



## Debbie Carpenter- Dedication Plus!



Summer/Fall 2015



If you've ever had occasion to call the Meals on Wheels office in the last thirty years, chances are good that you were greeted by the friendly voice of Debbie Carpenter, the service co-ordinator. And yes, I did say "thirty years"! In many ways,

Debbie has been the heart and soul of our organization since June 25, 1985. Others have come and gone, but Debbie has been a constant. For her, it has obviously been a labour of love.

She began as a volunteer driver when her children were young and she was a stay-at-home mom. Then, when her children were in elementary school, she was asked to apply for a part-time position on staff. As time went by, and her children became more independent, Debbie became full-time and more. Despite the urging of her colleagues, she has always found it difficult to leave any detail of her job unattended to, and seldom leaves the office until long after closing... see pg 3

### Special points of interest:

- *'Spring Serenade' 2nd annual Variety Show fund-raising event*
- *Volunteers socialize at pot luck luncheon*
- *Staff member, Debbie Carpenter dedicates 30 years to Wheels on Meals*
- *Wheels to Meals Seniors luncheon restarts*

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# RELIABLE



## Personal Support and Home Support Services

**RELIABLE** is currently accepting new clients in home support.

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- Meal Preparation
- Light Housekeeping
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- Menu Planning
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info@reliablesupport.ca  
www.reliablesupport.ca**



***“Supporting Independence”***



## Meals on Wheels Board of Directors

**F**ollowing our Annual General Meeting on June 16, we are pleased to announce the appointment of **Joan McDaniel** to the position of **President of the Board of Directors** for the year 2015 - 2016. Joan is a retired school teacher with an uncanny ability to see through to the core elements of whatever is before her as well as wonderful warm and engaging interpersonal skills. There is no doubt she will be excellent in her new role.

individuals who are committed to the direction and overall well-being of Meals on Wheels of Fredericton.

The other members include:

- **Past President - Dave Blacklock**
- **Secretary - Charlotte Magasi**
- **Treasurer - Craig McLaughlin**
- **Director – Gerry LeBlanc**
- **Director – Jack Edwards**
- **Director – Vernon Boyer**
- **Director – J. Anthony Fitzgerald**
- **Director – Colleen Thomson**

In addition to the President, the Board of Directors is comprised of a number of dedicated

## BEST SHOW IN TOWN!

### The 2015 'Spring Serenade' Variety Show fundraising event

**M**ost of us can probably remember the family ritual of gathering around the television on Sunday night awaiting the Ed Sullivan Show entertainment line up announcement.

That standard of the variety show format appealed to most everyone. We aren't quite at the Ed Sullivan standard, but the Seniors Spring Serenade held May 2nd had a fabulous lineup of entertainment!

Standing in for Ed Sullivan was Fred McCausland, morning show radio host on 105.3 The FOX. Fred's rapport with the audience and his ability to represent and promote Meals on Wheels is Number 1. Fred introduced the 6 performances throughout the evening and filled the spaces in between like the pro that he is. The Stepping Stone Troubadours were back for a second year with their repertoire of old-time favorite songs.

The audience was then mesmerized by the high-stepping, feet flying dance routines of the 12 members of the Stanford School of Irish Dance. The dramatic, music the group danced to highlighted the energy and passion that was so much a part of their presentation even more. The Doucet family are well known and loved in the Fredericton area. In addition to their performance of favorite songs, they very graciously spoke about how Meals on Wheels ..see pg 7



# Food for Thought

Fredericton Meals on Wheels Inc. Biannual Newsletter

## RELIABLE



Personal Support  
and  
Home Support Services  
*"Supporting Independence"*

**Connect with Others! Have Fun!  
Find Support!**

**The 2015 Resource Directory  
For Adults 50+ is here!**

Over 65 services, programs and groups in Fredericton.

- Home & Health Services
- Peer Support Groups & Counselling Services
- Exercise Classes & Programs
- Sports Clubs
- Financial Assistance
- Challenging Volunteer Opportunities

View it at no cost at Doctors' offices and Churches.

