



FOOD *for* THOUGHT



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NEIGHBOURS *Helping* NEIGHBOURS

Meals on Wheels of Fredericton is excited to be taking part in a frozen meal pilot project underway in Queens County. 35 clients receive once-a-week deliveries of frozen meals prepared and packaged at the Hanwell Road location in Fredericton. The delivery of nutritious meals by community volunteers is a vital component of helping seniors stay in their homes. Meals on Wheels was founded on the principle of 'neighbours helping neighbours', and that is exactly what this project exemplifies!



President's Message

Spring at last and the light at the end of the covid tunnel seems to be brightening somewhat. Let's keep hoping ... Meals on Wheels continues to grow by leaps and bounds. We recently prepared over 300 meals in a day. We provide a vital service to the community. Thank you, on behalf of the Board of Directors, for your dedication, hard work, and community spirit. Have a great Spring and Summer with family and friends.



WISHING YOU ALL THE JOYS OF SPRING!

HELLO Spring



May the beauty of spring fill your heart!

Kathy, our amazing baker, prepared several hundred Easter Muffins for our clients and volunteers to enjoy on Easter morning.



We are so grateful to **UPS EMPLOYEES** who offered to help with our outside clean up! In a few short hours they had our outdoor furniture looking like new, and even ventured inside to do more painting! UPS has been a tremendous support for many years. They are such a community minded workforce, and we are fortunate they reach out to offer their help and support on so many occasions.

QUESTIONS ABOUT SENIORS PROGRAMS & SERVICES?

When you need help finding community supports.

Dial **2-1-1** or [visit 211.ca](http://visit.211.ca)



I need help finding ...



I need help finding affordable housing

I need help with income assistance

I need help putting food on the table

I need help getting to medical appointments

BUSINESSES OF THE Month



Thank you

APRIL



MAY



MEET OUR Summer Students!



Emily

My name is Emily and I'm one of the summer students this summer at Meals on Wheels! I was so excited to start working in the kitchen as well as helping out in the office. I go to St. Thomas University and I'm studying psychology to become a child psychologist some day! I love to play sports, read and spend time with my friends and family! I'm always looking to learn and experience new opportunities so I'm very eager to see what Meals on Wheels can teach me! I love to laugh and smile so don't be afraid to say Hi!

Julia

My name is Julia. I am 21 years old and originally from a small town called Summerside in Prince Edward Island. I am currently taking the Administrative Professional: Health Services program at New Brunswick Community College and look forward to completing a practicum and the program next year. My peers would describe me as friendly and outgoing. In my spare time I enjoy cooking, taking long walks while listening to a good podcast, spending time with friends, and boating. I am thrilled to start at Meals on Wheels in June and cannot wait to see what I accomplish.



Mark Your Calendar!

MEALS ON WHEELS ANNUAL GENERAL MEETING

To receive the ZOOM link email:

VOLUNTEER@FREDERICTONMEALSONWHEELS.CA

or call: 506-458-9482

VIA
zoom



June

21

@ 5 P.M.

ARE YOU A SENIOR OR SOMEONE LIVING WITH A DISABILITY IN NEW BRUNSWICK?

If so, there are programs & services to help you stay as independent & healthy as possible.

SocialSupportsNB.ca



WHAT IS SOCIAL SUPPORTS NB?

Social Supports NB is a user-friendly website with information on government and community programs and services for New Brunswickers of all ages. Get information on supports for seniors, people with disabilities, families and youth, finances, housing, health, and more!

TRY OUR NEW ONLINE TOOLS!



Live at Home Longer

Are you 65 or older? Do you want to know about supports that can help you live at home longer? Do you want to learn how to maintain a healthy, active, and independent life? If so, sign up for a FREE Seniors Health, Wellbeing and Home Safety Review online!



SUPPORTS FOR SENIORS & PEOPLE WITH DISABILITIES



Online Screening Tools

Find out if you, a client, or a loved one might qualify for financial help using our online screening tools for the Long Term Care Program & Disability Support Program. These private, secure questionnaires takes 5-10 minutes to see if you may be eligible for support. If you are, you can start your application online.



Financial Help Calculator

Try our Financial Help Calculator. In just a minute, it can show if you're likely to receive financial help when applying for services for a senior or person with a disability.

- Apply at your convenience
- Private & secure
- Get answers fast
- Available 24/7
- Quick & Easy
- FREE to use