



BEHIND THE WHEEL

THE KING'S DAUGHTERS DINNER WAGON NEWSLETTER

ISSUE NUMBER 79

More than just a meal!

FALL 2009

MOW Co-locates at The Good Companions

In mid-summer, we announced that our organization was leaving our office at 790 Bronson and moving into The Good Companions building at 670 Albert Street, effective October 15th. By the time this issue is published, we'll already be happily installed in our new quarters. Sharing space with The Good Companions Seniors' Centre, one of our key hot food kitchens, will be wonderful as it will place us at the heart of a multi-service Community Support Services organization. Their range of programs is a perfect fit with Meals on Wheels so we anticipate the new linkages created by our proximity will allow for some exciting collaborative ventures.

Special thanks go to the members of our Space Search Committee, both past and present. Getting to this stage took many years as we explored a number of other possibilities. Key members throughout this process include Christine Dawson, Karen Zypchen, Charlotte Davidson, Jackie Maurais, Caroline Iwasaki, Jacques Bédard, Maroun Rehayem, and many others on both our Board of

Directors and the Board of the Ottawa City Union of The King's Daughters and Sons.

We are leaving 790 Bronson, which has been our home since 1987. This alters our longstanding relationship with The King's Daughters and Sons, who not only founded our organization in 1968 but also acted as our very friendly landlord for all these years. This may be the end of a landlord-tenant relationship but it is by no means the end of a very special relationship for which we are extremely grateful.

We are also grateful to The Good Companions for helping make this move a reality. Working together, we are looking forward to making our services even better for our clients.

www.mealsonwheels-ottawa.org

Our brand new website is online! The English version went up in early September. Work on the French version has started

and we hope to have that part up in the next couple of months. The new site has all kinds of new functionalities including online ordering, client and volunteer applications, and more. We can now also accept donations online. Something to keep in mind as we approach the Christmas season.

Walk of Ages

The annual Walk of Ages organized by The Good Companions Seniors' Centre in partnership with other community organizations was held on June 6th. Meals on Wheels is happy to be involved as a partner in this event every year. Staff and volunteers who attended enjoyed a lovely walk along the Ottawa River, a breakfast prepared by the kitchen staff at The Good Companions, and entertainment by The Grey Jazz Combo.

Thank you to all those who participated in helping to make this event a success. Meals on Wheels' share from the money raised is \$705.50. This money will go towards keeping the cost of meals down for our clients.

Winter is Coming

We aim to deliver throughout the winter but sometimes bad conditions make it simply impossible for the volunteers to deliver the meals safely. It is a good idea to stock up on canned goods and other food items in case this happens. You may also consider ordering our frozen meals and having a supply on hand. For more information, please contact Client Coordinator Pamela Beauchamp at our office.



The new home of Meals on Wheels at The Good Companions at 670 Albert Street. Photo: B. St-Cyr

Welcome!

Volunteers joining Meals on Wheels since Spring 2009 are:

Zacharie Beaulieu-Dearman

Charles Robichaud

Freda Cunningham

Charlotte Rousseau

Hamed Demyati

Craig Rue

Pauline Dupont

Conrad Sendybyl

Janet Graham

Nancy Thibeault

Jan Grant

Dawn Thomas

Pourya Honarvar

Dawn Thompson

Matthew Howe

Helen Vance

Karin Hughes

Carrie-Anne Whyte (Great West Life)

Reem Kouseibati

Belinda Windover

Shari Kulic

Lynne Langille

Betty Marceau

Milt Mitchelmore

Linda Moffatt

Lynne Moncion

Deborah Mullins

Brendan Parson

Mary Parson

Paul Plouffe

Colin Prime

The Importance of Proper Nutrition

(by Renée Langille, Reception and Project Coordination)

There is a saying that goes something like this – the older one gets, the wiser one gets – when it comes to making the right choices. But this is not always the case, especially when it comes to making appropriate food choices.

Just as life continually changes, so do our bodies and our need for different nutritional requirements. Adding to these changes are the accompanying lifestyle, social, economic, and medical conditions that often impact the amount and quality of food available to us. The reality is, for numerous reasons, we quite often do not get the vitamins and minerals that our aging bodies need to fight the onset of debilitating conditions. To maximize resources we must make an extra effort to choose nutrient dense foods and avoid empty-calorie snacks.

It is a fact that as we grow older, our bodies become naturally less efficient at using nutrients. To make matters worse, we will generally develop more illnesses and tend to take more medication as a result. These medications adversely affect the way our bodies break down nutrients. This is why it is extremely important to eat balanced, healthy meals and indulge in moderate exercise on a regular basis.

