

**Yes, Noreen! I'll help community members like you and Wally maintain their quality of life in the place they feel most comfortable and safe.**



Envelope Salutation  
Address Line 1  
Address Line 2  
City, State/Province Postal Code

**I'd like to provide a one-time gift to support Better Living's Meals on Wheels:**

\$x     \$xx     \$xxx     \$xxxx     Other \$ \_\_\_\_\_

Please find my cheque enclosed.

OR

22MAILCODE - PACKAGE CODE - ConstituentID

Please charge my credit card:

VISA     M/C     AMEX

Card Number: \_\_\_\_\_

Name on card: \_\_\_\_\_ Exp. Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Signature: \_\_\_\_\_

E-mail: \_\_\_\_\_ Tel: \_\_\_\_\_

OR

**I'd like to help community members access nutrition with a monthly gift of:**

\$y     \$yy     \$yyy     \$yyyy     Other \$ \_\_\_\_\_

Enclosed is my cheque marked "VOID"

OR

22MAILCODE - PACKAGE CODE - ConstituentID

Please deduct the amount I've indicated from my credit card each month:

VISA     M/C     AMEX

Card Number: \_\_\_\_\_

Name on card: \_\_\_\_\_ Exp. Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Signature: \_\_\_\_\_

E-mail: \_\_\_\_\_ Tel: \_\_\_\_\_

By signing up to be a monthly donor, I understand that I may alter or cancel my monthly gift at any time by contacting the Better Living Charitable Foundation at 416.447.7244 ext 135. I will give the organization at least 7 days notice before next scheduled donation date to ensure that no additional donations are processed. For more information on my right to cancel, or my recourse rights I can contact my financial institution or visit [www.cdnpay.ca](http://www.cdnpay.ca).

Your first payment will be processed upon receipt and then on the first business day of every month thereafter unless cancelled by you. A tax receipt will be issued at the beginning of each calendar year.

**You can also make a gift online, at [mybetterliving.ca/noreen-and-wally](http://mybetterliving.ca/noreen-and-wally)**

**Thank you for helping your neighbours maintain their health and their independence!**

**Meals on Wheels and More** c/o Better Living Charitable Foundation  
1 Overland Drive, Toronto ON, M3C 2C3  
416.447.7244 ext. 135 email: [jadams@betterlivinghealth.org](mailto:jadams@betterlivinghealth.org)  
Charitable Business # 896696804 RR 0001



**It's about so much more than a meal...**



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It's been 65 years since I first met my husband at summer camp.

We were both working there for the season. I was just 17 years old and Wally was 20. With his red hair and freckles, I thought he was the cutest person I'd ever seen! I was delighted when he asked me out after we'd returned to Toronto at the end of summer.

Since that first date – messily eating rotisserie chicken with no utensils – we've been inseparable. Wally and I were married in 1960 and have been blessed with three beautiful daughters, wonderful sons-in-law, and seven grandchildren. **Our life together has been an amazing adventure.**

We were fortunate enough to buy a house a few years after our wedding, and have lived here ever since. Not many people can say they've lived in the same house for over 55 years! Though Wally and I have always loved to travel, it's true what they say: there's no place like home. That's why I'm so grateful for Better Living's Meals on Wheels program.

You see, these days Wally and I are both navigating a variety of health challenges. We feel pretty good, all things considered, but standing for long periods of time simply isn't feasible anymore. I am finding it harder and harder to cook our meals, although nutrition is so important to our health.

Meals on Wheels ensures we always have something delicious to eat. Five days a week, they bring us a hot meal along with soup and dessert. We truly enjoy the food, and the delivery is a tremendous help! From shepherd's pie to fish in lemon sauce, we're well-fed and extremely grateful.

<Salutation>, many seniors and people with health challenges depend on Meals on Wheels for nourishing food delivered right to their door. And it's amazing community members just like you help make this important program possible! **Will you help feed our community today with a gift of \$x, \$xx, \$xxx or even \$xxxx?**

...please turn over

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Your gift will mean so much to people like Wally and me. Because of Meals on Wheels, we never have to worry we'll run out of food or be too tired to prepare something. I'm no longer able to stand unsupported for long periods of time, and cooking with my walker isn't very practical. Meals on Wheels is the reason we have been able to continue living independently in our family bungalow – which feels more important than ever since Wally was diagnosed with dementia a few years ago.

It's a cruel disease, but I have promised Wally as long as I'm alive he'll never be left alone. I feel very fortunate that Wally's sweet personality and caring demeanour haven't changed much. Though it can be hard when he doesn't remember exactly who I am, he always seems to know I'm someone he loves. I'm grateful for every night we are able to fall asleep in our own bed and wake together – plus Wally still greets me with a kiss each morning.

**I wouldn't trade that for the world... and I know if we didn't have Meals on Wheels, these treasured moments simply couldn't happen.** We wouldn't be able to keep living independently.

Our home offers Wally comfort and safety in a world that now feels very disorienting. This is the house where we built our life together. It's the house where we raised our children, where Wally built our garage and a bountiful vegetable garden with his own hands, where our love has deepened with every passing year.



To move out wouldn't only break our hearts, but I suspect it might break Wally's spirit too. He knows this place from muscle memory! To this day, he ensures the door is locked at night – perhaps a cautious holdover from his many years working for a security company. It's a little thing, but a reminder of how important this home has been for him.

**That's why I'm so grateful Better Living's Meals on Wheels allows us to stay here, together. I truly believe this program is a lifesaver.** I'm always happy to see the bright smiling faces of the Meals on Wheels volunteers delivering our food, and so grateful to know community members are looking out for me, Wally, and countless other seniors.

I hope you'll consider making a gift to Better Living today. **Your donation will support the Meals on Wheels program and help deliver healthy meals to those who need them.**

Because of you, more community members will be able to maintain their quality of life in the place they feel the most comfortable and safe. **It's about so much more than food... it's about peace of mind.**

Warmly,

Noreen Stuckless

P.S. Meals on Wheels relies on the generosity of volunteers and donors like you, and every dollar makes a difference for the wellbeing of our neighbours. Please give today!