



Meals on Wheels / La Popote roulante Ottawa

Behind The Wheel

MORE THAN JUST A MEAL!

Issue #100

June 2019

Special 100th Issue – Revisiting Articles from Over the Years!

Volunteer Profile: Lucas Rogers

In Fall 2004 (issue #69), we profiled one of our younger volunteers, Lucas Rogers, who had already been delivering meals with Meals on Wheels since 1998. Lucas came to our organization via LiveWorkPlay, a program designed for young adults with learning disabilities. At the time, Lucas had volunteered 400 hours as a server with us.

As of April 2019, Lucas has volunteered over 2500 hours, and recruited several other valuable volunteers. His delivery partners have told us in the past that they all love going out and delivering with him because his friendliness and positive attitude makes it a pleasure to be with him.



Above: Volunteers Lucas Rogers and Remy Poulin with MOW Client Muriel Sprenger

"I like being part of Meals on Wheels. It is a great program to be a part of!"

- Lucas Rogers, MOW Volunteer

We thank Lucas and all of our volunteers for their time and dedication in helping clients in the community.

Seniors' Centre Without Walls

The Seniors' Centre Without Walls, organized through the Good Companions Seniors' Centre, is the perfect place to meet new friends, laugh, learn, or share a conversation. The best part is that you get to participate from the comfort of your home - all you need is a telephone!

"It gives me something to look forward to. I really like interacting with the other people on the line. Now that I am part of this program I no longer feel as lonely."

- Brenda, SCWW Participant

This interactive program is free for adults over 55, or who are living with a disability. Each thirty to sixty minute program gives you the opportunity to interact with other seniors in the Ottawa area, share stories, and feel connected. There is something for everyone; with special monthly events, lectures, old time radio shows, recipe

exchange, trivia, musical events, biographies, and much more. You can register for as few or as many programs as you like, and once you've called in you can still hang up at any time.

This program is also offered in French through the Centre de service Guigues.

"I used to sit at home alone doing nothing. The [Seniors' Centre Without Walls] makes you want to get up in the morning ... it makes you feel like a person again. All you need to do is pick up the phone."

-Eleanor, SCWW Participant

For more information, contact Rachel at The Good Companions either by email (scww@thegoodcompanions.ca) or by phone: 613-236-0428 Ext. 2323.

- Issue #93, July 2017

JOY (DREAMERS)

By: Janet Holdaway, MOW Client

Joy lifts the soul
From the depths of the spirit

Bringing us to places
We've never been

Weaving and knitting
Our faces into a smile
Then spurning us on
To fulfill our deep-felt wishes

How joyous it is
To grin at the moon
Or whistle on a blade of grass

Joy is forever with those
Who dream
And dreams are forever
Filled with Joy

- Issue #61 – April 2001

A Client's Advice

In December 1998, we gained insight into a client's longevity. One of our volunteers at the time, Orme Tye, asked a 92 year old client on one of his routes how she lived so long and maintained such good health. She replied: **"I always did what I wanted to do and I did it when I wanted to."** – Issue #54, December 1998

IMPORTANT DATES:

JULY 1: CANADA DAY

- NO MEALS

AUGUST 5: CIVIC HOLIDAY

- NO MEALS

SEPTEMBER 2: LABOUR DAY

- NO MEALS

The Mindy Robineau Fund

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 that 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.

The Importance of Food Safety

While food is the sustainer of all life, improper handling of food can make you sick. Many people have had food-borne illness and have not even known. Symptoms such as nausea, stomach cramps, and fever can mean that your food may have been contaminated by bacteria or virus. While most of the illnesses are not life-threatening, people with weakened immune systems are more at risk.

Here are a few tips to keep your food safe:

- Keep hot foods hot (60°C/140°F) and cold foods cold (4°C/40°F)
- Discard perishable foods left at room temperature longer than two hours (this includes food left in the car and food left on the counter)
- Date your leftovers to ensure that they are not store too long—eat them within 2 days
- If leftovers are uneaten after they have been reheated, discard them



Above: Mindy Robineau

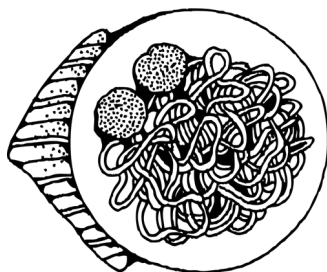
Shirley Ann and Mindy both exemplified commitment and caring during their time at Meals on Wheels and we are pleased to have both of them associated with this very special fund.

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

- Issue #86, Spring 2013

- Wash your hands frequently. Hand washing is one of the best ways to prevent the spread of food-borne illness. Wash your hands for at least 20 seconds with soap and warm water before and after handling food

- Issue #74, Spring 2007



WHAT HAPPENS IF I'M NOT HOME TO RECEIVE MY MEAL?

Over the years, some clients have come to expect that our volunteers will leave their meal for them if they are not home to receive it. This has created a problem of double messaging to the volunteers who are trained to do a security check and call in when clients are not home. The end result is that we're often not advised of clients who are not answering at the door. This is problematic because we are losing the security check aspect which is an essential part of our service. Leaving meals also leads to the concern that they may spoil since they won't be eaten or refrigerated promptly. Thus, if a client is not home for the hot meal delivery, we suggest that the delivery be cancelled in advance, an arrangement be made to deliver to a neighbour, or that consideration be given to having other food on hand to assist in such situations. Thank you for your understanding and cooperation.

- Issue #80, Spring 2010

NEW BUSINESS

E-Transfers are coming! You asked, we answered! We are currently working on setting up a new form of payment — E-transfers. There will be a new e-mail address set up strictly for bill payments, and we will be able to accept transfers from your debit accounts. We will update you soon regarding the new payment option!

DID YOU KNOW?

The Meals on Wheels Board of Directors approved our slogan, "More than just a meal!" in December 2006. This message was chosen to highlight the importance of the daily catering contact of the volunteers. Without the volunteers and their heartfelt contribution, Meals on Wheels would not be the success story that it is.

- Issue #74, Spring 2007