



Food for Thought Newsletter September 2017



AWARENESS WEEK OCTOBER 1-7

Spread the word!

Meals on Wheels first began delivering meals in the Fredericton area 50 years ago, in October of 1967. Hundreds of members of our community volunteer to serve hot nutritious meals to seniors, individuals with disabilities, and convalescents every day of the year.



These services support individuals and families in their efforts to stay healthy and at home. There is a growing need for the services provided by Meals on Wheels, and for volunteers to help provide them. Over 50,000 meals were delivered in 2016-2017 and this number is projected to be even higher in the year to come! The City of Fredericton and Village of New Maryland will declare October 1-7, 2017 as Meals on Wheels Awareness Week throughout the greater

Fredericton area and will encourage citizens to participate in this special week, and become aware of the programs offered by the organization.

MEALS ON WHEELS
AWARENESS WEEK



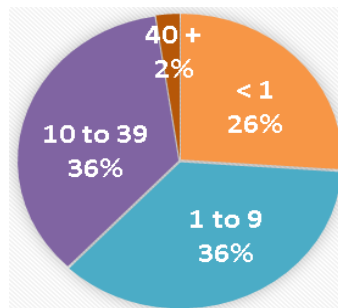
50th Anniversary Year!

OCTOBER 1-7, 2017

OUR VOLUNTEERS

Invaluable to say the least

We've undergone extreme growth in the past year and we are so grateful for those who answered our call for extra help. Out of our 250 or so volunteers, a massive **26%** of them started delivering meals within the past year! Another **36%** have driven 1-9 years, and **36%** have been driving for 10-39 years.



We have **6** ladies who have been with us for over 40 years! When Carolyn Mossman and the United Church Women started this program in 1967 at St. Paul's United Church, I don't think they could have ever imagined this much growth! Thank you for giving us the opportunity to make a difference in our community over these last 50 years.



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CHRISTINE MACDONALD

"Something to call her own"



Chris has been volunteering with Meals on Wheels for 41 years. Her sister was an MOW driver in another city and when Chris moved to Fredericton, she decided this would be a fitting organization for her to join. She saw a MOW booth at a home show and signed up to become a driver. Initially as a busy mother with a young family, Chris did not commit to a regular route, but signed on as a spare driver which saw her averaging at least

two delivery routes per month. Wife and mother in a growing family, Chris wanted something outside of the home that she could call her own. For most of the 41 years she has been with MOW, she has done deliveries by herself. However, for a period of about 10 years, she took on an additional route with a friend. The two of them enjoyed meal delivery as a pleasant social time and often followed up with lunch together. For the last 10 years, Chris' husband, Sandy, has occasionally accompanied her on her routes. She



has taken grandchildren along with her at Christmas, the kids in Santa hats and anxious to meet the clients. Some of her grandsons have earned badges for Cubs and Scouts through their involvement with MOW. When Chris first started in 1976, most clients greeted her at the door when she delivered the meals. They were very appreciative, sometimes assuming that Chris had actually prepared the meals. She assured them that she was not the cook, just the deliverer! Chris has met some

very nice people over the years through MOW. One of her early clients, the last on her route, would often recruit her to do a few extra things beyond meal delivery. She grew very fond of one 80-year-old lady who would instruct her to "get in here" and visit or help her with a few tasks. Chris, new to Fredericton, was pleased to become friends with this lady who was a local historian and actually knew of some of Chris's ancestors. Chris emphasizes that her duties at MOW are not "hard to do." It gives her personal satisfaction to be helpful to those who need help. She does admit there have been times in a raging blizzard, or on an icy metal fire escape, she has questioned her actions, but for the most part she is very happy with her commitment. She recalls one delivery incident in which she actually got stuck in waist-deep snow holding the meal above her head to keep it warm and dry. "I just had to laugh," she adds good-humouredly. And after 41 years of volunteering for MOW, Chris has no plans of stopping. We thank her for her generous contribution!



