

## VOLUNTEERS

Volunteers are what make a community thrive. Here at Niagara Ina Grafton Gage Village, we offer several opportunities for individuals and families to get involved with this diverse community of seniors.



The SMS program is always looking for volunteers to help with organizing and packaging the frozen meals.

If you or somebody you know is interested in being a volunteer, please contact:

### **SATELLITE MEAL SERVICE**

Manager, Food and Environmental Services  
Niagara Ina Grafton Gage Village

413 Linwell Road

St. Catharines, ON L2M 7Y2

Phone: (905) 935-6822

Fax: (905) 935-6847

## MISSION

Niagara Ina Grafton Gage Village is dedicated to fostering quality of life for our clients through the provision of services that address the needs of the individual.

## VISION

We will strive to ensure that our services:

- reflect the changing needs of our clients and the community;
- adhere to the principles of quality;
- are affordable; and
- demonstrate leadership in the field of service for our clients.

## VALUES

Our service is motivated by our concern and commitment to meet the needs of our clients.

This is demonstrated through our belief that:

- Individuals are unique, each has worth and is deserving of respect and dignity.
- Individuals have the right to maintain maximum independence.
- Individuals have complex physical, psychological, social, cultural, and spiritual needs.
- Individuals have the right to age in place when possible.
- Individuals are part of the decision making process that determines which services are appropriate.
- Quality is integral to everything that we do.
- Fiscal responsibility ensures the continued provision of services.
- Our clients are our most valuable resource.
- Our environment encourages flexibility, creativity, adaptability and tolerance.
- We are accountable to those we serve.



## Satellite Meal Service (SMS)



### **Niagara Ina Grafton Gage Village**

413 Linwell Road  
St. Catharines, ON  
L2M 7Y2

Phone: (905) 935-6822

Fax: (905) 935-6847

Web: [www.niggv.on.ca](http://www.niggv.on.ca)

## WHAT IS SMS?

SMS stands for Satellite Meal Service. Frozen home-cooked meals may be delivered to you, weekly, for storage in your home freezer.

Meals are delivered to your home every Monday between 9:00 a.m. and 3:00 p.m.

Each meal comes with heating instructions and is oven-ready for your microwave, toaster oven, or regular oven.

This service will enable those it serves to remain more independent in their own homes.



SMS is a  
Volunteer-Supported Service

*“Working to bring nutritional support to you in your home.”*



*... to our Volunteers*

## WHO CAN BENEFIT?

Convalescents

\*

The Elderly

\*

The Physically Challenged

\*

Those with Limited Mobility

## MEALS INCLUDE...

- 5-6 oz meat portion
- Potato, pasta, or rice
- Vegetable
- Dessert (packaged separately)
- A wide variety of soups (priced separately from meals)

## INA'S CAFÉ

Ina's Café at NIGGV also offers a variety of SMS meals. Drop in and purchase some meals to see which varieties you like best.

### Hours of Operation

Monday - Friday

9 am to 4 pm

Closed 1:30 pm – 2 pm

## COST

Frozen Meal: \$5.25 each

Frozen Soup: \$1.50 each

## HOW TO ORDER

### Telephone:

You may order your meals by calling: (905) 935-6080, Ext. 228 before noon on Friday.

### In Person:

You may complete a form at the Administration Office, NIGGV, before 5 pm on Thursday.

## DELIVERY/PICK-UP

### Delivery:

Call Meals on Wheels (905) 682-0333

### Pick-Up:

Pick-up after 10:30 am at NIGGV on the Monday following your order placement.



## PAYMENT

- Cash
- Cheque
- Debit/Visa/MC

Please make all cheques payable to:

**Niagara Ina Grafton Gage Village SMS**