

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

October 2005

Volume 2, issue 7

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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.**

EIN # 68-0416648

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

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

Senior Profile: Louis Escapes Hurricane Katrina

Louis was independent and lived in New Orleans for many years. He was very active and walked every day. Then, on June 1st of this year, at 91-years-old, he suffered a stroke and could no longer live on his own. He moved in with his niece in New Orleans and was in the process of getting things situated. He was scheduled for minor surgery on August 29th. Then, the day before the scheduled surgery there came an evacuation warning for all residents of New Orleans.

Louis and his niece headed north to her son's house in Minnesota. It took them four days to drive the 1,300+ miles because of gridlock traffic and bad weather. Once there, they found out they could not return to New Orleans for a very long time because their home was flooded. Louis's great-nephew did not have room to house everyone for so long. Louis' son, Joseph, came to the rescue and brought Louis to

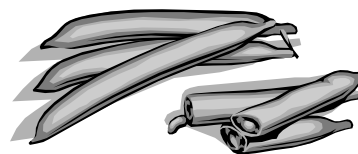
come live with him here in Sacramento.

Joseph said his Dad is here for a very extended time—until family can rebuild in New Orleans. In the meantime, Louis is settling in here and getting prepared for his surgery.

Joseph has had surgery himself on his eyes, so Joseph's adult son comes by and helps out both Louis and Joseph whenever he can.

Louis is enjoying Meals On Wheels and eats his entire meal every day—except for the string beans!

Sacramento Meals On Wheels welcomes Louis and wishes him the best in the future.



MOW Emergency Preparedness

Have the many tragic images from the Gulf Coast in the aftermath of Hurricane Katrina made you wonder what would happen to our own homebound seniors in the event of a flood here in Sacramento? Senior Nutrition Services is ready to serve our seniors in the event of natural disaster. Back in 1994 we had significant flooding, but our dedicated staff still got the meals out to our Meals On Wheels Seniors.

In many areas our drivers were wading in water knee-deep to deliver hot meals. Since then we have taken additional steps to serve our homebound seniors, such as:

- Every senior is now provided a shelf-stable meal to use in case the driver can't deliver one day.
- We have developed a "phone tree" to make it faster to reach everyone in times of emergency.

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

MISSION:

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

VISION:

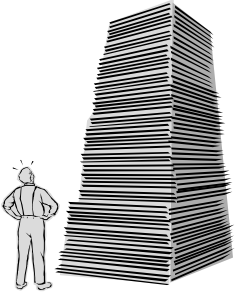
*To assist Meals
On Wheels in their
goal of ensuring
that no Senior goes
to bed hungry by
providing financial
support, creative
ideas, and promot-
ing community
awareness.*

**Two home-
bound seniors
came to Sac-
ramento from
the Gulf Coast
and have
started re-
ceiving Meals
On Wheels.
We welcome
them and are
happy to be of
help.**





"Under a stoic, logical exterior lies a heart of gold and a humanitarian ready to help others in need."



Since August 2005, there has been a 51% increase in the MOW waiting list.



Driver Profile: "Mr. Maple Bar"

Recently on a late Wednesday afternoon Richard received a call that the Sacramento Hurricane Katrina Service Center needed a volunteer to drive evacuees to other locations as needed around town—could he come in Thursday morning? Richard readily agreed to volunteer for the entire day and showed up at the Service Center the next morning. He transported evacuees to various locations five times during the day. He said mostly it was quick trips to the DHA Fulton Avenue office. Late in the day, the last person he transported to the DHA Fulton Ave. office couldn't locate her Red Cross one-time ID and it took her quite a while to get it straightened out. Richard said he noticed that she was getting a lot of loose papers and didn't have any way to keep them organized. So after she was done with her appointments, he took her to an office supply store and personally purchased a binder and organizing inserts for her to keep her paperwork together. This generous gesture shows that under a stoic, logical exterior lies a heart of gold and a humanitarian ready to help others in need.

Richard spent his early years in Akron, Ohio. His father was an engineer/ship builder by day and moonlighted as a pianist. His father worked on Boulder Dam and later got a job in San Diego

when Richard was 9-years-old—at the end of WWII. Richard stayed in San Diego until he landed a job with GTE working on computers at McClellan AFB in the early 1960's.

Richard retired on his 62nd birthday and has since enjoyed his hobbies—collecting First Day of Issue covers from the Postal Commemorative Society and solving math problems—as well as volunteering. In the Spring of 2004 Richard received a letter from AARP that MOW needed volunteer drivers. He responded and has been driving for MOW ever since. He said one of the reasons he enjoys volunteering for MOW is meeting the people and hearing their interesting stories. He often returns after his route is over to visit with a senior and sometimes helps with chores around the seniors' homes. One of the seniors he delivers to served under General Patton.

Richard is married to Barbara Jean who supports him volunteering with MOW. They have two children: a son who lives in Chattanooga, Tennessee and a daughter who lives in Folsom. They have five grandchildren. Richard says he has two nicknames—Mr. Numbers for his ability to solve math puzzles in his head. He is also known as Mr. Maple Bar at the café where he stops in the morning before his route. They know him well there and always have a maple bar ready to go for him.

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.

MOW—PET Featured on Weekend Today Show

In July 2005 Bob Meyer, Special Projects Producer with the NBC Today Show, Weekend Edition contacted Senior Nutrition Services. One of their correspondents, Rosalind Jordan, read about the MOW—PET Project in the Sacramento Bee and asked the Today Show editors if she could come to Sacramento and cover the story. They loved the idea and gave her the approval.

Bob and Rosalind came to Sacramento on July 20th. It was an exciting whirlwind day! They filmed volunteer Dan Javor delivering meals to two home

Bound seniors, the kitchen preparing meals, and boy scouts packaging pet food at the animal shelter. Rosalind interviewed one of our recipients, J.J., and our Program Manager, Janine Brown. At the end of the day, Royal Canin delivered ANOTHER truckload of pet food and NBC filmed it being unloaded and stored at California Emergency Foodlink.

On August 7, 2005 the story was aired on the NBC Today show. It was a bit more than two minutes. It was a beautiful story that summed up why MOW is so needed and such a great place to volunteer your time.

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.