

Three Options: Hot and Frozen Meals on Wheels Or Grocery Delivery Available in Havelock

Food is a basic need, a life necessity. What we eat or don't eat affects our mental, emotional and physical well-being.

Community Care offers a Meals on Wheels program throughout the City and County of Peterborough. For



those seniors who live in the Havelock area there are two options, a hot meal and a frozen meal program.

“I wanted to thank Mapleview Retirement Residence for continuing to provide hot meals for our clients in 2020,” said Tammy Ross – Community Development Coordinator. “They also donated the cost of meals back to our clients for two months, so their meals were free in April and May 2020. I know they appreciated this gesture and it helped us keep them safe in their homes.”

The hot Meals on Wheels program is delivered after 4:30pm on Tuesdays and Thursdays and includes a full entrée for \$10.00 per meal. These meals are prepared by Maple View Retirement Residence and menus change seasonally.

Picture taken in Feb 2020 left (L-R): Tammy Ross – Community Care’s Community Development Coordinator, Norwood and Havelock, Sonya Sohi – Owner of Maple View Retirement Residence, Cindy McGriskin – Administrator of Maple View Retirement Residence.

Community Care also offers a large selection of frozen entrees (\$5.25 each), soups (\$2.50 each) and desserts (\$2.50), delivered to their door by local volunteers.

Did you know that the Meals on Wheels program is also available to adults recovering from surgery or illness?

One of the misconceptions of Community Care’s Meals on Wheels is that it is only for seniors living on their own. The Meals on Wheels program is also available to adults recovering from surgery, illness or undergoing medical treatments.

“Our meal options are also here to help you get back on your feet,” said Tammy Ross – Community Development Coordinator. “We have a lot of flexibility to help not only seniors living on their own but also to give adults some support too so that they can concentrate on getting better.”

Whether it’s on a short-term basis as people recuperate or if someone needs some help with managing a chronic condition, Community Care wants you to stay healthy by eating properly in your own home.

“We want to make life easier so that you can recover comfortably at home and our pre-made meals take away the stress of meal preparations, for you or your caregiver,” added Ross. “You can also stock your freezer with our frozen meals, so all you or your caregiver needs to do is warm it up.”

Still, want to prepare your meals?

Community Care also began a grocery delivery program to enhance its existing Meals on Wheels program and will continue this service as long as needed.

“Some residents wanted to continue to prepare their meals but, they are high risk to be in public spaces or couldn’t stand in line for extended periods,” said Ross. “Our volunteers will pick-up their prepaid orders from local stores and deliver groceries right to our client’s door.”

Meals on Wheels volunteers deliver 40,000 hot and frozen meals each year in the City and County of Peterborough and have now also completed 6,923 grocery deliveries.



“Our volunteers are always ready to help and, we couldn’t do it without them,” added Ross. “I would encourage you to consider the Meals on Wheels program; we are all here to help.”

Picture taken Feb 2020: Tammy Ross – Community Care’s Community Development Coordinator in Havelock and Norwood with Meals on Wheels volunteer Mary Irving.

For more information about these programs call Tammy at (705) 778-7831 or email havelock@commcareptbo.org .

Media Contacts

Alicia Vandine
Donor Relations and Communications Lead
Community Care Peterborough
(705)775-3083, ext 224
avandine@commcareptbo.org
www.commcareptbo.org

Tammy Ross
Community Development Coordinator
Community Care Peterborough
(705)778-7831
tross@commcareptbo.org
www.commcareptbo.org