

To build a stronger caring community, Calgary Meals on Wheels promotes health and independence by providing quality, nutritious, and affordable meals to people in need of our services.



# NEWSfeed

Summer 2013

## *A letter from the Executive Director*

Dear Clients, Donors, Volunteers, Members, and Staff:

Since 1965, Calgary Meals on Wheels has supported those in need by providing nourishment and fellowship that has cultivated independence and sustained long lasting relationships. Today, we continue that tradition in our new home with a state-of-the-art production kitchen. The construction of our new building ended on time and under budget. With the construction under budget, our fundraising goal has decreased from \$3 million to \$2 million. We have planned, budgeted, and campaigned and we are so close to our fundraising goal.

Since the organization has moved into new surroundings, now more than ever, I see the value this project has brought to our staff, volunteers, and clients. As in any new endeavor, there have been growing pains and little glitches to work out along the way; however, through the entire transition from old to new, I have never been more proud to be part of an adaptable team that persisted through all that changed and sustained our legacy of never missing a single delivery.

Our dream of a new building was possible through the support of generous donors and agencies that believe in the difference we create everyday in the lives of many. Our gratitude goes beyond words to those Calgarians who have supported our vision. They are the group that has encouraged us as we nourish the community. With the kind support of our donors, the hard work of our volunteers, and the valuable feedback from our clients, we have flourished.

Thank you,

A handwritten signature in black ink, reading "Janice Curtis".

Janice Curtis  
Executive Director  
Calgary Meals on Wheels



## *Did You Know?*

Media personality and proud Calgarian, Dave Kelly, has signed-on as the spokesperson for Calgary Meals on Wheels for the next two years. Dave will volunteer his time and talent to help increase public awareness of the Calgary Meals on Wheels mission.

As a television host, an actor, interviewer or teacher, Dave Kelly has been in front of an audience almost every day for the past 20 years. As an award winning television host he has interviewed over 25,000 people from Prime Ministers to moms, from Corporate CEOs to construction workers. As a live event host and actor he has worked around the world - but you might have seen him in Calgary as The Cat In The Hat for Alberta Theatre Projects, in Wanda's Visit for Lunchbox Theatre, and hosting Cowboy Up and The Chucks at the Calgary Stampede.

His latest project is Kelly Brothers Productions, which he started with his brother Rob - and last summer they produced a play Dave wrote called "Dad's Piano". Dad's Piano was nominated for Best New Play for the 2012 Calgary Critics Awards and for Best Actor for the Betty Mitchell awards, next season he will be premiering a second new work called "Dad, Day 1" at Lunchbox Theatre.

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# Volunteer News

It's hard to believe that we are in our new building already! Thanks to all the volunteers and all their dedication, the transition into our new home was successful and a dream come true. We are happy to hear all the positive feedback! We have received encouraging comments regarding our new system of meal "pack-up" in our coolers and we hear that our new packaging system has made meal delivery much easier!

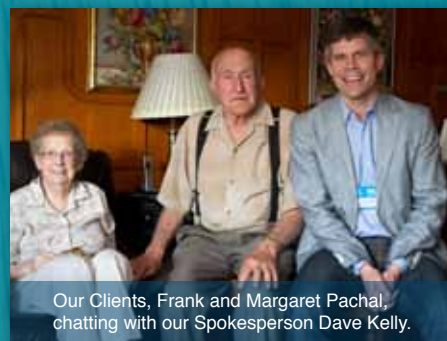
New: Volunteers who deliver meals now receive 3 hours of volunteer time logged per delivery; this is a change from the previous 2 hours per delivery.

For each new client, on the volunteer's clipboard, we have been adding Google maps to clearly communicate how the new address fits into the existing route. We kindly ask our volunteers to add any helpful directions or instructions on the delivery sheets that may be useful for the next volunteer delivering meals. This type of input is invaluable and makes our deliveries safe, efficient, and organized. Our volunteers are our eyes and ears on the route and help us to grow and improve everyday.

*Our annual Volunteer Appreciation Stampede BBQ  
Tuesday July 9th from 11:30 to 1:30 PM.  
RSVP to (403)243-2834 by July 2.*

Please join us for some music, great food, and a tour of our new building. If you cannot attend our Stampede BBQ and would still like to visit our new building, please give us a call at the volunteer office. We would be happy to arrange a tour of our facility.

Please recommend us to your friends! There are many volunteer opportunities your friends can take part in. Currently, we are looking for volunteer committee members, drivers, and couriers. Contact Colleen Scissons by calling (403) 243-2836 or email [volunteer@mealsonwheels.com](mailto:volunteer@mealsonwheels.com).



