

## Volunteer drivers urgently needed for Meals on Wheels

Caledon Meals on Wheels (CMOW) is in desperate need of volunteer drivers to deliver hot meals to clients in the Caledon and Orangeville areas.

Over the last year, the agency has been facing a volunteer shortage and as summer approaches, those numbers will decline even further.

"We're finding it harder to recruit new volunteers; especially over the summer months," observed CMOW Executive Director Christine Seigny. "And our existing pool of volunteers is limited over the summer, since many take well-deserved vacations and have family commitments which restrict their ability to deliver meals for us. This is the time when we need the most help, because the need for hot meals in the Caledon and Orangeville area doesn't go on vacation. It's on the rise."

Volunteering with CMOW brings great rewards for both the volunteers and clients. The commitment for becoming a volunteer driver is minimal, just one hour over the noon hour, once a week or biweekly, Monday to Friday, and mileage is reimbursed. For companies looking to engage their employees in local community projects, teachers and students, shift workers, stay-at-home parents, those recently unemployed or retired, becoming a volunteer driver is something worth considering. And for parents looking for life-enriching experiences to do with their children over the summer, becoming a volunteer driver, with their children, serves as a great learning opportunity.

"Volunteering is something that a lot of people are scared of committing to," CMOW Volunteer Services Coordinator Kim Pridham commented. "They think they don't have time in their already busy lives to contribute to another cause. What they don't realize is that donating just one hour of their time a week will have an immense impact on the lives of others in their community and it will bring so much personal satisfaction to their daily lives."

If driving is not something you'd like to do, CMOW is also urgently looking for Board of Directors and Friendly Visitors/TeleChat volunteers.

For details on becoming a volunteer driver or for other volunteer opportunities, contact Pridham at 905-584-2992 or via email at [kim.pridham@cmow.org](mailto:kim.pridham@cmow.org)

For details on other volunteer opportunities, visit [cmow.org](http://cmow.org)