

Montreal, December 1st 2016

Dear friend,

This holiday season, help bring warm meals and caring connections to our neighbours living alone.

Last winter, when Roulant volunteers and staff went carolling at the doors of meals-on-wheels clients, it was to provide more opportunities for connection and wonder for those living with limited mobility. Thanks to you, volunteers continue to bring this level of care each time they deliver a meal to a client's door.

A friendly visit to improve the health of meals-on-wheels clients.

As winter sets in, the falling snow makes many of us feel nostalgic and cozy. But for clients like Judith, it can be a source of anxiety and loneliness. Her declining health makes it tough to go out on the icy streets to meet a friend or get groceries.

Being stuck at home can be extremely isolating for meals-on-wheels clients. A day without human contact can seem long and lonely, making it difficult to feel hopeful while overcoming health challenges.

Thanks to you, Judith can count on a daily visit from friendly volunteers.

A visit with Roulant volunteers can be the highlight of a client's day. Some clients make sure they aren't napping when their meal arrives. Others greet volunteers with chocolate and tea. These moments at the door for a caring chat while receiving a healthy, warm meal are a boost to their sense of well-being.

For volunteers, preparing and delivering meals is a source of joy and connections like no other.

Like clients, volunteers also value these opportunities for connection. Many have mentioned how they came to the Roulant at pivotal moments in their lives, during a time of transition or uncertainty. For volunteers like Lawrence, who faces his own health challenges, it is uplifting and motivating to visit with clients and contribute to their wellbeing.



"Some of the people I've gotten to know fairly well because they come really regularly. They perk me up the minute they get around the corner."

- Judith, client





“People are at the center of the Roulant... Coming to volunteer helps us to regain self-confidence and regain self-esteem.”

- Lawrence, volunteer

The Roulant is a space where people both contribute and grow.

From the farm in Senneville, to the kitchen downtown, volunteers see Santropol Roulant as a place to feel good, beyond their homes or workplaces. It is a safe and welcoming space to foster personal growth and connect with others.

Let's continue to create a healing community for those who are isolated. We all gain from being together.

As volunteers, clients, staff, donors, friends, and neighbours, we put special care into the quality of

this space, these moments, and these connections. For this reason, your help means much more than just providing a warm meal.

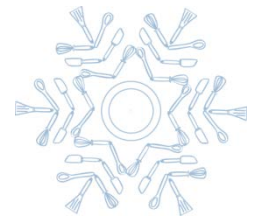
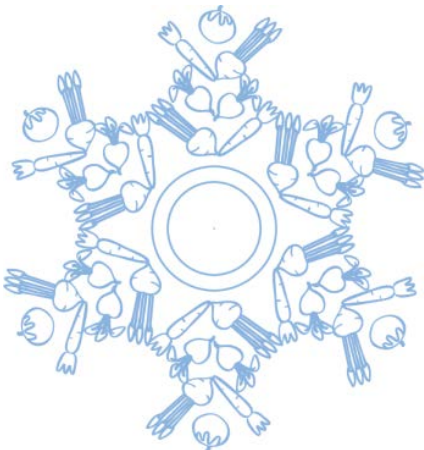
By making a donation, you ensure a lasting source of compassion and caring for members of our community; a source of caring that complements our social and medical services and improves the health of those living with limited mobility. Your contribution is especially important during these long, cold days of winter.

On behalf of all the Roulant volunteers and clients, I invite you to support to the improved health and well-being of our fellow Montrealers by making a donation today.

Wishing you good health and a joyous 2017,

Pier Liné
Executive Director

P.S. Thank you for your support! Visit our website to see the full interviews with Judith and Lawrence. To receive a tax receipt that you can include in your 2016 tax return, please make your donation before December 31st.



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