

Behind The Wheel

MORE THAN JUST A MEAL!

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Serving up 'More than Just a Meal' in both official languages!

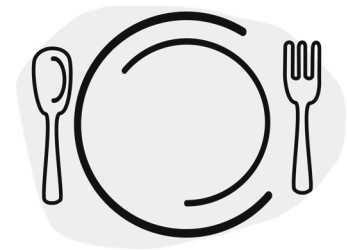
The former city of Vanier, now an Ottawa neighbourhood east of the Rideau River, is where the majority of our francophone clients call home. Meals on wheels has been a designated bilingual organization since 1999 and is made up of approximately 19% of clients who identify as francophone or bilingual. In our most recent Annual Client Survey (2018), 100% of respondents reported satisfaction with our French services.

The primary meal supplier for us in the Vanier area is the Centre d'accueil Champlain, a retirement residence located near the Richelieu Vanier Park. This kitchen has been a longstanding partner with Meals on Wheels for over 20 years. Monday through Friday, the Champlain kitchen prepares an average of over 40 meals per day for Meals on Wheels clients in the area.

Did you know that as of January 2019, approximately 23% of our active volunteers are bilingual? To better serve our francophone clients in the Vanier area, our organization is actively seeking French-speaking volunteers.

In early January, Meals on Wheels Coordinator of Volunteers, Jena Davarajah went out to the Vanier area to reach out to a few organizations in the community about our volunteer needs. We were able to drop by the Vanier-Richelieu Community Centre, Vanier Public Library and the Don Gamble Community Centre. Jena spoke to staff about the Meals on Wheels service and asked them to post our volunteer recruitment brochures to share with their patrons. She received a warm reception from all those she spoke with.

One of our best forms of recruitment is word-of-mouth! If you know anyone who may be interested in helping to bring a hot meal with a smile to seniors and adults with disabilities in Vanier and across Ottawa, please have them contact our office!



IMPORTANT DATES:

APRIL 19: GOOD FRIDAY

- NO MEALS

APRIL 22: EASTER MONDAY

- MEALS AS USUAL

MAY 20: VICTORIA DAY

- NO MEALS

Delivering to Younger Clients

When people think about the Meals on Wheels' clientele, they probably first think of frail seniors. Although that is one big portion of our clientele, we also serve adults with disabilities, adults convalescing from a hospital stay and adults with chronic illnesses. In Ontario, approximately 16.5% of the population has a mobility disability. The predominance of disabilities increases with age. When surveyed, it was noted that most "persons with disabilities (76%) had more than one disability". Providing meals to adults with disabilities can help them stay at home more independently. For this past fiscal year, 14% of our clients were under 65 years old.

One of our younger clients is Tariq Mahmud. He did not know that he would be eligible for our services before a friend recommended the service to him over a year and a half ago. Tariq lives in a Personal Choice Independent Living residence. He receives help from a personal support worker to prepare some meals, but likes receiving Meals on Wheels to complement his meal plan. Tariq likes the food, and says that the delivered meals are well-balanced and available at a reasonable price. Plus, he emphasized that they are delivered by very nice volunteers who take time out of their day to deliver those meals. Our volunteers sincerely appreciate Tariq's warmth and amazing sense of humour!



Tariq Mahmud, *Meals on Wheels Client*

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