



The holiday season is a time of thanksgiving, joy, and fellowship as we gather with friends and family to celebrate all that is good in our lives. Our Meals on Wheels family has a lot to celebrate this year, including the successful opening of our own kitchen. What an undertaking it has been, and how grateful we are for the generous help we have received from all of you! It has definitely been a group effort and we are very pleased with how well it has been received.

In October, our organization was chosen by the Fredericton Chamber of Commerce to receive the Business Excellence Award (BEA) in the not-for-profit category. It was a very great honour to be present at the ceremony and to receive this award on behalf of all of the staff and volunteers, past and present, who have worked so hard throughout our->

BEA
2018

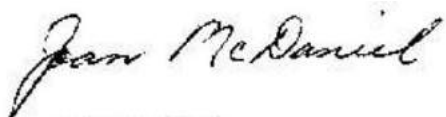
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SEASONS GREETINGS

history to serve the needs of our community. More recently we had the pleasure of hosting many of our volunteers and supporters at our Christmas open house in MOW's Lunch Box. As many of you were able to see for yourselves, our new digs aren't fancy, but they're beginning to feel very much like home!

Meanwhile, with the help of a growing army of volunteers, we have been able to keep up with the increasing demand for our services. Many thanks for your patience in adapting to changing routes and growing numbers. As comments from our clients continue to demonstrate, your efforts and kindness are very much appreciated.

On behalf of our Board of Directors and our staff, from our new home to your homes, we send warmest wishes for good health, a wonderful holiday season and a happy New Year.



Board President Joan McDaniel



Executive Director Betty Daniels



The Chamber awards recognize outstanding achievement in business and community involvement, awards were presented in eight categories.



Staff members Barb, Debbie, Betty and Board President Joan.



This year's winners are:

- **Resilience Award:** Hotspot Parking
- **Not-For-Profit Organization Award:** Meals on Wheels
- **Small Business Award:** Gallery 78
- **Leadership Through Business Award:** Taylor Printing
- **Medium Business Award:** Stewart McKelvey
- **Start-up Award:** Bowman's Pharmasave
- **Large Business Award:** The Learning Bar
- **Business Person of the Year Award:** Bob Hatheway

COMMUNITY KUDOS



We rely on and appreciate all the support we receive from the community! Thank you to our parent organization, United Way Central for the ongoing support. The Fredericton Lioness volunteer at and support the Wheels to Meals dine-out seniors program. Every year UPS prepares our fundraising letter and they stuffed over 21,000 envelopes this year! Pizza Delight North hosted our 4th Annual buffet fundraiser. It was our best yet! The Whisky Spirit Festival chose us as a donation recipient for the 2nd year in a row. Fredericton Community Foundation also made a donation during gift giving season. As always, thank you to our referring agencies: Department of Social Development, Veterans Affairs Canada, St. Mary's Health Centre, Extra Mural Program and our kitchens at York Care Centre and the Doctor Everett Chalmers hospital. Thank you to special events volunteers who help at Christmas and trade shows. We couldn't do it without you!



BUSINESSES OF THE MONTH



Thank you to all of our monthly sponsors in 2018. Danas Collision, NBTA Credit Union, Richelle Plumstead, Service Master, Skillsoft, Stortec Inc., Wonder Auto, Stewart McKelvey, Yard Gear, Porter's Diner. Each month they donated or held a promotion to support Meals on Wheels.



OPEN HOUSE

We were thrilled to host a volunteer appreciation social and open house at our new kitchen. Fredericton Mayor Mike O'Brien, MLA David Coon and New Maryland Mayor Judy Wilson-Shee stopped by for some Hors d'oeuvres. Also in attendance were previous Meals on Wheels executive directors Anne-Marie and John Carty, pictured right with current ED Betty Daniels. Their vision and commitment to acquiring a private kitchen has finally been realized. It was a great night to honour our progress and toast to our future. Thank you to all who made it out to celebrate with us!



VOLUNTEER APPRECIATION

September and October were busy months for us. Thank you to the volunteers who helped us move to our new kitchen on Hanwell Rd! We were located at the Old Victoria Hospital for over 30 years before moving into our new kitchen on Hanwell Road.

