



FOOD *for* THOUGHT

INSIDE THIS ISSUE

1 | President's message

2 | Charlotte Magasi's story

3 | Volunteer week

3 | Wheels to Meals

4 | General Meeting

4 | 211

President's Message

We are definitely into spring and have touched into summer weather and the beginning of BBQs, swimming, camping and all of life's good things! Meals on Wheels ran smoothly through the winter and only had two cancelled days due to weather.

It is always imperative to give a huge THANK YOU to everyone for their continued support of Meals on Wheels...from the recipients of our meals to our volunteer drivers, organization staff, and especially to the greater Fredericton community for the outstanding support of our Letter Campaign and the support at our recent Dolan's event!! We would also like to recognize our dedicated Board members, whose ongoing commitment helps guide and support the mission and vision of Meals on Wheels.

Along with our nutritious hot meals delivered fresh, we continue to provide frozen meals outside the Fredericton area (Harvey, Queens County, and Fredericton Junction), with potential to expand if

interest grows. Frozen meals are also available when and if there is a possibility of a cancellation for added flexibility. We also supply frozen meals to Community Meals on Wheels Saint John, where they are heated and delivered hot within their community, with frozen options also available.

We will soon be heading into much warmer summer weather, and I wish everyone a wonderful, relaxing summer!!



“Thank you for all your support of Meals on Wheels”

Valerie DeLong | President

Driving the extra mile!

Charlotte Magasi first started **volunteering** for Meals on Wheels of Fredericton in April of 1976.



on her own, although she is finding it harder in recent years, especially in the winter.

In addition to being a weekly driver, Charlotte has served as a member and secretary of the Board of Directors. Betty Daniels, current Executive Director of MOW, expresses appreciation for Charlotte's contribution to MOW. *"Charlotte has been an invaluable member of our Board of Directors, offering her thoughtful insight, raising important considerations, and contributing her expertise to the stewardship of our organization. She was a part of the important decision we made to open our own kitchen."*

Over the years she has taken occasional breaks from her volunteering role due to career demands, but her commitment has remained strong. Currently, fifty years later, she is still driving a regular weekly route, and we think that's something to celebrate!

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 at the time as she did not yet have her license, the idea of the MOW mandate, delivering meals to people in need and having contact with people in their own homes, was appealing to Charlotte. She felt it was an excellent service, and once she learned to drive, she signed up.

After 50 years, Charlotte continues to enjoy serving the people on her route, although there is of course a continuous turnover. *"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 genuine appreciation shown by the clients and knowing she is making a positive difference in their lives is personally satisfying to Charlotte.

Following his retirement, Charlotte's husband Laszlo joined her in her deliveries, and continued to do so until his passing in 2024. Now she once again delivers



care have extended to staff as well. Betty remembers her kindness and how pleasant she was. *"She has been a constant source of encouragement to me, always taking the time to check in and offer support when it was needed most."*

Charlotte would encourage others to get involved with MOW. *"The commitment is flexible, and the "work" is very satisfying."*

Betty Daniels sums up the enormous value of Charlotte's contribution this way: *"Charlotte's selfless devotion to Meals on Wheels over the past 50 years is truly an inspiration to us all. The impact she has made on so many lives is immeasurable — from the thousands of meals she has delivered with those meaningful greetings and genuine conversations she has shared with our clients along the way. Through every change and challenge, Charlotte has remained a steady and dedicated presence, becoming an integral part of the very fabric of Meals on Wheels. Her passion, decades of service, and her kindness continue to inspire us all to care more deeply."* Volunteering for Meals on Wheels Fredericton has been a very positive and rewarding experience for Charlotte Magasi.

*We thank Charlotte
for her 50 years of service!*

More than a meal

Celebrating our incredible volunteers!



Meals on Wheels delivers approximately 300 meals daily, seven days a week — including holidays. With more than 300 volunteer drivers, along with many others supporting the program behind the scenes, our volunteers play an essential role in serving the community.

Their kindness, reliability, and commitment mean so much to the people we serve. Whether delivering meals, helping at events, assisting in the office, or supporting programs behind the scenes, our volunteers help bring connection and care to the community each and every day.

Thank you to all of our volunteers for the time, compassion, and dedication you share so generously.



Wheels to Meals Spring Wrap-Up

Wheels to Meals continues to be a wonderful way to connect with others while enjoying a delicious meal served by volunteers, followed by great entertainment and conversation.

As we wrap up for the summer months, we would like to thank everyone who attended, volunteered, and helped make this season so special. We look forward to welcoming everyone back in the fall!



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June

16

@ 5 P.M.

Mark Your Calendar!

MEALS ON WHEELS ANNUAL
GENERAL MEETING

Lion's Club, 37 Route 148, Killarney Rd.
Everyone is welcome!

food access

financial aid

affordable housing

getting to medical appointments

211

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4



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