

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

March 2005

Volume 2, issue 1

**FOMOW
Members:**

Buck Shaw
Chair

Kathleen Grace
Vice-chair

Stephanie Wilson
Secretary

Judie Wilson
Treasurer

J. Steve Andrews
Melinie diLuck
Zoe Ann Murray
Peggy Roark
Nori Seki
Qamaruddin
Shaikh
Nejla Shifa
Mical Shilts
Tony R. Small
Gloria Sylvester
Malcolm Tucker

Staff:

Janine Brown
Rebecca Fuller
Laura Pilarski

Affiliate of:



PART Foundation

2433 Marconi Ave
Sacramento, CA
95821

**Gifts to Meals On
Wheels should be
made to the
PART Founda-
tion. Gifts are tax
deductible.**

**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***

Friends Of Meals On Wheels Shifts Into Gear

On January 3, 2005, Friends Of Meals On Wheels, FOMOW, conducted its first-ever meeting. FOMOW is an Advisory Committee to assist Sacramento Meals On Wheels develop fundraising strategies.

The membership consists of community members committed to improving the lives of Sacramento's Home-Bound seniors.

The members are: **Officers:** **Buck Shaw**, Chairman. Buck is the owner of Home Instead Senior Care with offices in Sacramento and Auburn. Buck recently sponsored the "Be A Santa To A Senior" program in both communities.

Kathleen Grace, Vice Chairwoman. Kathleen is the owner of Grace Consulting.

Stephanie Wilson, Secretary. Stephanie is the Program Manager of Sacramento City's Triple R Program.

Judie Wilson, Treasurer. Judie is the owner of Wilson Communications. She has been an active member of the Sacramento Hunger Commission for 3 years.

General membership: **J. Steve Andrews**, retired Chief Investigator from the Sacramento County Dept. Of Human Assistance; **Melinie diLuck**, Development Director of Happy Tails, A Sanctuary for Homeless Pets; **Zoe Ann Murray**, California Senior Action Network; **Peggy Roark**, Program Manager for the Sacramento Hunger Commission; **Nori Seki**, owner of American River Care Home; **Qamaruddin Shaikh**, Site Manager of Qwest Communications, **Nejla Shifa**, Adult and Aging Commission commissioner; **Mical Shilts**, Assistant Professor, CSUS; **Tony R. Small**, Financial Representative, New England Financial; **Gloria Sylvester**, Senior Gleaners; **Malcolm Tucker**, Realtor and Founding Director of California Senior Action Network.



Partnership Feeds Hungry Pets

Many of the homebound seniors Meals On Wheels serves have companion animals. These beloved pets keep the seniors company and improve the quality of their lives. However, it is difficult for the seniors to get pet food. Often, the Meals delivery driver would find yesterday's meal dish on the floor for a cherished pet. It was obvious that many of the seniors were sharing their scarce food with their animal companions.

In response to this obvious need, Senior Nutrition Services

and the Sacramento Animal Shelter, and the SPCA worked together to initiate a donation and volunteer program to help feed the companion animals. Donated food is delivered to the animal shelter where it is re-packaged by volunteers for delivery to Senior Nutrition Services. It is then delivered to the seniors who need it. The project needs donations of pet food (any size and brand), gallon-size zip lock bags, and volunteers. Please contact Rebecca Fuller at 875-3668 or Kim Dahl at 875-5848 if you would like to help.

See other side:

**"Give a Man a Fish..."
Wells Fargo's Gift**

**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.

**Benefits of Pet
Ownership:**

- Help to prevent depression and loneliness
- Decreased risk of heart disease
- Fewer headaches, and less difficulty sleeping
- Improve social interaction
- Pets help to ease loss



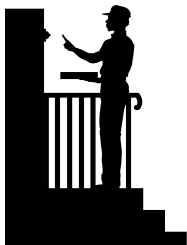


Sacramento Meals On Wheels (MOW) serves over 1,500 deserving seniors 5 days a week. The daily meal and friendly contact allows them to stay at home independently.



“\$1,000 will provide meals to George and Agnes for six months”

*Thank You
Wells Fargo!*



Some People Can't Fish Anymore

Have you ever heard the phrase “give a man a fish and he eats for a day; teach a man to fish and he eats for a lifetime”? It's a well-known saying that embodies self-sufficiency and independence.

The mature generation of our community—our parents, grandparents, and ourselves—are the ones who taught the younger generations how to fish and be productive members of society.

But now the advancing years and a multitude of physical disabilities have made it impossible for many of these wise Seniors to fish for themselves. They are unable to leave their homes on their own and do not have the help to get out to

the river anymore. They deserve to have a fish—broiled in lemon and herbs with sides of rice pilaf, broccoli, fruit, milk, and desert—delivered to their door on a silver platter (but a disposable container will do).

We need your help to meet the needs of the growing Senior population in Sacramento. Your gift of \$20.00 would feed a Senior for a week. A gift of \$80.00 would feed a Senior for a month. And a gift of \$1,000 would feed a Senior for a year. Please consider helping us improve the lives of these valuable members of our community. For more information, please call 444-9533 or go to www.mowsacramento.org.



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.

Wells Fargo Gives \$1,000 to MOW

Last Autumn Wells Fargo asked their local managers to choose organizations they would like to receive Community Partners Grants of \$1,000 each. Kelley Clements, Service Manager of the Camellia City branch, chose Sacramento Meals On Wheels (MOW).

At the Community Partners Gifting Ceremony and breakfast reception on November 4, 2004, Kelley presented Rebecca Fuller of MOW with a check for \$1,000.

MOW used this grant to provide meal service to a married couple from the waiting list.

The two seniors who are now receiving meals thanks to Wells Fargo's generosity are George and Agnes (their names have been changed to protect their privacy).

George is 86-years-old and very frail. He has cancer, kidney disease, heart trouble, high blood pressure, arthritis and is hard of hearing. He uses a wheelchair on the rare occasions he is able to get out of bed.

Agnes also has heart problems, crippling arthritis and is 86-years-old too. Agnes did her best to cook for the two of them, but she is not able because she cannot stand for any length of time.

They often did without a meal all day. They are very happy to be receiving Meals On Wheels thanks to Wells Fargo!

They live in the Pocket area of Sacramento where MOW had recently opened a new route thanks to the support and collaboration of other community organizations.

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.