



Empowering you to live at home  
in the City and County of Peterborough

### Meals on Wheels Available in Norwood

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 Norwood area there are two options, a hot meal and a frozen meal program.



Thanks to a wonderful partnership with Maple View Retirement Residence, Community Care is able to offer seniors in Norwood a hot Meals



**MAPLE VIEW**  
RETIREMENT RESIDENCE

on Wheels program that is delivered after 4:30pm on Tuesdays and Thursdays and includes a full entrée for \$10.00 per meal. These meals are prepared fresh in their kitchen by their caring staff and menus change seasonally.

Pictured left: Matt Keeping, Chef of Maplevue Retirement Residence in the kitchen preparing hot meals for Community Care clients that will be packed up for volunteers to deliver.

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 Rosemary Davidson – Program Support in Norwood. “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 Davidson. "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 Davidson. "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 Davidson. "I would encourage you to consider the Meals on Wheels program; we are all here to help."

For more information about receiving any of the Meals on Wheels, programs call Rosemary Davidson (705) 639 - 5631 or you can email [norwood@commcareptbo.org](mailto:norwood@commcareptbo.org).

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