



Food for  
Thought  
Newsletter  
June 2017



## UNSUNG HERO AWARDS

City of Fredericton honors 15 of our own volunteers



On May 12th, the city of Fredericton honored several citizens and individuals for their outstanding commitment to volunteerism. This included 15 Meals on Wheels volunteers who have been driving for over 25 years! They've delivered year-round, in all kinds of weather conditions. We are pleased to honor these volunteers during our 50th anniversary year. We have over 200 dedicated volunteers and we would love to have invited them all but city chambers are only so big! The following 15 individuals received an Unsung Hero Award:

**In photo right to left (years driven):** Florence Bartlett

(48), Valerie DeLong (33),

Vernon Boyer (35), Chris Macdonald(43), Sharan Ayer

(42), Mary Davis (30), Shirley

MacLeod (25), Ron Chapman (31), Kelly Kelly (27), and Lois

Paterson (49 years). **Not in attendance:** Susan Breen (25), Janet

Matheson (27), Judy Coates (30), and Jean Hayden (42).



**unsung hero  
community  
awards**

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## IN MEMORY OF JOYCE WOOD

Joyce Wood: 1938-2017



### ***"A Little Girl with a Dishpan"***

**Joyce Wood** began as a volunteer driver for Meals on Wheels in 1976. Like so many drivers, there were times that she took her daughter with her on her route. One winter day Joyce was unable to get through the crusty snow to the front door to deliver a meal to her client. Fortunately, her four-year-old daughter, Heather, was able to get across the crust, sliding on her belly, dragging a dishpan in which Joyce had packed the meal containers. The client was so surprised and pleased to receive her meal via a little girl with a dishpan that she went in the house and found a chocolate bar for Heather. This was and still is a fond memory for both Joyce and Heather.

In 1979, Joyce was hired as the Coordinator at MOW, a position she held for 21 years. When Joyce began, MOW was delivering approximately 14, 000 meals per year, and when she left the position in 2000, they were delivering over 21,000 meals per year.

The resourcefulness and creativity Joyce demonstrated as a volunteer continued when she became coordinator. Several initiatives were developed during her mandate, for example a *Volunteer Appreciation Night* and the *Wheels to Meals* Tuesday luncheon. She streamlined the method of payment for meals directly to the office where originally, drivers collected money from the clients each Friday.

Joyce's job as coordinator was indeed diverse. She was responsible for establishing and maintaining routes, interviewing and coordinating clients and drivers, meeting with the board of directors, managing money, overseeing menus, and liaising with the food depots. All this before computers! Joyce spent many a late night at home fulfilling the various demands of her job.

Joyce praised the volunteers she met over the years. Essentially a volunteer-driven organization, MOW could not function without this army. Joyce recounted that many a driver were working people who gave up their noon-hours to deliver meals. Several of the drivers got permission from their workplace to take an early lunch hour in order to fulfill their commitment to MOW.

Joyce said she always felt totally supported by the board of directors and that helped make her job satisfying. She enjoyed working with both the clients and the volunteers. Although there were glitches that occurred during her time with MOW, the positives certainly outweighed the negatives.

We thank you, Joyce, for all you gave to Meals on Wheels. You will be greatly missed.

**Interview by Barb Fullerton (June 8th 2016)**



## COMMUNITY ENGAGEMENT & SUPPORT

Many thanks



**In photo:** Volunteer drivers Carman, Gail, Sri Jain, Jon, Ann and staff members Kelsey and Debbie helping clean up Meals on Wheels adopted a trail section in Devon. Fredericton Trails Coalition still has some sections up for adoption! Great for the community and great for team building.



**In photo:** Kristen & Laura from Priority Personnel and our volunteer trainer Marina. Thank you Priority Personnel Inc. who are our first corporate Adopt-a-Route sponsors. Once a week, meals will be delivered by 2 of their staff which means they only deliver once every few weeks. More weekend and weekend routes are also available for adoption if your workplace is interested! Call **458-9482** or visit our website for more info.



**In photo:** Maggie's Farm Revival at Dolan's Pub April 26th. Thanks for the great show - we had a blast! Successful silent auction too! Thanks to all involved!



Thank you to Clay Café for your paint-a-bowl donation! A fun, unique way to support us!

