

# Behind The Wheel

MORE THAN JUST A MEAL!

Issue #93

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## Seniors' Centre Without Walls



The Seniors' Centre Without Walls, organized through the Good Companions Seniors' Centre, is the perfect place to meet new friends, laugh, learn, or share a conversation. The best part is that you get to participate from the comfort of your home- **all you need is a telephone!**

*"It gives me something to look forward to. I really like interacting with the other people on the line. Now that I am part of this program I no longer feel as lonely."*

- Brenda

This interactive program is free for adults over 55, or who are living with a

disability. Each thirty to sixty minute program gives you the opportunity to interact with other seniors in the Ottawa area, share stories, and feel connected. There is something for everyone; with special monthly events, lectures, old time radio shows, recipe exchange, trivia, musical events, biographies, and much more. You can register for as few or as many programs as you like, and once you've called in you can still hang up at any time.

*"I used to sit at home alone doing nothing. [The Seniors' Centre Without Walls] makes you want to get up in the morning ... it makes you feel like a person again. All you need to do is pick up the phone."*

-Eleanor

For more information, contact Rachel Sutcliffe at The Good Companions

either by email or by phone:  
scww@thegoodcompanions.ca  
613-236-0428 Ext. 2323

This program is also available in French through the Centre de service Guigues. Please contact Nadine White at 613-241-1266 ext. 227.

### Notes:

**AUGUST 7 CIVIC HOLIDAY**

- NO MEALS

**SEPTEMBER 4 LABOUR DAY**

- NO MEALS

### Reminders:

- **MEAL DELIVERY**  
CANCELLATIONS MUST BE RECEIVED BEFORE 9 A.M. TO AVOID A CHARGE
- **MEALS CANNOT BE LEFT AT THE DOOR FOR ANY REASON!**  
PLEASE CALL US IF YOU NEED TO MAKE ALTERNATE DELIVERY ARRANGEMENTS.
- **PLEASE LET US KNOW IF YOU WOULD RATHER RECEIVE CORRESPONDENCE IN FRENCH**

### **Billing Reminders:**

Cheques or money orders must be made out to one of the following:

« The King's Daughter Dinner Wagon », « Meals on Wheels (Ottawa) », OR « La Popote roulante (Ottawa) ».

Unfortunately, we can no longer accept postdated cheques.

Payments returned as NSF (non-sufficient funds) will be subject to a fee of \$15.00.

Please be sure to send in your payments each month before the 24<sup>th</sup>, to ensure there is no interruption to your service.

## Tips to Beat the Heat this Summer Season

- Wear light coloured cotton clothing. Cotton is a very breathable material, which wicks moisture away from your body, while also allowing any breezes to cool you down.
- Drink additional fluids – try ice water with lemon, mint, frozen fruit,

or cucumber slices for an extra refreshing treat.

- Keep a few water bottles in the freezer. Once frozen, wrap with a thin towel and apply to pulse points (wrist, inside elbows, inner thighs) to cool you down. As the ice melts, you'll have a refreshing drink as well! For a drip free cool down, fill a clean sock with rice or dry beans, knot the top, and store it in the freezer for a DIY cool compress that won't get you wet.
- Point at least one fan out the window, rather than inward, to push hot air out. Adjust ceiling fan settings so the blades run counter-clockwise, pulling hot air up and out instead of recirculating it around the room.



- Turn off any unnecessary lights. All lightbulbs give off heat, even the new ecofriendly options.
- Seek shelter. Stay in the shade when possible, and if it's really hot, consider stopping in at places that have air conditioning (like a coffee shop or library) to cool down.

### Did you know?

**LAST YEAR 454 VOLUNTEERS DELIVERED 75,533 HOT MEALS AND 44,815 FROZEN MEALS TO 1,356 CLIENTS. THAT'S 120,348 MEALS. BON APPÉTIT!**

**VISIT OUR WEBSITE TO VIEW OUR ANNUAL REPORT**

**[WWW.MEALSONWHEELS-OTTAWA.ORG](http://WWW.MEALSONWHEELS-OTTAWA.ORG)**

## The Meals on Wheels Annual General Meeting

The whole team was dressed to impress at this year's Annual General



Back row from left to right: Bau St-Cyr (Executive Director), Jessica Neil (Projects Coordinator), Cathy Shaw (Saturday Coordinator), Jill Dodd (Manager of Volunteer Services). Front row from left to right: Theresa Paplinskie (Summer Student), Gabrielle Béland Mainguy (Client Coordinator), Derna Lisi (Bookkeeper), Jena Davarajah (Coordinator of Volunteers)

## Welcome To Our New Summer Student!

Last month we welcomed Theresa Paplinskie, our new summer student, who will be helping out around the office wherever she is needed. Theresa is going into her second year studying Political Science at the University of Ottawa. If you call to complete your client survey, you will likely get to speak with her. She would love to hear from you!