



Meals on Wheels / La Popote roulante Ottawa

Behind The Wheel

MORE THAN JUST A MEAL!

Issue #107

May 2021

COVID-19 Vaccinations



Are you eligible for a COVID-19 vaccine? Please call Ottawa Public Health at 613-691-5505 to book your appointment.

If you have booked your appointment and need transportation assistance:

- If you are a Para Transpo user, you can book your ride to the vaccination clinic through the COVID-19 Vaccination Trip Reservation telephone line at 613-842-3600 between the hours of 10 a.m. and 8 p.m.
- If you are not a Para Transpo user, you can request a ride to and from the clinic through Ottawa Community Transportation at

communitysupport.covidresponse.ca/transportationvaccination or by calling 2-1-1.

Are you waiting to hear when you are eligible for a COVID-19 vaccine? Please follow announcements on the City of Ottawa and Ottawa Public Health websites and social media channels and from your local news media to learn when you can receive your vaccine. If you have internet and email access, you can also sign up for an eSubscription through the City of Ottawa on their website which will deliver news straight to your inbox! Visit the City of Ottawa's website at ottawa.ca/en

After receiving the COVID-19 vaccination, it is still necessary to follow public health measures such as physical distancing, wearing a mask, hand-washing, and isolating when sick. We ask that you continue to follow these measures to keep our volunteers and other clients safe.

For more information on COVID-19 and vaccines, please consult Ottawa Public Health at 613-580-6744 or ottawapublichealth.ca/en/index.aspx



New Team Members!



Natallia is our new bookkeeper. She grew up in Belarus and has a bachelor's degree in Accounting from Belarusian State Economic University. She worked as an accountant in Belarus for two years prior to coming to Canada where she gained additional experience as a bookkeeper intern and finance clerk. In her spare time, she enjoys riding a

bike, walking outdoors and listening to French music. She is excited to get to know the clients and assist them with their needs!



Michael is our new Marketing and Community Outreach Assistant. He was born in Dubai, UAE, where he spent the first ten years of his life before moving to Ottawa, Ontario.

He completed his bachelor's degree in Public Affairs and Policy Management, at Carleton University, with a specialization and passion for human rights. He loves biking in the summertime and is an avid movie and musical lover. In his spare-time he enjoys hiking, cooking, and playing video games.

IMPORTANT DATES

May 24: Victoria Day
- No meals

July 1: Canada Day
- No meals

August 2: Civic Holiday
- No meals



Preferred Payment Methods

We continue to encourage contactless and more environmentally-friendly options as our preferred methods of payment. Below are a few suggestions to make your account a little “greener”:


If you regularly send in a cheque: Save money on postage! By sending in a void cheque once, you can set up automatic payments and simply receive an account statement via mail or email.

If you call every month to pay by credit card: Ask us to set up automatic payments via your credit card. Numbers are securely stored by our finance team and save our staff time by not needing to re-enter your information each month. You will still receive an account statement via mail or email.

If you use electronic banking, you can send e-transfers: payments can be sent to payments@mealsonwheels-ottawa.org. We are set up for auto-deposit so no password is required.

If you use email, we can switch your paper invoices to digital! We are able to send you your invoices and receipts straight to your inbox. Please call us at 613-233-2424 or email us at service@mealsonwheels-ottawa.org to request e-invoicing. Benefits for e-invoicing include using less paper, receiving your invoices/receipts faster, and having a digital copy to refer back to.

Pre-Authorized Payments

 Please note that there will be a change to the date of pre-authorized payment starting in June. Currently, pre-authorized debit payments are withdrawn on the second Monday of the month. Payments will now be withdrawn on the 3rd (or first business day following).

Hearing your Story

National Volunteer Appreciation week was last month from April 18-25 and we loved receiving your letters telling our volunteers how appreciated they are.

Although this “official” appreciation week has ended, we are always looking for more client stories and testimonials of how Meals on Wheels and our volunteers has made an impact on your life—big or small! We love constantly reminding our volunteers about their impact on the community and having

messages directly from clients is one of the best way to pass this message on.

If you are willing to share a story or conduct a casual interview on the impact of Meals on Wheels in your life, we would love for you to reach out. Our Marketing and Community Outreach Assistant, Michael, wants to hear from you! You can call us at 613-233-2424, email us at communityoutreach@mealsonwheels-ottawa.org, or send us a letter by mail to our office.



(Above) MOW Volunteer Alex calling clients for their COVID-19 screener calls.

Hello, Sunshine!

- ACONITE
- BLUEBELL
- CROCUS
- DAFFODIL
- GARDENING
- HYACINTH
- LILY
- PLANT
- PHLOX
- SOIL
- TULIP
- VIBRANT

O	L	G	A	I	D	L	H	S	H	C	L	A	B
Y	L	I	L	S	L	E	A	O	O	N	I	C	L
S	U	I	O	T	A	L	L	I	U	Y	G	O	L
D	U	U	U	A	L	I	T	L	O	Y	G	N	E
A	C	C	H	T	N	I	C	A	Y	H	N	I	B
F	L	N	O	L	U	L	L	R	S	U	I	T	E
F	C	I	A	R	O	H	U	T	P	L	N	E	U
O	L	A	L	R	C	O	N	I	G	F	E	Y	L
D	A	X	O	T	N	G	L	I	P	G	D	P	B
I	I	D	X	U	C	U	G	A	L	Y	R	F	A
L	E	A	O	B	T	P	N	I	A	H	A	S	C
V	L	O	L	V	I	B	R	A	N	T	G	L	L
N	N	B	H	E	L	A	E	D	T	D	Y	R	L
C	A	O	P	L	C	S	L	H	L	P	N	N	I