

**Friends Of Meals On Wheels,
Special Delivery
Monthly Newsletter**

April 2005

Volume 2, issue 2

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PART Foundation

2433 Marconi Ave
Sacramento, CA
95821

**Gifts to Meals On
Wheels should be
made to the**

**Senior Nutrition
Services:
3013 D St.
Sacto, CA 95816
(916) 444-9533**

**Sacramento
Meals on
Wheels wants
to make sure
that no senior
or no senior's
pet goes
hungry**

Conversation with 99-Year-old MOW Patron

Many of the people who receive Meals On Wheels are frail and barely able to get out of bed. However, Meals On Wheels participants defy stereotyping. Piccola, a 99-year-old energetic, productive member of her church is proof of that!

Piccola, born on January 24, 1906, grew up on a farm in the Silverhill MD area. Marrying at a young age, she and her husband had 2 children. Now having been a widow for many years, she is thankful that her 79 year old daughter lives next door who, coincidentally, receives Meals on Wheels, too!.

Unable to get out on her own anymore because she can't see well enough to drive, she stays active by taking walks on her back porch. Before Piccola was confined to home, she was a missionary for her church and went door-to-door talking to people. Since she can't go to other people's doors anymore, she

spends her time hand writing 10 letters every day offering condolences to families who have recently lost a loved one. Piccola said she recently received a letter from a man who was deeply touched by her letter.

Piccola said she is very appreciative of Meals On Wheels, which she has been getting for more than 20 years, and looks forward to seeing her driver every day. She said she stopped the MOW deliveries once, but missed the meals so much when she didn't have them that she called and got them back. She said MOW is an improvement in her life because she always has a good meal in the middle of the day.

Note: The day after Piccola was interviewed, she had a stroke. She passed away two weeks later on March 18, 2005. All of us at FOMOW and SNS send Piccola's family our sincere condolences. Piccola was an inspiration and was successful in staying independent and healthy throughout her long life.

Qwest Communications Gives \$1,000 to MOW

The "Spirit of Service" for the Qwest family transcends the workplace. It is the fabric of who they are both at work, and with their friends, families and neighbors. They bring the "Spirit of Service" to local communities. Qwest's **Community Connection** focuses on making the shared Qwest neighborhood a healthier, cleaner, better, and stronger place.

Qamaruddin Shaikh and Sudhir Sama are two of Qwest's valued employees. They have volunteered with the MOW program for many months and are a fine example of community service. Both of these good men deliver

meals to the seniors during their lunch hour one day a week.

Qwest has also generously donated \$1000 as matching grants for Qamaruddin and Sudhir's volunteer hours.

We at MOW are very honored to have the continued financial support from Qwest and their employees' dedication to serve the community.



See other side:

- Volunteer Profile
- APS Praises MOW

**Friends Of
Meals On
Wheels,
(FOMOW)**

MISSION:

To Support Sacramento Meals On Wheels by fostering a community where no senior goes hungry.

VISION:

To assist Meals On Wheels in their goal of ensuring that no Senior goes to bed hungry by providing financial support, creative ideas, and promoting community awareness.

**Qwest's
Generous Gift
Of \$1,000 will
provide a hot,
nutritious meal
for a senior like
Piccola for 52
weeks!**

**Thank you
Qwest!**



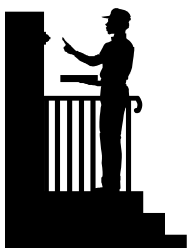


“Her voice was so feeble she couldn’t have been heard by someone at her front door. Thanks to Bud, his wife Jeannie, and Meals on Wheels, the worst did not happen that day.”



“The value of the MOW program is crucial in terms of community service: MOW provides more than nutritious meals to homebound and elderly clients. Clients benefit from a social connection as well.”

-Barbara G. Brown



Volunteer Profiles: Warren “Bud” Turner

By Belva Seaberry, Excerpt reprinted from RSVP Spotlight, A Newsletter of the Retired Senior Volunteer Program, March–April 2005

WARREN “BUD” TURNER engages in a long-time passion – making music, both playing and conducting regularly with the West Sacramento Community Orchestra. In addition, Bud has been a part of the Folsom Lake Symphony and the American Legion Concert Band. He is also a member of **RSVP (Retired Senior Volunteer Program)**, which is sponsored by Sacramento County Department of Human Assistance.

The **MEALS ON WHEELS** program has also been a part of Bud’s life

for the last 15 years. In fact, he and his wife Jeannie make it a “couples act.” As she drives, he delivers meals to shut-in seniors every Wednesday morning. Bud points out that an additional and valuable function of Meals On Wheels drivers is to provide a check on frail clients - sometimes the only contact they might have that day. Bud says, “Yes, I always check on them and will investigate if they don’t answer the door.” Once when a client failed to answer, he luckily found the door open, entered and discovered the wheelchair-bound lady helplessly wedged between bathroom fixtures.



MEALS ON WHEELS NEEDS YOUR HELP. PLEASE DONATE TODAY. YOU CAN GIVE ONLINE AT WWW.MOWSACRAMENTO.ORG YOUR GIFT OF ONLY \$20.00 FEEDS A SENIOR FOR A WEEK! \$80.00 FEEDS A SENIOR FOR A MONTH AND \$1,000.00 FEEDS A SENIOR FOR A YEAR. YOUR GIFT IS TAX-DEDUCTIBLE AND ANY AMOUNT HELPS MEALS ON WHEELS ENSURE THAT NO SENIOR IN SACRAMENTO COUNTY GOES TO BED HUNGRY.

Adult Protective Services Social Worker Values MOW

By Barbara G. Brown, APS Social Worker

Adult Protective Services (APS) provides protective services to elderly and dependent adults living in Sacramento County who are victims of abuse or who are at high risk of institutionalization because of neglect, self-neglect, or serious health or mental disorders associated with the aging process.

APS often relies on community “gatekeeper” agencies whose workers have face-to-face contact with clients. These workers can alert APS to potentially harmful situations and living conditions of clients, thus enabling APS to conduct investigations that could result in referrals and services for clients in need. The Senior Nutrition Services Home Delivered Meals Program, also known as “Meals on Wheels,” is one such gatekeeper.

As an intake worker with APS, I have had the occasion to speak with a MOW worker who has gone out to deliver meals to a client. Because of the conditions this worker found at the client’s residence, a call was made to APS and a report taken. The client was elderly, isolated, had health problems and was quite anxious. APS was able to investigate and connect the client with much needed services. On another occasion, I had the opportunity to speak with a client who receives MOW. This client expressed profound gratitude for the meals, which she found to be delicious, and for the responsiveness, professional friendliness and overall helpfulness of MOW staff.

MOW also serves as a conduit for clients to APS, thus ensuring their health and safety.

Meals On Wheels needs Volunteer Drivers in many areas of Sacramento County. It only takes two hours a week. Volunteers need a reliable vehicle that’s registered and insured. All volunteers are fingerprinted to ensure the safety of the seniors. Deliveries are made mid-day Monday through Friday. If you are able to help, please call Rebecca at 875-3668.