

# Words-On-Wheels

Santropol Roulant's Client Newsletter

Winter 2014 Edition



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Cover Photo: Francine Grunberg, meals-on-wheels client, at the 2013 Intergenerational Holiday Brunch.

# Letters from your Editors

## This is not a goodbye!

I have had an incredible time as the Meals-on-Wheels Intern at Santropol Roulant over the last 6 months. I am very grateful for the experience and for all the great human beings that I have met at the Roulant. I have had the pleasure to get to know some of you by telephone and in person. It is clear to me that the Roulant is a big family that keeps growing. It is a community made of all of us: the staff members, interns, clients, volunteers, donors and board members.



During my time at the Roulant, I very much enjoyed the team work in the kitchen and in the office. Each experience working with diverse volunteers and staff members was an opportunity to appreciate diversity and connection. My conversations with you over the phone gave me joy and a deeper understanding of being in a different moment in life. I feel honored to have been there to taste your wisdom and life experience. My time as a MoW Intern has finished and I am passing on this hat to the talented and dynamic Yasmine. I am thrilled to be part of the Roulant's big family and I will be around in one way or another. Hasta la proxima!

**-Mayahuel Tecozautla**

## Pleased to meet you!



Hi! My name is Yasmine and I am the new Meals-on-Wheels Intern. I may have had the chance to chat a little bit with some of you on the phone since I started on January 28th. I feel very happy and lucky to be part of the team, even though it will be for a short period of time. I will be around until the beginning of spring!

I am currently a student at the Université du Québec à Montréal (UQAM), where I am learning lots about Political Science. I am particularly interested in political analysis and feminism. I love to read, write, cook and especially eat! I was born in Algeria where I spent the first three years of my life, before moving to Montreal where I grew up.

I love all sorts of food, but I have to admit that I particularly enjoy meals that are typically Algerian, which my grand-mother makes so deliciously every time!

Furthermore, I am particularly happy to be part of a project like Santropol Roulant which believes in social solidarity and helps people from a same community to help each other and get to know each other. I hope to be able to help out as much as I can during my time here, and to learn from Santropol and the people that bring the project to life. I want to share my experience with the people around me! I will be very happy to meet all of you in the next couple of months, and to get to know you better as well!

**- Yasmine Belam**



# Client Program Update

## Annual General Meeting (AGM): Thursday, March 27

The AGM is right around the corner and we hope to see many of you there! It's a great occasion to get to know Santropol Roulant staff, volunteers and clients and to learn more about our organization. Thanks in advance to everyone who is planning on participating- either by attending, voting from home or even running for the Board. If you have any questions about the AGM, the Board of Directors or Santropol Roulant in general, feel free to call Mollie at the office.

## Sugar Shack Outing: Thursday, April 24

The intergenerational sugar shack outing is back! Come join Santropol Roulant volunteers, clients and staff for an afternoon of good company, good food and good cheer. It's the perfect excuse to get out of the city, celebrate the spring and indulge your sweet tooth. We'll be sending you the official invitation and RSVP coupon in the next few weeks but in the meantime, save the date! Stay tuned for more information.

## Mollie's Farewell

Working at the Roulant, I've seen first-hand the incredible things that can happen when people are open to change and new possibilities. It is in this spirit that I have made the decision to leave my role as client-relations coordinator and to head out into the great unknown!

I want to say thank you to each and every one of you for making these last few years so much fun, and for always keeping me on my toes! I started at the Roulant over four years ago (first as an intern, then in the kitchen, and eventually as your client-relations coordinator) and I can truly say that I found my place, and my passion, working with each of you.

Though I don't know exactly what's in store for me, I'm excited (and nervous!) to go find out. I'm sure that wherever I end up, the Roulant community will continue to be an important and meaningful part of my life.

I'm still around until April 11th, so please feel free to contact me at the office (514-284-9335) if you have any comments, questions, ideas, suggestions or even if you just want to say hello! As always, I'd love to hear from you.

With gratitude,

Mollie

PS- As soon as we hire the next client-relations coordinator, we'll make sure to introduce you! Stay tuned.



# Meals-on-Wheels Week

The 9th edition of Quebec's Meals-on-Wheels (MoW) Week will take place from March 16-22!

Did you know there are nearly 200 meals-on-wheels organizations throughout Quebec, and over 80 in Montreal? The Roulant is a unique model among these organizations who all share the common goal of preparing and delivering fresh food to thousands of seniors and Quebecers living with a loss of autonomy. Of course, none of this would be possible without the enormous contribution of thousands of volunteers!

The MoW Week was created in 2006 to mark the 40th anniversary of meals-on-wheels organizations in Quebec. In particular, the anniversary marks the first meals prepared in the Church of St. Matthias in Westmount with the support of the Volunteer Bureau of Montreal (considered to be the first meals-on-wheels in Montreal).

