



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

**December 2005**

**Volume 2, issue 8**

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**PART Foundation**  
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**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 senior or no senior's  
 pet goes  
 hungry*

**Four Seniors Added to Service Thanks to Donors!**

The Meals On Wheels waiting list is growing rapidly by the day and many needy seniors are waiting to get meals. However, thanks to the generosity of donors, the Meals On Wheels Program (MOW) recently added four seniors to the program.

Maria is 89-years-old. She's had surgery on both knees, her left ankle, right hip, and her neck. She's also had bypass surgery with a pacemaker and cataract surgery. She can only hear out of one ear. Maria needs a walker or wheelchair to get around.

Agnes is 99-years-old. She will be 100 next November! She can barely walk. She has no teeth and weighs only 100 pounds.

Joe is 94-years-old. He is extremely frail. He has congestive heart failure, osteoporosis, and a hernia. He can move around with a cane.

Ethel is 91-years-old. She has a bad hip which makes it very hard for her to get around. She has low blood sugar and was just released from the hospital.

We are all so glad to be helping out Maria, Agnes, Joe, and Ethel! There are many more seniors with similar stories on the waiting list who need help too. Please volunteer or donate if you can to help us ensure these deserving seniors don't go hungry.

**Mary B, Loyal MOW Supporter**

Mary B. is MOW's most loyal supporter and a joy to talk to!

Mary spent her childhood years in the East Bay. She met her husband, Charles working at an Air Force Base in Pleasanton. They had three children, two daughters and a son. In 1970 Mary reluctantly moved to Sacramento because Charles was promoted in his job and moved here. She said it was too hot in Sacramento. It turned out to be a good move for them and they came to love their home in Sacramento.

In 1972 one of their daughters started college at UC Santa Barbara and Mary went to work for the State of Calif. To help pay tuition. She worked for the State for 20 years before retiring.

Mary's family came from Ireland three generations ago. She learned many family stories in her youth and now her young family members love to hear her retell them.

After Mary and Charles retired, they visited Ireland. They took their granddaughter to do the driving and they all three had a wonderful time and hoped to return one day.

Mary and Charles started delivering Meals On Wheels after they retired because Charles parents received MOW in Florida. He felt a good way to give back was to deliver meals here in Sacramento. Mary said she drove because she was good with directions and Charles delivered the meals because he was good with people. She said he always had his favorite "ladies" who would ask him to do little things for them such as dropping off the mail.

Mary said she supports Meals On Wheels because it's very important that people be allowed to stay in their homes as long as possible. All of us at MOW extend our deepest gratitude to Mary and to Charles' memory for their commitment and dedication to MOW and homebound seniors in Sacramento.

**See other side:**

- Driver Profile
- MOW—PET featured on the Today Show

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

**MISSION:**

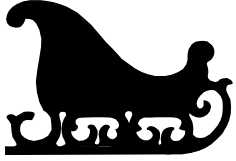
*To Support  
 Sacramento  
 Meals On Wheels  
 by fostering a  
 community where  
 no senior goes  
 hungry.*

**VISION:**

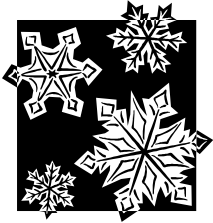
*To assist Meals  
 On Wheels in their  
 goal of ensuring  
 that no Senior goes  
 to bed hungry by  
 providing financial  
 support, creative  
 ideas, and promot-  
 ing community  
 awareness.*

**Wells Fargo  
 Bank gener-  
 ously donated  
 \$4,500 re-  
 cently. Watch  
 future issues  
 for more in-  
 formation on  
 Wells Fargo  
 and their kind  
 help to MOW.**





*Cambridge  
Homes recently  
donated  
\$500.00 to  
MOW.  
Thank-You  
from all of us!*



In the first two weeks after the start of the Direct Mail campaign, 70 donations have been received from kind Sacramentans! Thank You!



## Santa to Many Seniors: Buck Shaw

Last year a charismatic man named Buck Shaw called staff at Meals On Wheels and asked if he could present an idea he had for a great philanthropic project—"Be A Santa To A Senior". Buck, owner of HomeInstead Senior Care, met with staff and explained the project. MOW was thrilled and the Be A Santa program was born.

Many of our homebound seniors spend Christmas alone and don't have anyone to give them a gift. This program brings them a gift and a lot of joy.

Buck and his staff worked with several local stores. They put up Christmas trees with tags for gifts for Seniors. Customers purchased the gifts and gave them to the store employees. Buck and his staff picked up the gifts, had them wrapped, and delivered them to Meals On Wheels to be given to the seniors with their hot meal for Christmas.

This year the program is in it's second year and bigger than last! Buck expects to have at least 500 gifts for the seniors.

If you'd like to help out, go to [www.santatoasenior.com](http://www.santatoasenior.com) You can help out by buying a gift, donating a gift bag, tissue paper, bows, or money. Even if you're reading this after Christmas 2005, you can donate for next year!

Now for a few words about the driving force behind Be A Santa To A Senior himself... Buck states he is married to a wonderful wife, Tonya and has three beautiful children. Kayla who is 14-years-old, Jadyn who's 3-years-old, and Brodin who is 1-year-old. Buck enjoys Youth girls volleyball (his 14-year-old plays for a Junior Olympic club team), hotrod motorcycles, and cars. He also enjoys traveling—mostly to the South of here—and flyfishing.

Thank You and Happy Holidays to Buck!



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.

## Waiting List and Efforts Soar In 2005

During it's long history, the Meals On Wheels Program has often had a long waiting list. In early 2004 there were more than 600 eligible seniors waiting to receive Meals On Wheels. Through the help of many volunteers and creative thinking, Meals On Wheels staff managed to bring all the seniors off the waiting list by early 2005. We were all thrilled to have no waiting list for the first time many of us could remember.

The Spring of 2005 brought many blessings to Meals On Wheels including a massive Pet Food donation from Royal Canin for the Seniors' pets.

Meals On Wheels received wonderful publicity including a segment on the NBC Today Show.

Phone calls to Senior Nutrition Services requesting Meals On Wheels increased dramatically too. Approximately 20 people call every day asking for help. By the beginning of October, the waiting list was 200 seniors. Now, at the beginning of December, it is approaching 500 seniors.

Volunteers have embarked on an ambitious mail campaign seeking donations and volunteers to help hungry seniors in Sacramento. They have sent out over 20,000 letters already and plan to mail many thousands more in the next year.



**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.**