One of the nutrients most impacted by aging is vitamin B12. It is essential for cell growth, blood formation, as well as nerve and brain development and can stave off anemia. Protein is a macronutrient that we also may fall short on. A safe protein intake for older adults is 1.0-1.25 grams of protein per kilogram of body weight per day. It makes sense to consume foods right in both protein and vitamin B12, such as salmon, flounder, tuna, beef, and lamb.

Vitamin D is as important to the elderly as it is to children. Good nutrition planning is needed to reach the recommended levels of calcium and vitamin D (for bone health), and

vitamin B6 (for energy metabolism and heart health). To prevent bone mass loss and osteoporosis, add these nutrient-rich foods into your diet: bananas, yogurt, chicken, spinach, milk, fish, and whole grains.

Also becoming less effective is our bodies' own natural antioxidant system. Oxidation damage is caused by free radicals, which are unstable molecules that, when left on their own, run rampant throughout the body, destroying healthy cells. Oxidation is the same process that causes rust on cars to develop. Antioxidants work to neutralize free radicals, preventing the damage they cause. The best sources of antioxidants are fruits and vegetables like blueberries, cranberries, pomegranates, broccoli, Brussel sprouts and plums. They also contain beta carotenes and a number of other important vitamins such as vitamin A, C, and E, yet few people consume required amounts. They play a key role in keeping our immune system happy and functioning properly.

One of the most noticeable changes is that we lose lean body mass (muscle) and gain body fat. Between the ages of 30 and 80, lean body mass declines by about 15% in people who are less physically active. Because of these changes, we need about 10% fewer calories as each decade passes. However, our nutrient needs generally stay the same.

At every stage of life, our bodies change. As a result, certain nutrients become important for optimal health at different times. If you are not getting the right mix of nutrients from your diet, regardless of the reason, it may be necessary to supplement your diet by taking a daily multivitamin supplement. For the most benefit, choose one that has been formulated to suit changing dietary needs and always consult your physician or health practitioner before making any major diet changes. Making informed decisions will prove beneficial in the coming years.

Fall Fundraisers

Fall 2009 has been very busy with fundraising efforts. First, Madat Kara's Fundraising Team arranged a very successful fundraising evening at Scotiabank Place, featuring an exhibition game between none other than the Montreal Canadiens and the Senators. We had a sell-out, with all 180 tickets sold, great food, and great fun. Thank you to everyone who sold or bought a ticket. Thank you Madat Kara, Pierre Dulude, Jacques Bédard, Shamez Charania, Tina Moledina, Ashad Jiwa, and the rest of the team for organizing the evening. Stay tuned for news on our next hockey fundraiser during the winter.

The second fundraiser was our annual Mums for Thanksgiving campaign done in conjunction with the Rotary Club of West Ottawa and partners such as the Rotary Club of Stittsville, Mothers Against Drunk Driving, and Engineers Without Borders. A record number of plants were sold for delivery on October 2nd and 3rd. Many smiles all around. It's always great to surprise someone with a colourful plant delivered just before Thanksgiving!



Madat Kara delivering to Thérèse Gauthier with his granddaughters Aiyla and Eshal. Photo: S. Charania

Meals on 2 Wheels



(by Jill Dodd, Volunteer Coordinator)

This summer, while on vacation in B.C., I had the opportunity to visit with staff and volunteers of Meals on Wheels in Vancouver. I had contacted

them to inquire about their Meals on Bikes Program and was lucky to spend some time with their volunteer coordinator, Jill Howey, who shared with me how their program works. The program involves the delivery of select routes by bicycle. Volunteers are able to deliver 8–12 meals on a bike route. The insulated bag carrying the meals is held in a crate affixed to the back rack of the bicycle. They began their program after visiting with the Santropol Roulant in Montreal, which has been delivering meals by bicycle since 1996. They have experienced a great response to this program and attracted new volunteers as a result.

They have even had a volunteer deliver a route on a scooter.

We will be exploring the idea of beginning a Meals on 2 Wheels program here in Ottawa in the spring. Some of the advantages of this idea are an opportunity to be kinder to the environment, avoid costly fuel bills, avoid difficulties in finding parking while on delivery and, all the while, getting some exercise.

We look forward to bringing this greener and healthier delivery option to Meals on Wheels in Ottawa and hope to hear from any current and future volunteers interested in getting involved.

