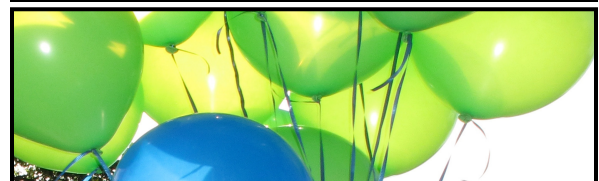


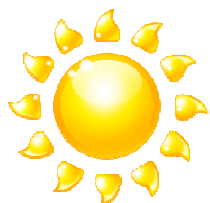
# Food for Thought



## ***Bikeathon 2012 Annual Fundraiser***

*More on page 2*





# Food for Thought

## Notice Board

### In Appreciation:

- We would like to extend our thanks to His Honour Lieutenant Governor Graydon Nicholas, designated patron of Meals on Wheels, for hosting the Volunteer Tea at Old Government House on April 10th. We were pleased with the turnout and very thankful for His Honours' hospitality and his appreciation for the contributions made by Meals on Wheels volunteers.
- Thanks to the folks at Issac's Way for providing a post-event venue for the 2012 Bikeathon cyclists and volunteers. The atmosphere and specials were exceptional.
- We would like to say thank you to the following groups for their generous on-site contributions to Bikeathon 2012:
  - Atlantic College of Therapeutic Massage for providing the much appreciated post-ride massage treatments.
  - Lift Personal Fitness for the mini warm-up sessions prior to cyclists departure.
  - Fredericton Trails Coalition for sharing their trail knowledge and for ensuring trail route safety.
  - Investors Group for the delicious BBQ
  - City of Fredericton for the numerous on-site amenities.

- Hats off to the Fredericton Boys and Girls Club for their endless enthusiasm and creativity at the cyclists decorating station. Great job!

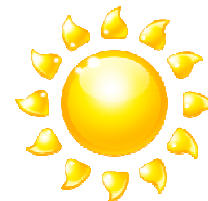
*Without a sense of caring, there  
can be no sense of community.*  
*Anthony J. D'Angelo*

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# Food for Thought



## Reminder to Meal Delivery Drivers

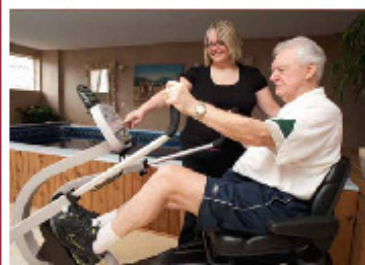
If the client does not answer the door, please leave the meal and call the office on weekdays (458-9482), or the weekend on-call person (name and number at top of route sheet) to tell us where you left the meal, **unless delivery instructions or a note from the client say to leave the meal.** Because we have a number of clients in poor health, we will then try to contact them or their designated contact person ASAP to confirm that all is well. Where appropriate, we will include the letters NNTP (no need to phone) under the clients address on the menus and route sheets indicating that there is no need to call us.



## RESTORATIVE CARE PROGRAM

Focused on quality care and compassion, this program delivers personalized restorative care services to those recovering from an injury, surgery, short term illness or with complications arising from chronic health conditions.

The Windsor Court Restorative Care Program enables (not only) Seniors to be the best that they can be.



In addition to our Permanent Residents we also provide for Temporary Stays; Trial, Respite, Convalescent and Winter Stays.

For more info visit [windsorcourt.nb.ca](http://windsorcourt.nb.ca) or call 450.7088

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- for the Best in Retirement and Assisted Living

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3 CONVENIENT LOCATIONS



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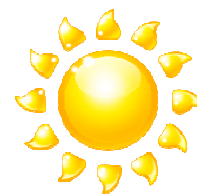
206 ROOKWOOD AVENUE  
458-1187



1128 SMYTHE STREET  
458-1898

2012  
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ISSUE

Fredericton Meals on Wheels Quarterly Newsletter



# Food for Thought



To register call  
458-9482

## Dine-Out Luncheon Program

We will be restarting our seasonal Wheels to Meals luncheon program again this fall. The meal cost will remain at \$7.50 per person, the same as last year.

Many seniors don't get out as often as they would like. This program provides an opportunity to socialize, enjoy a home-cooked meal and take in some great musical entertainment. And I hear that the homemade biscuits alone are worth coming for.

Throughout the season we have book sales, a puzzle exchange and the occasional bake sale as well. If you'd like to register for the season please call the office. When registered for the season, you call only if you cannot attend. If you'd like to come only occasionally, please call before 10:00 AM on Mondays and we will have a seat waiting for you on Tuesday. Transportation can be arranged if required.

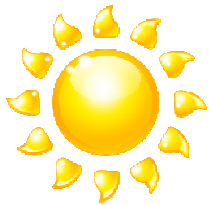
Please tell your friends, family and anyone else you think might enjoy our luncheon program.

In the event of a school cancellation due to bad weather, Wheels to Meals will be cancelled.

For our exact start up date check with the office as autumn approaches. The Sept-Oct menu which includes scheduled entertainment will be posted in the fall newsletter.

