

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

May 2005

Volume 2, issue 3

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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.**

**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*

Niece and Meals On Wheels Came to the Rescue

Note: Following are excerpts from a letter to the Meals On Wheels Program from the niece of a new MOW participant last year. This story was also reported in the Sacramento Bee.

Eighteen years ago when my uncle passed away, my aunt slowly lost her sight. For awhile she would take a long slow walk to the grocery store toting a metal cart along, but for the past five years or more, she has been unable to make that journey due to a nearly complete loss of vision. She is now legally blind. She lived in continuous fear, one day to the next, uncertain about how she would fulfill the most basic of human needs—eating a meal. She did not have any relatives living nearby to recognize the seriousness of the situation.

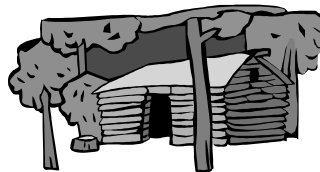
Last summer I became involved when the insurance company was preparing to cancel her homeowners policy due to the poor shape of the house. I became more involved than I ever anticipated because her problems were much deeper than the trees growing into her roof and foundation.

As it turned out, my aunt was afraid to cook herself a warm meal for fear of starting a fire. Blind people do not always turn the right control on, or they drop a hot pan by accident. The oven was a greater challenge because a bump against an open hot oven could be painful. The edges of an open oven are tricky for people who have vision so you can imagine the challenges for a blind person. She eventually resigned herself to eating cold meals for the rest of her life. Actually they would not even qualify as meals.

She would call a taxi and was able to shop about once every two weeks at best. She stocked her kitchen up primarily with canned foods. The task was very challenging but she had to eat. Her meals consisted of a piece of bread for breakfast, cold lunch meats for lunch and a cold can of soup for dinner. My aunt was also eating foods which were old and moldy but she could not see it and it did not bother her much. Sadly, this continued for years and years. her body posture now wears the years of nutritional neglect.

I am thankful for the "Senior Nutrition Services" program. Out of all the services I have obtained for my aunt, this program is the number one most important of them all. If I had to choose only one program, this would be it. I want you to be aware of the importance of your program so it never goes away. People need to eat. Elderly people, in particular, are vulnerable to nutritional deficiencies because they often do not have the resources to obtain food.

I am thankful you admitted my aunt into the program after a long wait. [note: the waiting list has recently been eliminated. If an eligible senior lives near an existing route, the wait for service is very short]. When I first told her she was admitted to the program, I never saw anyone so happy in all my life. A meal is something most of us take for granted but we must never make such assumptions. I was clueless until I witnessed it.



See other side:

- Volunteer Profile

**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.*

*"A meal is
something most
of us take for
granted but we
must never
make such as-
sumptions."*



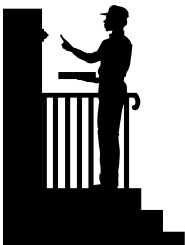
Volunteer Profiles: Qamaruddin Shaikh



“After coming to America I soon realized, and appreciated the values of a free society, where every one is working hard for their families.”



Every time when I go out on the delivery of meals, people want to thank me, but before they can even think about it, I thank them for giving my community such a wonderful environment.



Mr. Qamaruddin Shaikh, or “Shake” as we all know him, is a dedicated Meals on Wheels volunteer driver as well as a member of Friends Of Meals On Wheels. In addition to volunteering for the Meals On Wheels Program himself, Shaikh recruited 3 of his coworkers to volunteer and is working on recruiting a 5th one. For each of them, their employer, Qwest Communications donates up to \$1,000 a year. Shaikh has led a fascinating and exemplary life. We asked him to tell us a little about himself. Here are some of his comments.

“I would like to introduce myself as an average guy with some modest achievements in my life. I was born in a middle class family in Pakistan. My journey of the real life began when I left college and was pushed into the world of self-reliance.

In 1999 I accepted this position and came to the United States of America. I must confess that the corporate environment was not friendly as I expected. It was hostile, diverse and challenging. I had to work extra hours just to understand the common slang of my American bosses. I found that their body language would relay clearer instructions about the task than their speech. I took this challenge very seriously and turbo-charged my energy with all my might and never said no to any task that was handed over to me. I excelled in my work and was soon recognized, acknowledged and rewarded by my superiors. Today I am working in a senior management role for one of the company’s state of the art cyber centers.

Whether it is a park or an elementary school or your neighborhood everywhere in America you found folks are involved with their families and rejoicing everyday of their lives.

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.

I am a proud father of 2 boys and a girl, having a stable job and a house that reflects the hard work of my life long career as an IT Engineer. My professional career started in 1991 as a junior engineer in a Malaysian Shipyard. It took me 1 year of hard work before I was promoted to a system engineer. As a system engineer my duties included designing process-engineering networks for the ships that were being built at the yard. I spent my last years with that company as their Chief Guarantee engineer. Unfortunately in 1998 I became a victim of the regional monetary crunch. I didn’t have many options other than searching for better opportunities outside Malaysia. Fortunately one day I received an offer from a global IT company who wanted me to serve in their North America division.

I felt deep regards for them and wanted to thank them for what they have given to my children and family. And there was no better way other than volunteering for such great programs like Meals on Wheels.

I was glad to find an opportunity to pay back these kind folks for their good deeds and therefore joined Meals on Wheels.

My company also encourages every employee to get involved with the community. Dick Notebar who is our CEO, has a firm belief that community work matters a lot in the life of an employee. Not only that, but he also believes that sharing one’s success with the people of his community, also makes the person a better employee. That is why our motto is “Spirit of Service”, a service to our customers and a service to the community.”

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.