## A WORD FROM THE EXECUTIVE DIRECTOR

### Time flies

For me summer is a time for reflection. As I write this message, I reflect on just how grateful I am for the staff, volunteers, and community partners who bring our Meals on Wheels mission to life. The need for our services is growing at a rapid pace as many of our fellow citizens continue to strive to maintain their health and well-being and most importantly their independence. As we continue to celebrate our 50<sup>th</sup> Anniversary we have received recognition for a number of our long time volunteers. Lois Paterson was recognized with the United Way Star Volunteer award (see photo in this issue) and a group of 15 of our volunteers were recognized with an Unsung Hero Award by the City of Fredericton. We have had a very busy spring. The unprecedented growth in the need for our service, combined with our ongoing efforts to ensure we can meet this need, and be prepared for the future has made us



**Betty Daniels:**  
Executive Director



**President Joan McDaniel,  
Lois Paterson & Debbie  
Carpenter**

realize the importance of creating a strategic action plan. This has been an excellent exercise for us, and we feel we have identified a number of areas where we must focus in the coming months. Our rich history and dedicated members of our Meals on Wheels family will make our vision a reality, I have no doubt in my mind. Please stay tuned as we continue to celebrate our 50<sup>th</sup> Anniversary. The City of Fredericton will be proclaiming the first week in October as our official anniversary and we will be holding a celebratory reception at Old Government House.

**Have a wonderful summer!**

## DRIVE ALONGS

### Community leaders lending a hand

We have enjoyed having leaders of the Fredericton community who have driven along with some of our volunteers. All shared connections to Meals on Wheels in one way or another at some time or another and it's encouraging to hear that the service can be used by anyone in a time of need. We look forward to Mayor Mike O'Brien and MP Matt DeCourcey also tagging along to deliver meals in the fall! Thank you to our community leaders for joining in on delivering!



**Hon. Stephen Horsman  
Deputy Premier**



## DRIVE ALONGS

### Community leaders lending a hand



**Eric Megarity**  
City Councillor



**Paul Fleming**  
Fire Chief at City of Fredericton



**Police Chief Leanne Fitch**

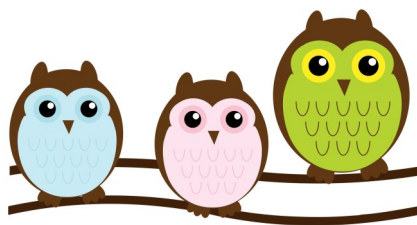


**Shane Sutherland S/S Tire and Auto**



## THE WAY I WAS RAISED

### Florence Bartlett, driving since 1969!



Florence Bartlett started volunteering with MOW in 1968. At that time, the meals were prepared in the kitchen of St. Paul's United Church by women from various congregations in the city. She recalls that they were excellent meals and the women who were making them looked exhausted but happy.

Florence has been a driver for MOW for 48 years! Over the years, she has involved her family to varying degrees. When she began, as a mother with young children, she often took her children with her on the delivery route. When her husband retired, she recruited him to join her, and the ladies on her route loved him. Florence has even taken her grandchildren to help deliver meals. That was such a positive experience for them, when her grandchildren from British Columbia came to visit, they asked if they could go with her and their Fredericton cousins on the MOW deliveries. What a great way to teach the younger generation about volunteering!

Florence felt that, because she did not have to work outside the home, she could give time to volunteering. In addition to MOW, she has volunteered for the United Way, her church, the VON, and the veteran's hospital. Florence's philosophy about volunteering was firmly established while growing up on a farm in Prince William. "It's the way I was raised," she states. "Everyone helps out in the country."



Florence enjoys the contact she makes with her clients. For many, the MOW driver may be the only human they see in a day. She has built a rapport with her clients over the years. Perceptive and a true listener, Florence realizes that, on occasion, her clients simply need to be heard and she will take the time to listen. She tells of meeting one client who was clearly distraught and upset over health issues. After taking some time to listen to her troubles, Florence knew the woman felt better. Another time she found one of her clients unresponsive and unable to move due to a stroke. Following MOW protocol, she was able to get immediate help for this woman. She points out that many MOW clients do not have family in the area and having meals delivered daily is a sort of security check.

