



Fort Erie meals on wheels

NEWS

Fort Erie Meals on Wheels, P.O. Box 231, Fort Erie, ON L2A 5M9
www.mealsonwheelsforterie.ca • femow@bellnet.ca • 905 871-9366

A Message from the Board Chair

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A man begins cutting his wisdom teeth the first time he bites off more than he can chew.

Herb Caen



Each year presents its own challenges, this year of course proves no different and one might suggest that it is what keeps things interesting.

This last year to year and a half has been fiscally challenging for everyone. This year the Board had to make the decision to not hold a fall luncheon. This decision took much conversation and debate as its purpose is meant to recognize and thank you, our Volunteers and Sponsors.

As Tim Wisbey points out, our finances have seen a decline over the last years. We are thankful for the support we continue to receive from our volunteers, sponsors and donors.

As you will see from both Sharon and Mary's articles, both the Wheels to Meals and Frozen Meals are growing. Both suggest good things, our clients and friends are enjoying a meal out along with the conversation and entertainment that is part of the experience. The Frozen Meal program suggests that more of our clients are taking advantage of full nutritious meals at their convenience.

Once again this year 'many hands make light work', as Nancy points out - 151 volunteers delivered 9,168 meals so far this year. These numbers speak to me in two very clear ways. From the number of volunteers who help deliver meals, it says very clearly that those members of our community care deeply and willing over your hands and hearts to help. The number of meals delivered is a strong indicator that members of our community who receive meals enjoy the nutritious, well balanced meals we deliver and also the need that we continue to serve.

Your Board is in need of Board Members. Please consider serving on the Board or proposing someone who might be willing and interested. Contact the Meals on Wheels office for more information.

Sincerely,

John Newton, Board Chairman

We Can Not Do This Without Each and Every One of You!!

We wish to extend our sincerest appreciation to each and every caring volunteer for delivering 9,168 meals so far this year to 148 individual clients!!

(5,263 hot meals + 3,720 frozen meals + 185 sides)

Our heartfelt thanks to the 151 separate volunteers who have driven and assisted on 682 routes from April 1/10-September 30/10. We could NOT accomplish any of this without your dedication and commitment to our program.

We are blessed with 175 active volunteers but it will be 'Snowbird' season soon so extra thanks to the remaining volunteers who may be called upon to do 'extra duty'.

If you have any family or friends who are looking for a satisfying volunteer position let us know. It only takes 1½ hours to complete a route and can make a huge difference in someone's life!

If you are aware of any relative, friend or neighbour who may require our services please contact the office. We need to continually grow the organization & fulfill the needs of our Community, especially our Seniors!

SPREAD THE WORD

OTHER SERVICES OFFERED

The following are services which can be provided to our clients through the Community Support Services of Niagara (CSSN) office @ 905-682-3800:

HOME HELP: Seniors needing help with housecleaning, yard work, snow removal and minor repairs can call for the name of a person who can perform this work for a reasonable fee.

TALK-A-BIT: Caring volunteers telephone clients on a regular basis to socialize and to check on their well-being.

FRIENDLY VISITING: Volunteers make regular visits with clients in their homes. Time is devoted to mutually enjoyable activities, such as talking, playing games, reading, walking and much more.

CSSN is in need of volunteers to perform light housecleaning or handy man duties.



LET US CONTINUE TO REMEMBER OUR VETERANS.

Let us know if you are interested.

WHAT DOES HOME & COMMUNITY SUPPORT DO??

- Keep people at home where they prefer to be
- Promote physical and mental well-being
- Help individuals and families care for themselves and maintain their independence
- Prevent or delay deterioration of health and premature institutionalization
- Prevent visits to emergency rooms and admissions to hospitals
- Provide nutritious meals and help prevent broken hips
- Break isolation and head-off family breakdown due to caregiver stress

Last year, across Ontario, over 750,000 seniors and people with disabilities or debilitating illness received Community Support Services!!

DOES YOUR ORGANIZATION WANT A PRESENTATION ON OUR SERVICES?

I would be more than happy to come to your organization's meeting and provide a brief synopsis of our program. It would explain what we do, how we do it and the responsibilities of the volunteer drivers and servers. *There are so many seniors in our community who do not know how to access this worthy program. Maybe some of your members are looking for an additional volunteer opportunity that does not require a lot of their time.*

- Can you mention in your church bulletins that we are here to help you, your families, friends and neighbours?
- Short-term, long-term and hospital discharge - ALL IT TAKES IS A PHONE CALL!
- Need a unique gift idea for grand parents, elderly friend or neighbour?

An archaeologist is the best husband a woman can have. The older she gets the more interested he is in her.

Agatha Christie

VOLUNTEERS ARE

- V Valuable
- O Outstanding
- L Loyal
- U Unique
- N Nice
- T Terrific
- E Efficient
- E Enthusiastic
- R Ready
- S Sensational

We thank you for all the nice things you do.

Large and small, they all have meaning to the families you help and to us.

Like ripples in a pond kindness spreads outward, reaching and touching others and can change a life forever!

Nancy Ryan, Executive Director

Frozen Food Program

Our FROZEN PROGRAM continues to grow. We now have ten people who regularly pick up their order on Tuesday morning meaning we pack the equivalent of four routes each week and average 150 meals per week.

Our volunteers deliver to Ridgeway, the north end of Fort Erie out to Stevensville and the south end of Fort Erie out to Buffalo Road. Most clients order weekly with half a dozen ordering occasionally or only when there are items on the menu they like. We have seven clients who utilize both our programs with hot delivery 3-5 times a week & frozen meals for the rest of the week.

