



# BEHIND THE WHEEL

THE KING'S DAUGHTERS DINNER WAGON NEWSLETTER

ISSUE NUMBER 74

*More than just a meal!*

SPRING 2007

## Madat Kara: a friend to Meals on Wheels Ottawa

A not-for-profit organization such as Meals on Wheels relies heavily on its wide base of volunteers. We are very blessed at KDDW to have dedicated individuals and companies to help our meal deliveries run smoothly.

One such dedicated volunteer is real estate agent Madat Kara. Madat delivers out of Centre d'accueil Champlain every Friday. He looks forward to chatting with the clients he has come to know over the years, and always has an eye on their well-being.

Madat got the idea to volunteer at Meals on Wheels during the ice storm of 1998. He was stranded in a hotel in Toronto and watched as the news reported that Meals on Wheels in Ottawa was having difficulty delivering in the bad weather. He felt ill at ease sitting in a comfortable hotel room while seniors were going without their hot meals. He called Meals on Wheels to volunteer the minute he was able to return home.

Madat has a long history of volunteering in the community and gives freely of his time for many important causes.

Besides volunteering at Meals on Wheels delivering meals, he also plays an important role as a fundraiser. Madat, along with his dedicated team of local business partners, has raised over \$114,000 for Meals on Wheels Ottawa with events such as



*Madat Kara, Fundraising team leader. We are grateful for his ongoing contribution.  
Photo: B. St-Cyr*

his annual Boat Cruise on the Ottawa River and the Senators' hockey game at Scotiabank Place. This money has been put to excellent use, helping to keep costs down for clients by further subsidizing meal prices.

It is because of dedicated and caring volunteers like Madat that Meals on Wheels can continue to provide a high level of service to its clients. We hope his experiences can inspire more individuals in the business community to volunteer.

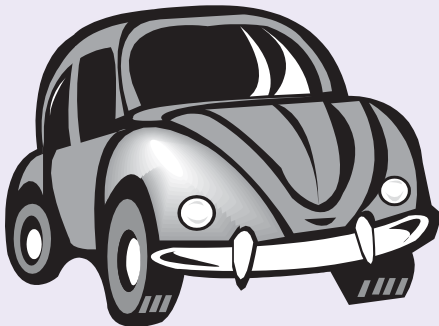


## A big Thanks to our Volunteers

We, at Meals on Wheels, are so fortunate to have a dedicated wealth of people to call on to deliver, always making sure all is well with a client and reporting concerns to MOW staff immediately. However, we're always looking for new volunteers to join the ranks. If you or any family member or friend would be interested in lending an hour or two a week to help out, please ask them to call either Pauline or Peggy at 613-233-2424.

Here are some interesting statistics taken from a recent survey on giving, volunteering and participating:

- One in three Canadians volunteers – an increase of 40 per cent in a decade
- The number of Canadian volunteers age 15-24 has doubled in the past decade
- Volunteers contribute the equivalent of 578,000 jobs, valued at \$16.3 billion
- One third of volunteers account for 81% of volunteer hours



## The Ottawa City Union of King's Daughters and Sons: Purpose and Mission

The Ottawa City Union is part of the Ontario Branch of the International Order of The King's Daughters and Sons, which was founded in New York in 1886. The Order is an interdenominational Christian organization whose objectives are "the development of spiritual life and stimulation of Christian activity." Members come from throughout Canada, the United States, Egypt, England, Hong Kong and the Netherlands.

Headquartered in Chautauqua, New York, the Order's Daughters and Sons are involved in worthwhile activities that make a difference in people's lives. There are scholarships for ministerial students, support of daycare centres, outreach programs, and in the case of the Order here in Ottawa, our daily meal program.

Each year for four weeks, at Chautauqua, the Order sponsors a Christian leadership program that draws young people age 19 to 25 from many parts of the world. The wonderful environment is very conducive to enrichment both of mind and soul.

The City Union of The King's Daughters and Sons has been active in Ottawa since 1889. Initially the group helped the community by sewing warm shirts for local newsboys and visiting the sick and needy. In 1901 the group decided to start a Girl's Club where girls taking part in the labour force could have a place to read and a friendly welcome.

Soon this club grew into a residence where, through the years, hundreds of young women were able to live in safety. Another large project was a fresh air cottage at Britannia to give deserving children and mothers, as well as some older ladies, a holiday during the summer.

In the 1960s, a group of dedicated King's Daughters started the King's Daughters and Son's Apartment Building, offering low rent apartments to seniors. The apartment currently houses men and women in 70 units.

In addition to scholarships at the Chataqua summer leadership program for young people, there are also bursaries in the local universities for History at Carleton, for Health Sciences at the University of Ottawa and for Ministry at Saint Paul. Another local program provides a house for the Children's Aid to use in their transition program with older teenage girls.