*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."*

Elsa Schiaparelli, Italian designer (1890-1973)



# Food for Thought

## *Special Guests dine at Luncheon*

This past spring we had the privilege of hosting their Honours Lieutenant Governor Graydon Nicholas and Mrs. Nicholas at our Meals to Wheels Seniors Luncheon. On April 10th, much to the delight of the clients, Their Honours sat down with them at the regular Tuesday luncheon to enjoy a hot, home-cooked meal. The meal consisted of Italian chicken, a vegetable medley, mashed potatoes with parsley and for dessert a piece of delicious gingerbread cake topped with whipped cream. Prior to the meal His Honour spoke from his heart, sharing many stories including one about his early school years. Following his talk Her Honour presented an eloquent blessing of the meal. When lunch was over they mingled, chatting with clients at each and every table.

Toe-tapping entertainment was provided by The River Valley Fiddlers. One of our regular clients, Ruth Ker graced the floor with her step dancing moves.



Lieutenant Governor Graydon Nicholas and Fredericton's Senior Ambassador Dorothy Lockhart pose as Wheel to Meals client Jack Ker client looks on.

His Honour speaks with WTM client Duddie MacDonald



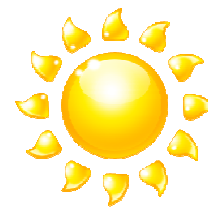
Their Honours, Lieutenant Governor Graydon Nicholas and Mrs. Nicholas visited with clients at each table during the Wheels to Meals luncheon program.

Her Honour chats with MTW client Russell Carver





# Food for Thought



## ***Bikeathon Event Recap***

The results are in! The third annual Bikeathon Fundraiser was a great success. With this insurance for the current fiscal year, we will continue to provide affordable meals to those who need them.

Enthusiasm and energy ran high during this year's fundraising event. The Fredericton Boys and Girls Club were on hand to provide inspiration to cycling enthusiasts at the bicycle decorating station. The table was overflowing with materials ready for creative minds. Paper plates, pipe cleaners, flowers, birds and ribbons graced the spokes and frames of bicycles. The Silent Auction was also abuzz most of the day and with over 160 items available the bidding frenzy escalated before closing.

New routes were available to cyclists this year, including a Hybrid road/trail route to Oromocto. Hydrating stations were available on all routes. On-site cyclists were offered mini warm-up sessions prior to departure and treated to well-deserved post-ride massage treatments when they returned. A cyclists return station offered nourishment as well as refreshments.

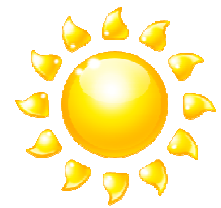
This years top fundraiser was Bonnie Lyons. Congratulations Bonnie! Thank You!

Our new Bikeathon banner made a big impression this year. And thanks to the stop signs made by the Fredericton Senior Centre woodworkers the trail route marshals ensured the safety of cyclists.

Without the dedication and commitments made by Volunteers this event would never be possible. Making time for the endless details, the planning and the execution speaks volumes to the principles of those who support us.

In the months to come we will be working hard to establish new ways to ensure success of this ever growing event. Maybe next year you'll come out and join the fun. Hope to see you there!

# Food for Thought



***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

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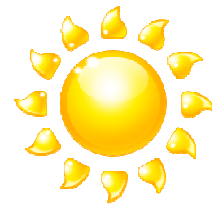
Socialize with friends and neighbors, enjoy  
an unlimited array of fun activities and  
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All of the Best in *quality living* is right  
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Visit us Today and join us for a  
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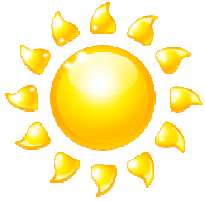
# Food for Thought