Our Clients, Frank and Margaret Pachal, chatting with our Spokesperson Dave Kelly.



Volunteer, Pat Gaudet, poses for a quick photo with Calgary Mayor, Naheed Nenshi, and Executive Director, Janice Curtis, at our 2013 Volunteer Awards.



Volunteer, Hattie Boothman, is interviewed by CTV News Reporter, Bill Marks, June 3, 2013.

## From Our Dietitian . . .

As we enjoy our warmer summer weather, we need to ensure we are drinking plenty of water and other fluids. Thirst is not always an adequate indicator of our body's water needs. Once you are thirsty, you may already be slightly dehydrated.

*“ Water is an essential nutrient that makes up about 60-70% of the body. ”*

Fluids help to regulate body temperature, improve digestion, cushion our joints and organs and help to keep our bowels regular. In hotter weather, it is essential for temperature control and keeping us cool. Dehydration signs include thirst, dry lips and mouth, headaches, low energy, dizziness and lack of concentration. Age-related changes in how our bodies maintain fluid balance can cause dehydration more readily in the elderly.

### *So, how much fluid do we need each day?*

Fluid needs vary for individuals depending on age, body size, and physical activity. Aim for 8-9 cups for women and 12 cups for men

### *How do you know you are well hydrated?*

When you are well hydrated your urine tends to be light coloured.

### *Tips for adequate hydration*

- Keep beverages, especially water, on hand at all times to encourage consumption.
- Try adding a slice of lemon or lime or some raspberries and fresh mint leaves to your water for a touch of flavour.
- Drink a glass of water when you wake up and before each meal.
- Enjoy a beverage with your meals such as low fat milk or water.
- Low fat milk, soy beverages, 100% juices, sports drinks and even coffee and tea can help replenish your fluids.
- Fruits, vegetables and other foods also help to maintain fluid balance as they contain a certain amount of water.



# Wall of Gratitude { Thank you from all of us at Calgary Meals on Wheels for all of your time and support helping us thrive! }



## Connacher Oil and Gas Limited

Connacher Oil and Gas Limited is a Calgary-based oil sands company active in the exploration, development, production and sale of bitumen. They support various charitable organizations both directly and through staff participation or services in kind. They focus their donation efforts on Calgary charities that emphasize the needs of children, the elderly, the disabled and those less fortunate who require support or encouragement. We thank Connacher for their wonderful support over the years.

## Hansen Plumbing and Heating

Hansen Plumbing and Heating started in 1979 as one plumber serving the Calgary area. Today they have 5 trucks on the road with the finest in top quality journeyman plumbers and gas fitters. They service Calgary, Airdrie, Okotoks, Cochrane, Priddis, Bragg Creek and Chestermere areas with residential plumbing, heating, air conditioning and air quality services.

Over the years they always made local donations to Breast Cancer, The Children's Wish Foundation, The Diabetes Research and the Food Bank but felt they could offer more.

In January 2012 they began a mission to "give back" to the community. They began to deduct \$10.00 from every customer's invoice and set that aside for a calendar month. They are now giving back to over 20 organizations so far. Hansen Plumbing and Heating, proud to include us as their charity of choice for the month of May 2013, has raised \$1200 for our programs and services.

## Hillhurst Rebekah Lodge No. 116

We would like to thank Hillhurst Rebekah Lodge No. 116 for their generosity and support over the years. The Rebekah's are a branch of an international Fraternal Order – The Independent Order of Oddfellows. They are a nonprofit group of ladies, and some men, who raise funds through social events to be donated to various groups throughout Calgary. Their watchwords are Friendship, Love and Truth and their purpose is to help others as much as they can. We thank the Hillhurst Rebekah's for all of their hard work and dedication to helping those in need.

## Shell Canada

We would like to thank the volunteer efforts of the employees and retirees of Shell who contribute so much of their time to Calgary Meals on Wheels. Through the Community Service Fund, these employees and retirees are recognized and rewarded for their amazing service to the community. Thank you to Nona Flemming, Verne Toews, Gisela Durlacher and Duncan Stanners for making a huge impact in our organization!

## Adopt-a-Route

We would like to welcome and thank the following organizations for volunteering their time and talent with us as our newest Adopt-a-Route companies:

- Chevron Relocation Network and Employees Group is delivering route 102 on Fridays; and
- Gowlings Law Firm is delivering route 102 and route 47 on Thursdays.

