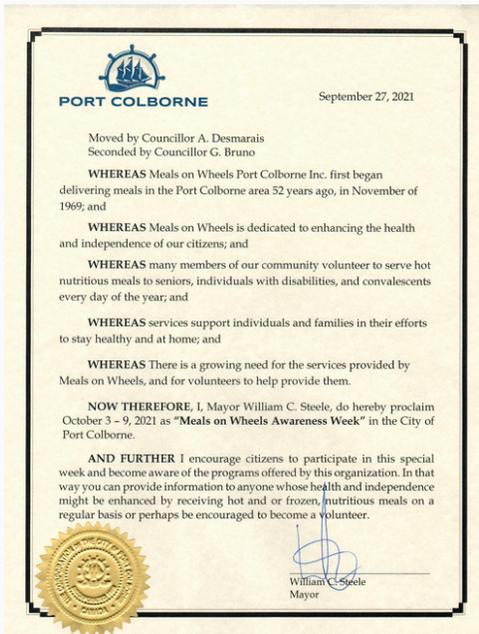


2021 OCTOBER - DECEMBER

# BEHIND THE WHEEL

More than a Meal

## Meals on Wheels Awareness Week



Did you know that during the 2019/2020 fiscal year we delivered 10,062 hot meals, and 7,245 frozen meals to 150 clients with the help of 56 amazing volunteers!!!

Hear Ye! Hear Ye! October 4-8 is officially Meals on Wheels Awareness Week! We spent the week promoting our program as an essential community service. We also celebrate our amazing volunteers who come out each week to ensure healthy meals are delivered to those in need. Not only do they deliver meals, they are also a social connection and safety assurance for our clients. Thank you all of our volunteers! We appreciate you!

## Meals on Wheels Port Colborne

Meals on Wheels  
Port Colborne Inc.  
953 Elm Street  
Port Colborne, ON  
L3K 4R8

PHONE:  
905-835-1581

FAX:  
905-835-8708

E-MAIL:  
portmow@outlook.com

We're on the Web!  
mealsonwheelspc.ca

**NO MEAL DELIVERIES ON  
STAT HOLIDAYS**

Thanksgiving  
Oct 10

Remembrance Day  
Nov 11

Christmas  
Dec 24 and 27

New Years Eve  
Dec 31



## Winter Safety Tips

**Winter Wear:** Light, layered, loose-fitting clothing under an insulated, waterproof winter coat is best for those days when you venture into the cold. Look for outerwear with a fleece lining and windproof shell if you can. Since we lose about 50% of our body heat from the head, a hat is a must!! For the hands, look to weatherproof, lined gloves or mittens that still allow for flexibility.

**Balanced Diet:** Instead of reaching for starchy convenience foods, be sure to consume fresh fruits and vegetables.

Eating vitamin-D fortified foods including grains, milk and seafood is also important, since there is less natural sunlight during winter. While you may not feel as thirsty during cooler weather, it is still crucial to keep well-hydrated. Six to eight glasses of liquid a day is advised. Be mindful of extra calories and sugar in fun winter drinks like apple cider and cocoa.

**Ward Off Isolation and Depression:** Winter weather can put a damper on mental health as you are less likely to venture out. Make an effort to schedule regular outings, personal visits, phone calls and social networking. When you stay connected with others, it triggers dopamine, serotonin and endorphins, which are the body's natural mood lifters including dopamine, serotonin and endorphins.

\*Source: Right at Home Canada

## BE PREPARED Winter is on the Way!

There may be days when the weather is not safe for our volunteers to deliver meals. Make sure to have a back up plan!

Stock up on a few cans of soup, or maybe add a frozen delivery to your order so that you always have a nutritious meal on hand if needed.



