

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

**June 2005**

**Volume 2, issue 4**

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**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*

**Senior Profile: Margaret & Companions**

Margaret, 68-years-old, lives alone in a house surrounded by trees and greenery in a quiet suburban North Sacramento neighborhood. She isn't able to stand for any length of time or drive. She receives five frozen meals from the Meals On Wheels program every week. She lives with her companions: four cats and four dogs. The dog's names are Britches (named after a circus dog Margaret saw many years ago), Raja, Matrix, and Esau. The cat's names are Honeybear, Velvet, Boo-Boo & Shimery.

Margaret's pets are her constant companions and improve her quality of life every day. They are also expensive to feed. Margaret said she needs 125 pounds of pet food every month. With the cost of pet food, it really cuts into her limited budget. However, thanks to a newly energized donation and volunteer project, Meals On Wheels will provide high quality pet food to Margaret's four-legged family members every month and she won't have to worry about the cost of pet food anymore.

Margaret has lived in Sacramento since 1951. She and her mother moved to Sacramento because her Aunt worked at Mather AFB. Margaret later married and had three children, now ages 48, 47, and 43. Margaret worked for the California State Mines & Geology Dept. as a graphic artist for 15 years. In the 1990's, Margaret's husband passed away, leaving her alone. During the same decade, she also had numerous problems with her legs and had knee replacement surgery. One day in 2000 she was vacuuming her living room carpet and fell backwards. She hit her head on the door jamb and was left in a coma for 10 days. Her wrist was broken in 6 places. She was in the hospital for three months. Margaret said she has never recuperated from the fall and has not been able to speak as well nor can she do the things she used to, such as sewing. She spends her time watching TV and visiting with her dogs and cats. She said her pets are good company and watchdogs. She doesn't know what she would do without them.

**See other side:**

- Driver Profile
- Yellow Cab Signs

**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 promot-  
ing community  
awareness.*

**Pet Food Project: New Name & Huge Donation**

In the March 2005 edition of this newsletter, we reported on a valuable donation and volunteer partnership to help feed the animal companions of the Meals On Wheels Participants. In the three months since that issue, there have been many exciting developments in the project.

There have been several exciting new members, including a new committee leader, Jayna Karpinski-Costa DMV, Pet Owners Organization Of Citrus Heights, Happy Tails Pet Sanctuary, and more. The newly enthused group changed their name to Meals On Wheels—Pets Eat Too (MOW—PET) and immediately started seeking enough pet food to feed all the pets of the MOW participants.

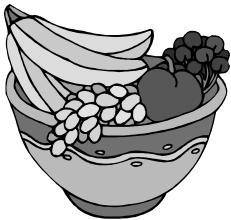
They contacted the Veterinarian Technician's Association, who contacted Banfield's Veterinary Hospitals. They adopted the project and arranged for a THIRTY THOUSAND-POUND donation of dog and cat food! The pet food arrived by a huge Semi truck on May 23, 2005 and is quickly being distributed to the MOW participants. Furthermore, Royal Canin has pledged to continue to donate pet food to MOW—PET in the coming years! Friends Of Meals On Wheels deeply thanks all those who made this massive effort possible to improve the lives of seniors like Margaret and her companions. MOW—PET needs more volunteers and cash donations would help meet the needs of other necessities such as storage containers and ziplock bags.

**On May 23,  
2005, Royal  
Canin pet food  
company  
donated 30,000  
pounds of high-  
quality pet  
food for the  
pets of MOW  
recipients**



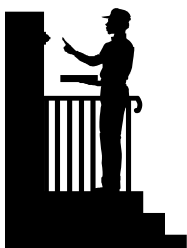
“He sees to it that many people eat. Ted Leung, in point of service is the oldest volunteer/employee of the Sacramento Elderly Nutrition Program’s “Meals on Wheels”.

—Senior Chronicle Newspaper, June 1995



Clearly, we could all learn something about endurance and commitment from Ted Leung, his attitude and his story”

—Anita Creamer, Sacramento Bee November 16, 2001



## Driver Profile: Theodore Leung

Meals On Wheels driver Theodore, “Ted”, Leung received a Governor’s Older Worker Award last month for outstanding service honoring him for excelling beyond his normal duties. This award was well-deserved and Friends Of Meals On Wheels congratulates Ted on this honor. Ted truly provides excellent service to his clients. He has been delivering meals to home-bound seniors for almost 30 years.

Ted was born in a small village in China on February 6, 1919. Everyone only had two meals a day. In 1932 economic depression hit China. Ted’s mother took him and his sister and moved to San Francisco, known as “Golden Mountain”. Ted’s family moved to the Auburn, CA area and he lived there for over 15 years.

Ted’s father founded a ranch and grew fruit which was shipped to the East Coast. The family sometimes received less money for the fruit than the cost of shipping it. Ted’s father also worked as an interpreter during the depression to help make ends meet.

After he finished school, Ted got a job with Auburn grocery. After a few years, Ted was offered a partnership in the store and accepted. From that time, he did the inventory and advertising for the store. One of his duties was handling the ration stamps.

In 1947 Ted met his future wife, Ruth who he wed on February 1, 1948. They have three children who live in the Sacramento area. The oldest, Marilyn, is a registered dietitian and works for the MedClinic. Jeffrey is an Insurance agent with Cenco Insurance. Stacey is a stockbroker with Prudential.

In 1976 Ted retired from the grocery business and went to work for the Sacramento Elderly Nutrition Program (now known as Sacramento Senior Nutrition Services). Ted delivers meals to 60 homebound seniors every day Monday through Friday. Ted has always been a cheerful and helpful visitor to the seniors willing to help out in extra small ways. He was featured in the Sacramento Bee in November 2001 and in the Senior Chronicle in 1995.

MEALS ON WHEELS NEEDS YOUR HELP. PLEASE DONATE TODAY. YOU CAN GIVE ONLINE AT [WWW.MOWSACRAMENTO.ORG](http://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.

## Yellow Cab Supports MOW Program

When you’re driving down the streets of Sacramento, keep an eye out for Yellow Cabs with blue signs on top.

Yellow Taxi Cab Company has once again generously agreed to advertise on top of their cabs for volunteers for the Sacramento Meals On Wheels Program.

Owners Fred and Ken Pleines have been loyal supporters of the Meals On Wheels Program.

They ran an advertising campaign for MOW Volunteers free of charge last year. Now this year, they are providing the service at a drastically discounted rate.

Friends Of Meals On Wheels greatly appreciates the help in getting the word out that MOW needs volunteers to ensure that no senior in Sacramento goes hungry.



**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.**