**Purchase your own copy for only \$8.00**  
by contacting Beverly at 450-4400  
or [info@reliablesupport.ca](mailto:info@reliablesupport.ca)

**30 years ...** As service co-ordinator, Debbie welcomes new clients and introduces them to the programme; takes down their food preferences and dietary restrictions and enters them into the computer; prepares the food orders each day and gets them out to the DECH and York Care Centre; ensures that there are drivers for each day, and that replacements have been found for any drivers who are ill or away. A complicated affair, to say the least. At 10:30 each weekday, she is usually on her way to the hospital or York Care Centre to oversee the transfer of meals from the kitchens to the drivers, and to make sure that the process goes smoothly.

On the weekends, Debbie and the other members of the staff take turns being on call. Menus and drivers are arranged beforehand, but there are always changes and glitches that have to be addressed.



Another large part of Debbie's job is to field a multitude of calls from clients who call for any number of reasons. Perhaps they need to change their orders or schedules, or to let Debbie know that they've been admitted to hospital. Sometimes they call to express appreciation, or occasionally to say that something on the menu has not lived up to their expectations (Debbie says that sometimes, thinking that Debbie prepares the meals herself, they give her some cooking tips!). Sometimes they call Debbie because they have a worry or concern over some other aspect of their lives, and they just need a caring ear to listen.

No matter what it is, they're sure to be greeted with friendly interest and patient kindness. Debbie says that this is her favourite part of the job. She knows how important Meals on Wheels is to our clients, and she knows how important it is to them to know that somebody cares enough to listen.

After thirty years, most people would be thinking of retiring, but not Debbie. She still loves her job and the people she serves, and it's obvious that they love her. Thanks Debbie, for all you do for Meals on Wheels!



# Food for Thought Fredericton Meals on Wheels Inc. Biannual Newsletter

## Awesome Numbers

From Meals on Wheels



If you're involved with Meals on Wheels in Fredericton, then you know that it's a busy organization, but I wonder

if you know just how busy it really is. Here are some mind-blowing numbers to think about from last year's tally: In the course of the year, we delivered 33 thousand meals to people living in the Fredericton/New Maryland area. That's no small potatoes!



Our volunteer drivers together travelled 106 000 km; that's the equivalent of driving back and forth across Canada (from St. John's to Victoria) 7

times, or around the entire globe 2 1/2 times.

A conservative estimate of the total hours put in by Meals on Wheels volunteers in the course of a year would be upwards of 10, 000. At minimum wage, the cost of hiring people for that many hours would be more than \$100,000.



## SURGERY.....

Are you scheduled to have surgery?

Why not consider coming to Windsor Court while you recover from your surgery.....

We provide a private, beautifully furnished suite and all of the services necessary to ensure the best of care.

We also have Restorative Care - an excellent program that will help you to get stronger and to get back on your feet sooner.

**We know how important your independence is.....**



For more information  
call Marilyn at 292-8451  
10 Barton Crescent  
Fredericton, NB

*Windsor Court*

**Where Aging Means  
Endless Possibilities**





## *Food for Thought*

Fredericton Meals on Wheels Inc. Biannual Newsletter

### Away at time of Meal Delivery ?

If you will not be at home when your meal is delivered, we would appreciate it if you would either call to let us know, or leave a note for the driver telling them where to leave your meal. Some clients leave a bag hanging on the door knob, some leave a box or plastic container with a lid; others are OK with the meal being placed on the floor outside their door.

#### [ Driver's note & what to write ]

**Simply provide instructions on where the driver should leave your meal. No need to say that you are not at home.**

Your safety and well being are important to us. If we do not know you are out and you do not answer your door when the meal is delivered, our policy is that drivers are required to call the office to let us know.

We then try to contact you by telephone. If we can't reach you we will call your contact person(s), etc. ....simply because we need to be sure you are safe.

