

Oakville Meals on Wheels

Newsletter

May/June 2021

National Volunteer Week 2021

National Volunteer Week (NVW) 2021 was held April 18-24.

We have much to be thankful for including our devoted volunteers. Day after day and year after year, their awe-inspiring acts of kindness have ensured personal meal delivery along with a friendly smile and wellness check. This has continued throughout



Volunteer driver Joe J.

the pandemic. During NVW we express our gratitude and celebrate these caring and compassionate individuals who have gone above and beyond. *Recognition lifts the human spirit* and we recognize the power of people, organizations and sectors all working together in harmony to achieve these positive outcomes.

Special thanks to Effie Triantafilopoulos, MPP Oakville North-Burlington for so thoughtfully sponsoring NVW Spirit Awards to thank and recognize our volunteers for uninterrupted service delivery despite the many challenges imposed by COVID-19. Volunteers dedicate their time, resources, energy and so much more to deliver meals with a most welcome human connection – they are truly our lifeline to hope.

Thank You Merry Maids!

Oakville Meals on Wheels is honoured to have been chosen by **Merry Maids of Oakville** as charity of choice for their Give Back program. Funds raised by Merry Maids and their wonderful clients during March have contributed to the OMoW subsidized meal program.



Leslie and Ana from Merry Maids along with Kellie and Penelope from OMoW

The need for this particular program has seen a 60% spike in demand from last year, due to job/income loss as a direct consequence of the COVID-19 pandemic.

Better Hearing & Speech Month in May

Age is the single most common reason for hearing loss, affecting men almost twice as much as women. 1 in 6 Canadians has a speech, language or hearing problem. Hearing loss is the third most prevalent chronic disability among older adults and 20% of adults over 65, 40% over 75 and 80% of nursing home residents have a significant hearing problem.*



One of the best protections against hearing decline is prevention which may include use of ear protection to reduce volume and using earphones at reduced volume. Diagnostic hearing tests may be covered through OHIP while some insurance plans cover the cost of hearing aids. Studies show that hearing aids also reduce the impact of cognitive decline.

To find a Speech-Language Pathologist or Audiologist, call 1-800-259-8519 or visit <https://www.sac-oac.ca/news-events/speech-hearing-month>.

*For more information and statistics, please visit www.speechandhearing.ca or call 613-567-9968.

June is Seniors Month in Ontario!

June is **Seniors Month** and a wonderful opportunity to celebrate the enormous contributions made by this cherished population so that all can enjoy a higher quality of life – for which we are THANKFUL. Canadian Seniors are living longer and healthier than previous generations and play a vital role in our families, communities and workplaces. They helped shape our country and continue to contribute to its success. By 2030 nearly 1 in 4 Canadians will identify as Senior; by 2036 average life expectancy at birth will reach over 86 years for women and nearly 83 for men.**

In the meantime - Stay Safe, Active and Connected!

Your community centre is a great resource for activities – for further information visit www.oakville.com or contact Iris at 905-815-2000 or iris@oakville.ca.

**www.canada.ca

Exciting Menu News!

Further to input received from the community, OMoW embarked on a 2 week pilot project at the end of April, to test alternative menu options and more environmentally-friendly food containers. If clients have not already done so, we encourage you to share feedback with us on the surveys that were provided with each of these meal deliveries.

We would like to thank **Longo's North Oakville** and **Sunnyside Grill North Oakville** for participating in this pilot. The food was delicious!

Community Bags

Special thanks to **Halton Region** and to local businesses who took part in five surprise community gift bags November through April, with a sixth gift bag arriving in June!

It is our hope that these treats will help to lift spirits and brighten your day while helping to offset the effects of social isolation. Bags included a variety of gifts for the senses such as chocolate, a plant to care for, handmade cookies, literature and more.

Get Moving Corner

Wall Push-Ups

Stand facing a bare wall that doesn't have any artwork, windows or doors – about an arm's length away from the wall.

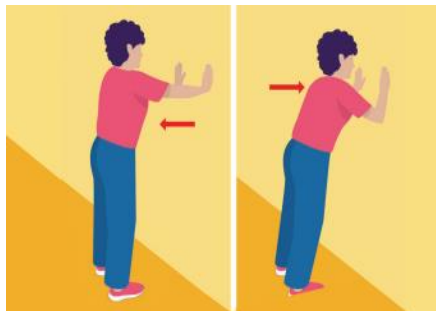
Firmly secure your stance with support or running shoes and lean forward slightly, placing palms flat on the wall at shoulder height, while feet are hip width distanced apart.

Breathing in with tummy engaged, lean into the wall keeping your torso as straight as possible.

Exhaling, gently push yourself back to the original stance, leaving arms outstretched.

See how many of these you can do. Take your time, focus and remember to breathe

– do not hold your breath!



Thank you to the Town of Oakville Recreation and Culture Department (with generous support from New Horizons for Seniors grant funding) for providing us with this exercise tip!

Food & Family

The Italians have a gift for life and this has been Julia Hanna's lifelong philosophy regarding her friends, family and business practices of 30 years as a successful restaurateur and community leader.

Julia's lifelong love affair with food stems from a strong Italian upbringing that embodies the belief that everyone is welcome at the table.

Many of us miss the restaurant experience and during this absence have rediscovered the goodness of cooking at home.

