

Meals on Wheels celebrates two decades of service

KATE GILDERDALE
Correspondent

This fall marks the 20th anniversary of Meals on Wheels in Stouffville and next

week has been designated Meals on Wheels Week in York Region.

Audrey Gibson, volunteer coordinator of the local program, has been involved since its

inception in 1973. "We presently have 15 diners and our meal cost is \$4. We deliver lunch every Monday, Wednesday and Friday - 45 meals a week."

The lunches are prepared and packed at Parkview Home and volunteers pick them up and deliver them to clients. "We usually have a driver and a runner to make it more efficient."

Over the years, said Gibson, "we have had many dedicated volunteers and we definitely can always use some more."

Like most volunteer-based services, Meals on Wheels is feeling the pinch, with increas-

ing numbers of women going back into the work force full time.

Helping out doesn't mean giving up a lot of time, she stressed.

"You only need to go out one week in every two or three months for just an hour at lunchtime."

"We're running out of volunteers and some of the people who help us are almost due to be recipients (of the service) themselves."

Gibson works with two other 20 year veterans - Barb Schell and Bea Jennings - and Jean Ireland, who has worked with

Meals on Wheels for approximately four years.

Enabling those who are elderly and frail to stay in their own homes is the goal of services like Meals on Wheels, which now comes under the CHATS (Community Home Assistance to Seniors) umbrella.

"In the beginning we ran everything ourselves, now it's done through CHATS," said Gibson.


Anyone who is interested in helping out, or who would like to learn more about the service, should contact Sue Higginson in the CHATS office at 294-4240.

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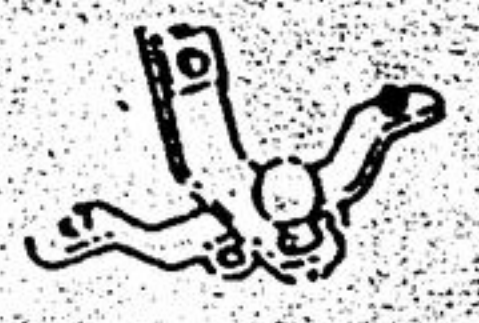
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