



# FOOD *for* THOUGHT

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## President's Message

There is spring in the air, but we all know that Mother Nature can play tricks on us!! We have a lot to be thankful for... our mild winter, early springlike weather, the warm sun and of course, the rain to enable the flowers to bloom, but more importantly is the fact that meal delivery was only cancelled a few times this past winter due to road conditions!!

As we spring into our full spring, I believe it is imperative to give a huge THANK YOU to everyone for their continued support of Meals on Wheels...from the recipients of our meals to our volunteer drivers, organization staff, and especially to the greater Fredericton community for the outstanding support of our Letter Campaign. As you probably know, we reached our target which meant matching by the J. T. Clark Family Foundation again!

The Meals on Wheels Board has revised the Strategic Plan and is on course for meeting the activities and goals outlined. The Meals on Wheels AGM is being held on June 18th and everyone is invited. Please call the office for more details closer to the date.

Meals on Wheels continues to deliver approximately 275 meals daily, seven days a week. There are over 300 committed volunteer drivers. We also offer frozen meals to outside Fredericton areas (Harvey and Queens County) and can explore expanding this if more communities are interested.

We will soon be heading into much warmer weather, and

*I wish everyone a wonderful spring and summer!!*





# Adopt-a-Route

Curious about what it's like to adopt a route with Meals on Wheels? Imagine carving out just an hour of your week to make a lasting impact in your community. Work, school, or busy schedules? No problem! Team up with colleagues or friends to deliver meals on a rotating basis.

That's exactly what the team at Stewart McKelvey did. Despite their busy careers and family commitments, they banded together to deliver meals to seniors in need.

Katherine Toner, speaking on behalf of the group, shares their experience: *"The experience has been very rewarding for all of us, and we immensely enjoy taking part in adopting a route. The adopt-a-route concept is great because it provides us each with flexibility in that none of us are individually tied down every weekend. We have developed a schedule with a regular rotation but if one of us is sick or away*

*and need to switch there is always another team member who can step in. It really isn't a burden at all and we each look forward to the route. Many of us have children and/or spouses who we take along with us for our route and make it a family activity."*

In the photo, from left to right are: John Morse, Francine Bradbury, Katherine Toner, Mark Heighton, Tiffany Anderson. Missing are: Meaghan McCaw and Kathleen Starke.



**Join us in spreading the word about the Adopt-a-Route program and experience the joy of giving back firsthand!**

## Life isn't always easy but finding help can be.

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

The front door to help. Free, confidential & available 24/7, 2-1-1 will give you information on mental health resources, financial assistance, food access, social services & more.



# Hello everyone!

My name is *Michael* and I have the privilege of joining Fredericton's Meals on Wheels as the new **Volunteer Coordinator!**

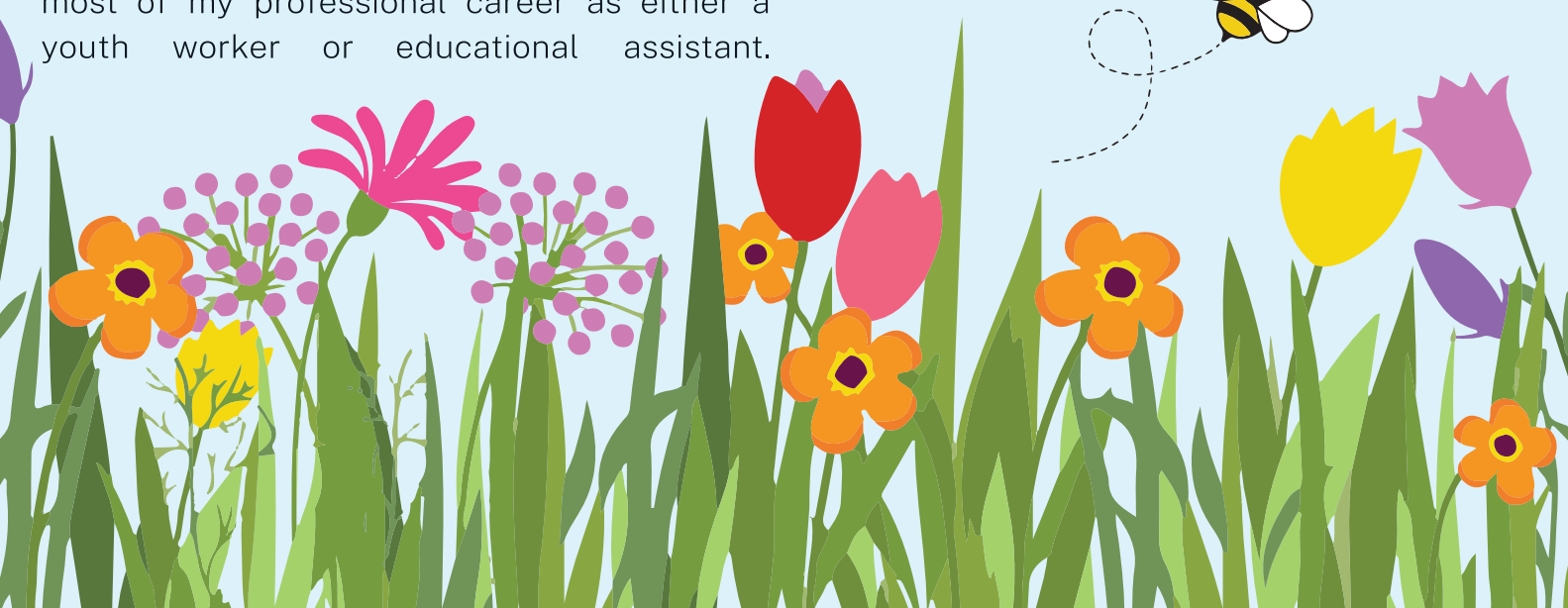
Born and raised in the land of Northern Ontario, I come to you proud to have relocated to Fredericton New Brunswick. As an adult, I found the hustle and bustle of big city life exhausting; it did not resonate with me. I continuously craved a smaller, greener, and more friendly community to plant roots in and build a family. With extended family here in the East Coast, it was an easy decision for my fiancée and I to pack up and hit the road to NB!

I am a college and university graduate specialising in Social Services and have spent most of my professional career as either a youth worker or educational assistant.



After landing in Freddy, my first order of business was to better learn the city and its neighbourhoods! Meals on Wheels was the first organization I contacted to volunteer my time and push myself to deliver in various areas of the city unknown to me. Days turned to weeks, that then turned into months and before I knew it, I went from volunteer driver to permanent employee. It has been, and continues to be, one of the most fulfilling positions I've ever worked. I look forward to meeting every new volunteer and have ambitions of delivering each route (at least once) so that I may meet all our wonderful clients as well!

Meals on Wheels relies on every single volunteer in our goal to enhance the independent lifestyle of our clients and I'm excited to be a resource for that mission!

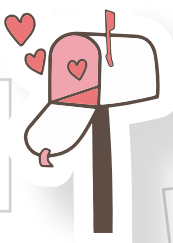




# THANK YOU to our donors!



Hundreds of individual donations!



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# WHEELS to MEALS

# Relaunch

We are delighted to announce the relaunch of our Wheels to Meals program, featuring monthly luncheons from now until May. Join us for these special gatherings filled with delicious food and great company. As summer approaches, we'll take a break and plan to resume our weekly meals in the fall. Stay tuned for more details!



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