Volunteer Awards

This year Meals on Wheels was proud to nominate several of its volunteers for

The Ontario Volunteer Service Awards. This award recognizes continuous years of commitment and dedicated service to a single group. It helps to recognize the valuable contribution that volunteers make to the quality of life in Ontario. A wonderful ceremony was held on June 11th where award recipients were presented with stylized trillium pins and personalized certificates from the Ministry of Citizenship and Immigration. Arnold Gamble was recognized for 40 years of service to Meals on Wheels. Also recognized, for more than 30 years of service, were Rowena Pomeroy, Sylvia Baenziger, Christine Richter, Joan Glynn, and Virginia Hill.

We congratulate all of our wonderful volunteers for this well-deserved recognition and extend our gratitude for their commitment to Meals on Wheels and the clients we serve.

May 26th Volunteer Development Day

Forty volunteers were in attendance this year. Our first session was offered by Lyne Marcil from the Geriatric Assessment Outreach Team. Lyne gave a great presentation on when to consider making a referral for Geriatric Assessment. She included a “build a case” exercise that gave the volunteers an opportunity to give examples. Our second presenter was OPP officer Guy Provost who presented on the Drive Wise Program.

Officer Provost gave many safe driving tips. Volunteer Art Cauty also gave a presentation on the “Reaching Out to Isolated Seniors” organization.

Thank you to Lyne, Guy, and Art for a very informative day



Left to right: Minister Jim Watson, Arnold Gamble, Sylvia Baenziger, Virginia Hill, Christine Richter, Joan Glynn, MPP Yasir Naqvi. Absent: Rowena Pomeroy. Photo: C. Richter

Christmas Meal

Once again this year, we're planning to have a special Christmas day delivery for our clients. As in the past, this Christmas meal will be provided free of charge thanks to our numerous community partners. The planning is just beginning but we anticipate serving the meal out of Donna's Express again this year. Special thanks to Moe Atallah for his continued support in making this day special for our clients. The deadline for ordering your meal is Friday, December 11th.

November 4th Volunteer Reception

All Meals on Wheels volunteers are invited to attend our Annual Volunteer Reception. This event will take place on Wednesday, November 4th from 2 to 4 p.m. at the St. Elias Centre, 750 Ridgewood Avenue. This event is planned in appreciation of all our wonderful dedicated volunteers. There will be entertainment provided by the Grey Jazz Combo as well as awards, prizes, and refreshments. The reception is an excellent opportunity to meet other volunteers as well as office staff and Board members. Please RSVP to the office at 613-233-2424. We would love to see everyone attend.

Volunteer Notes

Flu season is approaching....

What you can do to stay healthy and limit the spread of germs during flu season:

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it. If you don't have a tissue, cough or sneeze into your sleeve, not into your hand.

- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- Avoid touching your eyes, nose, or mouth. Germs are spread that way.
- Stay home if you get sick.

For more information please refer to <http://www.cdc.gov/HINFLU/>.

Everything in the news is telling us that flu season could be especially bad this year. Please do not hesitate to call Terry or Jill if you do not feel well enough to deliver meals. You may also want to consider carrying hand sanitizer in the car with you.

Family Volunteering at Meals on Wheels

(By Charles, Zac and Emma Zabry)

My son, daughter, and I have been volunteering at Meals on Wheels since 2007. I originally looked at volunteering for myself to address that nagging feeling that I'd spent a lot of time taking and not a lot of time giving. Meals on Wheels fit preferences I had for availability and level of interaction. It also turned out to be something that our children Zachary and Emma could participate in as well. (The fact that it could count towards the high-school volunteering requirement also did not go unnoticed.)

My son Zachary, now 16, took the volunteer training course with me, and, so prepared, we set off on our first route. Since that day we have done many delivery routes with Zachary or with my daughter Emma, who is 12. Customers on the routes are almost universally friendly and appreciative, and are also extra pleased to see and talk to young people.

The basic goals I had set for volunteering

have been achieved through our work at Meals on Wheels: the reward of giving some of our own time to help others and the hope that this is appreciated by our children as well.

The dedicated one-on-one time with each of the children during a route is the best of all. There are no televisions, phones, or computers on the route, just interesting conversations and a feeling of shared contribution to our community. Driving a route without one of the kids along is certainly not the same.

Some of the unanticipated rewards of Meals on Wheels have also been a pleasant surprise, for their unexpectedness and for their relation to our children. The kids certainly have gained a better knowledge of our city, since we have covered many neighbourhoods and areas none of us have gone to before. More importantly, they have been exposed to the challenges and social situations that people can encounter as they move through life, and the importance of social interaction and support from the community for everyone.



Charles Sabry with his son Zach and daughter Emma. Photo credit: C. Sabry

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