

Hearty Lunches



Lee Rawn (left) and Theresa Reidford, members of the Canadian Mental Health Association “cooking team,” take a batch of oatmeal cookies out of a new oven in time to serve a hearty lunch to nine people.

A \$2,000 grant from Derkaz/Derby Family Endowment Fund and General fund allowed the Salmon Arm & District Branch of CMHA to purchase a new oven and refrigerator for the branch’s kitchen in downtown Salmon Arm.

Lee says all lunch meals are planned and prepared in their kitchen and they also teach people the basics of healthy and economical cooking. Around eight or nine people arrive each day for lunch, although they sometimes serve up to 15 people. Cost is affordable at \$2.50. Cookies and coffee are also available at a reasonable price on the lower floor of CMHA.

Wheels to Meals Warms Seniors

A hot meal on a cold winter’s day is a welcoming occasion and, for seniors in Sicamous, the Wheels to Meals program at the Haven is a popular meeting place year ‘round.

Operating under the aegis of Eagle Valley Senior Citizens Housing Society, the Wheels to Meals program provides nutritious lunches every Tuesday and Thursday for some 60 people. Meals are also delivered to housebound seniors.

The purchase of 15 new tables, plus upgrades to kitchen shelving and refitting the serving area was made possible through a Shuswap Community Foundation grant of \$3,400 provided by the C. Norman Barber Fund and the Seniors Project Fund.

Foundation directors had the pleasure of dropping in during a luncheon this spring. Clyde Tucker, past president of the Foundation, commented on the wonderful changes to the facilities and added that it was a treat for directors to see how the grant money has been put to use.



Joan Willey (left) and Lois Higgins (right) share a joke with seniors at the Wheels to Meals program in Sicamous.

