

# Community Care Northumberland

## Encouraging Volunteerism During “March for Meals” in Cobourg

March 7th, 2019 (Cobourg)

Community Care Northumberland (CCN) began its month-long, county-wide “March for Meals” initiative in Cobourg. With this initiative, CCN is promoting the Meals on Wheels program to the public and also wants to bring awareness for the need of volunteers to assist them in the delivery of this program.

During the month of March, agencies across North America like CCN are celebrating the value of the Meals on Wheels programs. This program provides access to well-balanced, affordable meals that are imperative to the independence and sustenance of isolated seniors and individuals with disabilities.

Mayor John Henderson, Deputy Mayor Suzanne Seguin, Councillor Adam Bureau and Councillor Emily Chorley joined together with CCN volunteers in Cobourg on March 6<sup>th</sup> to help deliver hot meals to local Meals on Wheels clients.



Pictured (L-R): Sheri Birney – CCN Program Coordinator, Patti Aitken – CCN Program Assistant, Mike Gibson – CCN Lead Driver, Ron Fisher - Mayor John Henderson – Town of Cobourg outside of Extendicare Cobourg.

“We are hoping this initiative will bring attention to our need for Meals on Wheels volunteers,” said Trish Baird – Executive Director of CCN. “The Meals on Wheels program is growing and without volunteers we will be forced to cap service because we simply cannot keep up with the demand.”

In Cobourg, volunteers pick up the hot prepared Meals on Wheels insulated bags at Extencicare, located on Densmore Road and deliver them to clients on a pre-planned route during the noon hour. The pre-planned route of stops takes no longer than 1 hour. When the route is completed, the volunteers return the bags to Extencicare. Last year, with the help of local volunteers over 12,000 hot and frozen meals were delivered throughout the Cobourg area.

“I want to thank Mayor Henderson, Deputy Mayor Seguin and Councillors Bureau and Chorley from the Town of Cobourg for getting us started with their participation in this year’s March for Meals initiative. Their involvement will help us raise the profile of this program and our need for Meals on Wheels volunteers in the Cobourg area,” she added.

For additional program information about Meals on Wheels visit [www.commcare.ca/mow.html](http://www.commcare.ca/mow.html) or to volunteer as a Meal on Wheels driver, please contact CCN’s Cobourg office at (905)372-7356 or email [cobourg@commcare.ca](mailto:cobourg@commcare.ca).

**Upcoming March for Meals Dates:**

- Port Hope – March 8<sup>th</sup>
- Campbellford – March 15<sup>th</sup>
- Grafton – March 19<sup>th</sup>
- Brighton – March 21<sup>st</sup>
- Hastings – March 27<sup>th</sup>
- Colborne – March 28<sup>th</sup>

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