

Friends Of Meals On Wheels, "FOMOW"



Special Delivery, Monthly Newsletter

February 2006

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PART Foundation

2433 Marconi Ave
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Gifts to Meals On Wheels should be made to the PART Foundation. Gifts are tax deductible.

Senior Nutrition Services:
 3013 D St.
 Sacto, CA 95816
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Sacramento MOW wants to make sure that no senior goes hungry

Former County Employee Enjoys MOW

By new Special Delivery volunteer,
 Elisa Hoerman

I was a bit nervous before my call to Dorothy H., my first interview for the newsletter article, but I was immediately put at ease by her friendly and open demeanor over the phone. She said I could come over to do an in-person interview but since I have two small children that would surely cause havoc at her house. I asked if the phone interview would be okay. It made me realize that many of her days are spent by herself with only her very spoiled cat Carla for company. She and Carla enjoy her Monday through Friday visits from Christy at MOW. Dorothy couldn't say enough wonderful things about Christy

After Dorothy's two strokes in 1998, she started receiving MOW. The strokes left her left side incapacitated but that hasn't deterred her from attending

First Baptist Church of Fair Oaks. She has been a member of the Church for over 30 years and a member of the Church comes to pick her up every Sunday. Aside from her daily visits from Christy, Dorothy enjoys watching tv, especially 7th Heaven and Oprah.

I learned that Dorothy has much to tell as her life was so rich. She is originally from Long Island, NY and came to CA when she got married at age 33. She has three grown daughters who live in Michigan, Utah and Las Vegas. She also has three step-daughters with whom she maintains very close ties. Grandchildren and even great-grandchildren also grace her life. She further amazed me when she said she worked for the county's assessors of-fice for 24 years. I recently read that in today's job culture, people rarely keep the same job for five years let alone 24.



Current Stats:

- 1570 Seniors receiving meals
- 505 seniors waiting for meals
- \$22,783 in donations have been received from the community since Nov. 1, 2005.



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.

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.

Love is a fruit
in season

At all times and
within reach of
every hand!

Spread love
everywhere you
go

First of all in
your own house

Give love to
your children

To your hus-
band or wife

To a next door
neighbor

Let no one ever
come to you

Without leaving
happier

Be the living
expression of
God's

Kindness, kind-
ness in your
face

Kindness in
your eyes

Kindness in
your smile

Kindness in
your warm
greeting!

. ~Mother
Teresa



Connie Enjoying Volunteer Work with MOW

The face of a volunteer is as varied as the faces of the Meals on Wheels clients. One of our volunteers, Connie V., recently retired from the marketing profession. She worked 36 years for various private, public, and religious entities and has also been self-employed.

One of her retirement desires is to give back to the community. When her mom became ill in early 2005, she researched programs that would enable her mother to live at home and came across Meals on Wheels. As retirement approached she determined that Meals on Wheels would be the first for her to explore. As it happened, Connie was mentoring a young woman over lunch when a van bearing a Meals on Wheels plaque entered the restaurant parking lot. Connie eagerly approached the van's driver and the rest is history.

Within the week Connie went on a drive-a-long to deliver meals with an experienced driver. The experience put faces to the statistics and furthered a heartfelt desire to assist. She found a place for her talents helping the Volunteer Coordi-

nator, Rebecca Fuller, with the fundraising effort. Although Connie's mom passed away, being associated with this program is one way she has found to honor her mother and the many mothers who have given so much to their families.

For those of you not acquainted with the program, becoming a volunteer is a simple process that takes only a short time. The volunteer time per week varies and can be as little as 2 hours per week.

Connie was born in Bryan, Texas, a small community near Texas A&M University. She is mother to two daughters, one stepdaughter, and grandmother to five. Connie and her husband, John, are ordained Elders in the Presbyterian Church. She has been president of women's groups, chosen "woman of the year", and is a dynamic speaker, program organizer, and writer. Retirement has been about exploring her creative interests. She has written a book due out this summer and is learning the art of painting. "Retirement is a wonderful time of life. I'm enjoying the time to explore my many interests, especially the opportunity to volunteer with Meals on Wheels."

Valentine Food For Thought

Cabbage always has a heart; Green beans string along.
You're such a cute tomato, Will you peas to me belong?
You've been the apple of my eye, You know how much I care;
So lettuce get together, We'd make a perfect pear.

Now, something's sure to turnip to prove you can't be beet;
So, if you carrot all for me let's let our tulips meet.
Don't squash my hopes and dreams now, Bee my honey, dear;
Or tears will fill potato's eyes, While sweet corn lends an ear.

I'll cauliflower shop and say, Your dreams are parsley mine.
I'll work and share my celery, So be my valentine.—*Jeanne Losey*

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.