



Important Updates

Welcome Barb, our new Volunteer Coordinator! Barb brings a wealth of experience, positive attitude, and fun-loving personality to this role. She looks forward to getting to know you and for now, here's a photo to help put a face to the name when you receive a phone call or email from her. **Welcome to the team, Barb!**



Congratulations Harjit, our new Programs Manager! Harjit joined our team in the summer as our Client Service Coordinator and quickly learned the operations. She brings significant leadership experience to this role and has a heart for clients and volunteers. **Congratulations Harjit!**

Onwards and Upwards: Our former Programs Manager, Christine, will be stepping into a new role as our Business Development Manager, focusing on expanding the impact of Calgary Meals on Wheels through community connections and project management.

Volunteer Survey: [We would greatly appreciate your feedback in our annual Volunteer Survey.](#) Those who complete it by **midnight on September 30** will be entered in a draw for a package of Meals on Wheels baked goods! Thank you for your time and thoughts.

More News

Holiday Luncheon: We are thrilled to bring back our volunteer appreciation Holiday Luncheon this December. We are finalizing details now and the official invitation will be sent soon. Stay tuned...

Christmas Cheer: We are very pleased to partner with Senior Secret Service for another year of bringing holiday joy to our clients. Nominations are in September, and gifts will be delivered in December. If you have a client in mind who could benefit from a boost of joy from a holiday gift, please nominate them **by September 28**. Clients must be 60+ and have limited social connection. Please email our Client Intake Coordinator Melissa (signup@mealsonwheels.com) with client name(s), route, and any gift suggestions (interests/hobbies).

Client Survey: Our annual client survey will be distributed via clipboards in the coming weeks. Please ensure each client you deliver to receives a copy. If a client has already received one, please return any extra copies to your depot driver. Thank you!



YYC Pizza Fest: YYC Pizza Fest is back and runs from September 15 – October 1, 2023. This annual event has charity, community, and pizza crusts in mind. Each year, local participating restaurants craft an original recipe in a competition to be lauded Calgary's best pizza. **How does it work?** Visit yycpizzafest.com or download the YYC Pizza Fest app and choose a pizza or two (or ten!) from our list of contestants, head over to the business to try it, and then rate it to help us decide who will win! **\$2-\$4** from every pizza sold supports Calgary Meals on Wheels, thereby directly providing nutritious meals to Calgarians.

Save-The-Dates

- OCT 9 (MON) OFFICE CLOSED for Thanksgiving (no meal delivery)
- NOV 13 (MON) OFFICE CLOSED for Remembrance Day (no meal delivery)
- DEC 25 (MON) OFFICE CLOSED for Christmas Day (no meal delivery)
- DEC 26 (TUES) OFFICE CLOSED for Boxing Day (no meal delivery)
- JAN 1 (MON) OFFICE CLOSED for New Year's Day (no meal delivery)

Quick Reminder

Help us do our part for the environment: During the pandemic and contactless delivery, we relied on plastic bags to hang meals on every client's door. In anticipation and alignment with the federal ban on plastics, we ask that volunteers only use a plastic bag to hang meals if the client does not answer the door or if the delivery instructions indicate to do so due to the client's mobility. Thank you for helping us reduce our plastic usage and keep our costs low.

Volunteer Opportunities

Casino Fundraiser

October 14 & 15
Elbow River Casino (218 18 Ave SE)

We are looking for a few night owls to help us fill in our last few casino shifts! As many of you know casino fundraising makes a huge impact on the financial stability of charitable organizations in the province of Alberta. Volunteering your time for our casino shifts is a huge support to the programs we offer. Please [click this link](#) to review the available shifts and sign up. Thank you!

Open Shifts for Meal Delivery

We have posted the schedule for October – December, so please feel free to browse ahead for open shifts.

REMINDER for our Snowbirds: Please give Barb (volservices@mealsonwheels.com) as much notice as possible once you know your travel dates, so we can work to cover your route in advance. Thank you!

North: [Sign up HERE](#)
South: [Sign up HERE](#)

Welcomes & Anniversaries

19 Years: Janis M.

1 Year: Ken T., Dainess M., Awer A., Michelle M., Claudia L.

A warm welcome to our newest Volunteers: Anthony P., Frances P., Daniel S., Vaishali R.

Your Impact...

"The service really helped me and my husband during a tough time. The meals have been very helpful, and we thank the whole crew! I'll keep you on speed dial in case we need you again."

-Client on #403