The primary objective of MoW Week is to raise awareness about the impact of meals-on-wheels services in the community. Delivering hot and nutritious meals allows many people to continue living in their homes as long as possible, as well as providing the added benefits of increased social contact and inclusion.

The entire staff team at Santropol Roulant wishes to thank the volunteers who prepare, pack and deliver hot meals each and every week and to the many clients who contribute in so many different ways. We also appreciate the generosity and inspiring work done by our peers in the meals-on-wheels sector since 1966.

If you would like to learn more about MoW Week 2014 or meals-on-wheels in general, feel free to contact Kateri, our Meals-on-Wheels Director, at 514-284-9335.

## Did you know? Tax Edition!

Did you know that some home care services, including meals-on-wheels, are eligible for tax credit? This credit is offered to seniors requiring home support services and can represent significant savings for meals-on-wheels clients. You may be eligible for this credit!



Santropol Roulant offers receipts to meals-on-wheels clients upon request. We can provide an annual receipt for the total cost of the meals you received in 2013, half of which you may be able to claim during tax season!

For more information on whether or not you are eligible for this credit, you can contact Revenu Québec at 514-864-6299.

**If you would like an official receipt for 2013, contact Mollie at 514-284-9335.**



# Featured Recipe: Roasted Tomato Soup

Every so often, we will be posting a recipe in our newsletter and on our website. We invite you to submit your favourite seasonal recipe, along with a photo and a few lines about why the recipe is special to you, who taught you to make it, or a memory of sharing the meal.

If you are interested in submitting one of your own favourite recipes, or would like to learn to cook something in particular, please get in touch with Yasmine at 514-284-9335.

## Roasted Tomato Soup

We decided to ask our go-to Italian chef Danny Guarino for more ideas of what to do with the tasty and versatile tomato. Danny is a long-time volunteer and friend of the Roulant who recently opened his own daycare where young children spend their days learning how to cook and garden.

According to Danny, "The roasted tomato soup recipe is quite simple, it's all in the technique you use to roast your tomatoes!"

### Ingredients – for 4 people

- 8 tomatoes
- 1 onion, diced
- 2 celery stalks, diced
- 2-3 carrots, diced
- 2-3 tbsp tomato paste (optional)
- Water or vegetable stock
- Your choice of spices and herbs



### Preparing the tomatoes

First, cut the tomatoes in half. Line a baking sheet with parchment paper (or you can oil the baking sheet), and lay the tomatoes cut side down. Next, this is where you have to be careful, you can either roast at 350F for 1.5-2 hours, or at 400F for a shorter time (30-45 minutes). The first way will give you a sweeter taste, the second a caramelized one.

### Make your soup base

Cook onions, carrots and celery on low heat until vegetables are tender. Add spices and dried herbs (try marjoram, it's just so nice!) and enough water or stock to cover the veggies, bringing to a boil. Add your roasted tomatoes, and simmer until veggies are tender.

For a fuller and creamier taste, you can add tomato paste. Using an immersion blender, purée the soup (otherwise tomato skin should be removed before adding tomatoes to the soup base).

Cheers,  
Danny

# Poetry Corner

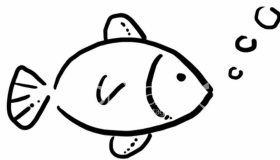
Dana Friend, client-member, has graced us with one of her poetic pieces. Enjoy!

# Little Fishy's Journey.

Poor Little Fishy.  
He must wish he  
was never on my plate.  
But it's too late!  
For I ate thee Master Fishy.

Oh Little Fishy,  
What a pity.  
He never got to go to school,  
But he was no fool.  
He simply got caught up  
In a net not of his own making.

And now in morning  
He'll not be waking.  
For he is in my tummy  
And, oh, was he just so yummy.



And so I think of you Master Fishy  
And I thank you for you,  
For I am no longer hungry.  
You made such a sacrifice  
And that for me was really nice.  
Just all I need now is some rice.  
Wouldn't that be ever so nice?

My meal now complete,  
I shall dare to go to sleep.  
And dream of thee Little Fishy,  
And how you are now  
And always shall be  
Intrinsically a part of me  
Just as much as you ever could be.  
And for that I thank thee  
And I am very sorry  
You had to die for me.  
But how else could it be?  
For you are a fishy.  
And that is everything  
You were meant to be.

# THANK YOU!

This newsletter was put together with the creative energy of Roulant staff, clients & volunteers.

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**If you would like to contribute in any way to the next newsletter, please get in touch with Yasmine at [info@santropolroulant.org](mailto:info@santropolroulant.org) or 514-284-9335.**