Our Meals on Wheels program was introduced by The King's Daughters and Sons in 1968. The Dinner Wagon assists seniors and disabled persons to maintain independence and remain at home as long as possible. Meals on Wheels programming has expanded over the years and now exists in other organizations in all parts of the greater Ottawa area.

The Order's motto is as timely today as it was at the beginning of the Order:

Look up not down

Look forward and not back

Look out and not in

And lend a hand

If you would like to be a member of this service organization, please call Elizabeth Slump at 613-725-2362 and join one of the oldest Christian groups committed to helping communities throughout the world.

## Frozen Meals on Wheels, a Success Story

Here's a quick reminder of the time frame for ordering and receiving frozen food orders from Meals on Wheels.

Frozen meals are delivered on Tuesdays between 1 p.m. and 3 p.m. or Fridays between 9 and 11 a.m. As a general rule, west-end clients are scheduled for Tuesday delivery and east-end clients are scheduled for Friday delivery. Frozen orders must be submitted one week before the scheduled delivery.

- Tuesday clients must call in their orders before 8 a.m. the preceding Wednesday.
- Friday clients must call in their orders before 8 a.m. the preceding Friday.

For your convenience, orders may be placed by phone 24 hours a day or you may submit your order on-line at our website, [www.mealsonwheels-ottawa.org](http://www.mealsonwheels-ottawa.org). Make sure to include your full name, address and phone number when leaving your order on the answering machine or e-mail.

## MOW has a new slogan

The Board of Directors approved a proposal to adopt a new slogan for our organization at their December meeting. Henceforth, all promotional material will bear the slogan "More than just a meal!" This message was chosen to highlight the importance of the daily caring contact of the



*The dancers from Churun Meru entertained us twice last year. Once at the Fundraising Boat Cruise in July and the second time at our annual Volunteer Reception in November. Thank you!*

*Photo: B. St-Cyr*

volunteers. Without the volunteers and their heartfelt contribution, Meals on Wheels would not be the success story that it is.

## We're Still Looking For New Office Space

Planning to move our organization into bigger, better adapted office quarters continues. At present, MOW is part of a collaborative project led by The City Union of The King's Daughters and Sons in partnership with Christian Counseling Ottawa and The Children's Aid Society of Ottawa. The purpose of the partnership is to seek funding to help us realize our dream of building a new four-storey office building on our current site at 790 Bronson to house our programs. Stay tuned for more news on this exciting project.





## 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 symptoms start soon after eating the contaminated food, some can appear up to a month later, and while most of the illnesses are not life-threatening, people with weakened immune systems are more at risk.

Here are some hints to keep the food you eat safe and tasty:

- Keep hot foods hot: 60°C (140°F), keep cold foods cold: 4°C (40°F)
- Leftovers can be consumed cold or heated to piping hot: 74°C (165°F)
- Date leftovers to ensure that they are not stored too long – eat within 2 or 3 days
- If leftovers are uneaten after they have been reheated, discard them
- Hand washing is one of the best ways to prevent the spread of food-borne illness. Wash hands for at least 20 seconds with soap and warm water before and after handling food.



## Working Hand in Hand with the Perley Rideau Kitchen

This spring, we would like to highlight the kitchen at the Perley Rideau Veterans' Hospital, which moved to its location on Russell Road 10 years ago. Since that time, it has been supplying Meals on Wheels with hot meals for our clients daily. For the past 15 years, Eileen Gauthier has been the food service supervisor at Perley Rideau, and our main contact.

The Perley Rideau actually houses 22 kitchens, which enable approximately 60 staff to provide nutrition for our clients as well as the residents of the

hospital, staff and visitors. These visitors could include attendees at seminars or meetings, since the meeting rooms at the Perley Rideau can accommodate up to 200 people. Some exciting news is that there is a guest house being built which will provide respite for Alzheimer patient caregivers.

When asked if she could name a favourite meal offered to our Meals on Wheels clients, Ms. Gauthier mentioned that comfort food, like their homemade meatloaf, is always popular as is the orange-ginger chicken.

Ms. Gauthier maintains that providing healthy meals to our Meals on Wheels clients is a rewarding part of her job and that the staff do all they can to deliver a tasty menu that stresses nutrition and variety.

We look forward to many more successful years of partnership with Perley Rideau Veterans' Hospital.



*Mindy Robineau, Client Coordinator, passed away in October 2006. A new fund to support fee subsidies for clients in need will bear her name in recognition of her contribution to our service. Special thanks to Bearskin Airlines and McGarry Family Chapels for very special donations. Mindy's vibrant presence will ever be missed by her clients and colleagues.*

*Photo: B. St-Cyr*

*Design courtesy of  
Enbridge Gas Distribution*

*Printing courtesy of*