Florence reflects on her time as a MOW volunteer as very satisfying. "The smile at the door makes it all worthwhile," she says. She has never looked at it as drudgery or responsibility, but as a pleasure. The MOW staff adds to the positive feeling she has about the organization. **Continued on the next page...**



If you are unable to drive your route on a particular day, you simply phone Debbie Carpenter and she not only makes the necessary adjustments, but expresses genuine concern about you, the volunteer. This personal and caring response is appreciated by the volunteers and indeed increases their commitment level.

After 48 years of volunteering for MOW, Florence has decided that delivering in the winter months has become too risky considering the slippery conditions and the weight of the food bags. Although this is a wise decision, Florence will be missed on her route!

**We thank you, Florence Bartlett!**  
(October, 2016: by Barb Fullerton)

## RECIPE CORNER

### Oldies but Goodies

Please enjoy these recipes from the St. Paul's United Church Cookbook, originally submitted by **Florence Bartlett** back in the 1960s!

#### Artichoke Dip

1 cup mayonnaise  
1/2 cup Parmesan cheese  
1 clove garlic, crushed  
Dash lemon juice  
400 ml can artichoke hearts  
Paprika

**Directions:** Drain artichoke. Chop into chunks. Mix other ingredients. Top with paprika. Bake in 350° oven for 15 minutes.



#### No roll ginger snaps

1 cup white sugar  
1/2 cup molasses  
1 cup melted shortening  
1 egg  
2 tsp soda in 1 Tbsp hot water  
1 tsp salt  
2 tsp ginger  
1 tsp nutmeg  
1 tsp cream of tartar  
3 cups flour.

**Directions:** Mix all together. Drop by spoonful onto greased cookie sheet. Press out thin with a fork dipped in cold water. Bake at 350° for 10 minutes.



#### FLASHBACK to 1967! FOOD PRICES:

**Sugar** 60 ¢ for 5 lbs  
**Milk** \$1.15 per gallon  
**Coffee** 90 ¢/ lb  
**Bacon** 74 ¢/ lb  
**Eggs** 38 ¢/ dozen  
**Fresh ground hamburger**  
48 ¢/ lb  
**Fresh baked bread**  
22 ¢/ loaf

*Oh how times have changed!*

## RESOURCES



*Lean On Us*  
*A Seniors Concierge Service*

**Are you a senior who could use some help? Or know someone who does?**

**We offer:**

- Grocery shopping and delivery
- Personal shopping
- Transportation services
- Respite services
- Lawn care & gardening
- Small home repair
- Organizing & decluttering
- Appointment assistance

**Or anything that will help you stay in your home longer.**

We offer affordable hourly rates and the ability to book days or weeks in advance. Seven days a week, 24 hours a day. Serving Fredericton and the surrounding area.

**[www.leanonusfredericton.ca](http://www.leanonusfredericton.ca)**

**Call 292-8109 for more information or to set up a free consultation.**

## PROGRAMS AT STEPPING STONE

fall under the following categories & prices may vary:

**Arts, Theatre & music**

- Craft group
- Guitar lessons

**Body Fit**

- Flex & Fitness
- Fluid Dance

**Cards & Games**

- Bridge
- Drop-in cards

**Mind Fit**

- Book study
- French circle

**Social**

- Coffee & chat
- Monthly potluck

**Check out our calendar of events for more activities!**

15 Saunders St.

Fredericton, NB E3B 1M9.

Open Monday - Friday

9am to 4pm.

**450-7849**

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[@rogers.com](mailto:@rogers.com)

[www.steppingstoneseniorcentre.com](http://www.steppingstoneseniorcentre.com)







Thank you to Frantically Atlantic who helped wrap up the season on May 30th in a very fun and energetic fashion! The program will resume again in the fall and we hope to see everyone back at the table, **September 19th**. If you haven't been before—our Tuesday dine-out luncheon runs from September—May. Transportation available if needed. The doors open at **11am**, and the program wraps up around **12:45pm**. Home-cooked meals served to the table. Coffee, tea and dessert served with every meal. Volunteer entertainers include music groups, choirs, pianists, fiddlers and dancers who will keep your toes tapping and humming along to familiar tunes. Meal cost is **\$7.50**. Bring a friend or family member. Gift certificates available. Please call **458-9482** for location and registration details. Call by 10 am on Mondays to reserve your place!

