



SPECIAL THANKS

**THE WINDSOR
 FOUNDATION**

We would like to thank the Windsor Foundation for selecting us as a grant recipient this year. The Windsor Foundation was established as a private foundation in 1960. Founder, Sidney Albert Windsor, supported youth and seniors' initiatives in the Maritimes. The legacy lives on even after his death. Mr. Windsor was born and educated in New Brunswick and was passionate about supporting initiatives in the Maritime Provinces.

We are grateful for the generous contribution this organization has made to Meals on Wheels of Fredericton. The funds will be of tremendous help as we continue to work through the startup phase of our own kitchen, and the additional operational costs we have incurred. The success of our kitchen project is allowing us to continue to meet the growing need for our service.

One aspect that had been of concern in our decision to establish our own kitchen facility was the potential for a power loss given the uncertainty of New Brunswick weather conditions. In addition to assistance with our operational needs, the funds provided by the Windsor Foundation grant have made it possible for us to purchase a back-up power source to generate electricity in the event of a power outage (photo below).



With the help of this very generous grant, our kitchen project can continue to move forward toward full sustainability in a timely fashion, assisting us in meeting our goal of serving our community.

Our brand new generator!



© CanStockPhoto.com - csp58683064

Inside this issue:	
Major Updates	1-2
Board & Staff	3
Community support	4
Volunteers & Clients	5
Resource Guide	6-7
Wheels to Meals	8

SPECIAL THANKS



The Fredericton Direct Charge CO-OP has been a tremendous supporter of Meals on Wheels of Fredericton for many years.

The Co-op Community Fund was established in August of 2013. Members of the Co-op are given the opportunity to purchase a 50/50 ticket at the checkout for \$ 2.00. Proceeds from 50% of this draw are awarded to local charitable organizations serving the community. Once again this year we were selected as one of the Community Fund Recipients (see photo below).

We are extremely thankful for this very generous support. The funds assist us in meeting the operational costs associated with providing our much needed service to Fredericton and the surrounding area. The spirit of generosity of the members of the Direct Charge Co-op is exemplary, and the ongoing support of local charities is of great significance.

Thank you



BUSINESSES OF THE MONTH

Thank you to all of our monthly sponsors so far in 2019. Each month a local business made a donation or held a promotion to support Meals on Wheels. We thrive on community support and appreciate all who've helped us out this year and last.



THE YEAR IN REVIEW—JOAN MCDANIEL



4 year term comes to an end

Congratulations everyone – we survived another New Brunswick winter, and what a winter it has been! As always, many thanks to all of you for getting us through the storms and over icy roads and helping to keep our clients safe and well fed. What a team!

As an organization, it's been another great year. Our kitchen is thriving and producing approximately 125 meals a day. It has been my pleasure to “taste test” some of these meals, and I can assure you they are delicious! We now have two full-time chefs – Kathy and Tyson, and together they are turning out some of the best meals in town. In total, combined with the meals still supplied to us by the DECHR and York Care Centre, we now deliver upwards of 200 meals a day, requiring the addition of routes and frequent shuffling.

Impressively, our volunteer base has managed to keep up with the demand, thanks to all of you and to some super-drivers who take on several routes a week. We can always use more volunteers, though, especially during the “snowbird” months and the summer, while regular drivers take well-earned vacations. Please continue to spread the word. Your example and enthusiasm are the best advertisements we have for the value of our organization.

We are grateful for the financial support we have received this year to help us with the expenses of the kitchen startup. In particular, a generous grant from the Windsor Foundation and another from the Fredericton Direct Charge CO-OP combined with help from the United Way and the donations of countless individuals and businesses in the community have meant that we have finished the year on a sound financial footing. We've even managed to purchase a new emergency generator that will ensure that we can operate during power outages. As my term as President comes to an end, I would like to express my gratitude to you all for an exhilarating four years. I have truly enjoyed the experience and cannot imagine a finer group of people to work with, nor a more worthwhile cause. I know the incoming president will enjoy it as thoroughly as I have. Thank you and have a great summer.

-Joan McDaniel, Board President 2015-2019

NEW STAFF MEMBERS



We would like to introduce our new chef, Tyson! He has 12 years of experience working in kitchens, he especially loves baking delicious rolls and goodies. He has a real passion for local food. After many years trying different kitchens, he found Meals on Wheels and loves being a part of the team knowing the food he prepares goes to a good cause and people that really appreciate everything we do here. Tyson said he hopes to be a part of the MOW family for many years to come and we second that!



Introducing our summer student Drew! She will be helping us in the kitchen. Drew is a Psychology student @ St. Thomas and will be with us for 10 weeks. She one day hopes to become a school psychologist!



Grace is completing her first-year at NBCC in the Administrative Professionals French Second Language Program. She loves helping others in the community. She loves all things food related and after graduating hopes to continue helping as an Administrator.

COMMUNITY KUDOS

We rely on and appreciate all the support we receive from the community! Thank you to Dolan's Pub for hosting our 3rd Pub Night Fundraiser. Sheldon Gordon and The Tone Kings were a wonderful act and kept the crowd grooving all night. Thank you to Phyllis for coordinating this great event and recruiting volunteers to help run it. Our fundraising committee excelled at acquiring items for the silent auction. Many generous donors helped make the event a success. Thank you also to those who attended and to Freddy Mac for being such a wonderful MC. We hope to see you all again next year!



