

# WHEELS IN MOTION



## WELCOME

We are excited to share the first edition of our quarterly newsletter, *Wheels in Motion*! This newsletter aims to shine a well-deserved spotlight on our incredible volunteers, provide updates on ongoing projects, and share important information to ensure everyone stays informed and engaged.

We would like to extend our heartfelt gratitude to every one of you for your unwavering dedication and hard work. The success of our program is only possible because of your efforts. Your commitment does not go unnoticed, and we truly appreciate your ongoing support. Thank you for making a difference!

## MEET OUR NEW STAFF MEMBER

Hi everyone, my name is Sara, and I am so excited to be joining the team here at Caledon Meals on Wheels as the Bridging Generations Coordinator. My goal this year is to strengthen our Friendly Visiting Program.

As a yogi, I believe deeply in the power of connection. In yoga, we often speak about connection—how we long for it, how we thrive because of it, and ultimately, how we all need it. This belief has always resonated with me, and it's one of the reasons I'm so thrilled to be working with the incredible team here at Caledon Meals on Wheels.

Connection is not just a word to me—it's a vital part of our humanity. It's something we all crave, something that keeps us grounded and united. I am so happy to be part of an organization that truly understands and embraces the importance of connection. One of our goals is to foster these bonds, to reach out to people who need support and help them feel connected to their community again. We are all united in the common mission to spread care, connection, and compassion.



# VOLUNTEER SPOTLIGHT

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## MEET FINTAN – 5TH YEAR AS A VOLUNTEER DRIVER

Proud father of two beautiful girls who've each blessed us with two wonderful grandkids —my best job in the world is being “Pa.”

I've spent my entire career in the meat business. In my free time, I enjoy woodworking, anything outdoors.

My biggest inspiration is undoubtedly my mom, Celia, who passed in 2013. She came to Canada in 1956 from a small town in southwest Ireland.

She raised six kids, worked full-time, and still found time to volunteer and support charities throughout her life.

People often thank me for my volunteer work with Caledon Meals on Wheels, but honestly, I feel it's me who is grateful. Delivering meals to people is incredibly rewarding, and I truly enjoy it, especially in retirement.

## MEET SANDI - 12TH YEAR AS A VOLUNTEER DRIVER

Delivering Meals on Wheels is a big part of my life, but I always seem to find other things to keep me busy! I like filling in the gaps by picking up groceries, driving people to appointments, and more. This all fits around caring for my 100-acre farm and looking after the resident dogs, cats, horses, chickens, and one very stubborn donkey.

My three kids are spread out—one in New Zealand & one in Australia—which gives me the time to volunteer weekly at the Humane Society. I foster dogs, help with birth puppies, and care for dogs who come and go through the doors of the ADHS.

My kids' far-flung locations also give me a great excuse to travel—I recently visited Australia and trekked through Nepal and Bhutan last fall. Next stop: New Zealand! Life is busy, but that's just the way I like it!



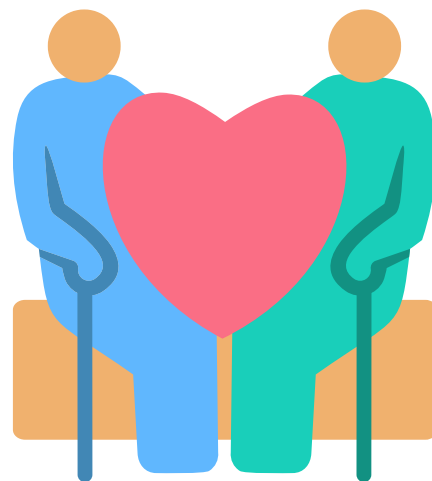
# ELDER ABUSE PREVENTION

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## DID YOU KNOW?

Elder abuse affects 1 in 6 older adults worldwide, yet many cases go unreported. It can take many forms, including:

- **Physical abuse** – Hitting, pushing, or restraining
- **Emotional abuse** – Intimidation, threats, or neglect
- **Financial abuse** – Misusing funds, scams, or coercion
- **Neglect** – Failing to provide basic needs like food or medical care.



Often, elder abuse is committed by someone the individual knows and trusts, such as a family member or caregiver. If you suspect abuse, it's important to speak up.

### **Need Help or More Information?**

If you or someone you know is experiencing elder abuse, help is available:

 **Seniors Safety Line (SSL)** – 1-866-299-1011 (24/7, confidential, over 200 languages)

 **Elder Abuse Prevention Ontario** – [www.eapon.ca](http://www.eapon.ca)

 **Victim Support Line** – 1-888-579-2888

By raising awareness and taking action, we can help keep our seniors safe and respected.

## UPCOMING WEBINAR

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### UNDERSTANDING DEMENTIA

Dementia refers to a decline in cognitive function, impacting memory, thinking, and behavior, with Alzheimer's being the most common form. Understanding dementia is key for early detection and management. Factors like diet, exercise, and mental engagement can reduce the risk, along with addressing health issues like high cholesterol or untreated vision loss. Lifestyle changes can delay or prevent its onset, with 50% of cases potentially avoidable through early intervention.

Join The National Institute on Ageing for a webinar on February 20, 2024, for actionable strategies to reduce your dementia risk, with expert insights from Dr. Samir Sinha and Dr. Serge Gauthier.