## Bikeathon 2012 Contributors and Supporters

Asia Beef Noodle	Ducks Unlimited	Kia	Riverview Lincoln Mercury
Aitken's Pewter	Eaglewood Specialty	Kingswood Entertainment	Roberta George
Anonymus	Eastern Furriers	Kris Leblanc Art	Royal Bank of Canada
ANEW START Allergy Clinic	East Side Marios	Kumon	Ross Drug
Apple Blossom Florist	Edwina's Catering	Lakeview Inns and Suites	Relish Gourmet Burgers
Atlantic College of Therapeutic Massage	Eloise Ltd	Lawson Products	Ron Boulter
APM Ltd.	English Butler	Lift Personal Fitness	Ron's Auto Upholstery
Aura Whole Foods	Enbridge	Live, Love, Laugh Event Planning & Consulting	Rowans Nurseries
Avalon Salon and Spa	Extreme Clean	Liquide Air	Salon Synergy
Bates Custom Laminating	Fairview Plymouth Chrysler	Leon's Furniture	Scoop and Save
Bejewel by Trudy Gallagher	Fastnell Canada	M& M Meat Shop	Scott's Nurseries
Beehive	Fitworks	Made you Blush	Shoppers Drug Mart Northside
Bishop Convenience	Flannery Jewellery Arts	McGinnis Landing	ServiceMaster Clean
Briggs and Little Woolen Mills	Flight of the Eagle	MacLeans Sports	ServiceMaster Lawn care
Cain Insurance	Franks Finer Diner	Maritime Carpet One	Silverwood Inn and Suites
Carriage House Inn	Fred FM	Main Street Bowl-A-Drome	Spectrum Vision
Car Audio Advisors	Fredericton Senior Centre Woodshop	McTavish Sports	Spicer Cole
Carmen Creek Golf Course	Fredericton Convention Centre	Main Street Veterinary Hospital	Stephen and Laurie Hawrishok
Cedar Tree Café	Fredericton Boys & Girls Club	New Brunswick Craft Council	Summit Dodge
City Animal Hospital	Fredericton Trails Coalition	Sky Designs	Sur-Gain Feeds'N Needs
Cedar Valley Investments	Fredericton Golf Club	Sutherland Mazda	Silverwood Inn & Suites
Clowaters Plumbing & Heating	Fredericton Family Chiropractic	Northside MacDonald's Restaurants	Ski Wolf
Coveys Basics	Fredericton Indoor Pool	MECCA Corporation	Swiss Chalet
Co-op Foods	Fredericton Inn	Medi Chair	Snooty Fox
Comfort Inn	Fresh Esthetics	Mexicali Rosa's	Swift's 15 minute Oil Change
Cox Electronics & Communications	Florique Flower Shop	Merry Maids	Tim Horton's
Crafted Images Pottery	Fulfillment Esthetics	Montana's Cookhouse	The Schnitzel Parlour
Crowne Plaza	Good Life Fitness	Northumberland Dairies	The Spa Club
Cultures	Greco Pizza	Palate Restaurant	Thaddée & Estelle Renault
Dairy Queen	Harvest Jazz and Blues	Papa John's	Tonys Music Box
Davis Law	Isaac's Way	PC Girls	Trius
D & M Auto Body Repair	Keswick Ridge Bakery	Perfect Parties by Nancy	UNB Varsity Reds
Dolans Pub	Hands On Health	Pet Smart	Upper Gagetown Shell Gas Station
Dominos Pizza	Harvest Jazz and Blues	Peters Meat Market	Valley Graphics
Dr. Jessica McMillian Professional Corp.	Hawkins Equipment Ltd.	Pets Unlimited	Victory Meat Market
	Headmistress/ Headmasters	Pizza Hut – Northside	Williams Seafood
	Heaven on Earth the Salon	Pure Bliss Nail Studio	What on Earth
	Hilltop Grill and Beverage	Quizno's	Wheaton and Frazer Ltd.
	Northside Fredericton Home Hardware	Radical Edge	
	Investors Group	Ramada Inn	
	Jungle Jims	Ritchies Carpet Warehouse	
	Key Cycle		





# Food for Thought

## **Planned Giving Seminar Scheduled**

A Planned Giving Seminar is scheduled for October 4th. The seminar will be held in the event room at the Old Train Station on York Street.

The session will be offered by an expert who will discuss ways in which individuals can support the efforts of their favorite charities through bequests, strategic use of current investments, insurance policies, etc.

New Brunswick socio-demographic indications are that there will be a significant increase in the need for community based support organizations for seniors in the next 10 – 20 years.

The nutrition support service provided by Meals on Wheels of Fredericton is a perfect example of the kinds of services needed by many seniors. We are exploring various means to ensure that we will be here to help meet these needs when the time comes.

For more details please contact our office 458-9482. Details in next issue.

## **Liquor Store Fundraising**

### **Still looking for Volunteers**

#### **Devon Liquor Store**

July 12, 13 & 14

#### **Brookside Liquor Store**

August 16, 17 & 18

#### **Prospect Street Liquor Store**

October 4, 5 & 6

#### **York Street Liquor Store**

November 22, 23 & 24

Contact Barb Brown at 458-9482

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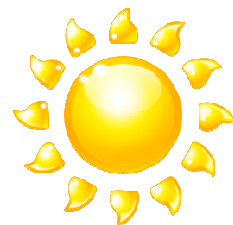
**Call: 506-452-9903**

1080 Brookside Drive  
Fredericton, NB

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## Fredericton Meals on Wheels Quarterly Newsletter

# Food for Thought



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

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Make this a monthly 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 donating securities. ☐

Send to : Fredericton Wheels on Meals  
65 Brunswick St.  
Fredericton, New Brunswick, E3B 1G5

**Have questions? Call us.  
458-9482**



Give online by going to  
[www.frederictonmealsonwheels.ca](http://www.frederictonmealsonwheels.ca)  
and click on "**Donate Now.**"

**Wheels on Meals of Fredericton**  
65 Brunswick St.  
Fredericton, New Brunswick, E3B 1G5  
506-458-9482  
[info@frederictonmealsonwheels.ca](mailto:info@frederictonmealsonwheels.ca)  
[www.frederictonmealsonwheels.ca](http://www.frederictonmealsonwheels.ca)