



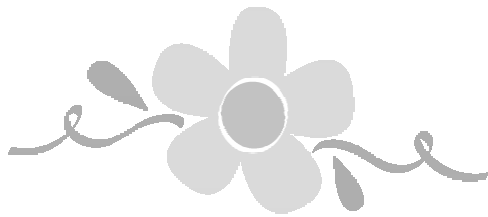
True Davidson Meals on Wheels
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**Spring
2010**

OUR MISSION STATEMENT

The Organization is committed to providing nutritious, balanced meals at a reasonable cost to East York residents who, because of ill health, physical disability or aging, find it difficult to prepare food for themselves.

Watch For Spring Flowers!



FROM THE PRESIDENT...

Congratulations to the prize winners of our annual raffle. Thanks to everyone who participated and to Steve Brown for coordinating ticket sales of \$2,285.

I encourage everyone to attend the upcoming Annual General Meeting in June, where a vote will be held to elect a new Executive Committee for the Board of Directors, as well as other business.

National Volunteer Week is coming up, to recognize the 2.1 billion hours contributed by volunteers across Canada. This year's theme is from **compassion to action**. Make sure you read about Bill Hance, one of our long time volunteers, as well as the benefits of volunteering in this edition.

Christine Dingemans

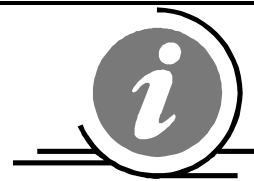
Can You Help?

- Drivers and runners needed for delivery routes, on a weekly or occasional basis

NOTES FOR VOLUNTEERS

Any creative types are encouraged to participate in developing and writing our quarterly newsletter. Please call the office if you are interested.

If you have any topics you would like covered in an information session, please let us know.



Upcoming Events

April 18-24: National Volunteer Week
Mid June: Annual General Meeting
June 12: Crescent Town Spring
Flea Market

PROFILE



BILL HANCE VOLUNTEER

Back in 1980, Bill Hance retired as a Vice President, after working for 39 years at Bridgens Limited, a Toronto graphics design firm. His idea was to spend his spare time golfing, but his wife encouraged him to get out and “do something useful”. When Bill saw a notice recruiting volunteers, he responded and started as a volunteer driver at the True Davidson Acres office. In a few months, he was on the Board of Directors, where he served 9 years.

Bill volunteered delivering meals on Tuesdays and Thursdays for many years. When he developed Parkinson’s 4 or 5 years ago, Bill found it a bit harder to get around. He still enjoys driving on his Tuesday delivery route with fellow volunteer Sally Ragudo.

When asked why he has continued to volunteer, Bill responded that “it is nice to have the feeling that you are helping your community and neighbours”. He also likes talking with clients when delivering the meal.

Bill will celebrate 30 years of dedicated services this November. He is one of the longest serving volunteers at True Davidson Meals on Wheels, and we wish we had more like him!!

What’s new?

The Benefits of Volunteering

Donors often say they feel richer by giving, and the same is true of volunteers. Just ask one of the 12.5 million volunteers in Canada. Studies have proven that older volunteers are in much better physical and mental health, thanks to the stimulation and routine involved in their volunteer work.

Being a volunteer can also provide valuable skill development and work experience for participants. Employers often look for volunteer proficiency to ensure their staff are well rounded individuals who contribute to society.

If you are volunteering locally, another benefit is getting to know your neighbours and familiarizing yourself with the community. The friendships you build may last a lifetime.

There are many rewards for volunteering, just ask one of our many dedicated volunteers. Please call our office if you are interested in becoming a volunteer driver, delivery person or helping. Thank you.



BY THE NUMBERS JANUARY-MARCH 10

<i>170 clients</i>	<i>70 volunteers</i>
<i>7,915 meals delivered</i>	<i>29,210</i>
	<i>website hits</i>