



Food for Thought Newsletter December 2017



50TH ANNIVERSARY YEAR COMES TO AN END

That's a wrap!



What an amazing year this has been! As we come to the end of our 50th anniversary year, our organization has grown to twice the size it was only three years ago. With the growth, we've faced some impressive challenges, but our staff and volunteers have risen to the occasion, and we're as strong as we've ever been. We've added many new volunteers, and welcomed several teams of new drivers through our Adopt-a-Route program. Wheels to Meals, our weekly luncheon program, continues to thrive, through the efforts of another team of invaluable volunteers. Thank you to all who have made this possible.



Meals on Wheels is exactly the type of organization we should be celebrating at this time of year. We exist to make a difference in the lives of our clients, and through our contact with them, we enrich our own lives. In a very real sense, we are a family, working together to look after our own, and this is a time to celebrate family. To those of you who have joined us this year – welcome, and thank you. I hope you will find your experience with us a rich and satisfying one.

To those who have had to leave for health or other reasons, we wish you well. Thank you for all you have done. It has not gone unnoticed, and we hope you will stay in touch with us. To our clients, and their families, thank you for allowing us to enter your

lives. May the year ahead be filled with health and happiness. And to our supporters, volunteers and staff, thank you for giving so much. I am so grateful to be in such wonderful company.

May you all have a wonderful holiday season and a happy New Year! - **Joan McDaniel, Board President of Meals on Wheels.**



Inside this issue:	
Anniversary Celebrations	1-3
Volunteer Spotlight	4-5
Community Support	6-8
Photo collage	9
Resource Guide	10-11
Wheels to Meals	12

WORDS OF WISDOM

Everyone has a story to tell



The originals—Sharan, Charlotte, Her Honour Jocelyne Roy-Vienneau, Christine, Florence, and Lois at Government House. Over 224 years of volunteer experience between them!



Heather speaking about her mother, Joyce Wood, a beloved previous Executive Director who recently passed away.



Betty and Joan reading our Proclamation at City Hall.



Executive Director Betty Daniels sharing stories of client's experiences with Meals on Wheels—from both sides of the table.



City of Fredericton Mayor Mike O'Brien sharing that he's had family members deliver and receive meals over the years.



Deputy Premier Stephen Horsman expressing the "amazing impact" our volunteers make in the community.



Our group of wonderful volunteers congregated at Old Government House. President of the Board, Joan McDaniel, delivering a speech on October 4th, 2017.



50 years of friendship, goodness, generosity, a warm meal and a warm smile. Thank you Meals on Wheels volunteers for what you do.
-Lieutenant Governor Jocelyne Roy-Vienneau.

STAFF GREETINGS & MESSAGES

Seasons Greetings Everyone!



Throughout the year we've heard "my cousin volunteered for Meals on Wheels" or "my grandmother had Meals on Wheels" and we are so humbled to hear stories of how our services have touched lives over the past 50 years. We are here to help the community, one meal at a time. Thank you for the chance to continue serving you. Here's to the next 50 years.



We received a letter of congratulations on our anniversary from The Office of the Queen. She sends her best wishes to all concerned for a most successful and enjoyable event celebrating this milestone in the history of Meals on Wheels of Fredericton.



There are several thank-you's we'd like to make at this time. First of all, thanks to the Department of Post Secondary Education & Training for allowing us to hire a second recent graduate to help maintain our service throughout our period of growth. We'd like to introduce Sherri, a Military wife and mother who comes to us from Ontario. She is a much needed team player who will be helping take care of North side clients. Welcome Sherri!

Next, thanks to the office volunteers, who come in and help cut up weekly menus. We appreciate the Christmas crew who helps provide and pack items for Christmas



bags each year. And a HUGE thank you to the volunteer drivers who deliver and help make our service available 365 days a year. We rely on community members in so many ways, and we'd be lost without them. It is our wish for you that you are surrounded with kindness,

compassion and merriment for this holiday season!



On behalf of the staff of Fredericton Meals on Wheels, Merry Christmas and Happy New Year!

SHE WEARS MANY HATS

Charlotte Magasi



Charlotte Magasi started volunteering for Meals on Wheels in the mid '70s. Over the years she has taken breaks from her volunteering commitment due to career demands. Currently, however, she is involved with MOW on many levels. She serves as a driver, a weekend on-call person, a board member and the secretary of the Board of Directors. She wears many hats, as they say!