To help cultivate this relationship, **Ritorno at Home** is soon launching a line of homemade sauces and Nonna's gnocchi to enjoy at home.

Julia Hanna, Oakville Meals on Wheels Ambassador since 2019 quotes "being an Ambassador for this wonderful organization that not only delivers meals but also brings community members and volunteers together in a meaningful way is extremely rewarding." FAMILY is very important to Julia, as reflected by the Nonna Wall at Ritorno.



The Nonna Wall at Ritorno restaurant

The Nonna Wall is a small way to honour the women in our lives, our mothers and grandmothers, who fed us and nurtured us, putting their own wants and needs aside. Penelope from OMoW says "my mom and my Nonna Clara would be thrilled knowing their photos hang on the Nonna Wall with so many remarkable women"!

Thank you Julia for being part of the Oakville Meals on Wheels family.

United We Move Event

Thank you to **HaloMvmtRetreats** for choosing to support OMoW for their recent event on May 2nd. Over 50 people took part in this fabulous event including meditation, Pilates, Zumba and camaraderie. Donations raised are enormously appreciated and will contribute towards the Oakville Meals on Wheels subsidized meal program.

Thank you to Hala and Elizabeth for organizing this very special event!

Fun & Games

Boost your brain power by completing these fun activities!

Brain Teasers

Personality

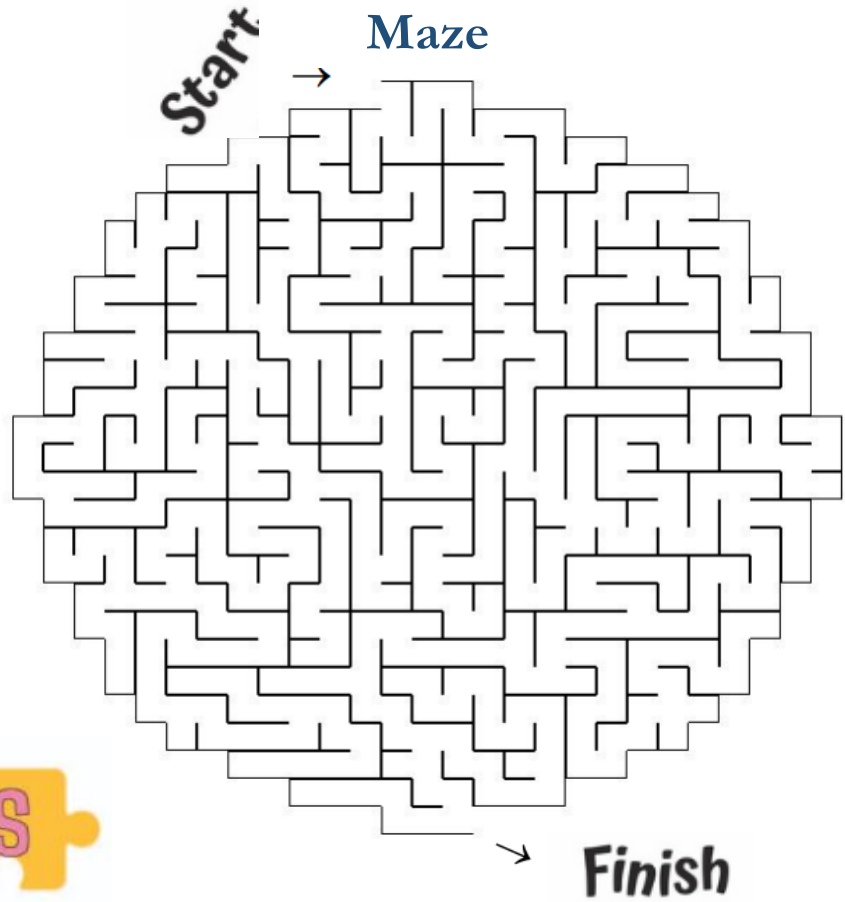
Personality



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answer

answer



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- VENUS
- EARTH
- MARS
- CERES
- ASTEROIDS
- JUPITER
- SATURN
- NEPTUNE
- URANUS
- PLUTO
- DWARF
- PLANET
- MOON

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www.oakvillemealsonwheels.com

COVID-19 Vaccinations

COVID-19 vaccine clinics continue to operate 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 Street. **Oakville Trafalgar Memorial Hospital** is also administering vaccines. You will be directed to a clinic during the booking process.

Appointments are also available for vaccinations at participating pharmacies in Oakville. Call 311 or visit www.halton.ca for more information.

Delta Bingo

Thank you **Delta Bingo**. We are grateful to align with Delta Bingo, as a Charity recipient, whereby a portion of revenue generated through Delta Bingo helps ensure Oakville Meals on Wheels are moving in the right direction. Please call 905-842-0876 or visit www.deltabingo.com to find out how you can take part in their programming during the latest in-person closures.



Missed a 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.

Brain Teasers – Answers

Split personality
Apple pie



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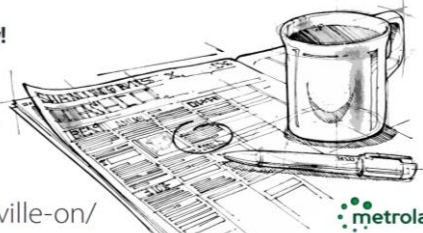
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