

NOURISHING SUPPORT ON THE WAY

DINNER DELIVERY PROGRAM COMING FOR SENIORS AND THOSE WITH DISABILITIES

MELANIE HENNESSEY
mhennessey@metroland.com



The Lunch Lady photo
The Lunch Lady offers a variety of meals, such as shepherd's pie.

Links2Care is expanding its meal program offerings to include a nutritious dinner delivery for local seniors and adults with disabilities. Aply named Supper on Wheels, the pilot project will see freshly made meals from local food service The Lunch Lady delivered by volunteers on Tuesday evenings, starting June 1. The new initiative builds on the Meals on Wheels lunch program, which is also provided in Halton Hills by Links2Care.

"The idea of our new Supper on Wheels is to extend that benefit (of Meals on Wheels) through to the long, lonely evening hours and eventually maybe even to weekends as well," said Janet Battista, Links2Care's community support and meals program co-ordinator.

"Volunteers are bringing food, sure, but equally important is the check-in and chatting, particularly during the pandemic lock-

down. Social connection's impact on well-being is well-documented."

The Lunch Lady got its start providing hot meals to students in schools and is now branching out to serve fresh meals to individuals and families through home delivery, and partnering with organizations like Links2Care.

Supper on Wheels costs \$9.60 and can be ordered as a one-time treat or a regular delivery. Gift certificates are also available.

Links2Care offers a variety of other programs for seniors and adults with disabilities, with many being free or subsidized, including home maintenance, grocery shopping and delivery, bathing assistance and phone assurance.

For further details visit links2care.ca, call 905-873-6502 or email info@links2care.ca.



Your turn is coming soon.



Ontario's COVID-19 vaccine plan is helping to stop the spread and save lives. Thousands of people across the province are getting vaccinated every day.

As vaccinations continue, we need to stay the course to protect those we love. Wear a mask. Wash your hands. Keep your distance.

Find out when, where and how to get vaccinated at ontario.ca/covidvaccineplan or call 1-888-999-6488 for assistance in more than 300 languages.

Paid for by the Government of Ontario



Your HEARING is ESSENTIAL

That's why we are OPEN, and ready to safely help you with your hearing care needs.



HALTON

AUDIOMETRIC CENTRE

HEARING AIDS & AUDIOMETRY

Call now for a preview of the next generation of hearing aid technology!

Georgetown's trusted choice for hearing care

905.877.8828

360 Guelph St., Unit 44
Georgetown
(In the Knolcrest Centre) haltonaudiometric.ca

