



Oakville Meals on Wheels

Newsletter

September/October 2021

Our New Office!

We officially moved to our new office location in late July. As a reminder, you can now find the Oakville Meals on Wheels office at:

**760 Pacific Road
Unit 17
Oakville, ON
L6L 6M5**



We are now located near the QEW & Bronte Rd. Our telephone number remains unchanged at **905-842-1411**.

Our new space is larger and brighter, and more functional for our needs. It will allow us room to continue to grow!

A heartfelt thanks to all the Board members, volunteers, staff and community partners who helped transform this space into our own! A lot of time, resources and community donations made this happen for us.

COVID-19 Vaccinations

To date in Halton, we are at 80% of the population aged 12 and over fully vaccinated, and 85% have had at least one dose.

Still looking to be vaccinated? Visit www.halton.ca or call **311** to explore your options. Halton Region is both running mass clinics, and local pharmacies also administer vaccines. Free transportation options to and from clinics are available if required.

Vaccinated outside of Halton? Register your vaccine with Halton Public Health at www.halton.ca.

Fall Statutory Holidays

The office will be closed on the following dates:

Monday, October 11 - Thanksgiving

We do not deliver hot meals on statutory holidays. Volunteers will be delivering notices prior to these holidays to remind clients of the closures. Please call the office at 905-842-1411 if you require an extra meal – either hot or frozen – to be delivered.



New Federal Statutory Holiday

The federal government has declared a new statutory holiday. September 30th of each year is now known as the **National Day for Truth and Reconciliation**.

This is not a provincial holiday and Oakville Meals on Wheels will be open for business and delivering meals on this day.

This is a day to reflect on the legacy of the residential school system in our country as part of the reconciliation process. Most provinces, since 2013, observe this day as Orange Shirt Day, to commemorate all the children in Indigenous communities who were taken from their homes and placed in these schools.

Please use this day to honour the victims of the residential school system, the survivors and their families.



Navigating the Home Health Care System

Bayshore Home Health is one of our community partners. As a neighbourhood home care provider, they can support you and your family through every step of the care process. Prior to booking any home care service from Bayshore, you receive a free in-home consultation.

What you and your family can expect from Bayshore:

- A personalized care plan, highlighting the specific duties your caregiver will perform
- A complete list of the services they provide as well as their prices
- Assistance in identifying funding options for you/your loved one's care
- Assistance in submitting claims to your insurance company
- Assurance that all of their staff are bonded, insured and professionally licensed (nursing care)

Learn more about Bayshore's home care services by emailing oakville@bayshore.ca or calling **905-844-5588**.



Partner Spotlight

Meet **Claire, Sima and Maria**.



These co-op Sheridan students are part of the team that created the plan for the new office design.

Claire and **Sima** are part of the Interior Design program. Along with coming up with a colour scheme and other design ideas, they also managed to source materials for the job, often at reduced or zero cost.

Maria is part of the Marketing program and helped with our social media plan for introducing the new space, documenting progress and showing off the final result.

Thank you to the Sheridan team for all your great ideas and hard work!

Annual General Meeting 2021

Please hold **Wednesday, September 29th** for the Oakville Meals on Wheels Annual General Meeting.



Similar to 2020, this meeting will be a **virtual event** due to COVID-19.

Our Annual General Meeting is an important event, where the Board of Directors will

present our Annual Report to the broader OMoW community, and allows stakeholders to participate in any votes, and ask questions regarding the organization.

Please watch for communications regarding the details around this event, and a link to join.

If you have any questions, please contact the office at 905-842-1411.

Fun & Games

Boost your brain power by completing these fun activities!

Flavours of Ice Cream Word Scramble



Brain Teasers



answer



answer

- | | |
|---------------------|---------------------------|
| BEBULB MGU _____ | EPMLA UWNALT _____ |
| TGRIE IALT _____ | HPOIISTCA _____ |
| OAGMN _____ | OKOCEI HDOGU _____ |
| BBYRERUEL _____ | TBTURE NCAEP _____ |
| KCYRO ADOR _____ | BAWSERYRTR _____ |
| LVILANA _____ | TITTU RFTITU _____ |
| NPTUEA RTETUB _____ | TSUTHTCBOREC PEPIRL _____ |
| CRRYEH _____ | NTIM CCEOTOHAL HIPC _____ |
| TNANEOIPLA _____ | SOEMO KCSTRA _____ |

Thanksgiving Trivia Quiz



- 1, On which day of the week does Thanksgiving always occur in Canada?
a, Monday
b, Thursday
c, Friday
- 2, How many days did the first Thanksgiving feast last?
a, Seven
b, Five
c, Three
- 3, A full grown turkey has about how many feathers?
a, A million
b, Too many to count!
c, 3,500
- 4, What is a baby turkey called?
a, A chick
b, A poult
c, A nestling

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www.oakvillemealsonwheels.com

Delta Bingo

Delta Bingo is now open in Oakville with limited in-person gaming options. Bingo At Home is also available.

Through their Charitable Gaming program, a portion of revenues support the Oakville community at large, including Oakville Meals on Wheels. For more information, call Delta Bingo Oakville directly at **905-842-0876** or visit www.deltabingo.com/oakville.



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.

Activity Answers

Brain Teasers: *Looking back; I see you understand*

Ice Cream flavours: left column: *Bubble Gum, Tiger Tail, Mango, Blueberry, Rocky Road, Vanilla, Peanut Butter, Cherry, Neapolitan*; right column: *Maple Walnut, Pistachio, Cookie Dough, Butter Pecan, Strawberry, Tutti Fruitti, Butterscotch Ripple, Mint Chocolate Chip, Moose Tracks*

Thanksgiving Trivia: *1-a) Monday 2-c) Three 3-c) 3,500 4-b) Poult*

Personalized home care



Bayshore
Home Health

Support is just a phone call away.
905.844.5588

bayshore.ca



Mo's Family Restaurant

Dine-in – Patio Open!
Takeout



Call or visit us today!

467 Speers Rd.
905-844-7485



Oakville Beaver

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