



## EVERY MOMENT MATTERS

Last week, we celebrated with you at the volunteer luncheon, and as we embark upon National Appreciation Week, we would like to extend our heartfelt gratitude for your remarkable contributions and to honor your incredible impact. Your dedication truly makes a difference in our community.

Under the banner of this year's theme, "Every Moment Matters," we are reminded of the profound impact each volunteer imparts, particularly during periods of increased demand. This motif underscores the essential role volunteers play in effecting positive change and providing crucial aid precisely when it is most needed.

Thank you for making **every moment matter** and for being shining examples of compassion and generosity in our community. Your efforts ripple outwards, creating a brighter, more caring and vibrant environment for us all.



## Spread the Word, Make an Impact!

Want to help us reach more people and make a bigger impact? It's easy! Just like and share our posts on Facebook, Instagram, and Twitter!

Your support means everything to us, and together, we can make a real difference in the lives of others. Let's amplify our message and inspire even more positive change!

Don't forget to hit that like button and share our content with your friends and family. Let's spread the word together!

## Meal Delivery

### Route Sheets

You may have noticed a change in the appearance of our route sheets, stemming from our migration of the database from a software application to a web-based platform.

If your route is not mapping properly, please inform us so that we can make necessary adjustments. Additionally, we welcome any feedback you may have regarding the new system. As the web-based site has only recently gone live, there are numerous opportunities for improvement, and your input is valuable in enhancing our services.

### Meal Pack-up

We are pleased to announce upcoming changes to our meal packaging required by the Federal Single Use Plastic ban and aimed at mitigating our environmental footprint. While the appearance of our meal packaging may look different, we assure you that we will continue to offer quality and locally prepared meals to our customers. We will share photos along with descriptions once the meal packaging project has been completed.

### Reusable Bags

Please continue to provide feedback on the blue reusable bags and promptly let us know if a customer requires one. Ensuring everyone has access to these bags promotes sustainability and reduces waste, so your vigilance in this matter is greatly appreciated.

### Calling 911

Quick reminder: If you need to call 911 for a client, please let us know so that we may notify their Emergency Contact and follow-up with a wellness check. Their meal delivery may need to be paused, so early communication is crucial.

## OPEN ROUTES

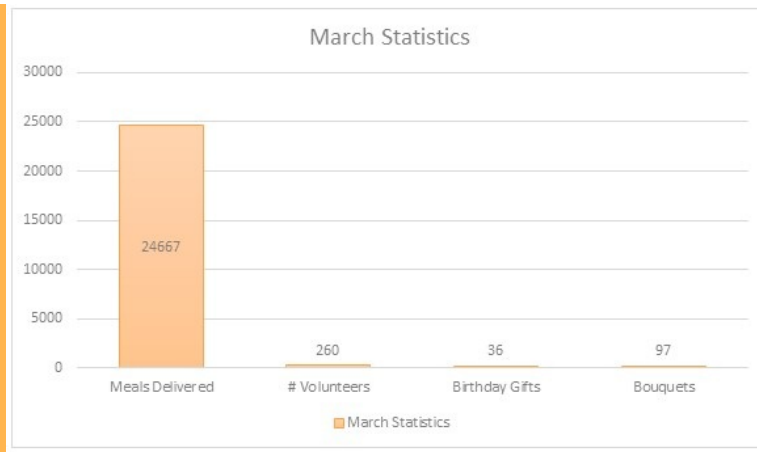
The open routes change daily, so please check regular and sign-up using these links:

North Routes: [Sign up here](#)

South Routes: [Sign up here](#)

## YOUR IMPACT

### Monthly Stats



**VOLUNTEER SPOTLIGHT - Mary Jane Pawelek**

Mary Jane’s journey with Meals on Wheels began at a young age, accompanying her mother Anne on deliveries before heading to kindergarten. They brought thermoses of hot soup, bagged lunches, and hot entrees, using white bags for diabetic meals and brown for regular ones. The volunteers carried portable warmers and quilted bags to ensure the meals stayed warm during delivery, and collecting payments from clients was also part of the process. Throughout her career, Mary Jane occasionally joined her mom on delivery routes, gaining insight into different communities across Calgary. Her co-workers always knew that every Tuesday she had her route to deliver. When she retired, they gave a donation to Meals on Wheels in her name!

For Mary Jane, volunteering isn’t just about delivering meals; it’s about fostering genuine connections with the recipients. She believes it’s essential for younger generations to recognize the significance of contributing time and skills beyond their professional lives, hoping to inspire others to volunteer.

Someone once said about volunteering “There is no pay but the benefits are out of this world!”

Despite her mother Anne retiring due to COVID at the age of 90, she still occasionally joins Mary Jane and her sister Joanne on deliveries. Looking ahead, Mary Jane is determined to continue her volunteer work for many years to come, embodying the spirit of service and community involvement instilled in her by her mother.



**UPCOMING EVENTS**

**UnBEERlievable!**

We are happy to share that Wild Rose Breweries has chosen to support us throughout the month of May with proceeds from beer sales! So if you get thirsty in May, head over to the [Wild Rose Brewery](#) in the Southeast (just up the road from our facility) and order a pint of the "Horns in the Haze". We might even see you there!

**Stampede BBQ - Save the Date**

We know it’s still down the trail a piece, but it’s easy to get excited about Stampede in Calgary! Save the Date for our Community Stampede BBQ on July 11 from 12pm - 3pm. We’ll have games, music, a 50/50 and raffle, and of course delicious food! And if you haven’t visited us before this is your chance to tour our production facility. Mark your calendar now and we hope to see you there!

**Milestone Anniversaries:**

- 31 Years: Advent Lutheran Church
- 17 Years: Kathy M.
- 10 Years: John F.
- 5 Years: Marianto H.
- 1 Year: Karen C., Mark N.

**A warm welcome to our newest volunteers:**

Brian L.

Stephen N.  
Connie Z.  
Glenda and Keith W.  
Kent C.  
Christine R.  
Jennifer M.  
Sandy N.

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