Charlotte first heard of MOW through a friend of a friend when meals were being delivered from St. Paul's United Church. Although she could not drive because she did not yet have her license, the idea of the MOW mandate appealed to Charlotte. She felt it was an excellent service and once she learned to drive, it was a volunteer commitment she could easily fulfill. Charlotte continues to enjoy serving the people on her route. "You develop a relationship with them, and care about their well-being." Although drivers do not have a lot of time to chat at the door, she always has a brief exchange with each client. They are "so pleased to see you and are often eager to share little stories of their lives." The recent introduction of the MOW nametags for drivers has been a positive innovation allowing a more personal connection with the clients. The genuine appreciation shown by the clients and knowing she is making a positive difference in their lives is personally enriching to Charlotte.

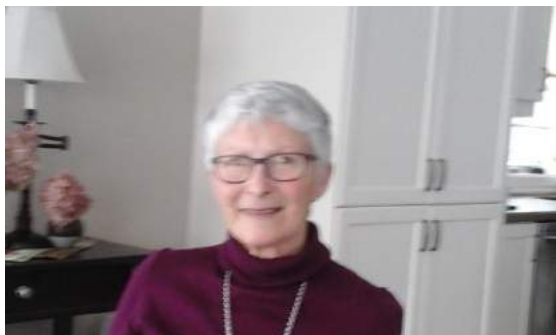
Charlotte's position on the Board of Directors has allowed her yet another perspective on the functioning of MOW. It is through that involvement that Charlotte realizes the complexity of the operation which has to consider so many aspects such as food sourcing, meal quality, driver recruitment, fundraising, and the logistics of route planning. She feels the exceptional work of the office staff in coordinating clients' changes and volunteer drivers and their availability is commendable.

Charlotte encourages others to get involved with MOW. The commitment is manageable (1 – 1 ½ hours per week) and flexible—if one is unable to commit to a weekly route, they could consider becoming a spare driver. Charlotte and her husband Laszlo (Les) work as a team on the Thursday route. In the summer her granddaughters enjoyed helping deliver meals. They enjoy both the contact with the clients and the camaraderie with other volunteer drivers. Volunteering for Meals on Wheels has been a **very** positive and satisfying experience for Charlotte Magasi. We thank Charlotte for her years of service! - **(Barb Fullerton, 2017)**



A GOOD MATCH FOR THE NEWLY-RETIRED

Fay Campbell



Fay Campbell was a stay-at-home mother when she started volunteering with MOW Fredericton in 1968. She heard about MOW when Ian MacLean, the minister of St. Paul's, mentioned it from the pulpit. She started driving once a month which was not difficult to fit into her schedule. Fay's three children were pre-schoolers when she began, and she often took them with her on her route. If one of her children was ill, her husband Duncan would come home from work to stay with the child while she made her deliveries.

In the early years of MOW, having fewer meals to deliver than they do today, volunteers had more time to visit with the clients. Fay says the appreciation and gratitude expressed by the clients was the best part of her volunteer experience. Clients were so happy to see her, and were particularly pleased when she brought her children. She recalls the delight of one of her favourite clients when Fay's daughter Jill would help by carrying the soup or the dessert.



Fay volunteered from 1968 to 2000, at which time she and her husband retired to Jemseg. For a great deal of Fay's time with MOW, her good friend Ann VanWart volunteered with her. Both agreed that it was easier to do the job with two people. Following Fay's retirement to Jemseg, Ann and her friend, Margie Clark, continued their route for MOW. Fay agrees that volunteering for MOW is a good match for the newly-retired.

Although no longer able to volunteer for MOW, Fay believes strongly in its mandate and maintains a keen interest in the organization. She expressed how the visits she had with clients were as important as the meals she was delivering. Thank you, Fay, for the many hours you have given to Meals on Wheels. (**Barb Fullerton, 2016**)

IN MEMORIAM

John Thompson

We'd like to take this time to commemorate John Thompson, who passed away this October. He was an invaluable board member and began the planning for our 50th Anniversary Celebrations. He had a contagious spirit that inspired everyone to put their best foot forward, for the sake of the organization. Though he is greatly missed, his partner in crime Jean, has stayed on to volunteer, driving on Sunday's and we are so happy she's continued to deliver meals. Thank you for what you've done for the organization and we wish you all the best.



