



May 17, 2022

Re: 4 Day Work Week Pilot Project and Other News

Dear Meals on Wheels Volunteers,

Firstly, I want to express my gratitude for your support and patience over these past couple months as I am learning this new role. Kathleen left big shoes to fill, and I hope that over the next few months I will get to know you all better and help support you in your roles.

I am writing today to share some news that will impact delivery and kitchen volunteers over the coming months. New Dawn Enterprises, Meals on Wheels' parent organization, is piloting a four-day workweek for all salaried staff beginning in June. The goals of the four-day workweek pilot are to: prevent workplace burnout and better balance work and home life, among others. New Dawn is one of a few organizations in Nova Scotia leading the way in adopting a more balance approach to work hours, responsibilities and productivity, and we are excited to be a part of it!

What does this mean for our clients and meal delivery? We have considered our clients' needs for nutritious meal delivery as well as volunteer capacity for delivery. Shannon, Linda, Claire, myself and New Dawn Management, have developed a plan that allows staff to participate in the four-day workweek pilot with - what we hope is - minimal disruption to clients and volunteers.

We will continue to offer five meals a week to our clients, but meal delivery will be compressed to four days a week. Monday to Wednesday routes will continue as usual. Thursday routes will be adjusted to accommodate the delivery of Thursday's cold plate and Friday's hot fish meal. The number of routes on Thursday will increase and routes will be adjusted for potentially fewer stops, but an increase of meals per stop. There will be no meal delivery on Friday and the kitchen will be closed. The first double Thursday delivery is scheduled for June 9.

What to expect over the next few weeks? I'll be reaching out to Friday volunteers to see who is willing and able to do a route on Thursday instead of Friday. I'll try to talk to everyone in person, if that doesn't work, I'll get in touch by phone or email over the next week. By the end of May, we should be able to share the adjusted and new routes with all Thursday volunteers.

Shannon, Linda and I are up for the challenge, and we hope you will join us in supporting this exciting pilot project that means more time to recharge, spend time with family and friends, while continuing the level of service to our clients.

Please reach out to me if you have any questions or concerns about this initiative or for any other reason. I can be reached by email at sroth@newdawn.ca or by phone at 902-562-1245. The office voicemail is monitored daily, and I aim to return phone calls within two business days.

Best regards,

Sara Roth, Program Coordinator, New Dawn Meals on Wheels