

Meals on Wheels, Inc.
OF THE GREATER LYNCHBURG AREA
 PO Box 1388
 Lynchburg, VA 24505
www.mealsonwheelslynchburg.org
 434-847-0796 Office

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Meals on Wheels
 of the Greater Lynchburg Area
 Fall 2013

Tidbits



Client Profile: Violet Runyon

People naturally want to help Violet, although she asks for very little. She struggles with many health issues, some of it based on the polio she had as a child, but she still has a wonderful attitude. She is involved with her church, Gethsemane Baptist, and is always happy when she feels well enough to attend. When she cannot make it, friends often bring her a plate of food from

picnics and special dinners. Her neighbor across the hall helps her with her laundry, and the one upstairs brings her a McDonalds milkshake if they are heading that way.

At only 90 pounds, and without any teeth, she eagerly awaits the Meals on Wheels daily deliveries. She can always be found waiting with her tray on her lap and with a

big smile and welcoming word. The days we bring meatloaf or spaghetti are her favorite days. Violet even went off our deliveries for a while because she wanted to make sure other people – who might need it more than her – could be fed.

Providing healthy meals, friendly smiles, and warm reassurance to the local homebound community since 1974.

Profile of Dorothy, continued from Page 1

Dorothy believes “Meals on Wheels is the most rewarding thing you can do to help those in need. You deal directly with the people who receive the help. It is my favorite charity.”



If you would like to explore alternative ways you could help Meals on Wheels, like Dorothy, give us a call.

Have a vehicle you are tired of?

Donate your used car, van, truck, boat with a trailer, or recreational vehicle to MOW, seven days a week, 24 hours a day. It's as easy as filling out our online auto donation form. We accept any vehicles regardless of age and condition. People have even commented to us about how easy it is.

Just go to www.mealsonwheelslynchburg and click on the *Donate...How to Donate* buttons.

Choice Bites:

- ◆ Mark your calendars, the Volunteer Dinner will be held on Tuesday, October 22. Details inside.
- ◆ Meals on Wheels is a lead organizer for “Hunger Free—Uniting Communities on Hunger,” a public forum that addresses the issues of hunger in our region. We are meeting at CVCC on Tuesday, October 15, from 1-4 pm. Please join us if you are interested. Call for more information.

- ◆ We need help delivering poinsettias & Christmas presents to our meal recipients. Call if you would like to help out on these yearly events.



- ◆ Friend us on Facebook at [facebook.com/mealsonwheelslynchburg](https://www.facebook.com/mealsonwheelslynchburg) for updates on our activities.

Volunteer Profile: Dorothy Saunders

Dorothy is one of the local artists that allow us to feature their work on our annual notecards. Her “Alps” piece is included in our new Travels selection.

Her work is varied but often features landscapes. While she cannot travel anymore, friends and family bring her pictures of wonderful places. She recreates much of her recent work

from these pictures – it is a great way to explore the world—although most of it is claimed before it comes off the easel by one of her 7 children, 9 grandchildren and soon-to-be 7 great-grandchildren.

Dorothy has been helping out Meals on Wheels for many years and in many ways. She has been

featured on MOW cards several times. When she was younger (she is now 94) she delivered meals. After she decided to stop driving, she started making beaded angels, icicles and snowflakes that we give to our meal recipients as tray favors during the holidays.

Continued on page 8



Help Wanted

When I started at Meals on Wheels in 2011, I did a lot of research on the problems facing our older population. I was appalled to find out that 1 in 7 seniors faces the threat of hunger. Just a few weeks ago, new statistics came out and the numbers are even worse. The most recent figures indicate that nearly **1 in 6 seniors faces the threat of hunger.**

That means 15.2% of seniors, or 8.8 million people, struggle regularly to put a meal on their table. We know that poor nutrition has a serious physical impact on seniors, in effect it ages them 14 years. So, a 64 year old senior suffering from hunger issues is likely to have the limitations of a 78 year old and the corresponding health issues.

I cannot change the national statistics, but I can have an impact in this community—and so can you! The first thing we need to do is make sure everyone understands what is available. Meals on Wheels provides freshly made meals to people of all ages with a variety of dietary needs. If you know of someone who might need help, either temporarily or for the long term, ask them to give us a call, we do not have waiting lists. If they are too proud to ask for help, let them know that they can pay for their meals—Meals on Wheels serves people of all income levels. One of the most important things we can do to preserve long-term health is make sure everyone has adequate nutrition. I would appreciate your help and advocacy as we work to make a difference in the lives of people right here in our community. Thank you.

