



MEALS ON WHEELS

Shaker Heights, Beachwood, University Heights
Volume 3 - September, 2017

ANNUAL APPEAL

Dear Friends,

Let's celebrate Meals on Wheels Shaker's 35 years of service to the community!

You, our generous donors, hold the key to helping our organization grow through your kind monetary contributions and your devoted volunteer hours. As a member of the communities we serve - Shaker Heights, Beachwood and University Heights - we hope that you will support our mission.

"Meals on Wheels Shaker is an independent community service agency whose dedicated volunteers deliver affordable, nutritious meals of superior quality to residents of Shaker Heights, Beachwood and University Heights. This service assists our subscribers in maintaining their health and well-being. We are the Key to Independent Living!"

Currently we have 50 volunteers who serve 7,500 meals annually. Your monetary contributions directly impact the number of people we are able to serve. These funds provide the up to \$100/day needed to subsidize the low costs paid by all of our subscribers – and as our subscriber list grows, so does our need for additional monies. We all know that there are members of the community who need our support with free meals; however, we are unable to assist them due to our limited resources. Your contribution can make a real difference in the subsidies we can provide our neighbors in need. Giving up just one cup of specialty coffee a week per month can provide four (4) meals to someone in need.

Please send a check made out to **Meals on Wheels Shaker** along with all the donor information requested, in the enclosed envelope; or, go to our website at <http://MealsOnWheelsShaker.org/giving/> to donate online. With your assistance and that of other community-minded individuals just like you, we will be able to continue to serve our neighbors-in-need.

Thank you for your consideration and support.

Sincerely,

**Your Friends at Meals on Wheels
Shaker Heights, Beachwood and University Heights**

\$50.00 per month or one \$12.50 restaurant lunch each week for a month provides 7 hot lunches and 7 cold suppers.

\$100.00 per month or one \$25 restaurant dinner each week for a month provides 15 hot lunches and 15 cold suppers.

\$200.00 per month or \$50 per week provides a full month of daily hot lunches and cold suppers.

Snow Bag Project

In advance of harsh winter conditions, we are preparing emergency pantry packages for our subscribers. This will serve as their emergency go-to food in case harsh weather conditions interrupt our meal delivery. We require your assistance, so that we may restock these bags as necessary.

Please note that all donated pantry foods **MUST** be **prepackaged as individual servings** and **MUST NOT** require refrigeration. For your convenience, we have included a shopping list below.

GROCERY LIST

Entrees

- Soups
- Stews
- Ramen Noodles
- Tuna Pouches
- Canned Chicken

Fruit

- Fruit Cups (sweetened with juice)
- Applesauce
- Raisins
- Dried Fruit

Beverages

- Juice boxes (no sugar added)
- Hot Chocolate packets (sugar free)
- Herbal Teas

Snacks (single-serving)

- Cookies
- Granola Bars
- Peanut Butter Crackers
- Snack Crackers
- Pudding
- Jello Cups

A Message from Our Director

While **Meals on Wheels Shaker (MOW)** has been continuing its excellent service to subscribers for 35 years, there was work to be done in many areas to reorganize, redevelop and re-energize the remarkable culture of our MOW community. While celebrating our rich history, we needed to update our chapter and adopt modern business practices. Thus, the new, bold face of Meals on Wheels emerges with fundamental and greatly appreciated strategies. A fresh new appeal to MOW. We have accomplished a great deal in a very short period of time.

Accomplishments include:

- A new Board is seated. From 3 Board members to 15. Strong professional volunteers with years of experience in vital careers like medicine, law, marketing, architecture, human resources, insurance and finance. Strong voices to chart the future of MOW. In addition, we have committees that are charged to govern our activities as well as develop new avenues of marketing and fundraising.
- We have an amazing marketing plan, generating branding that is unique, yet specific to the message of care we want to project to the community.
- A new website with easy navigation providing clear information to the visitor. There are options to donate or pay a bill online. In addition, we now have presence with social media.
- Like us on Facebook - <http://Facebook.com/MealsOnWheelsShaker#1Site>
- Link with us on LinkedIn- <https://www.linkedin.com/company/meals-on-wheels-shaker>
- We have a new program: Waste Not Wednesdays! We are able to support a full day of meals with extra food not needed on any given day. This is a vital cost-savings program.
- We have increased our subscriber list by 33%. Our goal? To have 50 subscribers within the next 6 months; even more by the end of 2018.

