



# Food for Thought

## **Snooty Fox Charity Brunch: A delicious fundraiser!**

We are always looking for ways to raise operational funds as well as build awareness of the growing need for community support to help us provide independent living for seniors and disabled members of our community. In the summer of 2013 we began planning our first fundraising brunch at a local restaurant.

The Snooty Fox was delighted to work with us and that event was a great success. Then on October 5th, 2014 they hosted a 2nd very successful charity brunch for MOW.

Funds were raised when guests ordered from the special \$10 brunch menu from which \$8.00 was donated to Meals on Wheels of Fredericton Inc.



The Wilson family were amongst many who attended the Meals on Wheels of Fredericton Inc. Snooty Fox Charity brunch .



John Astle collects his winnings. A 170 piece Crescent tool set and a Varsity Reds Family ticket package.

Beginning at 11 am our guest's were greeted and seated. Orders went in quickly and service was prompt and friendly. Every seat was full! Raffle tickets sold like hot cakes helping us reach our goal of \$500.00. Winners of the raffle were John Astle and Jennifer Keating.

Brunch guests enjoyed a varied selection of music performed by Shawn and Leanne, a talented local music duo.

We love working with our community! Thank you Snooty Fox management and staff for all your help and support! We hope to see you next year!



# Food for Thought

## **Toll-free Information Line launched**

### **for new Drug Plan**

*Wondering how the new provincial drug plan will affect you and your family?*

The provincial government has set up a toll-free telephone line to provide New Brunswickers with information on the new New Brunswick Drug Plan. Residents with questions about the plan are invited to call **1-855-540-7325**. The information line is being operated by Medavie Blue Cross, which is administering the drug plan on behalf of the government. The bilingual service is available between 8a.m. and 5 p.m. from Monday to Friday.

In addition, the public can visit the Department of Health website for information on premiums for Phase 1, the drug formulary and frequently asked questions.

Details are available at <http://www2.gnb.ca/content/gnb/en/corporate/promo/NBDrugPlan.html>

The first phase of the plan was implemented on May 1, 2014. The second phase begins on April 1, 2015.

**Planned Giving;** Meals on Wheels of Fredericton has been in operation since 1967. Our reputation is solid, and our service is essential to the health and independence of many senior, disabled and convalescing clients who depend on us for nutritional support. We hope that with your assistance via one of many Planned Giving options we can continue to be an essential part of our local community for many years to come. For more information, please call us at 458-9482



**458-9482**

### **Index**

- Pg 1** Delicious fundraiser
- Pg 2** Drug Plan / Planned Giving
- Pg 3** Joke
- Pg 4** Client information
- Pg 5** Wheels to Meals Menu
- Pg 6** Bake Sale call for donation
- Pg 7** Flu clinic / Drivers
- Pg 8** Donate a Car
- Pg 9** Whiteboard Program
- Pg 10** Make a Donation form



# Food for Thought

**Too Old to Date Joke** The neighbors thought it was odd, but 93 year old Morton was dating again. One Monday morning Morton woke up with a funny feeling that something important happened last night. It was during breakfast, that Morton finally remembered what it was. He had proposed to his date Greta. But what she answered he just couldn't seem to remember. Morton picked up the phone and dialed. "Hi Greta", said Morton, "I have a funny question for you, do you remember last night when I proposed?" "Oh my gosh" gushed Greta, "I'm so glad you called, I knew I said yes to somebody but I just couldn't recall who it was!"

## 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

**Where Aging Means  
Endless Possibilities**



SERVING THE FREDERICTON COMMUNITY SINCE 1914



3 CONVENIENT LOCATIONS



402 QUEEN STREET  
458-9951

206 ROOKWOOD AVENUE  
458-1187

1128 SMYTHE STREET  
458-1898





# Food for Thought

## Information for Clients

**Meal cancellations:** If you need to cancel one or more meals for any reason, please be advised that we need to know by 8:00 a.m. at the latest, just before we send final numbers to the kitchen staff. Our

voice mail is on 24 hours per day, so you can leave us a message any time of the day or night.



### **Not home at meal delivery time ??**

Your health and well being are of primary importance to us at Meals on Wheels. Since we have many clients who are elderly or have fragile health, if no one answers the door when the meal is delivered, our policy is to try to make telephone contact with you to ensure that you are OK. If we cannot reach you, we will then try to reach your designated contact person.

