

Behind The Wheel

MORE THAN JUST A MEAL!

Issue #97

September 2018

Who is Your Emergency Contact?



Here at Meals on Wheels we care about your well-being and safety. This is why we try to contact you to follow up if you miss a meal delivery—to make sure you are OK. If we are not able to reach you, we will then call the emergency contacts you gave us when you first signed up for our service. When we are not able to reach you or your contacts, we may contact the police to perform an emergency wellness check. The best way to avoid unnecessary phone calls to emergency contacts or surprise police visits is to let us know in advance if you will not be home for a meal delivery. You can call us any time, however, the deadline is 9:00 am the day of the delivery to cancel without a charge. If you're a night owl, you can always leave a message on our after hours voice mail.

Did you know that “fifty percent of all falls causing hospitalization happen at home,” and that “falls

are the leading cause of injury among older Canadians with 20-30% seniors experiencing one or more falls each year”¹? The Meals on Wheels check in and emergency contact follow-up can help reduce the impact that a fall could have on your long-term health.

How do you choose an emergency contact? A quality contact is someone who often answers their phone and checks messages, preferably who lives locally, and is aware they have been listed as a contact. This can be a family member, a friend, or a neighbour. Ideally, your contacts should be people you feel comfortable sharing at least some of your health information with, so they know how to respond in case of an emergency.

If it has been a while since you registered, your contacts may be out of date. It is also a good idea to let us know if your emergency contact will be away on holiday or unreachable, and provide an alternative for that period. Don't hesitate to call us at 613-233-2424 to ensure you have at least two quality emergency contacts on file.

¹ <https://www.canada.ca/en/public-health/services/health-promotion/aging-seniors/publications/publications-general-public/seniors-falls-canada-second-report/seniors-falls-canada-infographic.html>

Soup's On

New from TimeSaver Foods, we are now offering several meal sized soups. The soups are packaged in the same size container as the main TimeSaver meals, and are available for \$4.25.



Notes:

OCTOBER 8 THANKSGIVING MONDAY

- NO MEALS

DECEMBER 25 CHRISTMAS DAY

- NO MEALS

DECEMBER 26 BOXING DAY

- NO MEALS

JANUARY 1 NEW YEARS DAY

- NO MEALS

Reminders:

- ALTHOUGH WE STILL HAVE PLENTY OF SUMMER TO ENJOY, PLEASE BE PREPARED FOR THE WEATHER TO TURN ICY. FREEZING CONDITIONS WILL REQUIRE DRIVEWAY AND WALKWAY MAINTENANCE TO ENSURE YOUR SAFETY AND THE SAFETY OF OUR DELIVERY VOLUNTEERS.