(Barb Fullerton—November 26, 2016)

SHARAN AYER

"A needed and wonderful program"

When Sharan Ayer and her husband Bill moved to Fredericton in 1975, they became drivers for Meals on Wheels and they are still drivers, 42 years later. Sharan came to MOW from New Hampshire with experience in volunteerism. She had been involved in a program focusing on driving elderly people to medical appointments. In Canterbury, NB, she volunteered at the local school, for St. John Ambulance and in Fredericton she volunteers at The Stepping Stones Senior Centre.

Sharan has continued her involvement with MOW in various roles for 42 years. In the late 70s, Sharan became MOW's first paid employee. Having grown to a point where it could no longer function strictly as a volunteer organization, she was hired for 15 hours per week to serve as its first coordinator. Her job included interviewing potential clients and volunteers, managing routes and drivers, organizing menus, ensuring meal delivery, managing money, and meeting with the Victorian Order of Nurses and board members. During Sharan's time as coordinator, MOW developed a logo and initiated a newsletter as a communication tool to keep volunteers informed. The newsletter continues today in digital and paper format.



As coordinator, Sharan had a desk in the VON office which was housed in the Victoria Health Centre. The VON was very supportive of MOW and was key in identifying potential clients who would benefit from the service it could offer to the elderly, the disabled, or people recuperating from illness. When Sharan began as coordinator, meals were being prepared in various places throughout the city, including dinners from Joe's Diner on Fredericton's north side. Sharan emphasized that the MacTavishes, owners of Joe's diner, were very community-minded people and worked with MOW, not for a great deal of financial return, but as a way to give

back to society. Eventually, meal preparation moved to the Dr. Everett Chalmers Hospital and York Manor. As numbers of MOW clients were growing, this move simplified not only meal distribution, but also adherence to the increasingly varied dietary requirements of clients.

What has kept Sharan Ayer volunteering for MOW for more than 40 years? She is adamant in her response saying she believes firmly in this "needed and wonderful" program. Sharan refers to her volunteerism as a win-win situation. Giving of her time to people who need and appreciate her help makes her feel good about herself. That good feeling is her reward. Sharan has filled many roles at MOW over the years including driver, coordinator and board member and it is her intention to continue as long as she is able. We thank you, Sharan Ayer! **(Barb Fullerton—November 2016).**

Making the wheels turn



— SUBMITTED PHOTO

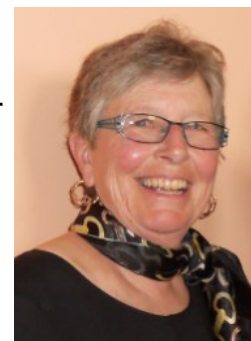
MEALS SUPPORT: At the annual meeting of the Fredericton Community Foundations, held recently, board member Bill Young, left, presented a cheque to Sharan Ayers, secretary to the board of directors of Meals on Wheels of Fredericton to support the pilot of Wheels to Meals on the south side.

Photo from 2000 when The Fredericton Community Foundation awarded a donation for our Wheels to Meals program.

PRESIDENT'S MESSAGE

Congratulations everyone!

Greetings everyone. It gives me great pleasure, on behalf of the Board of Directors of Meals on Wheels of Fredericton, to wish all of our clients, volunteers and supporters, past and present, a very Happy 50th Anniversary. Over the years, Meals on Wheels has built a tremendous reputation in this community as an organization that makes a difference, and those of you reading this newsletter, are responsible for that difference. A great deal of credit goes out to those members of St. Paul's United Church who, 50 years ago, recognized the need for an organization such as ours, and took the first steps. Over the years, they have been joined by hundreds of like-minded community members who have stepped up to make sure the service continues and grows. Thank you all for helping to build and sustain such a fine organization and thank you for giving me the opportunity to be part of it. Here's to the next 50 years! Congratulations everyone!