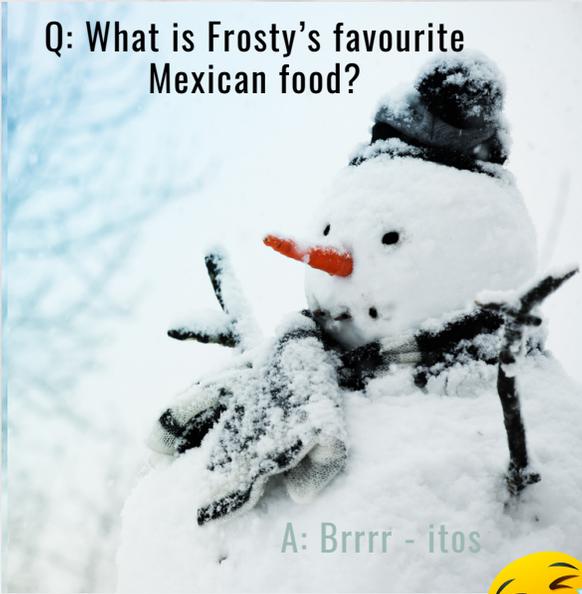
# A Shout out for Community Support!

Christmas preparations are underway! The Swan Club (formerly known as the Lioness Club) are graciously donating cookies for our clients, and the Quilters Club is working away making placemats!!!

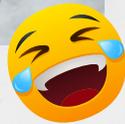
THANK YOU FOR YOUR SUPPORT!



Q: What is Frosty's favourite Mexican food?



A: Brrrr - itos



## Exercise the Mind

Can you solve these 4 rebus puzzles? The images/words convey a common idiom or expression. Make sure to look at word/letter placement, size, shape, and quantity. Take your time and don't give up.

FOOD

thought  
thought  
thought  
thought

egsg

esgg

gseg

SOUP



Balanced Diet

Split Pea Soup

Scrambled Eggs

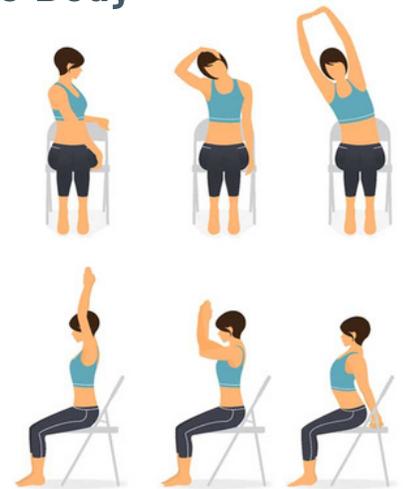
Food for Thought

## Exercise the Body



5

CHAIR  
YOGA  
POSES



**DID  
YOU  
KNOW?**



*Good  
bye*

## You Say Goodbye, And I Say Hello

*Hello*



Sadly, we said goodbye to our Program Manager Kim Beauparlant on June 30, 2021. We were very sorry to see her leave as she decided to broaden her horizons and take a new position at Tanguay Place as their Financial Administrator. Mrs. Laura O'Connell joined us on September 1, 2021, replacing Kim and she has learned the job very quickly and continues to learn more each new day. We welcome Laura to Meals on Wheels Port Colborne and are very happy to have her here.

**Meals on  
Wheels**



## Senior Safety Tax Credit

The Seniors' Home Safety Tax Credit will help you make your home safer and more accessible, helping you stay in your home longer.

You claim the tax credit when you file your personal income tax for the 2021 taxation year.

### Eligibility

You are eligible if you are a senior or if you are someone who has a senior relative living with you.

### What you'll get

It's worth 25% of up to \$10,000 in eligible expenses for a senior's principal residence in Ontario. The maximum credit is \$2,500.

### Which

expenses are eligible  
Renovation expenses are eligible if they improve safety and accessibility or help a senior be more functional or mobile at home, for example:

- grab bars
- wheelchair ramps, lifts and elevators
- walk-in bathtubs
- wheel-in showers
- comfort height toilets
- widening passage doors, etc

Check out other examples and find more information at <https://www.ontario.ca/page/seniors-home-safety-tax-credit>

Or contact the Canada Revenue Agency by phone, at  
1-800-959-8281

