



Fort Erie meals on wheels

NEWS



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Executive Director's Report - Nancy Ryan

STATISTICS-TO-DATE:

ACKNOWLEDGMENTS TO EACH AND EVERY VOLUNTEER WHO ASSISTED IN
 SERVING **217 INDIVIDUALS** LAST FISCAL YEAR DELIVERING **17,740 MEALS** AS FOLLOWS:

9,624 hot meals, 7,892 frozen meals, and 224 side dishes!!

Our loyal and faithful volunteers have logged an **incredible 3,150 hours** to provide our services! We count 'all' the hours it takes to deliver and serve the meals, attend a Board meeting, participate in the Wheels to Meals program, or help out at the office if needed. **We cannot adequately convey our appreciation for each individual that has supported in making our valuable programs to be so successful!**

GIFT CERTIFICATES

Did you know we have **Gift Certificates** available for you to help to start someone on the meals or support a client who cannot afford to pay the cost of their meals? We are here for those coming out of hospital and who may need us just until they recover = short-term, respite care, or long-term. Maybe it is your relative, friend, or neighbour who may benefit from our service.

BUY SOMEONE A MEAL A DAY FOR A WEEK = only \$30.00!

CANADAHELPS.ORG

Just a reminder that we are registered to accept on-line donations with CanadaHelps.org. A receipt is issued instantly and the funds are deposited directly into our account. Please check out our website at www.mealsonwheelsforterie.ca to find out just how easy it is to support someone in need!

PASTA DINNER AND TRIVIA NIGHT FUNDRAISERS

I wish to thank each and every person that helped, in any way, to make our two fundraising events such a success! The Pasta dinner raised \$1,200 and the Trivia night brought in \$1,363! Watch out for another Trivia night to be held in the fall.

THANKS TO OUR FOOD SOURCES

We wish to thank our amazing food sources for the many years they have provided nutritious meals – Gilmore Lodge, for our hot meals, and Ina Grafton for our frozen meals. We appreciate all that it takes to produce the quality of food that we are able to serve our clients!

**YOU ALL ARE THE EYES AND EARS IN OUR COMMUNITY AND WITH ALL OF US WORKING TOGETHER
 MORE PEOPLE WILL BE ABLE TO MAINTAIN INDEPENDENCE IN THEIR HOMES!**

MEALS AREN'T ON WHEELS WITHOUT VOLUNTEERS!

Wheels to Meals Program - Sharon King, Service Co-ordinator

Our lunch-out program offers seniors the opportunity to enjoy a nutritious meal, promotes socialization and provides entertainment in a safe and relaxed environment. The cost is \$8.00 which includes the meal and a short activity (bingo, music, guest speaker, etc.). Transportation is provided, by volunteers, for those clients needing a ride. The luncheons are held on the last Wednesday of each month (except December) and clients are encouraged to bring along a friend or family member to join them.

A total of 466 meals were served this fiscal year as compared to 380 meals last year, a 23% increase – also, the number of individual clients served increased to 89 as compared to 78 the previous year. The main factor for this increase is the attendance of family or friends. Some of these friends become regulars, while others attend once or twice a year.

We continue to look for new entertainment and are always looking for Volunteer drivers. Please contact the office for more details.

Help us spread the word.... encourage seniors to attend!



From the Board Chair - *John Newton*

Another year (fiscally) is now behind us at Meals on Wheels. As you will read elsewhere, we served 217 clients this year which is a 3.8 % increase over last year. It is important to note this, as the numbers change every year and not always as an increase. There are a number of reasons for this, two of which cause concern. The first not being aware if they would qualify and secondly being concerned of the cost.

Neither of these factors should be the reason a client or family member doesn't contact the Office. In the first instance, a conversation with the office staff can quickly and easily help determine whether or not a person can receive service through Meals on Wheels. In the latter, there are means for assistance as may be required and will also be considered during the conversation.



FUNDRAISING AND FINANCES

You will note from our Treasurer that we required \$16,530 to balance our budget and meet our obligations. Without your continued and generous support, it is something we could not do alone. The board is always looking for opportunities to fundraise, helping us ensure that the funds are available to offer subsidy and ensure we can meet our budget needs.

BOARD/VOLUNTEERS

John Dunn has retired from the Board and we thank John for his years of service. John's participation on the board was consistent and his deliberations thoughtful. We appreciate his 5 years of time and energy and look forward to his continued participation as an active member/volunteer of Fort Erie Meals on Wheels.

MEALS ON WHEELS ASSOCIATION OF NIAGARA

The Meals on Wheels agencies within the lower portion of the peninsula have come together as an association with the idea to collectively assist each other. At this time 4 of 5 agencies have chosen to participate, and our first area of focus is communication - marketing, advertising, social media, and other contact points. Working together we envision having a broader reach in our communities while also speaking with one voice. The first item we've put in place, a centralized phone number to reach any of the four agencies (**1 877 665 6325**), a website is in development and an initiative to partner with Niagara College to create marketing and informational documents is being considered.

CHAMBER OF COMMERCE

We've joined the Chamber of Commerce this year, in hopes of reaching and engaging more members of our community.

Frozen Program - *Frances Blair, Service Co-Ordinator*

This year the frozen numbers have decreased due to the fact that some clients order 2 per week and others order 7 per week; we have one client that ordered 20 meals and then has not ordered anymore as they are still using those meals. We have had 7 clients, on the frozen program, pass away and 2 that have been put in long term care in our past fiscal year. Some clients get meals for a week and then decide that they do not like them. Through the summer clients are able to get out more and the need for frozen meals is not there.

The frozen meals come from Niagara Ina Grafton Gage Village in St. Catharines; there is a great variety of nutritious meals of which I have sampled many. The meals are delivered on a weekly basis and can be re-heated at their leisure. I can highly recommend them. Clients like the fact they can choose what they prefer to eat. They also like the flexibility of not having to order every week and this is a convenience for them.

VOLUNTEERS NEEDED

Our volunteer base has continued to shrink so we ask that you tell your family and friends about the satisfaction of being a Meals on Wheels Volunteer! You are the backbone of this organization and we treasure each and every one of you. There are opportunities for delivering hot and frozen meals or to join the Board of Directors. It usually only takes about 1 ½ hours of your time to do a route and to make a difference in someone's life.

2015/16 Financial Wrap up and More - *Tim Wisbey, Treasurer*

Meals on Wheels was fortunate to have the funds from our contingency account to fall back on.

This year we found it necessary to use \$7,000 from the fund we have been working hard to build and maintain for just such an occasion. In fact were it not for one very generous organization that came through when we needed them most, we would have had to withdraw even more near the fiscal year end in order to meet our obligations.

In recognition of the struggles of our many community benefactors, our organization ran fundraising events to help offset our budget shortfall in an environment of increasing costs. The success of our pasta dinner in February, and while falling into the next fiscal year our trivia night in April, brought equally satisfying financial results. These things alone will not compensate for the decline in donations needed. More events are needed and in the planning stages. The funds go to provide materials such as food containers necessary to our operation, and subsidies for the many in our community that cannot afford the cost of nutritious meals. Food subsidies in 2015/16 equaled \$16,530.

Going into fiscal 2016/2017 we will once again depend on the generosity of the community to help us continue providing hot and frozen nutritious meals to our over 200 clients, by helping offset our funding deficit.

More information will be available at the Annual General Meeting.

I hope to see you there.

Sincerely,
Tim Wisbey, Treasurer