



FOOD *for* THOUGHT

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Three Generations of Volunteers!

Fifteen years ago, Ed Smith was entering retirement and looking for a productive way to keep busy. He found Meals on Wheels, signed on as a volunteer driver and has been with us ever since. Ed found that he really enjoyed meeting and chatting with clients, and that delivering meals was a great way to get out of the house and serve his community at the same time.

Ed would sometimes take his young grandson, Sam Morin, along on his route. He said that Sam enjoyed it from the start and especially loved the elevators in all the buildings. When Sam was old enough to get his driver's license, he reached out to volunteer on his own. He went from volunteering in a car seat to actually being behind the wheel!

At the beginning of the pandemic, Sam took on a route "temporarily" while schools were closed, and he had free time on his hands. A year and a half later, he's still driving that route! Sam shared

with us that as a kid, he hadn't realized that Meals on Wheels was anything more than delivering meals. Now that he's older, he's discovered the social benefits that the volunteers provide. Driving a route allows him to check in with the people on his route and develop relationships with them and even with their pets! Although we're sure he still secretly likes the elevators, he also now enjoys his short visits with his clients as much as his grandfather does.



The family's involvement doesn't stop there. As with many younger volunteers, work and school commitments sometimes interfere with Sam's driving schedule, so he asked his mother Nancy if she could help out. Nancy happily agreed and signed on with us as a substitute driver, not only for Sam's route but other routes as well. She has also let us know that her younger son is eager to join their ranks as soon as he is old enough.

We are very grateful for the continuing involvement of all three generations of this wonderful family in our organization, and we're sure that our clients feel as fortunate as we do.

Thank You

from all of us at Meals on Wheels

I continue to be amazed by the dedication of our wonderful volunteers and staff. Despite the challenges of the pandemic, we continue to serve our vulnerable clients every day of the year. Let us hope that the situation continues to be more positive.

We had a very successful Annual General Meeting via Zoom back in June. Thank you to our Board members for making this possible. We hope to be able to hold our next meetings in person.

The Board will be reviewing and updating our strategic action plan in the fall, and we hope to restart the Wheels to Meals program in October if the health issues continue to improve.

Again, thanks to the many people who contribute to the success of our organization.

Take Care,



Jeff Deane
Jeff Deane, President

PRESIDENT
JEFF DEANE

VICE PRESIDENT
VALERIE DELONG

PAST PRESIDENT
JOAN MCDANIEL

TREASURER
DAVE BLACKLOCK

SECRETARY
CAROL MORRISON

MEMBERS
CHUCK MADOTT
ED MCGOLDRICK
VERNON BOYER
J. ANTHONY FITZGERALD
SHARON VICKERS
MELISSA BOYER
JENNIFER THOMAS

MEET OUR NEW Vice President!

VALERIE DELONG



We are happy to announce the recent election of Valerie DeLong as our new vice president. Valerie has been a loyal and enthusiastic volunteer driver for Meals on Wheels for many years. Thirty-three years ago, as a young mother and busy social worker, Valerie began delivering meals for us a couple of times a month during her lunch breaks, occasionally taking her children along to introduce them to the value of volunteering. More recently she became a valuable part of our Volunteer Recruitment Committee and a member of the Board of Directors. Currently, in addition to these roles, she and her husband, Larry, deliver meals every Saturday as does their daughter, Emily, with her



own route. Obviously Valerie's enthusiasm is contagious!

Traditionally, the Vice President of Meals on Wheels moves into the role of President after a year or two of experience. Valerie is an ardent volunteer, an excellent role model, and an experienced administrator, and we know that she will make an outstanding member of the executive.

This is a woman who serves her community!!

Thank you, Valerie, for taking this on, and all the best in your new position.

Harvey Frozen Meal Project



We know what you're all thinking: What more could we possibly get done in our kitchen? Pictured here are Hal and Simone. They are a part of our dedicated kitchen staff, and in this photo they have just tackled Harvey Meals! The need for Meals on Wheels stretches far outside our city limits. This project recognizes the demand for delivery food services taken to clients in rural areas - and we're trying to help! Meals are picked up and taken from our kitchen and brought to clients local to Harvey, NB. We hope this gets the ball rolling for future projects and services!

D-Day Veteran Shows Gratitude for Helpers

Edmund Martin, a 96-year-old D-Day veteran was recently featured in the Telegraph Journal showing his support for Meals on Wheels. Pictured to the right is a photo of Edmund standing next to the cold drink dispenser he purchased for Meals on Wheels of Fredericton Inc. to show his appreciation for their food service throughout the COVID-19 pandemic. The dispenser will be available for our volunteers' use when they arrive at the Meals on Wheels kitchen to pick up their meals. Thank you, Mr. Martin. Your generous gesture is greatly appreciated!



Team Thompson "Beats the Beast"

Do you recognize this crew? These are the grandchildren of George Thompson, one of our volunteer drivers. Last year, these kids gave us a donation which they had earned by simulating a trip across Canada. Their grandfather paid them 19 cents for every km they walked, ran, or biked during the first spring and summer of the pandemic. The plan was designed to keep them active and healthy while their regular activities were on hold. The kids rose to the challenge! From their earnings they could keep half for a party but were instructed to donate the other half to a charity of their choosing. They chose us. This year, George repeated the offer, and the "Marathon Kids" (Luke, Will, Ava, Olivia, Walter, Rachel, Abby and Logan) set out again to cross Canada. This time, the other adults in the family pitched in to match George's offer, and the percentage of the donation was raised to 75% of earnings. Once again the kids chose us as their designated charity. The resulting gift was slightly more than \$1000! Well done kids, and many thanks! You can be sure your donation will be well used, and we hope your interest in Meals on Wheels continues. Enjoy your celebration party!



We are so excited to announce to our wonderful clients and volunteers that we are hoping Wheels to Meals will be starting again! Our program has been on hold during the pandemic, and we are planning to restore the program - beginning with a monthly luncheon (October, November, and December). If things return to a more stable situation in terms of the pandemic, we will increase the luncheons in the new year! Until then wishing you a fall filled with plenty of warmth and happiness.



WISHING OUR *Summer Students* ALL THE BEST IN THE FALL!

Once again this year, we have been extremely fortunate to have the help of three very talented and enthusiastic young people for the summer months. We are lucky enough to have one of them, Drew, staying with us into the fall. The other two will be returning to their studies, and we wish them all the best for a happy and successful school year. Thank you all so much for your contribution this summer.

ETHAN



"Working at Meals on Wheels has been a great experience. I have had the opportunity to work with such a kind, supportive, and thoughtful team to ensure that our clients get the care they deserve. This fall, I will return to St. Thomas University to complete my honours thesis in Great Books and my Major in Political Science. Following my time at STU, I hope to attend Law School. Thank you to my amazing coworkers and the charitable volunteers who have made this summer such a rewarding experience."

KITCHEN & OFFICE

NINA



"I had an amazing summer working at Meals on Wheels. The team at Meals on Wheels truly takes care of their clients and volunteers. I had the opportunity to speak with our lovely clients, as well as our committed and thoughtful volunteers. This fall I will return to St Thomas University, starting my 1st year in the Bachelor of Social Work Program. Thank you, Meals on Wheels, for such an amazing summer - so happy to be staying part-time through the school year."

KITCHEN & OFFICE

DREW



"My name is Drew Blaney and I have been working at Meals on Wheels as a student for the last 3 summers. I just graduated in May with a Bachelors of Arts majoring in psychology and minoring in gerontology. I will be staying at Meals on Wheels this fall ready for any opportunities that come my way!"

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