Kris Shabestar, Executive Director



Blizzard Boxes—Answering a Very Real Need

Each Fall, Blizzard Boxes (a five day supply of shelf stable food) are delivered to all meal recipients. They are to be used when the weather is bad and our drivers cannot deliver meals. If you would like to help deliver Blizzard Boxes in November, please call 847-0796



and sign up for this one-time activity. While it is difficult to acknowledge, many meal recipients could go hungry without these Blizzard Boxes. Many of the Meals on Wheels clients rely on their daily delivery and without our assistance may not have a meal. We very much appreciate your financial help as well as your time delivering the boxes.

Let's Do Lunch

Let's Do Lunch is a fundraiser we started last year for Meals on Wheels. With each \$10 order, you receive a great lunch for yourself and provide lunch for someone in need. All of the meals are delivered to your home or office by one of our incredible volunteers.

Last year, we were able to feed 1,156 home-bound people because of Let's Do Lunch. Check out the order form on page 7 and schedule a day when you can help make a difference simply by eating a great meal.

November Let's Do Lunch Order Form

Your \$10 order provides lunch for you and lunch for a local senior in need

Deliver To:

Business Name _____

(ADDRESS) _____

Contact Person _____ Phone _____

E-Mail _____

Special Delivery Instructions: _____

When Do You Want It?

Date to be delivered: (Check one)

Wed. November 6 ___ Thur. November 7 ___ Fri. November 8 ___

What Do You Want?

Each meal includes a 7 1/2 inch sub, (which comes with lettuce & tomato, packets of mayo and mustard), chips and cookie from Jersey Mike's Subs

(#1) Number of Ham & Cheese _____

(#2) Number of Turkey & Cheese _____

(#3) Number of Ham, Prosciuttini, Cappacuolo & Cheese _____

(#4) Number of Vegetarian _____

of Total Meals Ordered _____ X \$10.00 each = \$ _____

Additional contribution to Meals on Wheels (fully tax deductible) \$ _____

How Are You Paying? (circle one) Check, Cash, Online

Total enclosed \$ _____

Make checks payable to:

Meals on Wheels, P O Box 1388, Lynchburg, VA 24505

Three easy ways to order:

Call: 847-0796 E-mail: mow24505@yahoo.com Fax: 847-0798

Order and payment deadline is Monday, November 4. Minimum delivery order is 5 lunches.

If ordering lunches for multiple days, please submit one form per day.

Debit or Credit Card Payments can also be made on our website: www.mealsonwheelslynchburg.org please add a 3% surcharge to cover our expense. (Specify company name & "Let's do Lunch" in the comments/purpose section)

Poinsettia Plants for Meal Recipients

It is hard to believe, but the holidays will be here before we know it. We will be delivering live poinsettia plants to all of our meal recipients. This is an annual tradition that is eagerly anticipated by all who receive them. The plants are of excellent quality, so they last through the holidays and into the new year. It is a wonderful gift for our clients, who otherwise might not be remembered at all.

Where do they come from? The plants are being purchased (below cost) from Virginia Garden Supply and will be available for delivery in December.

How can I help? As in the past, we are giving you the opportunity to purchase a plant to be delivered to one of our meal recipients. The cost of the plant is only \$2.50. You can also help deliver the plants. This is a great opportunity to get your children involved—as our clients love to see children. Call the office at 847-0796 for more details or to deliver, but please call soon, as we have a limited number of routes available.

If you wish to give a plant to a meal recipient:

- Decide how many plants you wish to give
- Enclose the correct amount (\$2.50 for one, \$5.00 for two, etc.)
- Make checks payable and send to Meals on Wheels, PO Box 1388, Lynchburg, VA 24505. Please write poinsettia plants on the memo line of your check. Your gift will be delivered to one of our meal recipients during the month of December.



ANIMEALS Needed

Animeals are needed again, especially smaller (5-10 lb) bags of dry cat and dog food. If you would like to help, donations can be dropped off at a location below.