Joan McDaniel
Board President

EXECUTIVE DIRECTOR'S MESSAGE

50 years of neighbours helping neighbours



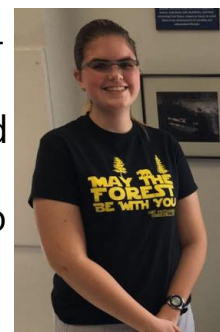
Betty Daniels:
Executive Director

It is a privilege and honour to serve as the Executive Director of Meals on Wheels of Fredericton. As we celebrate 5 decades of service to this community, I am reminded that the heart and soul of our organization is our volunteers. In the pages of this newsletter you will see pictures capturing so many of these amazing people who give from their hearts year after year – being true to our mission of providing nutritious meals and social support to seniors, individuals with disabilities, and those recovering from illness, surgery or injury; to assist them in the enhancement of a healthy and independent lifestyle. Fifty years of neighbours helping neighbours!

SUMMER STUDENT SUCCESS

Thank you!

We would like to acknowledge our summer student Kayla. She recently graduated from FHS and will be heading to UNB in the fall to study Computer Science & French. She was a very valuable asset and helped get several projects off the ground. She analyzed our client and volunteer database and this information will be used to better cater to everyone's needs. She also helped with an office facelift that was long overdue! Thank you and all the best in your future endeavors.



TEAM EFFORT

3 Musketeers

Debbie has been with Meals on Wheels since before 1985. She started as a volunteer but as the program grew, she was hired as a coordinator. She juggles the drivers schedules' and keeps the ship afloat. She can't believe the 50th anniversary is here but she's happy to have helped reach the milestone.

Barb has been with Meals on Wheels since 2000 as the Administrator. She has overseen our Wheels to Meals program over the years and the bookkeeping. She manages all payments, donations, and fundraising events. Barb appreciates all the volunteers who help make the Wheels to Meals luncheon possible.

Kelsey has been with Meals on Wheels since 2012. She started as a volunteer, served as a summer student, and now works in the office fulltime. She helps support MOW, has helped plan 50th Anniversary celebrations and has enjoyed learning about the history of the organization.



DRIVE ALONGS

Community leaders lending a hand

We've continued drive-alongs with community members throughout the summer. Judy Wilson-Shee, mayor of the Village of New Maryland delivered meals on two separate days. She tagged along with her fellow neighbours and delivered in the city and also took a trip out to New Maryland. Brian Macdonald, MLA, also tagged along to deliver meals with seasoned volunteer Jean. We look forward to Chris Melvin, Mayor of Hanwell, going out to deliver later this month, as well as Deputy Mayor Kate Rogers. Mayor Mike O'Brien will deliver meals during our Proclamation week (October 1-7). Thank you to city leaders for taking the time to better understand how our service works first hand; Fire Chief Paul Fleming, City Councilor Eric Megarity, Police Chief Leanne Fitch, Shane Sutherland, and Deputy Premier Stephen Horsman.



50TH ANNIVERSARY WELL WISHES

Proudly delivering since 1967

For me, Meals on Wheels is so much more than a volunteer position. While my grandmother was still living independently, my family could have used a program like this, but there were none in the area we lived. Having a program like this would have eased so much worry for both my family and my grandmother. Spending an hour on my Saturday delivering meals is the highlight of my week. After only delivering for a little over a month, I'm already forming friendships with my recipients. I take such pride knowing that I'm contributing to my community, and helping people stay independent, healthy and happy." - **Kayla Doody of The United Way, recently recruited Meals on Wheels volunteer delivery driver.**



Horizon Health Network's the Dr. Everett Chalmers Regional Hospital is proud of its longstanding partnership with Meals on Wheels to provide nutritious meals to those in need. They continue to demonstrate their commitment to finding the resources to ensure the growing needs are met for those in our community unable to meet them on their own. Last year, more than 50,000 meals were delivered, with more than half of them prepared by the food service staff at the Dr. Everett Chalmers Regional Hospital. We hope the partnership that began in 1978 will continue for many years to come. **Congratulations on a half century of caring for our community.**

Alcool NB Liquor wants to congratulate Meals on Wheels of Fredericton on the celebration of their 50th Anniversary. Their selfless volunteers are hidden angels in our community, preparing and delivering over 50,000 meals, each year, to those in need. On behalf of our caring customers, we are proud to have been able to support Meals on Wheels of Fredericton through our ANBL Community Foundation. All the best in the years to come!