### ***Thank You to the many Volunteers at Meals on Wheels***

If you want to stay in your home longer call us for a free Nurse Assessment. Our Nurse can help you explore care options.

WeCare Home Health Services  
& Foot Care

***Call today for a Free in home  
Nursing Assessment***



277 Main Street, Fredericton  
**Phone 454-2273**



# Food for Thought

Fredericton Meals on Wheels Inc. Biannual Newsletter

## Variety Show !

From pg 2 .. provided welcome support to their own family in the past.

The Maple Syrup Quartet are a local group who sing Barber Shop style harmonies. Their melodic vocalizations of several old favorite tunes were brimming with memories of days gone by.

A favorite from last year, Jim Noseworthy once again stunned the audience with his expressive piano playing and his soulful renderings. As in the past, his music grabbed hold of the emotions or brought tears to the eyes of more than a few audience members.

And then, what a finale!!! The energetic members of the Nashwaaksis Middle School Show Choir filled the stage with sparkling choreographed movement, talent and self-confidence as they unleashed a repertoire of well-known show tunes. Their youthful exuberance and choice of music was very entertaining and there is no doubt their energy affected everyone in the house and left us all feeling upbeat at the end of the evening.

Fred introduced the 6 performances throughout the evening and filled the spaces in between like the pro that he is. The Stepping Stone Troubadours gave an outstanding and energetic performance complete with harmonicas, kazoos and a repertoire of old-time favorite songs.

The audience was then mesmerized by the high-stepping, feet flying dance routines of the 12 members of the Stanford School of Irish Dance. The dramatic, music the group danced to highlighted the energy and passion that was so much a part of their presentation even more.

The Doucet family are well-known and loved in the Fredericton area. In addition to their performance of favorite songs, they very graciously spoke about how Meals on Wheels provided welcome support to their own family in the past. **Continues on pg 8**

*Meals on Wheels,  
I am writing on behalf of the  
Stepping Stone Troubadours to thank  
-you for the privilege of being  
invited to participate in the Spring  
Concert. We really enjoyed  
ourselves and loved the  
participation of the audience in our  
performance. We enjoyed all the  
Participants as well- a great group  
of entertainers. The Volunteers were  
so very helpful guiding us from the  
time we arrived to seating us  
following our performance. The  
whole evening was really well  
organized.  
Thank- you to all involved.  
Madeleine Gaudet. Stepping Stone  
Troubadours.*



# Food for Thought

Fredericton Meals on Wheels Inc. Biannual Newsletter

## Variety Show !

from Pg 7... And to appreciate it all even more, all of these folks volunteered their talent in support of Meals on Wheels. Our thanks to each one of you, and to all of the other volunteers who worked to ensure that the evening flowed smoothly and was enjoyable for all. We are grateful for the support in the form of time and talent.

Variety shows are great fun, and our hope is that with this format, we can raise part some of the funds we will need to continue providing affordable services for those who rely on us. If you attended the Spring Serenade, tell your friends about it. If you didn't make it this time, we hope you will plan to attend next year and help us grow this concert into the kind of popular variety show event that has delighted all ages in the past.

## VOLUNTEERS

### Pot luck social

Quite simply, without volunteers, Meals on Wheels of Fredericton and the services we provide would be non-existent. Our volunteers can be likened to the cogs in the gears that enable the organization to move forward.

We are fortunate to have approximately 165 wonderful individuals who volunteer to help with the meal home delivery program and the Tuesday seniors luncheon,

and they all have one thing in common; all are all caring, dedicated people who give of themselves for the benefit of others.

We are grateful for their dedication, and for the fact that such wonderful people gravitate to the Meals on Wheels organization. We always feel a need to reiterate how much we appreciate all that our volunteers do for the organization on an ongoing basis.

As staff, we get to enjoy the company of our volunteers when they show up on their regular scheduled days. Unfortunately, even though some volunteers have been with the organization for many years, there are few opportunities to meet those who volunteer on a different day or location. The Monday meal delivery drivers don't normally meet the Wednesday drivers, and the Wheels to Meals volunteers don't get to meet the meal delivery drivers.

