

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

**July/August 2005**

**Volume 2, issue 5**

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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**

**Senior Profile: John Newton & Marguerite Crouse**

John Newton, 85, and Marguerite Crouse, 75, are friends who truly care about each other. When Marguerite had a stroke in January, Newton took over some nursing duties to help her get through her recovery. Both depend on Meals on Wheels for their daily sustenance as both admit they have always hated to cook but say they appreciate good food.

"I was always working," says Marguerite, who was formerly a Budget Analyst for the State of California. She retired in 1960. "My kids learned how to cook in self-defense," she said with a chuckle. Since her stroke has left her with a weakness in her right arm, cooking continues to be too difficult to do now.

"Meals on Wheels is a wonderful program," she says. "The meals are varied and delicious. They come on time and the driver is a delight and it's just great to have this service. There is always a lot of variety," she continued.

John says that MOW is a 'lifesaver' for them both. "I had been receiving Meals on Wheels for over 2 years at my former apartment. Then one day when I went out the door here at Marguerite's building, there was my former driver and he greeted me and helped Marguerite get signed up and transferred my service over here. I have real admiration for our driver, Ted, who

received several awards that were well deserved," said John.

John, who is a walking history book on Icelandic and world history, was born and raised in Iceland. He came to the United States to study at John Hopkins University as an engineer after his mother had told him that water in a pond near their home could be used to make electricity. At the time, he was only 5 years old and his job was to collect sheep dung and dried manure to be used for heating. "I hated that job and if there was an easier way, I wanted to learn about that," says John.

After graduation he went to work for the Dept. of Defense where he worked on the Inter-Continental Ballistic Missile (ICBM) program. "They named the first one "Thor" after me," says John. After working in Nixon's Work-to-Peace program, he moved his family to California where he was with the Dept. of Human Services. "I worked to have the name changed to Employment Development Department," says John proudly.

Since John is from Iceland, Marguerite says his tastes are more eclectic than hers. "I'm a little more finicky than he is but we both find plenty to eat with the meals we get delivered. "As long as they keep coming, I can stay here in my lovely apartment. We are endlessly grateful."

**FOMOW Sets Sights On Fundraising Goal**

The Friends Of Meals On Wheels Committee has weighed the various needs of the Meals On Wheels Program and set a fundraising goal to provide week-end meals to the highest-risk seniors on the MOW program.

Every week, MOW delivers 5 nutritious meals to home-bound seniors. Many of these seniors have no other food. While most of us eat 21 meals a week, plus snacks,

these frail seniors only have five meals a week to survive on. In response, FOMOW has set a goal to raise \$60,00 to provide two extra meals each week for these most frail seniors on the program. A new FOMOW fundraising committee has begun planning a fun event to be held later in the year.

You will be hearing more about the upcoming event in future issues of Special Delivery—stay tuned!

**See other side:**

- Driver Profile
- MOW Nutrition

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

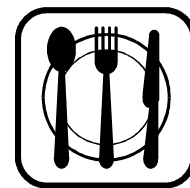
**MISSION:**

*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.*

**This month's  
issue is dated  
July/August.  
We are simply  
aligning the  
Newsletter  
dates with the  
MOW Menu  
dates. Next  
month's issue  
will be dated  
September  
2005.**



### Senior Nutrition Services program statistics:

Years of meal production at current facility, 3013 D St, Sacramento: **26 years**

**1979: 450 congregate and 165 home delivered meals served daily**

**2005: 795 congregate and 1375 home delivered meals served daily**

That's a **353% increase** in meals served to Sacramento County seniors over the past 26 years!



The U.S. Census Bureau projects that beginning in the year 2011, the population of aged 65 and older will grow faster than the total population in every single state.

In 2005, the state of California has a population of **3,454,000** seniors, aged 65 and older.

In the year 2025, it is projected that the state of California will have **6,424,000** seniors, aged 65 and older. This projection nearly doubles the senior population over the next 20 years.



## Driver Profile: Manuel Araiza

"It's easy to get the hang of," says Manny Araiza, a current Roseville resident, when speaking about his volunteer driving and delivery for Meals on Wheels. When it comes to his volunteer work, it is not just a job or errand for him; it has become part of who he is and what he does as a person.

For over 14 years, he has helped to deliver food daily to the homes of needy seniors. "I kind of just fell into it," he responds humbly when asked how he began volunteering. Manny drives an astounding two routes every day, Monday through Friday, and delivers meals to about 25 seniors on each route. After volunteering for so long, Manny has mastered the technique of driving on the best streets, pulling into just the right spot in the shade, taking out the meals, and delivering them to the friendly seniors with a smile on his face.

Manny not only loves volunteering because of the feeling of satisfaction that comes with helping others, but he also advocates the importance of the service to the community. Without Meals on Wheels, many of these seniors would have no means of obtaining food. Also, Manny explains, "Sometimes I'm the only company they get—a lot of them don't have anybody else."

Taking his volunteer position very seriously, Manny also enjoys several aspects of volunteering, one of which is the wonderful staff with which he works. Between his excellent co-workers and the friendly seniors to whom he delivers food, Manny takes delight in every minute of volunteering.

"It's automatic," he quickly replies when asked about his spectacular volunteer service, "That's all there is to it."

**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.**

## Nutritional Guidelines for MOW Meals

Meals served to clients on the Meals on Wheels program must meet specific nutritional guidelines set forth by Title 22 for Elderly Nutrition Programs. This ensures that key nutrients important to promoting and maintaining vital body functions are supplied in every meal.

Each meal must meet 1/3 of the Daily Recommended Intake for all nutrients including carbohydrates, protein, fat, vitamins, and minerals, based on 2000 calories per day. To meet these nutritional requirements, monthly menus are planned by a registered dietitian and include the following:

### A Typical "Meals on Wheels" Meal

- 3 oz serving of meat, such as beef, chicken, fish, or pork
- 2-1/2 cup servings of vegetables and/or fruit
- 1 slice of bread or 1/2 cup of rice or pasta
- Dessert, such as whole fruits, 1/2 cup fruit, or pudding, cookie, etc.
- 1 cup 1% low fat milk

A variety of foods are served on a monthly basis to ensure that meals are not only nutritionally balanced, but are tasty too. Here's to good health!

**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.**