

# Meals on Wheels rolling along



Jean Harper of Beamsville demonstrates how she prepares to deliver meals for the Lincoln Meals on Wheels program. Mrs. Harper has been a volunteer with the organization since it first began in Lincoln 18 years ago. This week has been declared Meals on Wheels Week.

To mark 25 years of service to communities across Ontario, this week (October 2 to 6) has been declared 'Meals on Wheels Week'.

This fact is particularly meaningful for Beamsville's Jean Harper.

Mrs. Harper has been a volunteer delivery person with Meals on Wheels since the service was introduced in the Beamsville, Jordan and Vineland area 18 years ago. In fact, along with Flurette Burak of Vineland, she delivered the first meals prepared for Lincoln's Meals on Wheels program on December 13, 1971.

Since that day, the number of meals being prepared and delivered has increased. Last year, 7,500 meals were delivered within Lincoln by 22 volunteers. All of these meals were prepared at Albright Manner.

The service allows those who are not able to cook for themselves, due to age, illness or disability, the opportunity to re-

main in their own homes rather than seeking premature or unnecessary institutionalization.

Betty Creek, co-ordinator of Beamsville's Meals on Wheels program, explained that a typical meal consists of soup, salad, some variety of bread, a hot entree (meat and vegetables) and desert.

She added that meals are prepared for the specific dietary needs of those who cannot eat certain foods, such as diabetics. People who need low fat and low salt meals are also accommodated.

Mrs. Harper said the number of days the volunteers work is optional. She delivers every other Monday. "It gets to be a habit," she said. "You just do it — I enjoy it."

The meals are ready to be picked up from Albright Manner at 11 a.m. By the time she has finished her route of about 20 to 23 deliveries within Beamsville, Mrs. Harper said it is usually about 12:30 p.m.

Not only do the Meals on Wheels drivers volunteer their time, but they use their own vehicles and gas as well.

Asked why she has continued her volunteer work for the past 18 years, Mrs. Harper said, "the people give me a lift and it makes me feel pretty good doing it."

Mrs. Creek explained that Meals on Wheels is a non-profit charitable organization and receives some funding from The United Way and the Community Services Department of Ontario.

She also said people making use of the Meals on Wheels program are recommended from community care workers or from their family doctor.

For the price of only \$2.50, a person in need is able to have a balanced, nourishing meal in their own home because of Lincoln's Meals on Wheels program and because of the dedication of volunteers like Mrs. Harper.

# Thanksgiving food drive for needy now in full gear

With Thanksgiving just around the corner, many people in Lincoln are probably preparing for the traditional Thanksgiving dinner — a nice, plump turkey, cranberry sauce, potatoes and stuffing, followed by a hot pumpkin pie.

However, some people are not so fortunate. For various reasons, some people cannot afford such a meal and will be eating less 'traditional' dinners this Thanksgiving.

Lincoln Community Care (LCC) is currently holding a Thanksgiving food drive in an attempt to insure that those who are not able to afford all the usual Thanksgiving dinner ingredients, can at least have a balanced, healthy meal.

Connie Bucknall, administrative co-ordinator of LCC, explained that approximately 150 people in Lincoln depend on the various services offered by LCC. Often, she said, people who seek LCC assistance come from low income and single parent families.

All of the town's churches have been contacted about the food drive and will be receiving donations, said Mrs. Bucknall.



Lincoln Community Care is holding a Thanksgiving food drive to try to increase the stock on their nearly empty shelves. Food donations can be dropped off at the Lincoln Community Care office, or at any of the town's churches. Pictured are (left to right) Connie Bucknall, administrative co-ordinator, her daughter Haley Bucknall, and Ruby Schneider, food co-ordinator.

Goods can also be dropped off directly at the LCC Centre, 79 King St. W., Beamsville.

Ruby Schneider, LCC food co-ordinator, said the organization currently has a very low supply of all the basic dietary staples. Stews of all kinds, as well as canned luncheon meats, are in

high demand.

"We need protein foods," she explained. Although spaghetti sauce and different types of pasta are always needed, she said, lasagna noodles are not a good food to donate because all the extra ingredients involved in preparing it are expensive.

"It's hard to believe, but even in the middle of the fruitbelt, we need fruit too," said Mrs. Schneider.

Because LCC is equipped with a freezer, they are able to store perishable items such as meat, bread and butter.

"Some people come in periodically (to get food)," said

Mrs. Schneider, "others, just when there is a drive."

Although the United Way pays Mrs. Bucknall's salary and purchased the LCC office equipment, the organization is funded solely by donations from churches, service groups, and individuals. The seven co-ordinators, and 15 regular workers, as well as the seasonal workers, are all volunteers.

Although the Thanksgiving food drive is LCC's priority now, Mrs. Bucknall said the organization is already warming up for a Christmas Centre which will be held in conjunction with Lincoln's fire department and the Chamber of Commerce.

For the centre, part of the LCC building will be set up like a store. "Clients are given appointment times when they can come in and do Christmas shopping for their families," said Mrs. Bucknall.

For more information about LCC, or about the Thanksgiving food drive, call (563-5822). LCC business hours are from 9 a.m. to 12 p.m. each week day except for Thursday when they are open from 9 a.m. to 3 p.m.