## Frantically Atlantic



## SAVE THE DATE—RECEPTION AT GOVERNMENT HOUSE

**Wednesday October 4th, 2pm-4pm**

All are welcome to join us for a reception, honoring our 50th anniversary year. Lieutenant-Governor of New Brunswick, Jocelyne Roy Vienneau will be presenting tokens of appreciation to our volunteers. We are thankful for the opportunity to use the space to celebrate our organization. Kindly RSVP to our office at 458-9482 if you'd like to attend.





**Meals on Wheels of Fredericton Inc.**

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Fredericton, New Brunswick, E3B 1G5

**Tel:** (506) 458-9482 **Fax:** (506) 458-2606

**info@frederictonmealsonwheels.ca**

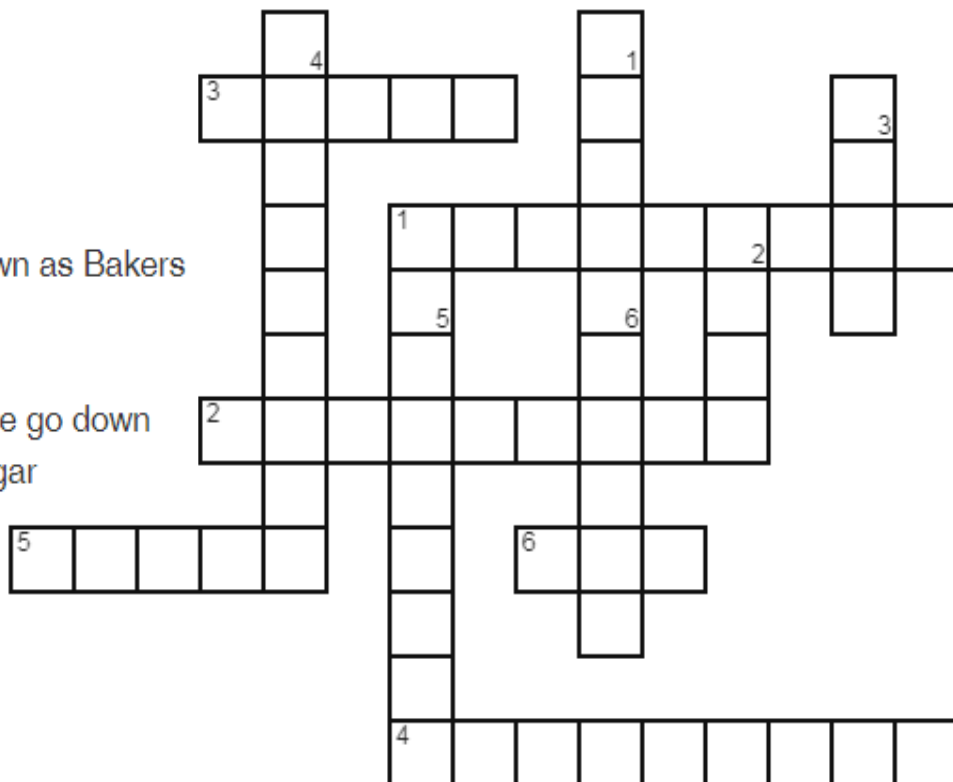
**www.frederictonmealsonwheels.ca**

Find us on  

## Crossword Puzzle

### Across

1. Not actually a type of apple
2. Too much food makes
3. Thirteen goodies is also known as Bakers  
\_\_\_\_\_
4. A classic Italian meal
5. A spoonful helps the medicine go down
6. Catch it with honey, not vinegar



### Down

1. Strawberry Short \_\_\_\_\_
2. Sugar or snap variety
3. Good for your bones
4. The person who brings your meal
5. Meat and \_\_\_\_\_
6. \_\_\_\_\_ on the bus go round and round

### Key

1. cake  
2. peas  
3. milk  
4. volunteer  
5. potatoes  
6. wheels

1. pineapple  
2. leftovers  
3. dozen  
4. spaghetti  
5. sugar  
6. fly

### Down

### Across



**SAVE THE DATE!** Our *Wheels to Meals seniors luncheon* resumes Tuesday September 19th. \$7.50 for a home-cooked meal. Transportation available if needed. **Call 458-9482!**