Paul Porter was gracious enough to host our volunteer appreciation dinner at Porter's Diner. It was great to share a meal together around Thanksgiving. We are mostly settled in our new kitchen and are looking forward to what the future brings here!



RESOURCE GUIDE



ELDERDOG is a national registered charity dedicated to ageing people, ageing dogs, and the important connection they enjoy.

We offer:

- Minor grooming such as nail clipping or brushing
- Help with long-term care planning
- Temporary care during hospitalization
- Transportation to and from vet or groomer
- Foster care and re-homing

For more information, please contact us at

1-855-336-4226 or email elderdogfredericton@gmail.com



- ~ Free Delivery
- ~ Rewards Program
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- ~ Flu Shots
- ~ Compliance Packaging
- ~ Home Health Sales & Rentals
- ~ Online Refills
- ~ Injections & Immunization
- ~ Travel Clinic
- ~ Ideal Protein Weight Loss Clinic

Visit us at:

402 Queen St.— 458-9951
1128 Smythe St.— 458-1898
206 Rookwood Ave.— 458-1187

'Feeling Better Starts here!'



SENIOR OPINIONS WANTED

Who : Senior adults aged 65 and over who are receiving home support services. **What**: A research study on senior's perspectives of home support services in New Brunswick

Where: Seniors living in Fredericton.

We will do **face-to-face interviews** with you (**45-60 minutes**) to hear your perspectives and experiences of receiving home support services offered by the Department of Social Development. Your participation is **voluntary** and your responses are **confidential**. All participants will receive a \$50 gift card. If you are interested in the study, please contact: **Norma Chinho** at **(506) 230-3843** or nchino@unb.ca. **Thank you!**



RESOURCE GUIDE



**Are you a Senior or
have a senior family member?**

**Are you looking for Services, Resources, Programs
in Your Community?**

ServUs Health Inc. is developing a **software platform** that makes it **simple and easy** for you to navigate through **government, private, and community services**.

Our product enables you to improve care co-ordination with your care providers and allows those providers to deliver desired information and resources to your fingertips.

Due to the numerous programs and services available, we are looking for **your help** to organize and group the program using a **card sorting task**.

What would I be doing?

One session performing a few short tasks lasting 1 hour.

Share your experience and opinion of the product.

Complete a survey.

If you are interested in participating,
please contact Vikram Devaguptapu at ServUs Health Inc:

(506)300-3758

vikram@servusapp.com

or leave your name with someone at Meals on Wheels: 458-9482.



TECHNOLOGY MANAGEMENT
& ENTREPRENEURSHIP

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JOIN US AT THE TABLE JANUARY 15TH, 2019



Thank you to all of the wonderful volunteers help carry out our Wheels to Meals dine-out luncheon each week. If you are interested in attending

our dine-out seniors luncheon, we will be starting up again on **Tuesday, January 15th, 2019. The meal cost is \$7.50** and gift certificates are available. Transportation is available within the city limits and the venue is wheelchair accessible. Please call **458-9482** for more information and location details. Pictured: The Golden Club Singers, The Elm City Echoes, volunteers dressed for Halloween, the Saint John Symphony Quartet dazzled, and David Neilson serenaded Mayor Mike O'Brien who stopped by for Christmas Dinner.



January 15	Chicken & Gravy Mashed Potato Mixed vegetables Pie	River Valley Fiddlers
January 22	Roast Pork & Gravy Mashed Potatoes Turnip & Peas Windsor Court Dessert	TBA
January 29	Roast Turkey, Gravy & Stuffing Mashed potatoes Peas & Carrots TBA	Jazz Light Ensemble

Winter Storm Cancellation Messages:

Please listen to your radio or call the Meals on Wheels office after 9 am to hear the recorded message. Phone: 458-9482.

NEW ADDRESS: 880 Hanwell Rd. Unit 301 B, Fredericton, NB, E3B 6A3

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

info@frederictonmealsonwheels.ca



/foodforseniors



@fredmow506