With so many like-minded people being part of the Meals on Wheels family, we wanted to find a way to bring our family members together, so we decided on a volunteer pot-luck dinner.

Invitations went out and on Thursday April 16 during National Volunteer Week, everyone gathered at St. Mary's Anglican Church Hall. The turnout was good; the comradery was spontaneous (as expected), and the food was out of this world. A very pleasant time was had by all and it confirmed some long standing beliefs about the role of food in our lives - beyond just needing to eat to live.

More on pg 9





## Food for Thought

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### Pot Luck ....

According to James Beard James Beard (1903-1985) "food is our common ground, a universal experience."

And according to Elsa Schiaparelli, Italian designer (1890-1973) "Eating is not merely a material pleasure. Eating well gives a spectacular joy to life and contributes immensely to goodwill and happy companionship. It is of great importance to the morale."

We are in complete agreement and look forward to breaking bread together more often.

*To Meals on Wheels,*

*Please excuse my handwriting because I have Parkinsonism. The meals you deliver, they are better than some restaurant meals; very tasty, nutritious, healthy. I just love what I am getting and I would like to thank the many volunteers that deliver the meals. I am very glad my wife called you.*

*Thank you very much and keep doing what you are doing so well.*

*Sincerely,  
H.S.*

SERVING THE FREDERICTON COMMUNITY SINCE 1914



3 CONVENIENT LOCATIONS



402 QUEEN STREET

458-9951

206 ROOKWOOD AVENUE

458-1187

1128 SMYTHE STREET

458-1898



# THANK YOU

## Contributors & Supporters of the 2015 'Spring Serenade' Variety Show

**We would like to take this opportunity to thank the contributors and supporters of the 2015 'Spring Serenade' Variety Show.**

6 Colour Copy  
Apple Blossom Florist  
Atlantic Super Store  
Avalon Salon and Spa  
Beaverbrook Art Gallery  
Boston Pizza  
Cambridge Pen & Design  
Carman Creek Golf Course  
Delta Fredericton  
Cineplex  
Dolan's Pub  
Firestone  
Fresh Esthetics  
Fulfillment Esthetics & Nail Studio  
Headmistress/ Headmasters  
Heavens the Salon  
Isaacs Way  
Kingswood Entertainment  
Merry Maids Service Master Clean  
Palate Restaurant  
Papa Johns  
Peters Meat Market  
Pizza Hut– Northside  
Pure Bliss Nail Studio  
Rainbow Carwash  
Ross Drug (Guardian)  
Scotts Nurseries

Service Master Lawncare  
Sky Designs  
Sobeys  
Sorella Spa  
Spa Club  
Trius Group  
Walmart Northside  
Walmart Southside  
Westminster Books

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## RAFFLE WINNERS

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At the end of the evening raffle tickets were drawn and eight lucky winners stepped forward to receive their beautiful raffle basket presented by our past president David Blacklock.

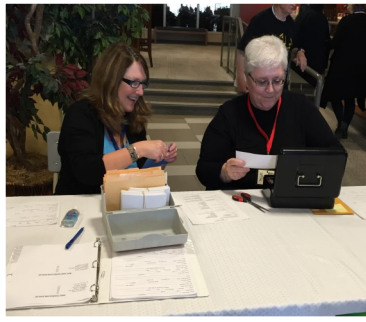


Doreen Wallace, recipient of the House and Home raffle basket.

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Paulette Doak, wins Family Fun basket



Lori & Linda busy at the ticket table

Lori Marin, wins a spa basket



Martha Berkhart, winner of a spa basket



Lloyd Hetherington, winner of a 'Man Cave' basket

John Astle, winner of a 'Man Cave' basket



Stepping Stones Troubadours



Stanford School of Irish Dance

Tina working on the name tags



The images above provide a recap of the Variety Show fundraising event. the support and dedication of our tireless volunteers that made this event a great success! Thank you all so very, very much!



