



True Davidson Meals on Wheels
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**Fall
2009**

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.

Enjoy the changing colours of leaves



FROM THE PRESIDENT...

As the familiar pattern of kids going back to school reminds us, fall is a time to return to our normal routines. Make part of your routine a donation of time or money to True Davidson Meals on Wheels.

Rest assured your gift will help a local resident stay in their home with proper nutrition and friendly interaction with a volunteer delivery person.

Please contact the office if you have any questions.

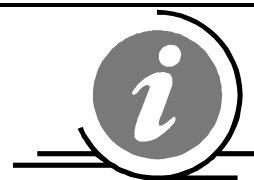
Christine Dingemans

Can You Help?

- Drivers and runners needed for delivery routes, on a weekly or occasional basis
- Items/labour to assemble client holiday baskets in December

NOTES FOR VOLUNTEERS

If there are any general or agency related topics you are interested in and would like covered in a volunteer information session, please let us know.



Upcoming Events

October 5th: Meals on Wheels Week
October 25th: East York Day
Mid-December: Holiday baskets

PROFILE



Pat Gough

Many of you know Pat already, in her capacity as Office Coordinator in the main office. Pat tirelessly works coordinating volunteers and meals for 30+ delivery routes every week. She also handles frozen food orders and intake assessments for new clients.

Being a diabetic herself, Pat understands client's special dietary needs. She is knowledgeable about the many unique requirements, including low sodium, diabetic, minced etc.

What Pat enjoys most about her work is talking with volunteers and clients, and the satisfaction of knowing that she is helping to make a difference in the community.

Pat was recruited as a volunteer while looking for work, but was then hired part time in 1994, and then full time in 1995. She lives in the area with her daughter and two cats. Pat was raised in Bermuda and recently celebrated her 60th birthday with a cruise from Boston to Bermuda.

What's new?

FLU SEASON

One of the signs that winter is coming is that flu season is almost upon us. This year, it is even more important with the possibility of the H1N1 flu virus, typically cough and fever; usually with fatigue, muscle soreness, sore throat, headache, decreased appetite and runny nose; sometimes nausea, vomiting and diarrhea.

At risk groups, such as seniors, individuals with chronic health problems or special medical conditions (like diabetes), are encouraged to get both the seasonal flu and H1N1 flu vaccines. The City of Toronto will hold special clinics for at risk groups for seasonal vaccines starting October 26th or you can book an appointment with your doctor. The H1N1 vaccines will follow in November. Seasonal flu shots will be available for the general population in December and January.

The Public Health Agency advises:

- wash hands thoroughly with soap and warm water, or use hand sanitizer
- cough/sneeze in a tissue, your arm or sleeve
- keep common surfaces disinfected
- continue with regular activities, but stay home if you are sick

More resources available:

Toronto Public Health 416-392-1250
toronto.ca/health/flu
Service Ontario 1-800-476-9708
TeleHealth Ontario 1-866-797-0000
Ontario.ca/flu



BY THE NUMBERS JULY-SEPTEMBER 09

<i>172 clients</i>	<i>70 volunteers</i>
<i>7,019 meals delivered</i>	<i>17,045 website hits</i>