

Oakville Meals on Wheels

Newsletter

Spring 2021

Welcome Penelope Mathieson!



Oakville Meals on Wheels (OMoW) is pleased to announce the appointment of **Penelope Mathieson** to the position of Interim Executive Director.

Penelope comes to OMoW most recently from the Art Gallery of Mississauga, where she was Interim Executive Director.

“Penelope comes to us with an impressive history of senior leadership positions across a breadth of

community organizations”, says **Jan Narduzzi**, Chair, Oakville Meals on Wheels. “She has extensive experience with fundraising, having successfully negotiated major corporate gifts for a number of organizations, and is familiar with the workings of community boards as well as various governance structures”.

Julia Hanna, Community Ambassador, comments: “I am very pleased to welcome Penelope to the Oakville Meals on Wheels family and look forward to working with her on a variety of initiatives.”

Please join us in welcoming Penelope to the Oakville Meals on Wheels family!

COVID-19 Vaccinations

COVID-19 vaccine rollout has begun and appointments can be made online at www.halton.ca. Call 311 if you require any support. Halton is also offering free transportation to the clinics.

The Oakville clinic is at **St. Volodymyr Cultural Centre**, 1280 Dundas St. **Oakville Trafalgar Memorial Hospital** is also administering vaccines. You will be directed to a clinic when your appointment is confirmed.

March For Meals 2021

Every March, Meals on Wheels providers across Ontario participate in the **March For Meals** campaign to celebrate their impact and raise awareness and community engagement.

Community Champions Week, March 22-26 recognizes our accomplishments. In 2020, OMoW delivered our one millionth meal, a major milestone! We also have an amazing team of volunteers that keep our wheels moving each day.

Over One Million Meals Delivered 

We provide more than a nutritious meal...also a warm and welcoming connection. 

905-842-1411
www.oakvillemealsonwheels.com

Thank you to all community members who supported this campaign through donations, volunteering and social media awareness.

Important Menu Information

Effective **April 1st**, menu prices will be as follows:

Hot Meal	\$8.95
Soup & Sandwich	\$5.25
Sandwich	\$4.15

The pandemic has had a direct impact on the cost of food. We strive to provide quality, nutritious meals and exceptional service delivery while keeping prices low.

We thank you for your understanding when menu price increases occur.

Spring Forward



With spring comes warmer weather and longer daylight! Your April community bag includes a succulent plant. Here is how to care for it:

- Place the plant where it will get 6 hours of bright, INDIRECT sunlight each day.

- Succulents do need water. Use the Soak & Dry Method, DO NOT water from the top. Set your succulent in a small tray of water. Let it dry out completely and do this once every 2 weeks.

Get Moving Corner

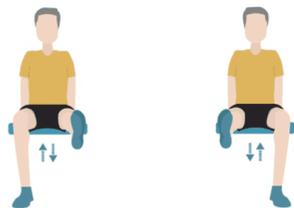
Reduce your risk of falling by trying some **chair exercises**. Exercising has many benefits, such as increased flexibility, better sleep and can help prevent some serious medical conditions like heart disease. These are gentle exercises you can do in the comfort of your own home!

Tummy Twist*



Sit toward the front of a chair while holding a weighted object like a can of food. Rotate your upper body to the right, then back to the centre, then to the left. Rotate back to the centre and continue alternating from side to centre to side.

Knee Extension*



Sit right at the back of a chair. To ensure stability, hold the chair seat with both hands. Fully extend one leg then slowly return it to the floor. Do the same action with the other leg.

*Exercises and images courtesy of www.draxe.com

Volunteer Spotlight



Meet **Robin**, one of our regular Friday drivers.

Robin has been a volunteer with Oakville Meals on Wheels since 1993. For 27 years, she has been serving her community by donating her time to ensure those most vulnerable have nutritious and delicious hot meals. A real estate agent based out of

Oakville, Robin is familiar with the area and the needs of the community. She is experienced in establishing relationships with people personally and professionally, one of the many reasons why Robin is an excellent volunteer for our organization.

“I started delivering with Oakville Meals on Wheels with my mother” says Robin, “and through the years I have delivered with my children as well. Volunteering with OMoW has really been a family affair”.