All of this is to your credit, our very loyal supporters. Thanks for your belief in **Meals on Wheels Shaker**.

Penny Parker

Penny Parker, Executive Director
Meals on Wheels- Shaker Heights, Beachwood and University Heights

SHAKER LIFE ARTICLE

Look for truly wonderful articles in the October issue of the Shaker Life Magazine. The spread on **Meals on Wheels Shaker** kicks-off our year-long anniversary celebration! Also, there is an article on the new MOW Executive Director, Penny Parker. Thank you, to the City of Shaker Heights, for highlighting our fabulous organization!

MEALS ON WHEELS HONORS OUR VOLUNTEERS

In July, we honored all our fabulous Volunteers with a picnic on the grounds of the First Unitarian Church in Shaker Heights. With over 50 volunteers and their spouses, we celebrated the great gift of their time and energy. Our volunteers are the backbone of our organization, and our appreciation is boundless. What a spread! We grilled hotdogs and hamburgers, while the volunteers provided a wide variety of side dishes.



35 YEARS OF SERVICE

In addition, we honored Shirley Baldwin for her 35 years of service to **Meals on Wheels Shaker**. The presentation of three Letters of Commendation, one from each of the mayors of Shaker Heights, Beachwood and University Heights, and was the centerpiece of the celebration. Shirley, we are so very happy that your retirement is all that you had planned. And, thank you for your continued devotion to MOW.

THANK YOU!

We wish bon voyage to two of our favorite volunteers. Nan Leibold has retired, and after more than two decades of service to Meals on Wheels, she has to know her presence is greatly missed. Becky Sorenson is off to a new adventure in the Carolinas. We hope you find a loving Meals on Wheels family in your new hometown; we know they will be getting a jewel of a volunteer. Thank you both so much for your devotion to our mission and your years of selfless service.

Thank you very much to the donors that contributed so generously towards the purchase of our new freezer, as well as the new laptop computer. Both are vital to the smooth operation of our daily business.

A STRIKING INVITATION TO VOLUNTEER - "PLANNING TO LIVE TO 100? VOLUNTEER!"

In the June/July 2017 issue of the AARP Magazine, Eric J. Schneidelwind, President and National Volunteer Spokesperson for AARP is quoted as saying; "Donating one's time to benefit others has deep individual value. A growing body of research tells us that those who volunteer have lower mortality rates and less depression, along with a greater sense of control over one's life and higher rates of self-esteem and happiness. Using health and volunteering data from the U.S. Census Bureau and the Centers for Disease Control and Prevention, one report found that states with a high volunteer rate even have lower incidences of heart disease. Some studies showed that volunteers who devote about 100 hours or more per year to volunteer activities are the most likely to experience health benefits."

So, what are you waiting for? **Meals on Wheels Shaker** needs you! We can't guarantee that you will live to 100, but we can guarantee that your time spent with other volunteers and our subscribers will give you the best day of your week! Only 1 - 2 hours, one day a week, Monday - Friday! We welcome you to help with kitchen chores or delivering...or both! Do you have other skills? Something that would benefit our organization? Call us today! **216-991-6376**, or send us an email from our new website <http://MealsOnWheelsShaker.org>

SPONSORSHIP & ADVERTISING OPPORTUNITIES



THERMAL BAG SPONSOR

Does anyone have a connection to a manufacturer or distributor of thermal bags? We want to find a thermal container that will hold the food we deliver, maintain the proper temperature and provide protection for safe delivery.

ADVERTISING OPPORTUNITY

Want to support our Newsletter? Advertise your business! For more information call: **216-991-6376**

You are invited to

Meals On Wheels

Shaker Heights, Beachwood, and University Heights

35th Anniversary Open House

Join us on **Tuesday, October 24th from 10:30AM – Noon**
At 21600 Shaker Boulevard, Shaker Heights, OH

Enjoy Cake and Conversation with our Board Members and Volunteers.

If you would like to bring a gift to the party, we are collecting items for our
“Snow Bag” project. See inside for more details.

Please R.S.V.P. to 216.991.6376 by Thursday, October 18th



Meals on Wheels
21600 Shaker Blvd.
Shaker Heights, OH 44122

Shaker Heights
Beachwood
University Heights

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