ANIMEALS SUPPLIES ARE GETTING LOW

Your donations of cat or dog food would be appreciated at one of these locations:

Addison Animal Hospital
1818 Memorial Avenue

Diamond Hill Animal Hospital
1400 Main Street

Ridgewood Animal Hospital
Route 221 & Perrowville Road

Animal Emergency & Critical Care
3432 Odd Fellows Road

Gentle Care Animal Hospital
1365 Thomas Jefferson Road, Forest

Rustburg Veterinary Clinic
1334 Calohan Rd, Rustburg

Animal Hospital of Lynchburg
1705 Memorial Avenue

Lake Forest Animal Hospital
18510 Forest Road, Forest

Seven Hills Animal Hospital
3431 Waterlick Road

Boonsboro Animal Hospital
6097 Wiggington Road

Peakview Animal Hospital
802 Wiggington Road

Timberlake Animal Hospital
20608 Timberlake Road

Thank You!

Attention All Volunteers!

*The Board of Directors of Meals on Wheels, Inc.
Cordially Invites ALL Volunteers to Attend the*

*Annual Volunteer
Appreciation Dinner*

*Tuesday, October 22, 2013
6:00 P.M.*

*Peakland United Methodist Church
4434 Boonsboro Road*

*SEATING IS LIMITED. Please RSVP as soon as possible or by
October 16 to 847-0796 or e-mail mow24505@yahoo.com.*

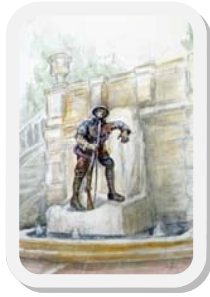
This dinner is free for volunteers only.

All guests of volunteers are asked for a \$5.00 donation.

Meals on Wheels of the Greater Lynchburg Area

All cards are \$10.00 per Package

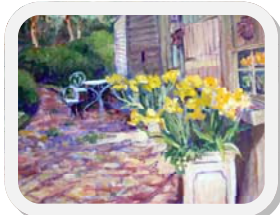
Lynchburg



Soldier at Monument Terrace
by Faye Burnette



Quaker Mem. Antique Roses
by Carolyn Womack



Garden Shed
by Ginny McCraw



Downtown
by Faye Burnette



Boonsboro Hardware
by Purnell J. Pettyjohn



City Cemetery
by Patricia O. Lease

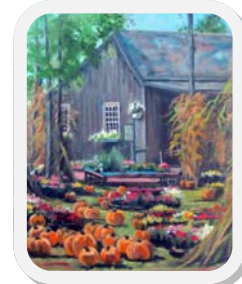


Across from the Market
by Dennis Johnson



Lynchburg Steeple
by David Eakin

Regional



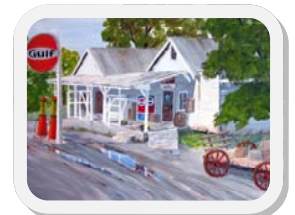
Fall at the Garden Center
by Pat O. Lease



Boat House at Sweet Briar
by Jim Hicks



The Apple Orchard
by Ashley Scholer



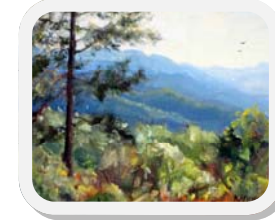
Gulf Station
by Smokie Watts



Sharp Top
by Kathleen Husted



On the Creek at Doughat
by Seymour Woodnick



Parkway Vista
by Kathleen Husted



The Blue Door
by Faye Burnette

Order Form

2013 Note cards by Lynchburg Area Artists.

Name: _____ Phone: _____

Address: _____ City, State, Zip: _____



I will pick up cards from office, no need to mail, call when they are ready Please mail my cards - I've included postage.

Postage for 245 zip code, please add: Packages: 1 add \$2.00, 2 add \$2.75, 3 add \$4.80 call if over 3 pkgs.

Package	Quantity	Cost \$10	Postage	Total Coat
Lynchburg				
Regional				
Travel				
Total Amount Enclosed w/order				

Make your check payable to Meals on Wheels and mail to: P.O. Box 1388, Lynchburg, VA 24505.

Phone 847-0796

Please specify if you want to pick up your cards or you want them mailed.

Travel



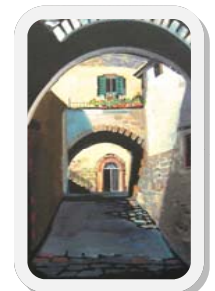
Philadelphia Outside Museum of Art
by Karen Bowden



On the Water at Knapp Narrows
by Seymour Woodnick



Italian Landscape
by Ashley Scholer



Italy
by Karen Bowden



Central America Village Street
by A. Pierre Guillermin



Looking for Shells
by Faye Burnette



Alps
by Dorothy Saunders



San Miguel Hills
by David Eakin