COMMUNITY SUPPORT

It takes a village



Thank you to Wonder Auto & Tire who was our supporter of the month for November. They also offered discounts to our volunteers.



Thank you to the Nashwaaksis Y's Service club for their donation which allowed us to purchase brand new meal delivery bags. It's been a long time coming and we are so pleased for this upgrade. St. James Presbyterian Church in Hanwell also helped us acquire bags for the Hanwell route deliveries.

Dana's Collision and Audiocorp were our supporter of the month for December. Audiocorp pledged to match donations made by their customers! Thank you!



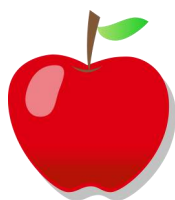
Every year UPS, donates volunteer hours to help stuff our fundraising letters into envelopes. They went above and beyond to help get our letters in the mail on time. Over 21,000 letters stuffed in 60 volunteer hours! The staff and their families look forward to this task each year and compete to stuff the most letters, some doing up to 5000!



Thank you to the kind folks at Fairview who made a donation to Meals on Wheels for every vehicle sold in the month of October.



For our 50th Anniversary, we wanted to treat our clients and volunteers. Thanks to Céd'ici, Mrs. Dunster's Donuts, and a local apple orchard, we were able to do just that. Stéphane Sirois and his team prepared fresh baked croissants, Kelsey, Joan, and Betty picked apples, and Mrs. Dunster's donated fresh made crescents. Local businesses also contributed to a volunteer passport that allowed volunteers exclusive treats and discounts. Thank you to all who made this possible; ChessPiece, Westminster Books, Second Cup, McDonald's, Franks Finer Diner, Catch Urban Grill, Domino's Pizza, Scott's Nursery, PetroCan, Rainbow Carwash, Esso, Irving, Circle K, Dooly's, The Happy Baker, and Tim Horton's. It was a year worth celebrating!



Pizza Delight North has supported us 3 years in a row now, with this awesome Pizza Night fundraiser! Volunteers and diners commented on how fun the evening was because you get to mingle with people who deliver on different days. Board members tried their hand at bussing tables. The 2 hours always zooms by and we're thankful for all who attend. See you next December!



The Nashwaaksis Lion's Club Lioness member Lydia Harris presenting Barb with a cheque for the Wheels to Meals Luncheon. Year after year the Lioness continue to serve meals with a smile.



Fredericton Direct Charge Co-Op Manager Paul King presenting Betty Daniels with a cheque from the Co-Op Foundation. We rely on this funding to help keep our meals affordable and appreciate this opportunity.

COMMUNITY SUPPORT

...continued



Social Development Program delivery manager Marsha McGarvie delivering meals with Valerie. Valerie has been delivering meals for 33 years and showed Marsha how we work with the department.



Seasons Greetings! On behalf of my Colleagues on Council, I would like to wish everyone a Merry Christmas and a Happy New Year. Thank you to the staff and the many volunteers for the outstanding service you provide on a daily basis. - **Mayor Judy Wilson-Shee**
Village of New Maryland



Mayor Mike O'Brien requested to deliver meals for a 2nd time! He spoke with a dozen North side seniors, along with seasoned driver and Board member and Thursday regular Jeff.



Wheels to Meals regular Buz holding 1 of over 40 bags of potatoes grown by residents at Pine Grove Nursing Home. It was their mission to share food with community dwelling seniors. Thank you to Cheryl Wiggin's for initiating this collaboration project!



Double trouble—Mayor Mike O'Brien and his mini-mayor Ryan delivered meals with Saturday regular driver and Board President Joan. They trio completed a few longer stops with a handful of clients. Housing, health, and longevity were discussed. Mr. O'Brien later said he could imagine being great friends with a wise 96 yr. old on his route!



A volunteer from Accreon on their first Adopt-a-Route delivery. The company shares a route every Monday. Thanks for donating your lunch hour!

