



FOOD *For* THOUGHT

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Community Connectors

ARE HERE TO HELP YOU!

The community of Fredericton has so many great resources and activities out there to support all of you!

Meals on Wheels is part of a new program. Some of our volunteers are now community connectors! They are **2-1-1 champions**, they can let you know where to find a range of resources. We will be sending a handout to clients who have a community connector available to them. Feel free to go to your door and ask questions when they come by, they'd love to share! You can also call our office at 458-9482 for more information.

Do you have concerns regarding your health/and or housing?

Do you wonder if you are getting all of the benefits you are eligible for?

Would you like to attend more activities?

Do you need transportation?

Would you benefit from support?

and much more!

President's Message

Warmest greetings everyone!!

As we head into spring I want to reflect on the past few months and thank all the volunteer drivers for their commitment to Meals on Wheels and the people served.

Meals on Wheels continues to grow in leaps and bounds. This year we have had significant support from the community for our annual letter campaign and are pleased to have accomplished our fundraising goals. Thank you, community!!

Our wonderful kitchen staff are dedicated and committed to the organization. It's amazing how well organized and streamlined they are to accomplish this feat. Great work, kitchen staff!!

I'd be amiss if I didn't mention the office staff and their commitment to Meals on Wheels. You also go above and beyond, pitching in whenever and wherever needed. Thank you for all you do!!

I hear from numerous people on deliveries I make how they enjoy the meals, how they like meeting the drivers and appreciate the chats they have. This is so valuable and speaks volumes. The drivers may be the only person the individual sees that day and your impact on them is beyond measurable.

As I always say, it isn't just about the meal but what the drivers do and how they interact with the individuals. Thank you, drivers!!



Volunteers are not paid because they're worthless but because they're priceless. -Sherry Anderson

Meals on Wheels would not exist without you!!



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Sweet Treats!



Fredericton & Queens County Meals on Wheel's clients enjoyed a variety of **Valentine's Day** and **St. Patrick's Day** treats!

Songs of the City

In January, the United Way hosted Songs of the City. This thank you event included local stories and songs about the United Way's impact in our community. **Heather Copp (our executive director's daughter) and her two daughters spoke about their involvement with Meals on Wheels since 2019.**

Musician Justine Everett performed an original song written specifically for their story. **Heather says she sees what Meals on Wheels means for people in the community and it inspires her to keep giving back!**



A Work of Heart

The **Y Service Club's** generous donation provided us with **10 new sets of delivery bags!**



Happy Spring!

WISHING THAT SPRING
BLOOMS FILL YOUR DAYS
WITH LOTS OF HAPPINESS!

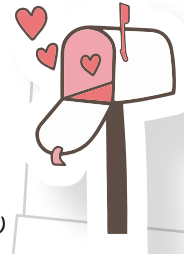
THANK YOU to our donors!



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