For this reason, we ask that you let us know if you expect to be away from home when your meal is delivered. Alternatively, if you prefer that we simply leave the meal and not call if you don't answer your door, please let us know.

## **Client Account Payments**

We provide a variety of ways to make payments on accounts.

Some folks pay by mailing a cheque; some pay by Mastercard or Visa; and some pay by cash.

If your preference is to pay by cash (or cheque) **please do not give your payments to the meal delivery drivers**. Our drivers do not normally come to the Meals on Wheels office and an envelope left for us at one of the food depots can easily be misplaced or lost.



## **Winter cancellations:**

**Home delivery of meals:** In the event of a severe winter storm or if conditions are dangerous, meal deliveries may be cancelled. Listen for a cancellation announcement on your local radio station or call the Meals on Wheels office (458-9482) to listen to our voice mail message. Having a spare meal or two in your freezer or easy-to-prepare foods on hand is advised in case of a cancellation.



# Food for Thought

Enjoy a home-cooked meal, socialize and listen to wonderful live music performed by local entertainers young and old. To **book your seat** please call Pam at **458-9482**

Nov 4	Chicken Pot Pie Veggie Side Dish Cinnamon Swirls	Stepping Stones Troubadours
Nov 18	Ham Potato Scallop Vegetable Medley Gingerbread	Fredericton City Police Whiteboard program & Crime Prevention presentation
Nov 25	Lasagna Fresh Tomato Slices & Cucumbers Coffee Cake	Bake Sale
Dec 2	Shepherds Pie Coleslaw & Fresh Tomato & Cucumber Slices Lemon Squares	Golden Club Singers
Dec 9	Lemon Chicken Mashed Potatoes Broccoli / Carrots Rice Pudding	Leo Hayes Choir
Dec 16 program Restart Jan 6, 2015	'Festive' Christmas Dinner Sponsored by Fredericton Inn	TBA

**Wheels to Meals Tuesday Luncheon storm cancellations:** For your safety and well being, our Tuesday Wheels to Meals luncheon will be cancelled if winter weather conditions are particularly poor, please listen to your radio. If school is cancelled in **Anglophone West School District** the Wheels to Meals Tuesday luncheon will also be cancelled.



# Food for Thought

## Wheels to Meals Holiday Bake Sale

**Saint Mary's Anglican Church Hall, 770 McEvoy St**

**Date Nov 25, 2014**

**Time 12:00-12:45**

### Calling all bakers, jelly

Help support the Wheels to Meals your favorite preserves or baked bake sale! Whip up something de-away, served to guests or popped into the freezer for later. Here are a few ideas; bread, baked beans, biscuits, fudge, cookies, squares, sweet breads, pies, cakes or muffins.



### jam and pickle makers

luncheon program by donating goods to sweeten up our holiday delicious that can be eaten right

luncheon program by donating goods to sweeten up our holiday delicious that can be eaten right

Upwards of sixty guests attend our program so we need lots of goodies. Dress up your packages or leave them simple. Please label with contents.

Your contributions are much appreciated!



### Donation Drop off Times and Locations:

**Monday – Nov 24 - 8am - 1pm** Victoria Health Centre – 65 Brunswick St- back entrance. Bake sale items can be left with the Commissionaire

**Tuesday Nov 25 - 8am - 10 am** Saint Mary's Anglican Church Hall 770 McEvoy St

Please package your food products in small quantities and ensure all food packages are secure when delivered. If you have questions please contact Pam at Meals on Wheels 458-9482

**Your support is what makes our program a success! Thank You!**



# Food for Thought

## Tips and Reminders for Meal Delivery Drivers

### VON Flu Clinic held for Wheels to Meals Guests & Volunteers

VON Nurse Sandra Dewar, RN and volunteer Marie Tyre were on-site to provide flu vaccines for 21 registered guests and volunteers attending the luncheon program on October 21st. Amongst the volunteers was David Neilson, a dedicated volunteer entertainer who played his fiddle until it was his turn to step up and take



the last shot of the day. Guests comments included 'having the program on-site was very convenient. It saved me from making a special trip.'

**If a client doesn't answer the door when you deliver the meal,** please leave the meal and contact the office or the person on call to let us know where you have left the meal. We will attempt to contact the client to ensure that all is well. If the client has left a receptacle for the meal, there is no need for further follow-up.

