



On the Go ~ In the Know

- A Newsletter for Meals on Wheels Volunteers

January 2007

Come Along With Me!

Meals on Wheels volunteers should feel free to invite friends or relatives to ride along with them just to see what your job is like. The experience may inspire others to join the team. At the very least, it will serve to educate them about the Meals on Wheels Program and give them a first-hand glimpse into what you do.



Just two points to remember

- If you plan to take someone with you who is not already registered as a MoW volunteer, call Alice to let her know the person's name and the day she will be riding with you. In that way, the person is covered by our insurance.
- Respect the consumers' right to privacy. Don't reveal personal information about the consumers. Instead, talk about the meal program rules and standards, or the reward you get from volunteering.

FAST FACTS ~

- ØThe Clearfield County AAA, began delivering meals on wheels in 1978.
- ØThe average number of meals delivered per day was 83 !
- ØWe deliver about 425 meals per day now.
- ØIn 1987, we served our One Millionth Meal - this includes meals at senior centers
- ØBy 1993, we had served over 2 million meals
- ØIn 1999, we hit 3 million
- ØAnd in the summer of 2006, we hit the 4 million mark!



The Month At A Glance January 2007

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Closed for New Year's Day 1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Delivering Meals One Smile At A Time!





Use this space to ask questions and share ideas.
(Do not report consumer issues here...call right away with those.)

Name: _____ Phone: _____

Return with your Daily Delivery Sheet

Winter Tips

Winter is officially here! The next three months are the most challenging time for Meals on Wheels drivers. Please take winter risks seriously and follow these tips to ensure your safety and the success of our program.



- Clear ice and snow from ALL windows, mirrors and lights before you head out to your meal pick-up point.
- Be sure your windshield washer fluid is full.
- If you have a cell phone, be sure it is fully charged.
- Stay back from the cars in front of you. Depending on the weight of your vehicle, you may need 3 to 12 times more distance to come to a stop on bad roads.
- Wear comfortable clothing that doesn't restrict your movement.
- Wear sturdy, flat shoes or boots with good tread.
- SLOW DOWN in every part of your job.

New Mileage Request Forms



New mileage request forms have been distributed to all volunteer drivers. This new form, which has been tested by the Kylertown area volunteer drivers with great success, uses your car odometer reading to calculate mileage. You should begin using the new form immediately. If you have old forms left, please discard them. If you did not get any of the new forms, call Alice Pollock or stop by the Clearfield, Karthaus, or Kylertown Senior Community Centers for a supply.



Think . . .

If you think something is important enough to write a note about it on the route sheet, then you should have already called the AAA to tell someone about it. Notes you write are usually not seen until the next day.

