

## VOLUNTEERS

Volunteers are what make a community thrive.

Here at Niagara Ina Grafton Gage Village, we offer numerous opportunities for individuals and families to get involved with our diverse community of seniors.



Volunteers are needed in the SMS Program to help organize and package the frozen meals.

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

### Satellite Meal Service

Manager,

Food and Laundry Services

Niagara Ina Grafton Gage Village

413 Linwell Road

St. Catharines, Ontario L2M 7Y2

Phone: 905-935-6822, ext. 228

Fax: 905-935-6847

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

## VISION

We will strive to ensure that we:

- ✓ Demonstrate leadership in the field of services for seniors;
- ✓ adhere to the principles of quality and affordability; and,
- ✓ reflect the changing needs of the community.

## VALUES

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

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, Ontario

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 are prepared weekly for storage in your home freezer.

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 program.

*"Working to bring nutritional support to you in your home."*

*Thank you!*

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

## OPTIONS

- ✓ dessert or soup  
(packaged separately)

## INA'S CAFÉ

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

### Hours of Operation

Monday - Friday  
9 am to 4 pm

## COST

(prices effective April 1, 2021)

- ✓ Frozen meal: \$5.75 each
- ✓ Frozen meal with dessert: \$6.50 each
- ✓ Extra dessert: \$1.95 each
- ✓ Soup: \$2.50 each

## HOW TO ORDER

### by 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 4 pm on Thursday.

## ORDER PICK UP

Pick up order 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**