## Step up to the Plate Capital Campaign

June 3, 2013 officially launched the inaugural meal delivery from our new building! The support of our new building from Calgarians has been remarkable and substantiates all the outstanding work accomplished by our volunteers and staff every workday.

Construction of our new building has been completed under budget at \$10.2 million. The remaining \$2 million in funding to be raised will be allocated to extinguishing any debt and will ensure Calgary Meals on Wheels will not be placed in a position of paying a mortgage. Not taking on a mortgage payment of \$120,000 per year will make a considerable impact to the needs of our clients. With a mortgage free building, we can easily take on new clients who need our help and not have to fundraise operationally to pay a mortgage.

Our new production facility has the capability to serve an ever increasing demand. Our 15,000 sq.ft. production kitchen will allow us to increase food production to a capacity of over 500% of our old building's capacity allowing us to produce 5,000 healthy meals per day. Please support our Capital Campaign and contribute to the thousands of Calgarians who rely on our services.

Step up to the Plate – Please Donate online at [www.mealsonwheels.com](http://www.mealsonwheels.com); or by calling Darcie Nastiuk, Capital Campaign Manager at (403) 243-4439.

*On behalf of the thousands of Calgarians nourished by Calgary Meals on Wheels, thank you!*

## Lunch & Supper Program

Since moving into our new building, we have been delivering your supper meal chilled instead of hot, i.e., refrigerator temperature. You can warm up your meal at noon or store it in your refrigerator and re-heat it at your convenience. If you are not planning on eating your supper meal within 2 days, you can safely freeze it and enjoy it at a later time. We hope you are enjoying your new chilled meals!

To make any changes or adjustments to your schedule please contact Client Services at (403) 243-2834 ext 1011 or email [clientservices@mealsonwheels.com](mailto:clientservices@mealsonwheels.com) and provide us with 2-business days' notice.

If you have any emergency cancellations, please call Client Services at (403) 243-2834 ext 1011 by 7:30 am.

## Frozen Entrée Program

For all Frozen Entrée orders or for any adjustments to your standing order, please provide us with one week's notice. Please order your Frozen Entrées before 3 pm on Wednesdays at the latest for the following Tuesday's delivery.

To set-up a convenient standing order for delivery of Frozen Entrees please contact Client Services at (403) 243-2834 ext 1011 or email [clientservices@mealsonwheels.com](mailto:clientservices@mealsonwheels.com)

Pick-up orders of Frozen Entrees require 2-business days' notice.

## Holiday Reminders

Calgary Meals on Wheels will be closed on the following statutory holidays. We will send out notices prior to the holidays listed below. Clients not requiring a holiday meal will need to contact Client Services at (403) 243-2834.

Canada Day	Monday, July 1st
Heritage Day	Monday, August 5th
Labour Day	Monday, September 2nd
Thanksgiving Day	Monday, October 14th
Remembrance Day	Monday, November 11th
Christmas Day	Wednesday, December 25th
Boxing Day	Thursday, December 26th
New Year's Day	Wednesday, January 1st

Please watch for our Client Feedback Survey in the fall of 2013. Your participation and comments are much appreciated and help us to improve our meals and programs.



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[www.mealsonwheels.com](http://www.mealsonwheels.com)  
t (403)243-2834  
f (403)243-8438



## Yes! I want to donate to Calgary Meals on Wheels!

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_ City/Prov: \_\_\_\_\_

Postal Code: \_\_\_\_\_ Email: \_\_\_\_\_

Enclosed is my donation in the amount of: ☐\$25 ☐\$50 ☐\$100 ☐Other \$ \_\_\_\_\_

Paid by (check one): ☐Cheque ☐Visa ☐Mastercard

Credit Card Number: \_\_\_\_\_ Expiry Date: \_\_\_\_ / \_\_\_\_

Print Name as it appears on card: \_\_\_\_\_

☐ I prefer to donate in 12 monthly installments of: \$ \_\_\_\_\_ starting: (date) \_\_\_\_\_

*Thank you for supporting Calgary Meals on Wheels! You will receive a tax receipt by mail for all donations of \$10 or more.*

You can submit your donation by mail to:

Calgary Meals on Wheels  
5759 - 80 Avenue SE  
Calgary, AB T2C 4S6

or online at :

[www.mealsonwheels.com](http://www.mealsonwheels.com)

I would like my donation to support:

- ☐ Capital Campaign (New Building)
- ☐ Lunch & Supper Program
- ☐ Hot Soup School Program
- ☐ Working Homeless Lunch Program
- ☐ Greatest need

Calgary Meals on Wheels 2013 Summer Newsletter  
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