# LAST KICK AT THE CAN

FINAL DAYS OF THE NB LIQUOR STORE FUNDRAISER

Our final days of NB Liquor Store fundraising ended June 12<sup>th</sup>. All in all, we did quite well on our last hurrah!, considering that we were limited to Thursday and Friday rather than the usual Thursday, Friday and Saturday – with Saturdays always having been the most profitable day of the weekend. In addition we had to spread ourselves around at 4 stores rather than the usual 2 per weekend.

We are so fortunate to have so many dedicated, reliable volunteers who will step forward to offer assistance when needed.

We are pleased to report that thanks to the many volunteers who were there to help cover all of the open hours, we were able to raise a total of \$3616.02. FYI, for the last couple of years, the 3 day weekend total has been just shy of \$7,000.00 – a very significant part of our annual budget.

With this being our last kick at the can with respect to passive solicitation at the liquor stores, it is with regret and concern that we will no longer have access to this method of fundraising activity. The NBLC partnership with so many community organizations has provided support to more Frederictonians than most people can even begin to imagine. As we all scramble to make up for the significant amount of revenue that will no longer be available via the passive solicitation opportunity, we continue to be hopeful that NBLC will provide an equally supportive opportunity for local community organizations in the future.

We are forever thankful to each and every one of you who donated time or stopped by to offer support. The funds collected during our NB Liquor store fundraiser have had a huge impact on our ability to continue the work we do in the community.

Thank you NB Liquor! Thank you Meals on Wheels volunteers! Thank you community supporters!



## MEALS TO WHEELS RESTARTS SEPT 15TH

Wheels to Meals outreach luncheon program restarts September 15th! To register call in September 458-9482!

**T**he long-awaited, much-loved seniors lunch program will reopen its doors September 15th! The luncheon offers freshly prepared three-course meals including a few favorites such as lemon chicken, baked ham and shepherds pie. In addition to a delicious meal you'll enjoy great company, socialize and listen to a few familiar songs and music styling's of a bye-gone era preformed by a variety of volunteer entertainers which include a fine roster of local entertainment!

You might even pick up a few books during our book sale or goodies at the bake sale.

The seniors dine out lunch program is held on **Tuesdays. Register on Mondays by 10 am.** (Details available upon registration.) **Doors open at 11 am and close at 12:45.** Transportation and assistance is available for those who need it.

The cost per meal is **\$7.50. Registration begins in September . Call 458-9482** to register for the season or for any Tuesday. Invite a friend for lunch out this fall! See you at the table!

### **Meal Delivery Drivers Needed; regular & substitute drivers.**

Our regular drivers are those folks who prefer a routine schedule of delivering meals on a set day and a set route on a weekly basis.

Substitute drivers are those who prefer to be contacted to deliver meals on an occasional basis when a regular driver is temporarily unavailable.

Meals are picked up from the food depots at 10:45 and most delivery drivers are finished in less than 1 ½ hours.

**Meals are delivered 365 days of the year except when conditions are unsafe in the winter.**



## Fredericton Meals on Wheels Inc. Biannual Newsletter

**Yes!** I'll support **Meals On Wheels of Fredericton Inc.** with a donation of  
\$ \_\_\_\_\_

I prefer to use my          Visa          Master Card          Cheque Enclosed

Make this a: Monthly donation          Annual donation

Card # \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_          Expiry Date on Card \_\_\_\_ / \_\_\_\_

Name on Card \_\_\_\_\_          Signature \_\_\_\_\_

Send my receipt to: Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Province \_\_\_\_\_ Postal Code \_\_\_\_\_

I'd like to talk to someone about **Planned Giving**.

Send to : Meals on Wheels of Fredericton Inc.

### Meals on Wheels of Fredericton Inc.

65 Brunswick St.  
Fredericton,  
New Brunswick, E3B 1G5  
**506-458-9482**

info@frederictonmealsonwheels.ca  
www.frederictonmealsonwheels.ca