Despite the pandemic, Robin has continued serving the Oakville community by keeping her weekly route and maintaining her warm connections with many of the clients she delivers to.

Thank you Robin for your many wonderful years of dedicated service to Oakville Meals on Wheels!!

Springtime Tips

Get some sunshine! Many people have been isolated indoors due to the pandemic, and due to the cold and snowy winter months. Now is a good time to get outside and enjoy the sun. Exposure to sunlight is a good source of Vitamin D. Remember to wear your hat and sunscreen!

Snack Stop

Spring is here, and this is a great time to enjoy seasonal fruits and vegetables. **Cucumbers, peppers, rhubarb, and strawberries** are all in season. Dieticians of Canada recommend 7 to 10 servings of fruits and vegetables each day.

Fun & Games

There are lots of benefits to interactive activities:

- ✓ Enhances cognitive function
- ✓ Improves memory
- ✓ Boosts mood
- ✓ Hones problem-solving skills
- ✓ Improves focus and concentration

*answer key on back page



Sudoku

Try to fill in the empty boxes so that:

- Each row contains the numbers 1 through 9.
- Each column contains the numbers 1 through 9.
- Each square box contains the numbers 1 through 9.

		1		6	5	2	3	7
3				2	9	1	6	
	6	4				9		
	2	8			4	7		3
			1		7	8		
5			2			6	9	
4						5	2	
7	5	6	9	4	2		1	8
9	1		5	8				

Spot the Difference

Find 6 differences between the pictures.



JUMBLE

THAT SCRAMBLED WORD GAME
by David L. Hoyt and Jeff Knurek

Unscramble these four Jumbles, one letter to each square, to form four ordinary words.

DUELE

INJOT

CANYEG

SAYILE



Now arrange the circled letters to form the surprise answer, as suggested by the above cartoon.

Print your answer here: - ""

(Answers Monday)

Yesterday's Jumbles: EXERT ONION UPROOT SUDDEN
Answer: He wanted to go out to lunch with his friends after the marathon, but he — NEEDED TO RUN



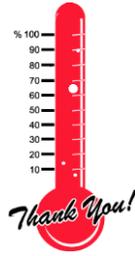
Easter Fundraiser Recap

Thank you to everyone who took part in our Easter chocolate fundraiser from February 16-March 10.

We surpassed our goal with nearly **\$6,000** in sales!

Funds raised help to support our subsidized meal program.

Thanks to Purdys Chocolatier for the amazing selection of chocolates!



Missed the Fundraiser?

We welcome and thank you for your generosity in supporting Oakville Meals on Wheels. If you missed a fundraising activity you can donate by calling 905-842-1411, or through our website. Visit www.oakvillemealsonwheels.com and click the **DONATE** button on the home page.

Tax receipts are issued for donations of \$20 and over.

Connect with us!

www.oakvillemealsonwheels.com



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Delta Bingo

Delta Bingo has reopened with strict COVID-19 protocols in place. A portion of revenues support the Oakville community at large, including Oakville Meals on Wheels, to help ensure we keep the wheels moving.



Personalized home care

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Home Health

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bayshore.ca

Interactive Games Answer Key

Sudoku

8	9	1	4	6	5	2	3	7
3	7	5	8	2	9	1	6	4
2	6	4	3	7	1	9	8	5
1	2	8	6	9	4	7	5	3
6	3	9	1	5	7	8	4	2
5	4	7	2	3	8	6	9	1
4	8	3	7	1	6	5	2	9
7	5	6	9	4	2	3	1	8
9	1	2	5	8	3	4	7	6

Spot the Difference

- Flower on hat Ear
- Hair fringe Wheel
- Plant tray Pocket

Jumble

elude, joint, agency, easily
Answer: G Eye Joe

Oakville Beaver

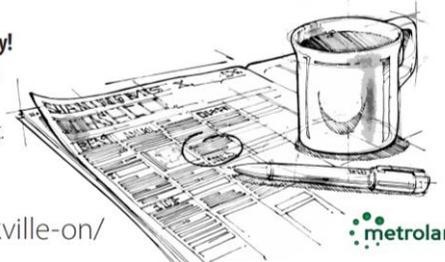
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