



The Lakeshorian

WEEKLY BULLETIN OF THE ROTARY CLUB OF MONTREAL-LAKESHORE

Chartered February 27, 1961

Vol. 2016-17
Issue No. 52
Tuesday
June 27
2017

This Week's Program...

JP will review his year as our club president.

Birthdays and Anniversaries this week...

Happy Birthday, Zafer Veral..... Thursday, June 29th!

Happy Anniversary, Lawrence and Maureen...

...Sunday, July 2nd!

Future Programs...

July 4: [Evening] Our new club president **Helen** will tell us all about her plans for the Rotary year ahead.

July 11: **Catherine Sharouty** Program Manager for Health Partners International of Canada, will bring us up to date on this important organization that consolidates and provides donated medicine, supplies and vaccines to the developing world.

July 18: T.B.D.

Special Events...

June 29: (Thursday) Joint Meeting of our Outgoing and Incoming Boards of Directors. Holiday Inn, 6 pm for 6:30

July 8: (Saturday) Changeover Party, Baie-D'Urfé Curling Club, 3-8 pm, \$30/person. Cash bar available.

Last Week's Meeting...

Our guest speaker last Tuesday was **Shelley Hayden**, Food Services Coordinator for **Volunteer West Island**. The subject of her presentation was **Meals on Wheels**.

We were pleased to welcome 12 Active Members: **Helen, Lawrence, Maureen, Rosie, Sacit, Stan, Bill, Anne, Knud, Brenda, Cameron** and **Joe Zemanovich**, plus Honorary Members **Andy Csiszto** and **Joe Maxwell**.

We were also pleased to welcome seven guests: **Glorefe Kozma**, guest of the club, and her daughter, **Anastasia**; **Kathleen**, guest of **Andy**, **Anita**, guest of **Stan**, **June**, guest of **Bill**, **Winnifred**, guest of **Cameron** and **Maggie Varney**, guest of **Knud**.

Among the announcements...

Brenda told us she had attended the West Island Mission's annual general meeting, where she presented them with some Walmart gift cards for them to distribute among flood victims. "To quote a statistic, last year the West Island Mission served 257 families with their weekly baskets, an increase of 92 families from the previous year. The West Island is, indeed, in need of the assistance they provide.

"Last Thursday we went to the Old Brewery Mission. We were 14: **Wayne, Lawrence, Maureen, Rosie, Knud, Emily** as well as my Dad, my niece and myself. We were joined by

some of the members of the Baie-D'Urfé Rescue Squad and the West Island Lions Club.



"We presented the mission with our community service donation, which they were very happy to receive. They sent us a nice thank-you note, with praise for our kindness and our enthusiasm. Which reminds me...when I went to the Welcome Hall Mission for their volunteer appreciation event in April, a few of their employees spoke about an earlier time, when they were recipients of the services provided by the mission. They, too, commented on the kindness they had received from the volunteers. Their speeches were passionate and very moving."

Maureen added a comment on the visit to the Old Brewery Mission. "They were very forthcoming about the fact that they need volunteers to help out with the serving of the meals, even more than they need the money. Wayne and Lawrence and I said we would get together in the fall and maybe make plans to go down there once a month during the winter."

Brenda agreed, adding, "535 plates were served in under two hours. When the doors were opened at 4:30 a flood of people poured in, and others arrived later. They have changed the way the meals are served to a buffet style. You pick up a tray and go to the counter to get your meal, and then sit wherever you want."

At this point **Maureen** said, "**Bill** is a very good friend, so I rang up his wife, **June**..." at which point our server, **Lee Ann**, entered with a huge birthday cake and the entire assembly broke out in singing 'Happy Birthday to You.' **Bill** was taken completely by surprise. **Maureen** said "We didn't put all 80 candles on the cake as we didn't want to create a fire hazard." But there were lighted candles around the outer edge and everyone insisted that **Bill** blow them all out. **Lee Ann** returned with a cake knife and everyone feasted on birthday cake for dessert. Once his heart rate returned to normal, **Bill** thanked everyone for their kindness.



