



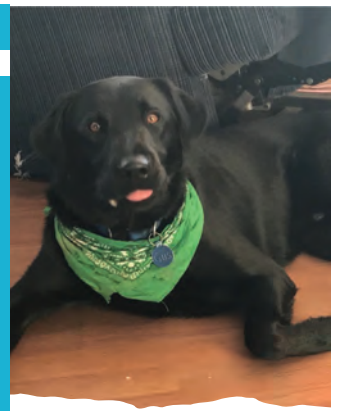
FOOD *for* THOUGHT

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MEET OUR NEW *Dietitian*



Meals on Wheels is delighted to welcome **Karrie Bedford**, Registered Dietitian, to our team!

Karrie graduated from Acadia University and holds a Bachelor of Science in Nutrition and Dietetics, completing her dietetic internship in the Moncton area. She worked in Long Term Care homes prior to joining Meals on Wheels.

We had the best of intentions of a well-organized orientation for our new dietitian, but the COVID-19 crisis was upon us within a week of Karrie's arrival. While the timing may have been very challenging for Karrie, it couldn't have been better for Meals on Wheels. She has walked with us every step of the way as we worked through the changes needed in our daily operations to keep our clients, volunteers and staff safe, and to ensure compliance with all of the provincial guidelines coming at us on a daily basis! She has been absolutely amazing throughout this entire journey, and we are so grateful for her expertise and her adaptability!

Karrie has several goals and plans as she continues to settle into her role with us including menu changes that will help us meet the dietary needs of many of our clients facing specific health concerns and dietary restrictions. She has also been very busy reorganizing our kitchen space to increase our efficiency. She has been helping us with hiring of additional staff, and will continue to work with our team to facilitate ongoing training opportunities.

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Outside of her practice, Karrie is a dedicated volunteer as the Atlantic Representative for the Dietitians of Canada's Gerontology Network and is the Regional Woodstock Representative for New Brunswick Dietitians in Action Group. She is also an active volunteer with Diabetes Canada, participating each summer in D-Camps at Kejimikujik National Park in NS. She is dedicated to her friends and family, and enjoys evening walks and hammock snuggles with her dog, Gus (photo above), a border-collie lab mix.

"The future of every community lies in capturing the passion, imagination and resources of its people" - Ernesto Sirolli

Welcome Karrie!

MEET OUR NEW *Board Members*



CHUCK MADOTT

Chuck retired from a 35 year career in business. His positions involved accounts payable, inventory, credit management, payroll. He completed his career as the Regional Financial Manager of Atlantic Poultry Division of Nutreco Inc.. He can make a spreadsheet sing! Chuck has been an avid volunteer with a number of organization since his retirement, including as a volunteer driver for Meals on Wheels for a number of years. He also tells us he can swing a respectable golf club!



EDWARD MCGOLDRICK

Edward retired from a career as a commercial real estate professional, with general business skills including marketing. He has held a number of volunteer positions including assisting organizations with building extensions and fundraising for large projects. He has also worked with Meals on Wheels as a volunteer driver for many years. He is interested in fundraising and public relations as he joins our Board.



VALERIE DELONG

Valerie has been a volunteer driver for more than 3 decades! She recently retired from a long career as a social worker with the Provincial Government, she has great listening skills, and is a "bit of a self professed thinker"! She has volunteered for a number of organizations including as a volunteer driver for many years with Meals on Wheels. She is currently also serving on our volunteer recruitment committee which is of particular interest to her.

PRESIDENT'S MESSAGE

Thank you to our many volunteers, dedicated administrative and kitchen staff, and board members for not only allowing us to survive these challenging times, but to continue to grow and meet the demands of our mandate. We are especially grateful to the many new volunteer drivers who stepped up to the plate to cover for regular drivers who were unable to drive due to isolation, travel restrictions, or other matters related to the pandemic. We affectionately refer to them as our "covid drivers". Cudos to our Volunteer Recruitment Committee for their fine work.

We held a successful "Virtual/Zoom" Annual General Meeting in June and wish to thank all those involved. Meals and Wheels has adapted well during these challenging times and it is a joy to work with so many wonderful volunteers and staff.

Respectfully,
Jeff Deane, President



HAPPY NEW BRUNSWICK DAY!

COMMUNITY SUPPORT & INITIATIVES

SO MUCH
COMMUNITY
SUPPORT!

Thank you
to all our sponsors



KITCHEN
HELPER



several individual donors

HIGH PRIORITY DISASTER RESPONSE REGISTRY

For Fredericton residents who may need additional assistance beyond what the general public would need in an emergency.

FOR MORE INFORMATION:



WWW.FREDERICTON.CA/EN/SAFETY-SERVICES/EMERGENCY-PREPAREDNESS/HIGH-PRIORITY-DISASTER-RESPONSE-REGISTRY



506-460-2020

NEW

ADOPT A
Grandparent / Elder

A wonderful way to make
intergenerational connections
that benefit everyone!

For more information contact - Penny Pacey:

✉ PaceyPenny@gmail.com

☎ (506) 261-6551



CALL FOR
Participants

Social isolation among older persons affects over 30 percent of older Canadians and is associated with a range of negative health outcomes.

Fredericton's Age Friendly Committee together with St. Thomas University have embarked on a project to assist with the development of community-based strategies to address Social Isolation in our community.

If you would be interested in participating in a telephone interview to share your perspective we would love to hear from you.

Please call
Betty Daniels at
999-5444 to express
your interest.

COVID-19

Important Steps to Ensure the Safety of Our Clients, Volunteers and Staff



These recent months have been challenging ones for everyone. As we all learned to “stay safe” in a pandemic, Meals on Wheels had to adapt our operations to ensure we were following all of the guidelines being recommended in our Province. We are so grateful to our clients, their families, our volunteers, and our staff for making all of the changes needed, for cooperating in every way, and for walking this journey with us. We have tried to capture some of the changes we have made with pictures and brief explanations:

We locked our facility down, with only essential personnel on site.



We also set up small work teams to ensure minimal contact among our staff.

We passed our delivery bags to volunteers outside of our facility and other food depots.



We are so grateful for the huge support from our community with a number of people volunteering to deliver meals to help cover routes of our regular volunteers who had to step aside during this difficult time.



As you all know we had to end our wheels to Meals program in March this year due to the pandemic. We know you are missing this weekly luncheon.

We are missing all of you!

We are trying to figure out how we can continue and ensure we are following all the safety guidelines. We'll keep you posted!



Lonely?

Don't Spend Another Long, Cold Winter Home Alone!



Come join us at Windsor Court! Stay in a beautiful suite with wonderful amenities. Experience delicious home cooked meals. Join in on lots of fun social activities.

When all the snow and ice melts you can head back to your house if that is what you choose to do.

Call Marilyn at 292-8451 to find out about our Winter Stays



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WWW.WINDSORCOURT.NB.CA

CANADA DAY 2020



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