

HELP BUILD INDEPENDENCE FOR OUR NEIGHBOURS!

Our homes are important to us.

They are more than just four walls and a roof that give us shelter. They contain a record of our lives. Every family photo hung with care, blanket laid out on a bed, or souvenir plate in a cupboard hold special memories that make our lives whole. They remind us where we came from, who we are, and what we've done.

We'd like you to meet Doris. Doris has been living in her Edmonton Bungalow for 66 years where the carpet has seen the footsteps of children, grandchildren, and great-grandchildren, 21 of them in total. Her home has witnessed love, loss, career changes, retirements, and so much more. Her home is her purist, fullest time-capsule of her life. And she is grateful that she can still live in it as she approaches her 99th birthday this May.

Doris recently started to use a walker to get around but that's not the only assistance she has had to make use of. About four years ago Doris became a client of Meals on Wheels, occasionally ordering our frozen meals to top up her freezer. Once the pandemic started in 2020, her regular grocery store deliveries became delayed. Because of that she began to order groceries and daily meals from us, making sure she always had enough to eat.



Your donation will not only help maintain our meal services but also support our other programs, such as Store-To-Door and The Grocery Bag, used by people like Doris.

Even though she is fortunate enough to have many of her family members close by, using Meals on Wheels has allowed Doris to remain, in her own words, "fiercely independent" in her own home. Her career as a Provincial Social Worker also allows her to appreciate the benefits of our services to her fellow Edmontonians. It's more than just food that we provide to our clients.

"I think that many of the recipients wait with anxious anticipation for the volunteers to arrive because they have so little social contact. Certainly every person who has come here does so with a smile and some kind words"

We all want to maintain our independence for as long as possible and it is often difficult to perceive what we, or our loved ones, will need to make that happen. It could be something as simple as having a few frozen meals on hand. Or it could be a fresh daily meal dropped off by a caring volunteer from our

Continued...

community. **With your financial support we can continue to ensure that a Meals on Wheels volunteer will be connecting with every client.**

The security our services provide extends beyond the person who gets the meal. Doris' daughter Lynda

lives in nearby Sherwood Park and is very grateful for what we provide for her. "We obviously visit her often but it is great to know that there will be somebody else there to visit and check on her." And even though Lynda and others were helping Doris with her meals, "there was no control over what she got and when she got it." Of course, the quality of the meals was very important to Lynda as well. "Now that she gets Meals on Wheels, there is a much greater variety, the meals are fresh, and we know that she is getting proper nutrition!"



At the end of the day we all need a little help which is why we are reaching out to you. We know you are aware that Meals on Wheels provides meals that are "nutritious, tasty and provide a well-balanced diet", according to Doris. Maybe you hadn't considered the additional services we provide. We are more than just meals, providing social connection and relief from loneliness. It's this combination that allows more people to live fuller, happier, and independent lives which builds a stronger community for us all.

We hope you will consider donating to Edmonton Meals on Wheels. Please feel free to contact us directly to discuss how your contribution would be used, scan the QR code below to donate online, or visit our website for more information.



Sincerely,
Edmonton Meals on Wheels

P.S. Your donation today will help ensure we can continue to support independent neighbours like Doris.