



FOOD *For* THOUGHT

INSIDE THIS ISSUE

- | | | |
|----------------------------------|-------------------------------|---------------------|
| 1 Thank You to Our Volunteers! | 3 Welcome Natalia | 4 Welcome Cosmos! |
| 2 Passing the Torch | 3 Going Green | 4 Bridge the Gapp |
| 2 Board of Directors | 3 Staff Fun - Autumn Wishes | 4 2-1-1 |
| 2 Business of the Month | 4 Summer Student Fairwell | |

A Work of *Heart!*

THANK YOU TO OUR VOLUNTEERS!



Meals on Wheels of Fredericton Inc. would like to thank our amazing volunteers for their outstanding work and dedication. Each week, our volunteers selflessly dedicate their time to provide us with the help we need to carry out our mission. Thank you so much for your enthusiasm and genuine dedication to assisting us in this important cause.

IT WOULD BE IMPOSSIBLE TO SUPPORT SUCH AN IMPORTANT CAUSE WITHOUT THE HELP OF OUR VOLUNTEERS!

PASSING THE TORCH

Welcoming Valerie DeLong as our new president!



Valerie has been a volunteer driver for more than 3 decades! She recently retired from a long career as a social worker with the Provincial Government. She has great listening skills, and is a “bit of a self professed thinker”! She has volunteered for a number of organizations over the years and is currently serving on the Meals on Wheels volunteer recruitment committee which is of particular interest to her.

Meals on Wheels

BOARD OF DIRECTORS 2022-2023

PRESIDENT

VALERIE DELONG

VICE PRESIDENT

CHUCK MADOTT
(TEMPORARY)

PAST PRESIDENT

JEFF DEANE

TREASURER

CHUCK MADOTT

SECRETARY

CAROL MORRISON

MEMBERS

MELISSA BOYER

VERNON BOYER

J. ANTHONY

FITZGERALD

JOAN MCDANIEL

JENNIFER THOMAS

SHARON VICKERS

Warm Welcome to:

TIM FINLEY

GAIL PILGRIM

JANET MATHESON



Thank you!

Meals on Wheels would like to thank **Jeff Deane** for his wonderful leadership though the very trying times of the COVID-19 health crisis. He continues on with us as our Past President, and Chair of our nominating committee.

We'd also like to thank **Dave Blacklock**, for his many years of services on our Board, and most recently serving as our treasurer.

Thank you both for the support and goodwill you have shown!

BUSINESS

OF THE *Month*



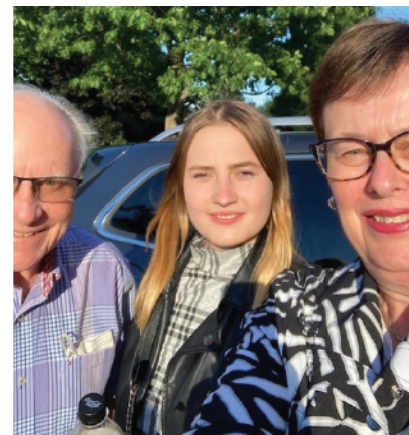
Thank you

JULY

SS Tire & Auto Service Ltd.

Welcome Natalia

Pam and Rod Campbell, Thursday Meals on Wheels volunteers, have recently opened their home to a Ukrainian refugee. We admire their kindness, and wish Natalia Petryk every success as she settles into her new life in Fredericton. The Campbells say that the experience has been excellent for them including learning to make some delicious Ukrainian food!



Going Green

Cody shows off Meals on Wheels of Queens County's new biodegradable containers. Sealed and ready for labels, this environmentally friendly packaging will make it easier for clients to dispose of their containers safely.



Meals on Wheels Staff Fun!

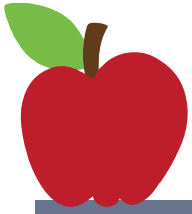
Wishing you
a Harvest of

SMILES & WARM
MOMENTS WITH
FRIENDS & FAMILY

Winter is Coming!

While we do not cancel often, it's a good idea to have extra meals on hand for days that it is not safe for our volunteers to deliver. We will notify you the day before when possible.

Thank you to our
fantastic summer
students.
Miss you!



EMMILY

JITESH

LEAH

JULIA



Welcome
Cosmos!



The newest member of the Meals on Wheels family shown with his Dad - Cody - one of Meals on Wheels amazing chefs!

Bridge **the** gapp

Find the resource that
CLICKS for you.

Bridge the gapp is an online
resource designed to support
MENTAL WELLNESS.

BRIDGETHEGAPP.CA



QUESTIONS ABOUT SENIORS PROGRAMS & SERVICES?

When you need help finding
community supports.

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



I need help finding...



I need help finding affordable housing

I need Mental Health Services

I need help with money

I need help getting to medical appointments

4



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