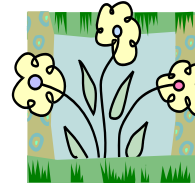


## On The Menu



Spring  
2011



### Mark Your Calendars!

We are excited to announce that the next couple of months are shaping up to be busy ones for the True Davidson Meals on Wheels staff, volunteers and Board of Directors.

The busy season starts on May 28<sup>th</sup> when True Davidson Meals on Wheels will participate in the **Spring Flea Market** at Crescent Town Centre from 10:00am to 3:00pm. An information booth will be set up in the market in the hope of providing information about our services to potential clients and to generate volunteer interest.

On June 7 we will be holding our **2011 Annual General Meeting** and hosting our **Volunteer Lunching** at St. Clair O'Connor Community Centre. We hope that all volunteers can attend this lunch, as without you we would not be able to continue to provide this invaluable service to our Meals on Wheel's clients.

For the first time ever, we are participating in the **Toronto Challenge Walk-A-Thon** to be held on Sunday, June 12<sup>th</sup> starting at 9:30am. Each year, the True Davidson Meals on Wheel's Board of Directors and staff organize a fundraising event to raise much needed funds and this year's event is a walk-a thon.

The Toronto Challenge is a walk-a-thon organized by the City of Toronto that is aimed at raising funds for not-for-profit organizations that assist senior citizens. The event begins and finishes at Metro Hall in down town Toronto. There are three options to the Walk-a-thon; a 5km run, 5km walk and finally a 1km walk making it accessible to most individuals wishing to get involved. Funds raised by the True Davidson Meals on Wheels participants will go directly towards our programs. If you would like to participate in the event or sponsor one of the various Meals on Wheels staff members, please contact Hasina at (416)752-9667 or for more information on the Toronto Challenge Walk-A-Thon, please visit their website at <http://www.toronto.ca/challenge/>. Thank you in advance for your continued support of our Organization.



Finally, the True Davidson Meals on Wheels will be participating in the **East York Canada Day Parade** again this year. The parade will begin at the East York Town Centre at 9:00am. In the past, we have had various staff members and Board of Directors represent our Organization. This year please come out and support our Organization and join in the festivities.

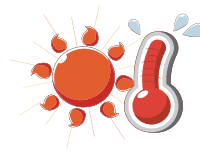


Enjoy!  
Board of Directors

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# Beating the Heat!



With the constant rain and cool weather it may seem a little early to be thinking about the heat but summer is just around the corner and this may mean extreme heat and humidity.

Below are some helpful tips in dealing with the upcoming heat and symptoms to watch out for.

## Tips for staying cool:

- Drink significant amounts of water and natural fruit juices even if you don't feel very thirsty. Avoid alcohol and caffeine.
- Avoid going out in the blazing sun or heat when possible.
- If you must go outside stay in the shade and wear a hat.
- If you don't have air conditioning, keep shades or drapes drawn but keep windows slightly open.
- If possible go to places with air conditioning.
- Wear loose fitting and light clothing.
- Keep lights off or low.
- Regularly take a cool bath or shower.
- Avoid heavy meals and using your oven.
- Avoid intense or moderately intense physical activity.
- Fans alone may not provide enough cooling when the temperature is high.
- Consult your doctor or pharmacist regarding the side effects of your medications.

## Consult a doctor or call a friend if you have any of these symptoms:

- Rapid breathing or difficulty breathing
- Weakness, dizziness or fainting
- More tiredness or fatigue than usual
- Headache
- Confusion
- Nausea

## You can help someone with heat illness by:

- Call for help (friend, neighbor, doctor, emergency).
- Remove excess clothing.
- Cool the person with lukewarm water, by sponging or bathing.
- Move the person to a cooler location.
- Give the person sips of cool water not ice cold water.
- Even a few hours in a cooler environment during extremely hot weather lowers the core body temperature and helps save lives.

## People most at risk include:

- The elderly.
- People with chronic illnesses (such as diabetes, heart and respiratory conditions) or people unable to move or change position by themselves.
- Babies and young children.
- People who exercise vigorously or are involved in strenuous outdoor work for prolonged periods.
- People taking certain medications, for example, for mental health conditions.
- Homeless or marginally housed persons.

Information taken directly (partial summarization) from:  
[http://www.toronto.ca/health/heatalerts/beatheat\\_howto.htm](http://www.toronto.ca/health/heatalerts/beatheat_howto.htm)  
Visit site for more information.  
We take no responsibility for the above information

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# Profile

## Staff - Teresa Sanderson

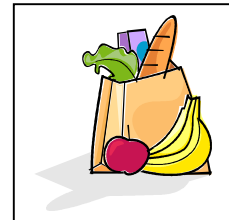
In January 2009, Teresa answered her phone to hear Hasina's (Executive Director of TDMOW) voice on the other end asking if she would be willing to volunteer for a new program being offered by TDMOW called the Grocery shopping program. Teresa gladly welcomed the challenge and the rest is history. She began as a volunteer but within two weeks she was offered the part-time staff position to which she once again gladly said yes. Teresa has always had a kind heart and affection towards seniors in need, as prior to volunteering with TDMOW, she volunteered for many years with another local meals on wheels program as a runner and she continues to volunteer today whenever possible as a runner with the TDMOW.

During the interview, it became obvious very quickly that Teresa truly enjoys her work and when asked what she liked most about her job and working with the TDMOW, she stated without hesitation the "**CLIENTS**". She expanded by stating that talking to her clients, hearing about their lives and giving that little extra personal touch is the best part of her job. To her they are not just customers. As the phone rang and was answered by Teresa, I could not help but notice the genuine smile on her face and the sincerity and naturalness she had while joking with one of her clients. I now understand why clients look forward to their weekly call with her.

When Teresa first began with the Grocery shopping program, there were only 12 clients, a mere 2 years later there are 57 clients in total and 42 active clients. In addition, Teresa has recruited many volunteers to help support the program.

In her spare time, Teresa likes being outdoors, being by the water, fishing and gardening. She also loves spending time with her vibrant 5 year-old granddaughter.

Thanks Teresa for your wonderful dedication to TDMOW and the Grocery shopping program!



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## 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.

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## Know Anybody?

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



**Latest Happenings!**

## We Need Your Help

The TDMOW needs to relocate as soon as possible from its current location on St. Clair Avenue due to reasons beyond its control and has been searching for a new premise for over a year with little success. We need a facility that can accommodate volunteer pick-ups and has few or no stairs, as volunteers must carry heavy items to their cars. In addition, the space needs to be large enough to accommodate several large fridges and office staff. A further challenge is that we are a not-for-profit organization, so we can not afford many of the rental options currently available. If you have information on a possible rental space or can help publicize our cause and current needs, please contact Hasina at 416-752-9667. We thank you in advance for your assistance.

## On to Some Happier News

National volunteer week this year was held from April 9 to 15 and as always, we at TDMOW realize that without the generosity of our many volunteers who give of their time, we would not be able to continue to service our clients. We showed our appreciation of our volunteers by providing gas and Tim Horton gift cards. We hope all the volunteers enjoyed this little token of our appreciation and once again we give a big shout of **THANKS** to all our volunteers.

## *Spring 2011: By the Number*

<i>Clients: 172</i>	<i>meals delivered: 7,392</i>
<i>Volunteers: 70</i>	<i>website hits: 36,002</i>

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