



FOOD *for* THOUGHT

INSIDE THIS ISSUE

- | | | |
|--|----------------------------|--|
| 1 President's message | 2 2-1-1 | 4 Board updates |
| 2 Community Recognition Award | 3 Summer students | 4 Emergency and vulnerable persons registries |
| | 3 Wheels to Meals | |

President's Message *Greetings everyone!!*

As we enter the "ber" months, I hope everyone had a great summer filled with relaxing times and get-togethers with family and friends. Our beautiful province is home to hidden gems, from waterfalls and hiking trails to ocean beaches. Such splendor surrounds us!!

The Lunchbox has wonderful kitchen staff who work diligently every day to prepare nutritious meals. The hospital continues to supply some of our daily meals, especially on Christmas Day, allowing our kitchen staff to enjoy the holiday. The number of meals being delivered continues to rise, and volunteer drivers are crucial to this effort, with many delivering multiple days a week! Equally important are our administration staff, whose valuable contributions ensure MOW runs efficiently. Thank you to each of you for all you do!

All individuals receiving meals are wonderful, and drivers often develop caring relationships with them. We often hear praises about Meals

on Wheels - how the meals are delicious and the drivers friendly and helpful. While our focus is delivering nutritious meals, these positive attributes have a wonderful impact.

Since the last Newsletter, we have hired a Volunteer Coordinator, Michael Mullins, who has relieved Betty (and others) of this role. You'll hear more from him as he updates records and recruits future drivers. The Co-Executive Director position we had last year, did not work out, so we will soon begin hiring an Executive Director, as Betty plans to transition into retirement.

Our 5-Year Strategic Plan has been completed and will guide the organization in the coming years. To view the Strategic Plan, please visit frederictonmealsonwheels.ca.

I hope everyone enjoys the vibrant fall colors and has a wonderful season!

Valerie DeLong | President

Congratulations Valerie & Madeleine!

CITY OF FREDERICTON
Community Recognition Award

It gives us great pleasure to have nominated Valerie DeLong (our president) for consideration of the City of Fredericton Community Recognition Award in honour of her tireless dedication and outstanding leadership of Meals on Wheels of Fredericton.

As many of you already know, Valerie has been a volunteer with Meals on Wheels for over 40 years. She began driving for us as a young woman, taking her very young children along with her on her weekly route and introducing them to the joys of volunteering. She continued as a weekend driver throughout her busy career as a social worker, many times delivering on her lunch hour. She eventually partnered with her husband Larry when her children were grown. In recent years, as she transitioned into retirement, Valerie felt she was able to give even more time to Meals on Wheels and became a member of the Board of Directors, eventually becoming Vice



President and now President, a position she has held for the last two years.

She is an amazing example of what one person can achieve when they are passionate about a cause. She is truly an inspiration for us all, and a wonderful ambassador for Meals on Wheels.

We'd also like to celebrate Madeleine Gaudet, another recipient of the Community Recognition Award. She has been a strong friend and ally to the Meals on Wheels mission, and she is being recognized for not only her joy of being a MOW driver, but also for her contributions with Stepping Stone Senior Center! The work she does

Going above & beyond to help build & shape our community!

as a Board member for Stepping Stone ensures our populations aged 50+ maintain their health and sociability through senior programming and events.

This is a well-deserved award for both and we are grateful for their continued support!

211

**Life isn't always easy
but finding help can be.**

**Dial 2-1-1 or
visit nb.211.ca**

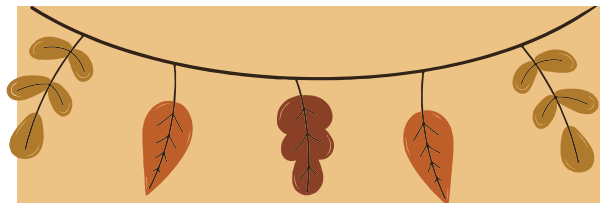
The front door to help. Free, confidential & available 24/7, 2-1-1 will give you information on mental health resources, financial assistance, food access, social services & more.

food access

financial aid

affordable housing

getting to medical
appointments



A heartfelt thank you to our summer students!

We want to extend our deepest gratitude to our summer students who worked diligently at Meals on Wheels this season. Your hard work and enthusiasm made a significant difference in our community, and we truly appreciate all your contributions. Best wishes in your future endeavors!



Wishing you a cozy and colorful fall filled with warmth and wonderful moments!

ARE YOU READY FOR WINTER?



While we do not cancel often, it's a good idea to **have extra meals on hand** for days that are not safe for our volunteers to deliver.

Cancellations will be announced on the radio, Facebook, and on our voicemail.



**WHEELS
to MEALS**

**Seniors Social
Luncheon**

St. Mary's, York Anglican Church
780 McEvoy St, Fredericton

*A meal and a smile.
Don't miss out!*

**Need a ride or have allergies?
Let us know!**

TUESDAY, OCTOBER 22ND



Honey Garlic Pork Tenderloin +
Mashed Potatoes, Broccoli + Vanilla
Caramel Swirl Cake



The Stepping Stone Troubadours

TUESDAY, OCTOBER 29TH



Roast Ham and Pineapple +
Scalloped Potatoes, California
Veggies + Orange Cake



Saorsa Highland Dancer

**\$10
per lunch**



**Register by 10:00 a.m.
the Monday prior.**

Doors open at 11:00 a.m., meal at 11:30
a.m. with entertainment until 12:45 p.m.

**Contact: (506) 458-9482 or
Info@frederictonmealsonwheels.com**

Welcoming Michelle Roy

A LEADER DEDICATED TO GIVING BACK

Michelle Roy is a full time REALTOR® and has been selling real estate full time for 20 years. She currently sits as the Vice Chair for the NB Real Estate Association Board of Directors and is Past President of The Fredericton Real Estate Board. She is an avid volunteer in her community and believes you should give back at any opportunity you have; Michelle won Volunteer of the Year in 2017 from the Real Estate Board of Fredericton Area Inc. For her dedication to volunteering. Michelle has been a Meals On Wheels delivery driver volunteer for over 9 years and enjoys the special interactions she gets with our clients. Family is very important to Michelle; she is a Mom to a beautiful 12 year old daughter who she loves adventuring with.

Meals on Wheels

BOARD OF DIRECTORS 2024-2025

PRESIDENT

VALERIE DELONG

VICE PRESIDENT

JANET MATHESON

PAST PRESIDENT

JEFF DEANE

TREASURER

CHUCK MADOTT

SECRETARY

GAIL PILGRIM

MEMBERS

TIM FINLEY

JOAN MCDANIEL

CAROL MORRISON

SHARON VICKERS

KATHLEEN STARKE

PETER STEEVES

NEW MEMBER:

MICHELLE ROY

Support when you need it the most

EMERGENCY & VULNERABLE
PERSONS REGISTRIES

High Priority Disaster Response Registry



Do you or someone you care for need *extra help in an emergency*? The High Priority Disaster Response Registry is for Fredericton residents who might need additional assistance during or after an emergency, such as help with evacuation or medical support.

Vulnerable Persons Registry



The Vulnerable Persons Registry is a voluntary program that helps police and other support personnel *assist vulnerable people in the event of an incident or interaction*.



How to Register

Register for either program to share vital information and ensure you or your loved one receive the right support when it's needed.

For more details, eligibility, or to register, visit **fredericton.ca**.

Fredericton