**NNTP:** On the route sheets, some clients have the letters NNTP written in the delivery instructions. This means that if they do not answer when you deliver their meal, there is **No Need To Phone (NNTP)** to tell us because we have agreed with the client to suspend our call policy if they do not answer.

**Weekend Contact:** On weekends and holidays, there is always a staff or board member on call. If a client does not answer their door when you deliver their meal, we ask that you **please contact the person-on-call at the number provided rather than leaving a message on the office voice mail.**

The **name and contact number** of the **person-on-call** is printed at the **top left of** each page on the **route sheets.**

**Mileage Claim Forms** are now available. Please complete both pages and return to Barb by Friday Dec 12.



# Food for Thought



Donate A Car Canada accepts vehicle donations for Meals on Wheels of Fredericton Inc. To donate a car, truck, RV, boat, motorcycle or other vehicle to Meals on Wheels simply fill out the DONATE NOW tab at [www.donatecar.ca](http://www.donatecar.ca) or call us **506-458-9482** and we will help you with your application. Donate A Car Canada provides free towing in many areas across Canada. Donate a Car Canada can pick up your vehicle, or you can drop it off to maximize your donation for which you will receive a tax receipt. When you donate your vehicle it will either be recycled or sold at auction depending on its condition, age and location. Donate A Car Canada will look after everything to make it easy for you to support Meals on Wheels of Fredericton Inc. DONATE NOW at [www.donatecar.ca](http://www.donatecar.ca) and Meals on Wheels will send you a tax receipt after your car donation is complete!

If you have any questions please call.

**506-458-9482**

*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



*Call today for a Free in home  
Nursing Assessment  
(506) 454-2273*





# Food for Thought

## The Whiteboard

The *Household Emergency Information Guide* or "the Whiteboard" is a project of the Fredericton Police Force Senior Advisory Committee. This committee, formed in January 2013 and Chaired by Const. Duncan Lombard, includes representatives from the Golden Club, the Stepping Stone Senior Centre, Northside Seniors Centre, the Third Age Centre, the Red Cross, and Shannex Fredericton.

The **Whiteboard** is a white plastic "magic" board on which seniors enter pertinent information about their health to help first responders in the event of an emergency. It has a "magic" pen and magnets on the back so that it can be placed on a metal fridge door.

To aid first responders, the **Whiteboard** will have your name and date of birth (age); your address and phone number to direct other helpers; contact phone numbers for family, friends or neighbours; your medicare number; relevant health conditions (such as diabetes, high blood pressure, heart disease, pacemaker, epilepsy, joint replacement, organ recipient, cancer patient). Your medications and dosage along with any allergies should also be included.

To help you in urgent but non-emergency situations other phone numbers are already listed on the bottom of the board including F'ton City Hall, F'ton Police Force, F'ton Fire Dept, Tele-Care Health Advice, the DECH, Chimo Crisis line, and NB Power Outages. All true emergencies for fire, police, or ambulance should call 911.

The committee also recommends that you should know how to turn off your main water supply in case of flooding, how to turn off your main power source in case of an electrical fire, and that you should have a key hidden outside so first responders can enter your home.

To further protect yourself in emergencies you might consider acquiring a commercial personal help button pendant that is worn around your neck such as "Life Line".

If you are interested in obtaining a **Whiteboard** to use in your home, please contact Const. Duncan Lombard at [duncan.lombard@fredericton.ca](mailto:duncan.lombard@fredericton.ca), or attend the Wheels to Meals luncheon program on Tuesday November 18<sup>th</sup> where Duncan Lombard will conduct a Crime Prevention presentation as well as introduce the Whiteboard program. To register please call Pam 458-9482



# Food for Thought

**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.

65 Brunswick St.

Fredericton, New Brunswick, E3B 1G5

*Charitable tax donation receipts are issued for all monetary donations*



**Meals on Wheels of Fredericton Inc.**

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

info@frederictonmealsonwheels.ca  
www.frederictonmealsonwheels.ca



In lieu of gifts for "hard to buy for" friends, family, neighbours or co-workers consider a donation to Meals on Wheels of Fredericton Inc. in their name.

- Donate now [www.frederictonmealsonwheels.ca](http://www.frederictonmealsonwheels.ca)
- Call our office **506-458-9482**
- Fill out the form and mail in a cheque