



Volunteering

A Great Way to Grow

National
Volunteer Week
April 18 to April 22



19—The Canadian Champion, Wednesday, April 20, 1994

'Meals' gives companionship and hot meal for seniors

By MARY COOKE
Special to The Champion

Helping elderly people remain self-sufficient and independent in

their homes for as long as possible is a growing priority.

Meals on Wheels remains one of the bulwarks of this effort by providing services enabling seniors

to remain at home.

It is a meal delivery service for people unable to tend to their own nutritional needs.

Hot, nutritious meals are available five days a week. In some areas, frozen or chilled meals are available for the weekend.

Meals usually consist of meat, potatoes, vegetables, bread and butter, soup and dessert. The meals vary from day to day to provide clients with a variety of foods. Menus are planned to meet the special needs of most seniors, and special dietary needs or specific food dislikes are considered.

When Milton Meals on Wheels began 20 years ago, it delivered meals to less than 10 clients twice a week. Now, with the help of more than 30 volunteers, about 50 meals a day are delivered, five days a week at noon. Last year Milton Meals on Wheels delivered 9,356 meals to 93 clients through more than 35 volunteers for a total of 2,840 volunteer hours.

The importance of Meals on Wheels is not only the meals, but the friendly daily visits. The service provides the daily contact needed by many people living alone.

The volunteers who deliver the

meals note any problems or changes in the client, so their families can be notified if there is a health problem before it becomes serious. The volunteers also try to have a short, friendly visit with each client, perhaps focusing on different ones each week or as needs arise. The volunteers are the ones that make this program possible.

Our sincere thank you to all our volunteers, who have gone out in all kinds of weather to deliver meals to the elderly and disabled. Your friendly smiles and attention have made a big difference in a great many lives.

A profile of Canadian volunteers

Canadian volunteers contributed more than one billion hours of their time a year, according to a study in the late 1980s.

• During that time, more than five million Canadians aged 15 years and over performed volunteer work for groups and organizations across the country.

• There were more volunteers in Ontario than in any other province. (1.9 million volunteers — 35 per cent of the national total).

• More than half of all volunteers in Canada are women (55 per cent). In the late 1980's, 2.9 million Canadian women and 2.4 million men performed volunteer work.

• Nationally, 29 per cent of all women, aged 15 and over, volunteered at least once annually during that time. The comparable figure for men is 25 per cent.

• In 1987, seven out of 10 Canadians performed some type of volunteer work (either formal or informal).

• Almost half of volunteers (48 per cent) volunteer with more than one organization.

• The volunteering rate initially increases with age, from a low of 20 per cent for youths aged 15 to 24, to a peak of 27 per cent for 35 to 44 year olds. It then declines with advancing age to a low of 20 per cent for persons aged 65 years and over.

• The value of volunteer work, using an average service sector wage, was estimated to be about \$13.2 billion in 1990.

• About one billion volunteer hours is equivalent to 617,000 fulltime jobs.

• Canadians volunteer to help others, to forward a cause they believe in, to participate in something they enjoy and to gain a feeling of accomplishment.

• The most popular activities among volunteers are fundraising or canvassing for funds, providing information, organizing events, supervising and coordinating activities.

These statistics were taken from *Giving Freely: Volunteers in Canada*, jointly released by Statistics Canada and the Secretary of State.

Volunteering facts

The lowdown on high-minded calling

Question: What do 13 million Canadians have in common?

Answer: They actively volunteer to help other Canadians.

Question: How much is a volunteer's time worth?

Answer: That's hard to say. To the country as a whole, the time they donate is worth an estimated \$13.2 billion a year. To many Canadians, their time is priceless.

Question: What sector is bigger than agriculture, forestry and mining combined?

Answer: The volunteer sector. If their time was converted to fulltime positions, volunteers would fill 617,000 Canadian jobs. It's not only their numbers that are big, but their hearts are too.

Question: How many volunteers does it take to help a stranded duck?

Answer: More than 161,000 Canadians work in the area of environmental and wildlife protection. So that duck, no matter where it's stranded, is sure to have a helping hand.

Question: What attracts a volunteer?

Answer: Money. Fundraising for a worthy cause is

one of the most common activities of volunteers. Of course, that's when they're not organizing activities, being a board member, teaching and educating, coaching, counselling, providing care, promoting ideas, giving information and protecting our environment.

Question: Who are good sports?

Answer: Volunteers. More than 1.5 million Canadians volunteer in sports and recreation activities.

Question: How many volunteers fit into a phone booth?

Answer: One. The others are busy helping Canadians.

Question: How many volunteers does it take to put out a fire?

Answer: It depends on the size of the fire. But don't worry — there are some 94,000 volunteer firefighters across Canada.

Question: What does a typical volunteer look like?

Answer: They come in different shapes and sizes. Volunteers may work fulltime, part time or be retired; they may be young, middle-aged or seniors. It's difficult to describe them exactly, but there's one thing they all have in common — their smile. Smile back. It's National Volunteer Week.



Springers Gym Club

Sincere thanks to all our dedicated parents who always come through to meet the challenge and make things happen.

878-5030

Thanks to all of those who have contributed their time and support and have donated financially and otherwise enabling us to provide our services.

HALTON RECOVERY HOUSE

878-1120

SCOUTS CANADA

To all of those who make Scouting possible in Milton District from all of us, Beavers, Cubs, Scouts, Venturers and Rovers we thank you for being there.



To the thousands of
St. John Ambulance Volunteers:

Thanks a million for the millions of hours!

We couldn't do it without you!



St. John Ambulance
MILTON BRANCH



Milton District Hospital wishes to thank all those who volunteer their valuable time and service for the benefit of our patients

878-6639

VICTORIAN ORDER OF NURSES HALTON BRANCH



Thank you to our dedicated volunteers. You have made an excellent contribution to your community. Well Done!

To be a volunteer please call:
827-8800