



FOOD *For* THOUGHT

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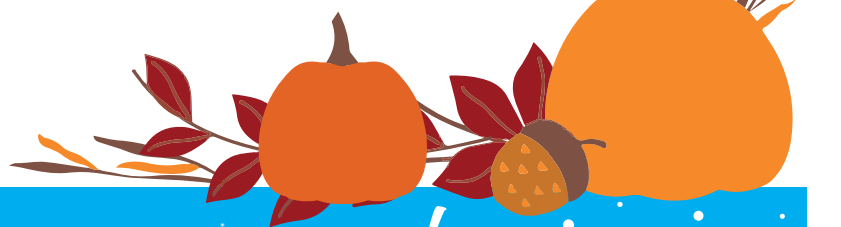
GOODBYE SUMMER Hello Fall!



As summer draws to a close, we want to say a HUGE thank you to our wonderful summer students - Hayley Gardner, Maddie Walcer, and Emily Little!

Your dedication and hard work have been greatly appreciated. Best of luck in your next semester at university!

*Thank you to our
summer students!*



Winter is Coming!



While we do not cancel often, it's a good idea to have extra meals on hand for days that it is not safe for our volunteers to deliver. Cancellations will be announced on CBC Storm Centre, the radio, Facebook, and on our voicemail.

President's Message

Greetings everyone!!

It is hard to believe summer of 2023 is coming to an end!! I hope everyone had an enjoyable summer and spent time with family and friends and took advantage of what our beautiful province has to offer!

Our kitchen staff worked diligently and efficiently every day to prepare our nutritious meals and the volunteer drivers' wheels kept rolling to ensure people received their meals. Behind the scenes and, equally important to the organization are the office staff. Meals on Wheels runs like a well greased wheel and every cog in that wheel is valuable.

A huge thank you to each and everyone for all you do!!

Of course, the individuals receiving the meals are such special people and drivers often develop wonderful caring relationships. They are often heard praising Meals on Wheels, stating how wonderful the meals are and especially, how friendly the drivers are. With the loosening of Covid restrictions, more people are engaging with the drivers and seem pleased to have a bit more normalcy in their lives.

Since the last Newsletter, we have hired an Operational Manager, Faye Webb and she

has been a great asset to the organization, as well as freeing up some of Betty's 100+ hours she devotes to MOW. **As you know, Betty is gradually moving into retirement,** To facilitate this transition, we've appointed Anne Newman as our interim Co-Executive Director on a part-time basis, starting in mid-September. Anne will work alongside of Betty and perform similar roles, with Betty acting as a mentor yet freeing up some of her time as she transitions into retirement.



Meals on Wheels has started preliminary work on a new Strategic Plan as our current one expired almost a year ago. When the Board meets in September discussion about this will be part of the meeting's agenda and a meeting dedicated to its development will be held two weeks later, with the hope to have a new Strategic Plan available in the fall. Stay tuned!

As we leap into fall, I wish everyone lots of vibrant fall colors in their future!

Take care!

Visit from our MLAs



Board and staff BBQ!

Graciously hosted at our president's house.

Congratulations Tanya!

We are delighted to share that our dedicated volunteer, Tanya Whitney, has been recognized as a winner of the 2023 Community Recognition Award. Her dedication and compassion are truly exemplary, and we extend our warmest congratulations to Tanya on this well-deserved honor.

Welcome Faye Webb!

Faye began working at York Care Centre in 1986 as a Dietary Attendant and advanced to various roles, including Food Services Manager and Support Services Manager, until her retirement in March 2023. In April 2023, Faye took on an exciting new role of Operations Manager for Meals on Wheels, driven by her passion for the program and its meaningful challenges!

Meals on Wheels

BOARD OF DIRECTORS 2023-2024

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Warm Welcome to:

KATHLEEN STARKE

PETER STEEVES

UPDATES

With heartfelt gratitude, we bid farewell to Melissa Boyer, Jenn Thomas, and Tony Fitzgerald, valued members of our Meals on Wheels Board of Directors. Welcome to Peter Steeves and Kathleen Starke!



WE'RE THRILLED TO SHARE SOME EXCITING NEWS!

After a temporary pause due to COVID, we're eager to announce the possible resumption of our Wheels to Meals program this November. **We can't wait to once again gather and savor delicious meals together. Stay tuned for more details as we navigate these exciting plans!**



QUESTIONS ABOUT SENIORS PROGRAMS & SERVICES?

When you need help finding community supports.

Dial **2-1-1** or **visit 211.ca**



I need help finding...



I need help finding affordable housing

I need Mental Health Services

I need help with money

I need help getting to medical appointments

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