

On The Menu



Winter 2011

FROM THE PRESIDENT...



A **Happy New Year** to all **staff, volunteers** and **clients** of True Davidson Meals on Wheels. Due to, among other things, icy roads and walkways, winter is always a challenge, but this year has been especially difficult. However, despite heavy snowfall and bitterly cold temperatures, our staff and volunteers have managed to continue to provide the excellent service that we have come to expect of them. Keep up the good work!!!

It is also my pleasure at this time to introduce the two most recent additions to our board of directors: Margo Denomme and Greg Scott. The board approved their applications in the late fall and both are making excellent contributions to True Davidson.

Margo is a lawyer with the Ministry of the Attorney General and is currently Crown Counsel to the Justice On Target initiative – a project to make more efficient the provincial court system. She is originally from Windsor, Ontario, and prior to Law School worked in the private sector. She is married, has two daughters and lives in the Beaches.

Greg is also a lawyer and is practicing as an Assistant Crown Attorney in Scarborough. He has been with the Crown for about 10 years and before that was in private practice. Greg was born in Jamaica and came here with his family as a young man. He now lives in North York and was just married this past summer.

On behalf of the entire board I welcome both Margo and Greg and look forward to working with them for years to come. To all the staff and volunteers we offer our continued thanks for all of your hard work. And to all True Davidson clients, again on behalf of the entire board, I wish you an enjoyable (and hopefully somewhat milder) winter.

Paul J. Kelly

Stay Healthy This Winter Season

The winter season is rapidly approaching, and that means it is time to be on the offensive towards those pesky cold-weather infections that have the potential to plague us all. Colds and flu can wreck havoc on a body when they hit, and so it is a wise person who takes preventative measures to ensure avoiding illness, and to make sure they are prepared if a sickness strikes.

Winter presents a risky time for infections like the common cold, sore throats, and flu because of a variety of factors. People tend to be more enclosed indoors due to low temperatures, and this may create conditions favorable for breeding germs.

Another factor is that when mucus membranes become dried out, they are increasingly susceptible to invasion by undesirable microorganisms. In addition, cold temperatures put a stress on the body, to work harder to maintain body fluids, heat, and stability—putting more pressure on the immune system and other functions that can leave openings for invaders.

A few tasks to put on your pre-winter checklist to ensure a healthy winter season:

1. Flu shots- the earlier the better for receiving a flu shot, some years there are shortages, and if you have children or are fifty or over, a flu shot is recommended. Check out area health fairs, frequently these offer flu shots at a fraction of the cost, but the people line up quickly, so get there early!
2. Keep your home moist- winter tends to be a dry season, leading to cracked and dry skin and mucus membranes. Place a small container of water in dry rooms, or consider adding a humidifier to your home.
3. Drink plenty of fluids- keeping your body hydrated is always a good idea, but in cold weather, it equips your body with fluids to keep the immune system and lymph system strong for fighting infections.



4. Eat nutritiously- the food items you consume plays a major role in anyone's overall health. Be sure your body is receiving the tools it needs to function at its peak. Eat plenty of fruits and vegetables, whole grains, and proteins, and add warming spices to your diet. Warming spices heat the body from within, and fight infections before they can overtake the body. These spices include: garlic, cinnamon, tumeric, ginger, onion powders, and pepper.

5. Boost the immune system- enhancing your immune system will ensure that these vital white blood cells are in tip-top shape during this vulnerable season. Do this by consuming foods rich in beneficial bacteria, like yogurt. Consume a multivitamin and get around 500-1000mg of Vitamin C per day, especially if you feel a cold coming on.

6. Consume nutrient-rich teas- green tea, white tea, chai tea, these are some of nature's best medicines, and don't need a prescription! They can be found in the tea and coffee section of any grocery store, and the heat and antioxidants they provide offer immune-enhancing, and body-warming benefits galore!

This season, stay healthy, manage your stress levels, consume healthy foods, and prevent an illness before it strikes!

Guest Author: Casey Manes



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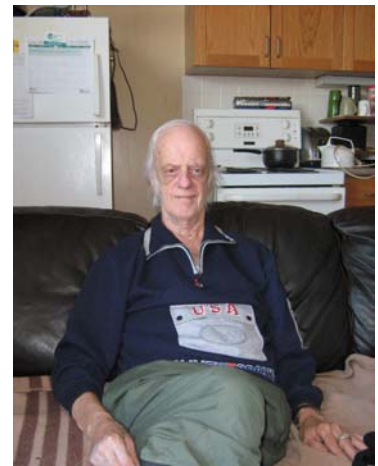
Profile

Client – George Morine

George Morine has been living at 9 Haldon's supportive community for 8 years and he loves it. Part of what he likes is the food he has been receiving since last fall from True Davidson Meals on Wheels. George is a retired service man that worked for IBM for 15 years. He is a Toronto native that lived with his mother for 30 years in the Ellesmere and Victoria Park community. Now that his is 73, he spends his time watching movies from his collection and using the convenient TTC service, which stops right next to his building, to get out and enjoy a coffee.

George receives meals seven days a week from True Davidson Meals on Wheels and says he couldn't do without the service. "Where are you gonna get a good hot meal for \$5? Nowhere." He started receiving the frozen meals when he first signed up but he switched to the hot meals and hasn't looked back. His favourite meal is the meat loaf and scalloped potatoes...not to mention the cheesecake, "Sit me in front of a cheesecake and you don't hear a word," but it is the fact the he knows what is in his food that makes George so happy with the service. He tells the people he knows that eat fast food, "instead of putting your money into that, put the money into Meals on Wheels, you know what you're getting." He plans to start the grocery shopping program in the fall as the weather starts to get better.

What really makes the True Davidson Meals on Wheels experience so positive for George are the people. According to him, the volunteers and staff are the tops. He puts a lot of weight on how people treat each other, "you treat people right and it will come back to you double fold." The volunteers and staff at True Davidson Meals on Wheels are like family to George, which is exactly how we like to think of all our clients. We look forward to many more deliveries of hot meals and groceries to George in the years to come.



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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.

Know Anybody?

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

CHRISTMAS LUNCH AND CLIENTS GIFT BAGS 2010

We hosted a Christmas lunch for our volunteers on November 17, 2010. The event was well attended by our volunteers from both programs. Every one enjoyed the food and the networking opportunity and it was well appreciated.

Christmas baskets were prepared on December 15, 2010 by our team of volunteers. The Christmas Committee (volunteers and staff) took on the responsibilities to organize, shop and coordinate the whole process. Our dedicated volunteers donated approximately 40 dozen of home baked cookies and squares. The girl guides donated ornaments for Christmas trees. The baskets included cookies, fresh fruits, candy canes, chocolates/candies, a Christmas card and other gift items. The baskets were delivered to our clients between December 15-24, 2010. The clients were very happy and appreciated the efforts.



TO DO.

Its almost time to change the clocks again. On Sunday, March 13th, 2011 you should set your clocks 1 hour ahead.

Enjoy the extra sunshine in the evenings!



2010 in Review: By the Number

167 clients	8,184 meals delivered
73 volunteers	45,869 website hits



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