Management and Staff of York Care Centre congratulate Meals on Wheels of Fredericton Inc. on their 50th Anniversary. To the staff and many volunteers who provide this invaluable service to members of our community, thank you for your generous donation of time, companionship and smiles.

On behalf of the Nashwaaksis Y Service Club, I want to take this opportunity to congratulate Meals on Wheels of Fredericton on their 50th Anniversary. The impact that your organization has had on our community has been tremendous and this certainly deserves to be recognized. Our Club members have been very supportive of Meals on Wheels over the years, most recently with the purchase of the insulated delivery bags in 2016. The Nashwaaksis Y Service Club is proud to be a partner with Meals on Wheels of Fredericton and, once again, congratulations on your many years of success. —**Bob Daigle, President Nashwaaksis Y Service Club.**



Priority is honoured to be the first Fredericton to Adopt-a-Route with Meals on Wheels. In late spring, we decided volunteering with this deserving charity would be a great way to engage with our community while providing an opportunity to enhance our strong staff relationships. Since day one on our route we have had extremely positive experiences. Each Thursday, two of our staff members take on the route and work in tandem. We gain a greater sense of community, feel like we are giving back and genuinely enjoy the MOW clients and our colleagues' company while doing so. Betty and the team at Meals on Wheels have made the Adopt-A-Route experience nothing but the best and we encourage other local businesses to offer their time too! Warm regards - **Wendy Southworth, President. Proudly serving Atlantic Canada for over 20 years!**



Lean On Us - A Seniors Concierge Service would like to congratulate Meals on Wheels on their 50th Anniversary. You provide a much needed service to the community and we are proud to support you and your clients as delivery drivers. —**Marc Jesmer Owner/Operator of Lean on Us Seniors Concierge Service & Meals on Wheels Volunteer.**

"A valuable and appreciated service you have offered our community for the last 50 years. Possible only by dedicated staff and volunteers-keep up the great work. Congratulations and THANK YOU." - **Shelley Swift, Gentle Pace Transitions**



Congratulations to Meals On Wheels for 50 years of serving the Fredericton Community!



Congratulations to Meals on Wheels on 50 years of valuable service delivering hot meals to Fredericton residents. I'm so pleased to have been able to witness first-hand the invaluable work that your volunteers do each and every day. You do so much more than deliver hot meals, you enrich and enhance all of our lives here in Fredericton by being good neighbours and keeping our communities healthy and connected. Thank you for 50 years of daily service. Details of my delivery trip: <http://davidcoonmla.ca/> - **David Coon, MLA.**

As the Fredericton chapter of Meals on Wheels celebrates its 50th anniversary, I'd like to extend my thanks and gratitude to the organizers and volunteers of this wonderful organization. Since 1967, you have been making life better for the people in Greater Fredericton who are in need of your services, and for that, I cannot thank you enough. Meals on Wheels is an organization with an amazing community impact, and without all the volunteers, none of the work you do would be possible. Thank you for all you do and will continue to do in the future.

—**Hon. Stephen Horsman, Deputy Premier, Minister of Families and Children, MLA for Fredericton North.**





Joyce Wood & client in 1989

30th Anniversary



Founders Dorothy Loane & Carolyn Mossman in the early days of 1967.



LUNCH IS SERVED — Harry Davidson of 315 Argyle Street enjoys the dinner provided by the meals-on-wheels program. Mr. Davidson lives alone and he looks forward to each meal brought. "They always do such a lovely



CHRISTMAS VOLUNTEERS — Adelia Lavigne, left, food service supervisor at the Dr. Everett Chalmers Hospital, talks with Kay Carr, a driver with Meals on Wheels, and Debbie Noble, assistant co-ordinator for the program. Volunteers spent Christmas Day delivering hot meals.