For more information & webinar link [CLICK HERE](#) or visit [www.niageing.ca](http://www.niageing.ca)

# THE POWER OF VOLUNTEERING

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Volunteering is often seen to support others, but it also provides measurable mental and physical health benefits for volunteers. Research shows that volunteering just one hour a week can lower depression rates, increase life satisfaction, and reduce the risk of hypertension, cardiovascular disease, and cognitive decline. Dr. Iris Gorfinkel, a Toronto-based family physician, frequently suggests volunteering to those seeking more social connections, even prescribing it for its positive effects on health and well-being.

Studies have shown that volunteering can lower stress levels, reduce heart attack risk by 46%, and slow cognitive decline in those at higher risk for Alzheimer's. Volunteering triggers the release of health-promoting hormones like oxytocin, offering neurobiological benefits. People who volunteer tend to feel better socially and go to the doctor less often, experiencing what is known as the "giver's glow." Research suggests that even a small amount of volunteering can have significant health benefits, including improved cardiovascular health and a greater sense of purpose. Volunteering has long-term benefits for both the individual and the community, making it a win-win for everyone involved.



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## WORD SEARCH

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Find the following words in the grid below.  
Words can be placed horizontally, vertically, or  
diagonally.

Word List:

VOLUNTEER, MEALS, WHEELS,  
COMMUNITY, SENIORS, SUPPORT  
WELLNESS, VISITOR, DELIVERY



# THANK YOU FOR YOUR FEEDBACK!

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We sincerely appreciate all the volunteers who took the time to complete our Fall 2024 Volunteer Experience Survey. Volunteers across all programs shared their thoughts on what they enjoy about volunteering with CMOW and areas where we can improve to enhance their experience.

The survey provided valuable insights into the perspectives of our dedicated volunteers. Many have been serving for several years, with the Meals on Wheels program being the most popular area of involvement. Overall, volunteers reported high satisfaction and appreciation for the support they receive from the organization.

## Key Highlights from the Survey:

- CMOW volunteers are primarily motivated by giving back to the community and personal fulfillment.
- Most volunteers feel well-trained and supported in their roles.
- Volunteers expressed interest in more opportunities to connect socially and participate in learning activities.
- Some challenges include navigating difficult delivery locations and timing-related concerns.
- Suggestions for improvement included clearer route information, better communication about meal deliveries, and more opportunities for younger volunteers.

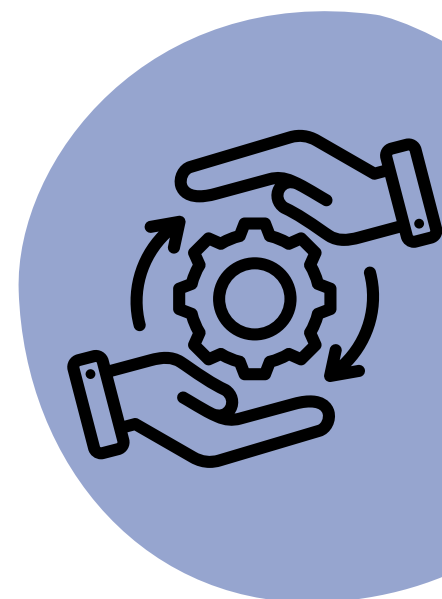
## IMPROVEMENTS IN PROGRESS

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Based on your feedback, we have already implemented or are working on several enhancements to improve your volunteer experience:

- Quarterly Volunteer Newsletter – Available in both digital and print formats to keep volunteers informed and engaged.
- Improved Route Information – Route sheets now include directions for hard-to-find addresses, and printed maps are available as needed.
- Bridging Generations Initiative – Thanks to a grant from the Ontario Trillium Foundation, we have hired a Bridging Generations Coordinator to engage and recruit younger volunteers.
- More Volunteer Support – Regular check-ins with volunteers will begin in February to provide ongoing support and address concerns.
- Social & Learning Opportunities – Plans are underway to offer gatherings and activities throughout the year to foster connection and engagement.

Thank you again to all who participated in the survey—your feedback is invaluable in helping us grow and improve together!



## CMOW STRATEGIC PLAN SURVEY

You may have received a recent email asking you to participate in providing some feedback into our strategic plan. There is still time to provide input and feedback into the direction of CMOW! Click here for the survey: <https://survey.zohopublic.com/zs/dZCKif>

Your feedback will:

- Influence our goals and priorities for the coming years.
- Help us identify opportunities for innovation and growth.
- Ensure our programs meet the evolving needs of the community.

The survey takes just a few minutes to complete, and your responses will remain confidential. Please submit your feedback by February 14, 2025. Together, we can shape the future of Caledon Meals on Wheels and continue delivering vital services to those who need them most.

If you have any questions, would prefer this survey printed or in a different language, please feel free to reach out to Kim Rodrigues, Executive Director at [kim.rodrigues@cmow.org](mailto:kim.rodrigues@cmow.org) or at 905-857-7651.

## OUR TEAM

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**Kathryn Mifsud** Development & Engagement Manager ✉ [kathryn.mifsud@cmow.org](mailto:kathryn.mifsud@cmow.org) | ☎ EXT 132

**Sara Abdi** Bridging Generations Coordinator ✉ [sara.abdi@cmow.org](mailto:sara.abdi@cmow.org) | ☎ EXT 130

**Heather Travers** Administrative Coordinator ✉ [heather.travers@cmow.org](mailto:heather.travers@cmow.org) | ☎ EXT 129

**Maureen Chilko** Client & Volunteer Supervisor ✉ [maureen.chilko@cmow.org](mailto:maureen.chilko@cmow.org) | ☎ EXT 127

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Feel free to share this with anyone looking to get involved!

  
... serving Caledon, Orangeville and Surrounding Communities

