



## **Frozen Meals on Wheels in the Ennismore, Bridgenorth and Selwyn Township Area**

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

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 frozen meal options are also here to help you get back on your feet," said Michelle Weir - 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 Weir.

You can also stock your freezer with our frozen meals, so all you or your caregiver needs to do is warm it up. Deliveries are once per month.

"A large selection of frozen meals are available for various dietary requirements, and they come packaged for quick heat up," said Weir. "A healthy, good value alternative for \$5.25."

**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 Weir. "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.

### Meet Alfreda Stratos and Phil Smith



“Alfreda has been an Office Volunteer with our Chemung office in Ennismore since 2017. She contacts the clients each month to confirm their frozen meal orders,” said Weir. “Phil joined our team last summer (July 2020) as a Volunteer driver and Brokered Helper. He delivers these orders to our clients each month.”

Alfreda and Phil took over this Meals on Wheels role for the Chemung office at the end of 2020 when Don and Joanne Ritchie retired from this role.

“Don and Joanne were my frozen Meals On Wheels team for approximately 8 years and brought with them a deep passion for assisting people in their community and played an integral role in the services that we offer,” added Weir. “We were so very fortunate to have had this husband/wife duo volunteering their time to support our clients. We sincerely appreciate all that they have done for our community and wish them all the best.”

Alfreda and Phil are ready to help. For more information about receiving any of these Meals on Wheels programs in our Chemung office area, call Michelle Weir (705) 292-8708 or email [chemung@commcareptbo.org](mailto:chemung@commcareptbo.org).

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#### Media Contacts

Alicia Vandine  
Donor Relations and Communications Lead  
Phone: (705)872-7218  
Email: [avandine@commcareptbo.org](mailto:avandine@commcareptbo.org)  
[www.commcareptbo.org](http://www.commcareptbo.org)

Michelle Weir  
Community Development Coordinator  
Phone: (705) 292-8708  
Email: [mweir@commcareptbo.org](mailto:mweir@commcareptbo.org)  
[www.commcareptbo.org](http://www.commcareptbo.org)