

Even in the best of times, many seniors in our community—who live independently—can't cook for themselves. Maybe they aren't able to. Maybe they don't feel safe in the kitchen.

Whatever the reason, Community Services Community Meal Delivery has been here, delivering hot nutritious meals to our beloved grandparents, parents, siblings and friends.

"I couldn't live in my own home if it wasn't for my meals being delivered to me. Thank you very much."

"Thank goodness for the meals. I couldn't live without them."

"My drivers are very friendly and helpful. I love the visit, and one driver always has a new joke for me. They even cut up my meat as I am quite handicapped. Thank you Community Meal Delivery."

But meals are only part of what we do. Seniors who live alone, eat alone. Sometimes our volunteers are the only human contact our treasured elders have in a day. We don't just deliver meals, we also deliver warm smiles and conversation and a ray of loving sunshine to those who are at risk of isolation.

Since the onset of the Covid19 pandemic, many seniors are more isolated than ever. We're still delivering meals, but we're also doing wellness checks—in person and on the phone—making sure that seniors not only have a hot nutritious meal, but also the peace of mind and comfort of knowing that someone cares.

Our delivery volunteers see lots of smiles of gratitude, but they also see lonely eyes. They set many tables of one, and put extra meals in empty refrigerators so there'll be food for the weekend.

Community Services could not provide this service in Maple Ridge and Pitt Meadows without your financial contributions; or without our big-hearted volunteers.

On behalf of the seniors in our community, Community Meal Delivery thanks all of you for your generosity and compassionate support.

"Thank you, thank you, thank you."