



Newsletter

Fredericton - A Community for All Ages

Meals on Wheels of Fredericton Inc.

Celebrating 50 Years of Continuous Service!

Meals on Wheels is a program designed to deliver hot, nutritionally balanced meals to those who are unable to prepare adequate meals for themselves. It is a community minded, volunteer based, non-profit service.

In 1967 Carolyn Mossman's unit of the United Church Women at St. Paul's Church pioneered a project in which volunteers prepared meals in their own homes for delivery to persons recommended by the VON. The nurses referred individuals who were living alone and who were unable to prepare meals for a variety of health related reasons, yet wished to maintain the independence of being in their own homes. Approximately 390 meals were delivered in the first year of the program. Food preparation was moved to St. Paul's church quickly as the need continued to grow.

Fast forward 50 years to 2017 and Meals on Wheels of Fredericton is delivering more than 40,000 meals per year – 7 days a week! While the meals are now prepared at the Chalmers Hospital and York Care Centre, what remains consistent is that meals are entirely delivered by volunteers.

In November 2016 Meals on Wheels hosted a meeting at St. Paul's with five women who were a part of those early years, and who still remain active in the organization. They shared stories of delivering meals with young children in tow, in all sorts of weather, remembering the many clients they grew to care for along the way. They all presented the message that their volunteering has been as beneficial to them as we know it has been to those receiving the service.

Today Meals on Wheels of Fredericton Inc. has a small army of equally dedicated volunteers who share that same caring for their community. Many

are seniors themselves. We know our service is so much "more than a meal". Our volunteers provide a warm smile, a visit and a security check. For many of our clients the Meals on Wheels volunteer may be the only person they are interacting with on a daily basis.



photo by Kelsey Rusk

Meals on Wheels early founding members from left to right:
Seated: Florence Bartlett and Sharon Ayer,
Standing: Charlotte Magasi; Christine MacDonald; & Lois Patterson

As we celebrate 50 years of service to the Fredericton area we believe our story is one that all Frederictonians can be proud of. We are looking for volunteers who will join us in this mission. If you can spare two hours a week (on a day of your choosing), or even a couple of hours in the month, we would love to hear from you.

For more information please contact:
info@frederictonmealsonwheels.ca

IT'S A DATE:

Wellness Fair for Seniors
April 29th, 2017, 10am - 4pm
Leo Hayes High School

**CST. DUNCAN LOMBARD'S
CRIME PREVENTION TIPS:**

1. Don't leave valuables in your car and lock your car doors when you are away from your vehicle.
2. Make sure all your residential door and window locks are in proper working order.
3. Keep your residence doors and windows locked at all times, even when you are at home.
4. The point of entry in most Break and Enters is at the back of the residence. Install motion sensor lighting at the back of your house.

Fredericton Police Force.

**SENIORS RESOURCE
DIRECTORY:**

A directory of services available to Fredericton-area seniors and their families

<http://www.fredericton.ca/sites/default/files/pdf/2015seniorsdirectorye.pdf>

**TOWARDS AN AGE-FRIENDLY
FUTURE FOR FREDERICTON ~
IDENTIFIED ACTION STEPS:**

http://www.fredericton.ca/sites/default/files/pdf/age-friendly_forum_document_final_english.pdf

**NB EMERGENCY PREPAREDNESS
GUIDE:**

Your 72 Hour Emergency Preparedness Booklet:

<http://www2.gnb.ca/content/dam/gnb/Departments/ps-sp/pdf/emo/2015-NB-EMObooklet-E.pdf>

**Safety & Well-Being
Registries in Fredericton**

Three Fredericton Safety and Wellness Registries known to the Age-Friendly Committee are listed below. The purpose of these registries is to record the contact information of persons who may need assistance in the case of a community emergency or periodic contact to ensure all is well.

We learned about these existing registries thanks to the initiative of four St. Thomas University Social Work students who, under the supervision of MLA David Coon's office, have been working to help move forward Age-Friendly Fredericton's priority of a vulnerable person/disaster response registry. We're grateful for the diligence and resourcefulness shown by Cassandra Tarfa, Erin Sparkes-Brewer, Amanda Mahar, and Julie Meyer. What is summarized here is a preliminary effort, and is part of a longer term plan by EMO to fully address a citizens registry of those needing some sort of assistance in case of an emergency.

If you feel you could use the services provided through any one of these registries, please contact them. If you know of another similar registry, please contact the Age-Friendly Community Advisory Committee and let us know about it: agefriendly@fredericton.ca

For more information for emergency situations please contact the Emergency Measures Organization (EMO) tel: (506) 460-2020.

Red Cross, Telephone Reassurance Program

Based on a two tiered approach. the first is to address *SOCIAL INCLUSION*, where isolated adults can be registered and arrange for a regular phone call to provide social interaction and support from a trained volunteer. The second tier is to provide *WELLNESS CHECKS* to ensure clients are remaining safe in their home. Tel: (506) 458-8445.

Vulnerable Person's Registry - Fredericton Police Force

In the event of an incident, police will have quick access to critical information regarding the registered person. This registry is for any person who may become confused and cannot appreciate the dangers in their surroundings. To find out more visit The Fredericton City Services web page [Here](#), or call (506) 460-2300, for more details.

NB Power Priority Code Customers

For customers on health machines with limited and finite backup battery capabilities. These customers are vulnerable to various hazards without power, and therefore require regular updates on the progress of restoration efforts so that they may map out a strategy to best cope, with minimal impact. Tel: 1 800 663-6272.

You can have your say in what the Age-Friendly Community Advisory Committee will be doing by voicing your concerns, ideas, and comments to the group through any of its members, or by contacting us via email at: agefriendly@fredericton.ca

For more information please visit: **City of Fredericton Age-Friendly web page:**

<http://www.fredericton.ca/en/city-hall/city-council-committees/committees/age-friendly-community-advisory-committee>