PHOTOS OF OUR RICH HISTORY



RESOURCE GUIDE

Mobile Optician, Marilyn O'Hara

Marilyn J. O'Hara
Licensed Optician / Owner

9 Murray Avenue
Fredericton, NB
E3A 3Y6
506-452-9268
506-471-8303 (cell)



mobileoptician@rogers.com



Is having your optical prescription filled, or an adjustment made to your present glasses difficult? Is leaving your home a challenge?

My new service brings the Optician to your door.
I will come to your location – at your convenience.

Professional service brought to your location by your personal Optician, Marilyn O'Hara.

Mobile Optician, Marilyn O'Hara is a division of Nature's Simplicity.



402 Queen St.

458-9951

206 Rookwood Ave.

458-1187

1128 Smythe St.

458-1898

- ~ Free Delivery
- ~ Rewards Program
- ~ Medication Reviews
- ~ Flu Shots
- ~ Compliance Packaging
- ~ Home Health Sales & Rentals

- ~ Online Refills
- ~ Injections & Immunization
- ~ Travel Clinic
- ~ Ideal Protein Weight Loss Clinic

'Feeling Better Starts here!'



Parkland
SHANNEX
FREDERICTON

Living
your best
life.

Trade the hassles of winter for new friends, countless amenities and exceptional service. Make Parkland your home for the winter months.

Exclusive Winter Stay Package

Your package includes:

- The suite layout of your choice
- Two meals per day in our dining room
- Weekly housekeeping and linen service
- Activities and entertainment
- Shuttle service
- Telephone, cable, WiFi internet
- 24 hour emergency response system
- Access to all the wonderful amenities the Parkland campus has to offer
- One easy bill!

Join us for our OPEN HOUSE
Thursday, December 28th at 2 p.m.

Contact Penny Pacey at 506.460.8546 or
ppacey@shannex.com to sign up for a
personalized **LUNCH & TOUR**.

Parkland Fredericton
35 Patience Lane, Fredericton • 506.460.8546

ParklandRetirementLiving.com



PNM Zoomers is a 50+ Group who look to promote and provide a friendly, healthy, and active environment for residents of the Village of New Maryland and surrounding areas. We have an active membership offering a variety of activities and programs. Everyone 50+ in the New Maryland and Fredericton area is welcome to join. Annual membership is \$20.

We offer:

- Stretch & Strengthening Classes – Tuesday and Thursday mornings 10-11 a.m.
- Book Club – meets the fourth Thursday morning of each month, 11 a.m.
- Quilting and Craft Club – meets every second Wednesday.
- Pot Luck Socials – every second month, 3rd Wednesday, 5:30 to 7:30 pm featuring a guest speaker.
- Soup Luncheon – Alternate months from potlucks, 11:30 am to 1:30 pm.
- Monthly General Meetings the first Monday of the month, 10 a.m.
- Annual award of a university scholarship.
- Other activities can be organized if there is sufficient interest.

All activities take place at the New Maryland Centre. More details for these activities and a membership application can be found on the Village of New Maryland website.

Contact us at:

PNM Zoomers

584 New Maryland Highway
New Maryland, New Brunswick E3C
1K1

[https://www.vonm.ca/living/
community-groups/173-2/](https://www.vonm.ca/living/community-groups/173-2/)

Email: PNMZoomers@gmail.com



If you enjoy socializing, great entertainment, a delicious meal, making new friends or reconnecting with old ones, join us for a weekly Tuesday dine-out 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. 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!**

January 16	Chicken Pot Pie Tomatoes and Coleslaw Cranberry sauce Windsor Court providing dessert	Fiddler's Fancy
January 23	Pork Loin with gravy Mashed Potatoes Carrot and turnip Cinnamon Swirls	Freddy Beach Boys
January 30	Stuffed Chicken breast Mashed Potatoes Carrots and Beans Lemon Squares	Stepping Stone Singers
February 6	Lasagna Salad with tomatoes & cucumbers Garlic Bread Peach Upside down cake	Elm City Echoes



Photos from our Wheels to Meals Luncheon in December. Priestman St. School Choir came to sing Christmas songs and Santa handed out gifts. Come and join us in the new year!



Meals on Wheels of Fredericton Inc. 65 Brunswick St., Fredericton, NB, E3B 1G5

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

info@frederictonmealsonwheels.ca

www.frederictonmealsonwheels.ca