Thank you to the Nashwaaksis Y Service Club. Their generous donation helped us to acquire some much needed meal delivery bags.



Volunteer Kelly had a birthday party for her dog, Zora. Party guests made donations to Meals on Wheels.



Thank you for thinking of us!

We recently attended the Spring Into Wellness Healthy Seniors Expo. Volunteer Jill helped promote the organization.



We are excited to announce our 4th corporate Adopt-a-Route group, New Brunswick Community College. This group of about 10 people deliver meals every week. A quote from the group: "We are a dynamic and fun bunch of people who are so excited and proud to be giving back to our community through the Meals on Wheels program. At NBCC, we are so fortunate to have an employer who supports us with volunteer time." — Charlene from NBCC



Thank you to Service New Brunswick for sending employees to help with tasks around the kitchen! And to ACOA for joining us for United Way Day of Caring and helping spruce the place up!

INTERGENERATIONAL CONNECTIONS



We are excited to see volunteers bringing their kids along for deliveries. These twin girls in pink go out with their dad on weekends and get very excited to see Mrs. Eleanor!

Our Executive Director's daughter Heather takes her two daughters out whenever we need extra help. They love coming to the kitchen to see what their Grammy Betty is doing and helping bring food to those in need.

LOCAL SCHOOLS

A grade 2 class from Park Street Elementary graciously decorated some Easter placemats and donated them to some of our clients. This tradition has happened in various ways over the years and we are always appreciative of the community thinking of us and



reaching out! The Fredericton High School choir serenaded the Wheels to Meals diners on Tuesday, May 24th.

The Leo Hayes High School Jazz Band came together to perform at our final Wheels to Meals Luncheon on May 28th. We love to incorporate youth groups and look



forward to more of this in the future!

While we try to *Teach*
our children all about *Life*
our children *Teach*
us what *Life* is all about.

RESOURCE GUIDE



Fredericton's **Mobile Care Network**

A business network of mobile service providers in the Greater Fredericton area that support seniors and other vulnerable persons to live fully and age well in the community.

Examples of Service Providers:

Health & Medical, Personal Care, Housing, Relocation and Transport, Legal, Financial, Technology Services and much more!

Email: info@mobilecarenetwork.ca

www.mobilecarenetwork.ca



Senior Relocation and Transition Specialists

“If you need a little help organizing your home or you are in the process of downsizing and moving to a new living space-we can help. At Gentle Pace Transitions we work with you to make your move as smooth and stress free as possible.”

Some of our services include:

- Organizing, Sorting and Decluttering your living space
- Preparing your Home for Sale (Minor Repairs & Staging)
- Managing Donations and Resale of Belongings
- Coordinating and Supervising Move
- Unpacking and Resettling

“As Certified Relocation and Transition Specialists you will be receiving professional service from caring individuals, keeping your best interests at heart.”

Shelley Swift - CRTS™

Contact me for a free consultation

@ 506-443-9811

www.gentlepacetransitions.com



**CERTIFIED
RELOCATION
& TRANSITION
SPECIALIST®**

RESOURCE GUIDE



I am ready to get moving on my goals.

You are ready to step into a new chapter with confidence. Ready for an all-inclusive and worry-free lifestyle. Ready to try new things and have a few laughs along the way.

You are ready for the exceptional services, amenities, and care you'll find at Parkland.



For more information and to arrange a personalized tour, contact Penny Pacey, Lifestyle Consultant at 506.460.8546 or ppacey@shannex.com.

Parkland Fredericton • 35 Patience Lane, Fredericton
experienceparkland.com



Assisting Families to Navigate the Complex Issues of Caring for an Aging Loved One

506-478-2060

karen@health-at-home.ca

www.health-at-home.ca

 facebook.com/HealthatHomeFredericton

 linkedin.com/in/healthathome

SEE YOU IN SEPTEMBER!



Thank you to all of the wonderful volunteers who help carry out our Wheels to Meals dining-out luncheon each week, year after year. Our luncheon wrapped up on May 28th with the Leo Hayes High School Jazz band closing things down.

Pictured left are the River Valley Chorus, Fiddler's Fancy and The Jammers. We saw some new performers join the bill this year and appreciate all who came to perform.

If you are interested in attending our dining-out seniors' luncheon, we will be starting up again in the fall. The meal cost is **\$7.50**, transportation is available within the city limits and the venue is wheelchair accessible. **Call 458-9482 to reserve your place!**



It's with sadness we share the passing of one of our volunteers, Jean Vanstone. Jean has been helping run our Wheels to Meals luncheon for over 15 years and will be missed in the kitchen and the community.



ANNUAL GENERAL MEETING

TUESDAY • JUNE 25TH, 2019 • 5PM
81 DUNCAN LANE (ST. ANNE'S COURT)
LIGHT REFRESHMENTS TO BE SERVED
RSVP: 458-9482

NEW ADDRESS:

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

Tel: (506) 458-9482

Fax: (506) 458-2606



/foodforseniors



@fredmow506