Several clients over the past year have used the frozen program for short-term convalescence. We always have stock on hand for hospital discharge patients to select their free discharge meal. Frequently family or friends stop by the office to select meals for someone who is going home.

The Fall menu will not begin until the end of December this year. We hope to again give our clients a free frozen turkey dinner at Christmas time.

Mary McLelland-Papp, Service Coordinator

Wheels to Meals Program

This program continues to be successful as can be seen from our monthly attendance numbers!!! It provides seniors with a few hours away from their home in a safe and relaxed environment, where they receive a nutritious meal, a little socialization and entertainment.

There are several “essential” components of our program as follows:

Volunteers: Are always needed to pickup clients who are unable to drive themselves. It takes about 2-3 hours of your time, once a month.

Seniors: There are so many seniors who are shut-in and do not have the opportunity to get out for an afternoon. Do you have a neighbor, friend or family

member who might benefit from this program? We have several clients who bring a family member with them and this gives them an opportunity to spend the afternoon together, kind of like a date!!!

Talent: We are always looking for new “free”

entertainment – do you know anyone that has a special talent and wouldn’t mind sharing it with us?

Venues: Presently we have three venues: St. Paul’s Anglican Church, Lion’s Douglas Heights Seniors Centre and Bordertown Grill. We would welcome the opportunity to host our lunch out at another venue. Do you know of any group that may be interested?



WE NEED YOUR HELP TO KEEP THIS PROGRAM GOING!!!!

Please contact our office for further details and to discuss any of the items outlined above.

A heartfelt thanks to our volunteers, venues and staff for making this worthwhile program a success!!

Sharon King, Service Coordinator

Long Range Planning Committee Report

It is now time to renew our long range planning and in order to do so, the Board of Directors has invited the Hamilton Niagara Haldimand Brant Local Health Integration Network to meet with us this fall and provide us with their best thoughts about directions for the future. If you have ideas or thoughts about the direction of Meals on Wheels Fort Erie and what you would like us to include in our strategic directions, please contact Susan Speck at **905-871-8298** or sespeck@aol.com.

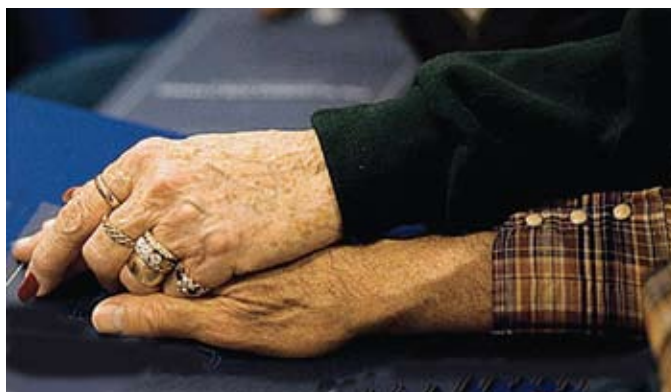
To date, we have accomplished the following objectives of our 2010 Strategic Plan:

- piloted a breakfast menu in February 2010
- continue to use the dietician services at Gilmore Lodge
- collaborated with other services like Community Support Services Niagara
- developed a community service plan
- implemented the LHIN client assessment
- maintained a successful volunteer recruitment strategy
- sampled volunteers for input
- revised our promotional tools and activities.

Susan Speck, Long Range Planning Chair

We have just all celebrated Thanksgiving Day which is such a wonderful time of the year to reflect on how lucky we all are to live in Canada and in such a wonderful community as Fort Erie. As a member of the Board of Meals on Wheels I am amazed and thankful for the number of volunteer hours that are put in delivering meals. We can never over estimate how important, and how big of a difference we make in the lives of our clients when a volunteer arrives at the door to deliver meals. The meal may simply be the bonus of having a friendly visitor stop by and say hello.

Speaking of volunteering we are in need of additional board members. This monthly commitment supports Nancy and the staff in their work and gives guidance to the organization. Please consider applying to become a member of our Board your skills maybe



just what we need! To volunteer please don't hesitate to contact Nancy, John Newton, or myself. One of the many things I am thankful for this time of year is the opportunity I've had to serve Meals on Wheels as a member of the Board and to come to know my fellow board members and the staff better. Ours is a wonderful organization, doing good work, in a great community. Please consider joining us!

Mark Gladding (Member of the Board)

Dollars and Cents

We are now midway through our fiscal 2010/2011 year. Finances are challenging to say the least. Meal deliveries to citizens of Greater Fort Erie are increased year over year by approximately 12%, highlighting the increasing need for service in our community.

Meals on Wheels fiscal budget for this year is \$221,596.00, of which we will receive \$86,705.00 from the Ministry of Health, distributed by the LHIN. The remainder of our budget is derived from those able to pay for their meals, and from the generosity of donors. To date donations received total \$13,420.00. The annual budget for donations is \$46,222.00, so while at the mid point in our fiscal calendar, we are well below the mid level in donations received.

Financial constraints and budgetary considerations have caused the Board of Directors to call for a hiatus of our fall luncheon for 2010 which will save a relatively small, but important amount of funds. We will continue to watch expenditures closely, with the initiation of a community fund raising campaign imminent.

Tim Wisbey, Treasurer

TO THE VOLUNTEERS & DONORS, PLEASE REMEMBER C.O.P.E.

At our luncheons we have always collected donations for the needy and distributed them to Fort Erie and Ridgeway. As we are not conducting a luncheon this fall we ask that you please continue to remember those less fortunate, especially at this time of the year.