Brenda continued with her community service announcements. “We’ll be going to the Welcome Hall Mission on Thursday, for the 12:30 to 4 o’clock shift. And I’ll be taking some toiletries and other items to the Deniz-Benjamin-Viger home, so if anyone has some small-size shampoo or soap, like they give when you stay at a hotel, the residents can use them as prizes at a bingo, for example. Costume jewelry and picture frames are also always welcome. Some of these people arrive at the residence directly from the hospital, with very few personal articles other than the clothes they are wearing. So, any small articles that you have sitting in a drawer become treasures for them. Also, any DVDs you have that you no longer watch will make nice gifts as well.”

Brenda’s next task—she was a busy girl indeed last week—was to introduce our guest speaker. “Today we will hear from **Shelley Hayden** from Meals on Wheels, part of the Volunteer West Island organization. I’m very interested to hear what she has to say about West Island seniors and other residents who need Meals on Wheels. A bit of background on Shelley... She was born away from Montreal and has been living on the West Island most of her life. She used to be a high school teacher but took time off to raise her children. In 2013 she started volunteering as a receptionist at the offices of Volunteer West Island. When a position as a Volunteer Outreach Coordinator opened up a year later she jumped at the chance to work for them. Now she is the Food Services Coordinator and she coordinates Meals on Wheels and Frozen Meals and Purées delivery programs. She has the pleasure of counting 850 volunteers as her coworkers. **Anita** was one of those volunteers some years ago.

With the aid of an informative and well-illustrated Power-Point presentation, Shelley told us everything we need to know about her sector of the Volunteer West Island organization. Her opening slide, which she described as Meals on Wheels in Alaska, illustrated Shelley’s excellent sense of humour:

Meals on Wheels: Supported by Volunteer West Island



To summarize the information in her descriptive slides:

“Meals on Wheels (MOW) is literally a ‘volunteer driven’ service, bringing hot nutritious meals to those in need of help: mostly seniors, individuals with chronic illness, convalescing individuals, people with physical/mental challenges that make meal prep difficult, those suffering a loss of autonomy. Meals are delivered twice a week on the West Island.

“It’s not just the meal that’s important; the interpersonal connection that comes with the visit from a Meals on Wheels volunteer is just as important—perhaps even more important—to a senior living alone. The visit also provides an opportunity

for us to conduct a safety check twice weekly. When I, as a volunteer, arrive at a home where I’m supposed to be expected but do not get an answer when I ring the doorbell. I check in with a family member, perhaps the hospital, maybe even the police. That safety check is a valuable aspect of the program.

“MOW originated in the UK during the war when the Women’s Volunteer Service provided emergency food deliveries in the cities. After the war the program continued for vulnerable seniors. The very first West Island MOW kitchen was established in 1969 at Summerlea United Church, and it’s still operating! Today, our more than 850 volunteers deliver over 47,000 meals a year.

“The meals are nutritious, comprising a main course of lean meat or fish and dessert. Dietary restrictions are observed if appropriate, as when the recipient is a diabetic, for example. The cost of a meal (main course and dessert) varies between \$2.50 and \$4.00, depending on the area.

“Clients must be referred by one of the following: a CLSC, social worker, healthcare professional, rehab centre, MOW co-ordinator, community group leader or other non-profit organization.

“The typical client is a senior 65 and over or a person with a temporary or permanent loss of autonomy. He or she may have a mental or physical ailment, such as MS, ALS or cancer, that makes meal preparation difficult.

“Our typical MOW volunteer, male or female, is on average 69 years old, a retired individual from all walks of life. He or she wants to give back to their community, to help make it a better place. They are always smiling, eager to help to enhance the quality of life of the recipient of the MOW service.”

Looking to the future, Shelley told us the demand is growing as the population ages and access to health and social services declines. “Access to affordable seniors’ residences is strained and will only get more difficult. The need for volunteers is always great; as people retire we need to fill their positions.”

She closed with a quote from Albert Einstein: “It is every man’s obligation to put back into the world at least the equivalent of what he takes out of it.”

As often happens when a speaker finishes an excellent slide show, there were lots of questions, which Shelley was happy to answer.

She was thanked by **Brenda** who was back at the podium to continue the yeoman service she provided the entire meeting. “I personally felt the love that you have for your job and the warmth that you feel for every one of your 850 volunteers. It is such a much-needed service that Meals on Wheels provides and we’re all going to be in need of that service someday. We learned a lot about the value of the visits by your volunteers, above and beyond the delivery of a meal. I’m happy to offer you a small gift to thank you for your presentation and to present you with our cheque to Volunteer West Island as our way of acknowledging what you do for us and our West Island neighbours, day in and day out.”

