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THE QUARTERLY CLIENT NEWSLETTER OF MEALS ON WHEELS OF RIDGEFIELD, CT

FALL 2018

Welcome to the Meals on Wheels fall client newsletter! We hope you had a great summer despite all the rain and heat. We've been busy on outreach in the community to increase our number of clients. Perhaps you've seen us at a recent event, including our presentation at Founders Hall, senior luncheon at Lounsbury, Commission on Aging meeting, OWLS meeting or at the SPIF Senior BBQ. Or perhaps you read about us in the Ridgefield Press. Our efforts have paid off with many new clients and a record number of meals delivered in August. If you're one of our new clients, welcome to MOW!

We were thrilled to host Congressman Jim Himes at the end of August when he delivered meals in Ballard Green. He had a nice discussion with the clients he met and expressed his gratitude for Meals on Wheels.

Why not introduce your friends to our service? The "refer a friend" promotion is still available – get your next delivery free when you refer someone to MOW! Make sure your friends tell us that you referred us.

FALL MENU HIGHLIGHTS

Our fall menu includes some savory seasonal meals such as Tuscan Chicken, Shepherd's Pie, Puffed Pastry with Ham, Beef Stir Fry, Pasta Primavera, Pork Tenderloin, Chicken Cacciatore, Salmon and Frittata. And soup's on, starting in November.



Our Kitchen teams create meals that are nutritious and aesthetically pleasing. You can eat the meal right out of our container, but to fully appreciate a home-cooked meal why not take a moment to plate it? Bon Appetit!

MEG WHITBECK

Our Consulting Dietitian

Meg Whitbeck is the RVNA's registered dietitian and nutrition educator. She also consults with Meals on Wheels to ensure we're providing healthy and delicious meals that meet nutrition needs for seniors. She reviews our menus and recipes and has helped us make several improvements, including reducing



fat (without reducing taste!), lowering sodium and offering healthier desserts. She also helps with any specific dietary or allergy needs. Thanks Meg!



EMERGENCY BAGS & SEVERE WEATHER

Our dedicated volunteers do everything they can to deliver meals to you in inclement weather. However, in those rare cases when the roads are too hazardous, the MOW kitchen must close. You can prepare for this by keeping enough non-perishable food on hand to carry you over for 1 or 2 days until we can safely get the meals to you. And, around November 1st, we'll be delivering an emergency bag with a small supply of non-perishable items, like canned soup, fruit cup, instant oatmeal, bottled water and snacks.

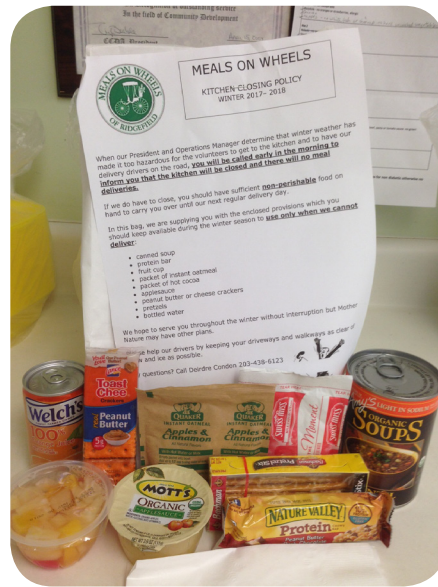
Remember, these bags are meant for days we can't deliver, not for snacking...use only in case of emergency!

When we can't deliver, we will call you in the morning to see if you have an immediate need for food, and to let you know the next date we plan to deliver. Note that in some cases we will only delay our

cooking and delivery time by 1 or 2 hours, so we may be a little later than usual, but we'll get there (we won't call you on those days).

If you are able, please keep your driveways and walkways clear of snow and ice to let our drivers get the food to you safely.

Any questions? Call the kitchen at 203-438-8788 or Deirdre Condon at 203-438-6123.



COMPLIMENTARY HOLIDAY MEALS

Those of you who received meals on Labor Day were treated to lunch and dinner compliments of the Almira Family, in honor of the Monday Kitchen Crew and in memory of Linda Almira. The Almira Family plans to sponsor Labor Day meals each year.

We also have a donor who will sponsor a complimentary Halloween dinner on Wednesday October 31. Our kitchen team is working on a fall-themed menu

– don't worry, we'll make sure it is a real treat and not a trick! And as usual Thanksgiving and December holiday meals are complimentary.



SURVEY RESULTS

We received completed surveys from nearly 60% of our clients – thank you! We were very pleased that our clients rated the quality of our food as 8.6 out of 10, and rated us 9.2 out of 10 when asked how likely you'd be to recommend us to a friend or family member. Thank you for the positive feedback!

Based on your input we've made a few changes and are always here to listen! There was limited interest in our new services, so we'll relook at them in 2019.

Some clients suggested we check our phone messages when the kitchen is closed. You can always reach us during kitchen hours (Mon/Wed/Fri mornings), but now we'll be checking more often and will call you back. You can email us anytime at mowridgefield@gmail.com.