



Friends Of Meals On Wheels, "FOMOW"



Special Delivery, Monthly Newsletter

March 2006

Volume 2, issue 3

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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
 (916) 444-9533**

Sacramento MOW wants to make sure that no senior goes hungry

March is National "March For Meals" Month

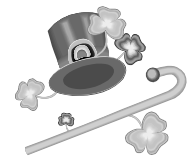
Every March, communities all across America join in the National "March for Meals" campaign. Sacramento County participates in this annual campaign to increase public awareness, recruit new volunteers, and increase local fundraising. This year's "March for Meals" is scheduled for **March 22, 2006**. Local elected officials in Sacramento will join officials of cities and counties across the country and show their support for the Meals On Wheels program. Local officials will personally deliver meals to homebound seniors.

With the help of the Sacramento community and it's leaders, SNS addresses a serious problem plaguing our community, and communities across the United States: hunger, malnutrition, and premature institutionalization among the senior population. As the number of elderly persons increases rapidly over the next twenty years, the community must find ways to

allow frail elderly to remain at home as long as possible and prevent unnecessary and expensive institutionalization in nursing facilities. One of the best ways to do that is to offer homebound seniors a hot home-delivered meal and/or the opportunity to go to a congregate site where they can share a nutritious meal and socialize with other seniors. As many readers of this newsletter already know, Sacramento Meals On Wheels is already serving almost 1,600 homebound seniors every weekday with hundreds more eligible seniors on the waiting list for meals. Those of us at FOMOW and SNS deeply appreciate your help in serving these deserving seniors. For more information, please visit the website at www.mowsacramento.org or call SNS at 444-9533.



Shop at Safeway in March 2006, use your Club card and earn donations for Sacramento Meals On Wheels!



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.

May the road
rise to meet
you,
May the wind
be always at
your back,
May the sun
shine warm
upon your
face,
The rains fall
soft upon
your fields
and,
Until we
meet again,
May God
hold you in
the palm of
His hand.



Avid Reader & Thinker Discusses Life & MOW

By Volunteer Connie V.

Walter M. doesn't remember how long he's been receiving meals, but knows it's been for "quite some time." The meals are all right and he seems to receive enough foods that he enjoys. Through the years two friendly drivers have delivered meals.

Walter was born in Oklahoma and later spent 10 years in the state of Washington. At the enthusiastic encouragement of his brother Walter eventually came to California. He still likes California, but doesn't like the political nature. Being a liberal Democrat he's doesn't care for the Legislature. When I asked about his view of our Governor, he chuckled and said, "We'll see."

This bright opinionated man has a son and daughter whom he sees often, 6 grandchildren and 4 great grandchildren. His beloved wife of 58 years passed away in 2000. When I asked the secret of staying married for that long, he laughed and replied, "We were a couple of old geezers who

got along all right. We stayed with it."

Work was tough for Walter and his wife. They picked beets and cotton. "It was back breaking work and not good for the ego, when you know you're better than that," says Walter. At times he was a laborer for other types of work.

When the weather is good, Walter takes care of his property. This interesting, intelligent man stays alert and informed by reading magazines and books. A significant portion of his reading is centered on the Bible. His favorite part is the New Testament with Paul and John as his favorite apostles. Being an ardent student of the Bible he questions what some of the scriptures mean, and communicates with many of our current day theologians and preachers to search for the truth. He especially doesn't like some of the newer interpretations of the Bible. Since I also am a Bible teacher we ended our interview with a delightful time discussing the scriptures.

If you're enough lucky to be Irish...
You're lucky enough!

Irish Saying



- \$30,025.50 in donations have been received from the community since Nov. 1, 2005! Thank you kind MOW Supporters!

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.