



Behind The Wheel

MORE THAN JUST A MEAL!

Issue #103

June 2020

Frozen Meal Tips

Did you know that between *Apetito* and *TimeSaver*, there are 133 different meal choices? This gives clients a wide variety of meals to choose from that suit their taste buds and diet restrictions. Here is some information on handling frozen meals from the comfort of your home:

- Keep the meals frozen. Both the *Apetito* and *TimeSaver* meals should be kept frozen until you're ready to heat them. There is no need to thaw them in advance!
- Use a microwave or an oven. Both suppliers provide instructions on the tops of the meals for using either method. If you're using an oven, set a timer. This will ensure that your meals are cooked to perfection and will also act as a reminder to turn the oven off after using it. Note: the meals should not be placed in a toaster oven for safety reasons.



(above) *TimeSaver* Roast Beef Dinner (513) transferred onto a plate. This meal features large pieces of tender, slow-cooked roast beef in a delicious gravy served with green beans and seasoned, roasted potatoes.

- Frozen meals can be heated in the containers they are packaged in. Be sure to pay attention to whether the plastic film on top should be kept as is, pulled off half-way, or removed for safety. You can transfer to a plate should you choose after they've been heated. Be careful as the meals can become hot to touch. Use an oven mitt for safety!
- If you're not able to eat the full meal, ensure that it is placed in the fridge in either a container or covered with a wrap so it is safe to heat up later.
- If you have questions about the heating instructions or want some suggestions for popular meal choices, contact us by email at service@mealsonwheels-ottawa.org or by phone at 613-233-2424 . We are here and happy to help!

Staffing Update

As Meals on Wheels continues to navigate through the current pandemic, we have welcomed some additional staff to help around the office as some of our regular staff members have been working remotely. We have welcomed back Diane for summer 2020 thanks to funding from the Canada Summer Youth Program and have also welcomed Margaret as additional office support during the COVID-19 crisis. We are so happy to have our team grow during these uncertain times.

Electronic Billing

Have you switched to a contactless payment method yet? While we still accept all forms of payment, we are encouraging those who can do so to change their payment method to one that is electronic. Please contact our office to request invoices to be sent via email and/or to inquire about different methods of payment. We currently accept:

- E-Transfers
- Credit Card over the phone (either Visa or MasterCard)
- Automatic Withdrawals

- Cheque (post-dated not accepted)
 - Money Orders
 - Cash (at office only)
- *please note that volunteers are NOT able to take payments.

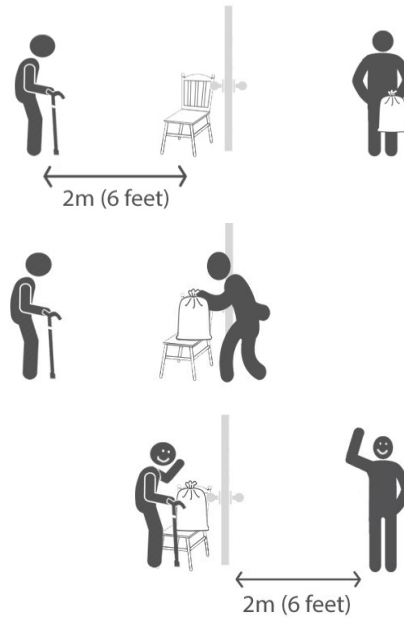
IMPORTANT DATES

- July 1: Canada Day
- No meals
- August 3: Civic Holiday
- No meals
- September 7: Labour Day
- No meals



Physical Distancing Reminder

Although the sun is shining, flowers are blooming, and people are starting to venture outside more, it is extremely important to remember that the 2 meter (~6 feet) physical distancing by-law is still in effect. To keep clients and volunteers safe, we ask that you respect these rules encouraged by Ottawa Public Health to decrease the risk of any exposure to the COVID-19 virus. Thank you for your cooperation during this time. If you have any questions about physical distancing with Meals on Wheels, please contact our office.



Welcome New Volunteers

Have you noticed a few new faces? We have had an extraordinary amount of support from community members who have been willing to donate their time to help us during the crisis. Most of our volunteers over the age of 65 have temporarily stopped delivering to adhere to the recommendations from Ottawa Public Health. Although we miss all our volunteers who have had to pause their volunteering with us, we are happy to see new, friendly faces dedicated to helping deliver nutritious meals to our client base. With all routes coming from the Good

Companions Senior Centre where our office is located, some of the regular volunteers on your route may have been switched to a different area. We understand that this can be difficult for some clients and volunteers as you get to know your “regulars”. Don’t worry, they’ll be back as soon it is safe to do so and they miss you too!



CONNECTED CANADIANS

Connected Canadians is a non-profit organization that was founded in Ottawa in 2018. The organization uses a customized, hands-on approach to learning more about technology. Volunteers with a high comfort level in technology are paired with senior clients. Working together, either in one-on-one or in group workshops, clients’ various technology challenges are addressed.

Connected Canadians has suspended their in-person programming due to the current pandemic to ensure the safety and wellbeing of their senior clients and team; however, they are committed to helping clients stay connected to friends and loved ones—especially during this challenging time. They offer free remote support over the phone or online. Learn more about them by visiting their website today at www.connectedcanadians.ca

Staying up-to-date

While we aim to convey all information regarding the crisis to clients in a timely matter, we understand that there have been some delays with postage and some clients prefer using online tools. For all current information on how Meals on Wheels is working with community supports during the pandemic, visit our website or social media pages:

- www.mealsonwheels-ottawa.org
- @MealsonWheelsOttawa
- @MOWOttawa
- @OttawaMealsonWheels

Hello, Spring!

- BEES
- BLOOM
- DAISY
- FAMILY
- FLOWER
- FRIENDS
- RAIN
- SUNSHINE
- TULIP
- WALKING



L N J N B E E S S E T T L S H
 W Y I R D J U N T G C V F A V
 Y A H S Z T E N M T A K T N E
 R Z F B H V I U X Y O P D J A
 E V F S N T W Y V B Y H W Q D
 Y N Z O R V C J T A S H S O K
 U J F B L Y J C W C I R B R E
 W A L K I N G B B L A F J N K
 F U F W S F O P B C D B I U V
 P R E O A H Y E I Z H H F M I
 H E I M U P D W D L S T L N R
 F F I E I W E C S N U A O Y F
 J L C Q N R I G U L Q T W P J
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