

MEDIA RELEASE

More meals for Sudbury Seniors *North East LHIN works with Meals on Wheels to support seniors at home*

March 14, 2014 – Volunteer Lynn Bolton unpacks Bill and Ann Kozak’s meals for the day – a hot soup, fresh food for lunch, a full meal for supper.

Meals on Wheels has helped the Kozaks remain in their Sudbury home for the past year, where they’ve lived since 1952.

“It’s the best thing for me. All my time is with her (wife Ann). I don’t have much energy and our daughters are in Toronto,” explained Bill. “I enjoy it because there’s always something different – 25 different meals a month ... I feel more comfortable in my own home.”

Receiving Meals on Wheels has meant fewer trips to the grocery store and cooking for Bill, whose mobility has also been affected of late, so that he is able to focus his caregiving energies on Ann. The couple makes their own breakfast and weekend meals, but it’s a relief for them to not have to worry about the rest.

The North East Local Health Integration Network (NE LHIN) is working to shift care to the community to help seniors live as independently as they want at home. Recently, it was able to fund 11,000 more meals with the Sudbury organization to ensure people like the Kozaks can get the help they need. While clients do pay for their meals (about \$7 per meal), this amount does not cover all the costs of meal delivery and other programming, so is offset by funders like the North East LHIN, as well as fundraising.

“In health care it is sometimes the most basic of things that can make the biggest difference,” said Louise Paquette, CEO, NE LHIN. “A hot meal, alongside a loved-one goes a long way for good health and independence -- at home.”

Meals on Wheels is part of the Community Support Service (CSS) sector, made up of non-profit organizations helping northerners with their personal and health care needs so that they can continue to live independently at home. In the North East region, 68 CSS organizations receive funding from the LHIN and many rely on the help of volunteers.

Lynn, who has been volunteering for three years, started with Meals on Wheels as a way of giving back because, as she put it, “someday, someone will have to do it for me.” Besides delivering the meals, volunteers



Volunteer Driver Lynn Bolton delivers Meals on Wheels to William and Ann Kozak.

also are able to see first-hand if their clients' health has suffered and if so, get them the help they need. What is the best part? "Meeting some wonderful people," she said.

Background:

- The North East LHIN is responsible for planning, funding and integrating 150 health service providers in Northeastern Ontario including hospitals, long-term care homes, mental health and addiction organizations, community support services, community health centres, and the North East CCAC. It oversees \$1.4 billion in local health care investments on behalf of the 565,000 residents of Northeastern Ontario.
- The North East LHIN invests in 22 agencies that deliver meals programs across the region.
- Meals on Wheels Sudbury offers a variety of high-quality, home-cooked meals to suit the needs of its diverse clientele. Programs and services include: Daily Hot Meals, Home Meal Replacements (frozen meals), Wheels to Meals, Meals For Moms, and Daily Security Checks.
- To find out more about meal delivery or volunteering opportunities, contact Meals on Wheels Sudbury at (705) 525-4554 or meals25@sudburymeals.org

-30-

For more information, please contact: Kathleen Bain, Communications Officer, North East LHIN at kathleen.bain@lhins.on.ca or 705-840-2340.