(Stephen MacGillivray Photo)



Charlotte Brodie MOW project organizer



MEALS-ON-WHEELS — Meals-On-Wheels Fredericton sponsored a volunteers recognition night last night to mark the 20th anniversary of the service in Fredericton. Left to right are: Jean Brewer, Jean Hoyt, Dorothy Hoyt and Bonnie Green, president of Meals-On-Wheels. (Dorothy Scott Photo)



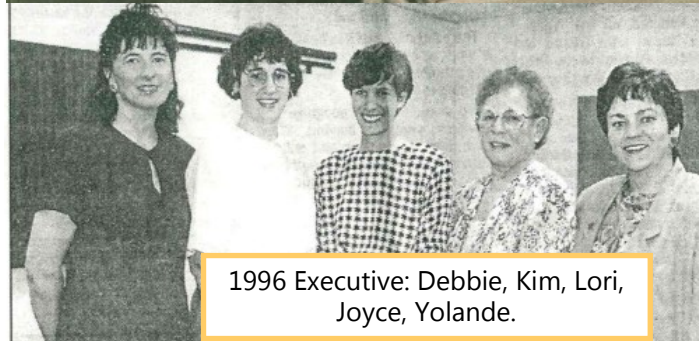
Brad Woodside presenting Mary Jean McCorry with a volunteer award in 1988.



Mrs. D. C. Campbell and Rev. Ian F. MacLean of St. Paul's Church delivering in Nov 1967.



York Sunbury MP Robert Howie delivering meals in the 90s.



1996 Executive: Debbie, Kim, Lori, Joyce, Yolande.



1997 Executive. Joyce, Kim, Elizabeth & Ron.



Lt.-Gov Gilbert Flinn's wife deliver meals in 1992.



Volunteer Willard Kirkpatrick & Coordinator Joyce Wood 1984.

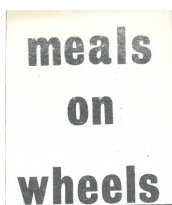


If you enjoy socializing, great entertainment, a delicious meal, making new friends or reconnecting with old ones, join us for a weekly Tuesday luncheon. Not driving these days? We have volunteer drivers who would love to meet you! They'll pick you up and drive you home after lunch. A great chance to socialize in the car with the other Wheels to Meals passengers as well! Home-style meals served hot to the table. Lemon chicken, baked ham and Shepherd's Pie to name a few favorites. 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. Doors open at **11 am**, lunch is served around **11:45 am**, and music wraps up around **12:45 pm**. 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!**

Sept 19	Meat Loaf with sauce Mashed potatoes Carrots & peas Windsor Court to provide dessert	Becky Banks
Sept 26	Chicken pot pie Pickles & tomatoes Coleslaw Blueberry coffee cake	The Stepping Stone Singers
Oct 3	Pork Loin with gravy Mashed potatoes Carrots & turnip Cinnamon Swirls	Jim Noseworthy
Oct 10	No luncheon today.	See you next week!
Oct 17	Stuffed chicken breast Mashed potatoes PEI vegetable medley Windsor Court to provide dessert	Elm City Echoes
Oct 24	Lasagna Salad with tomatoes & cucumbers Garlic bread Peach upside down cake	J. Alex McGibbon
Oct 31 Halloween	Ham & potato scallop Carrots & green beans Pumpkin Cake	Stepping Stone Troubadours

OUR LOGO OVER THE YEARS

Thank you to Johnston Haynes from The Difference for the update!



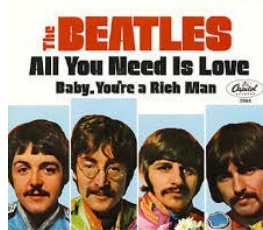
1967—A YEAR TO REMEMBER



Prime Minister
Lester B. Pearson



Expo '67—Canada's
Centennial



The Beatles release
Sgt. Pepper's Lonely
Hearts Club



Stanley
Cup
winner



World
Series
winner



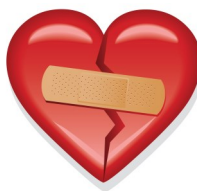
1st ever
Super Bowl
winner



US President
Lyndon B. Johnson



Avg. cost of a new
car = \$2,750.00



1st heart
transplant is
performed in
South Africa



Bonnie & Clyde
Movie released



1st countertop sized
microwave invented



Lunar Orbiter 3 launched
to photograph the moon
for the 1969 moon landing

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calculator is invented