013, we began a new partnership with Chances R restaurant, and said farewell to Carlingview Manor.

Chances R Restaurant has been a staple in the Nepean community since 1967 and has served over a million customers since opening its doors. Since Chances R had already established a partnership with the Western Ottawa Community Resource Centre's Meals on Wheels program, Matt Moore, co-owner, and the rest of the restaurant team graciously welcomed the addition of more routes during the week. They also agreed to provide Saturday service in an area where we were previously not able to deliver.

"Providing meals for seniors through Meals on Wheels is a great way for us to give back to the community," says Moore. "We feel it is what sets us apart from other restaurants [at this end of town], and it is really important to us that the seniors are served."

Using a two week rotation, the kitchen staff ensures that there is a variety of fresh meals each day. Moore explains that even though the menu only changes every second week, the head chef and his team will ensure that our clients are satisfied and that every day will be different from the next.



From left to right: Lloyd Reaume, Chances R staff member Mike Farhat, René Syrenne, Joan Hines, Garry Bitz, Jean Meldrum
Photo: Jill Dodd

We look forward to the year ahead and thank Carlingview Manor for their many years of service.



Mums Campaign

Order forms will be available in July

Volunteers are needed to help deliver Mums on Friday, October 4th and Saturday, October 5th, 2013.

Contact us at **613-233-2424**
www.mealsonwheels-ottawa.org



670 Albert Street
Ottawa, ON
K1R 6L2



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