



Friends Of Meals On Wheels, "FOMOW"



Special Delivery, Monthly Newsletter

January 2006

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PART Foundation

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Gifts to Meals On Wheels should be made to the PART Foundation. Gifts are tax

Senior Nutrition Services:

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

Meals On Wheels In The News!

Channel 10's Sacramento Magazine, on December 9, 2005, interviewed Janine Brown, Program Manager for Senior Nutrition, and Buck Shaw, Owner of Home Instead for Senior Care, about the "Be a "Santa to a Senior" program. The program spawned an enthusiastic response to the Santa program.

Ladies Home Journal, January 2006 Edition, presents the article, A Full Belly for the Whole Family by Sarah Z. Wexler. This excellent article features Sacramento's Cindi Beard, one of our receiving seniors whose close companion is her dog, Sydney. Cindi, on a minimal budget, often shared her MOW meal with Sydney. With "Pets Eat Too" (PET), a new program from MOW, Cindi no longer shares her

meal with Sydney and both receive nourishment. Nationwide, approximately 20 percent of MOW's 4,500 branches are able to operate a pet-food program.

The Sacramento Bee, January 5, 2006, published the article, Drivers Sought for food service, by Bill Lindelof. Richard Haines, a dedicated delivery driver, is article's focus typifying the human connection that occurs with delivering a hot meal. "The heart of the program is that somebody is checking in on them every day," said Rebecca Fuller, Volunteer Coordinator. The article has spawned a flood of calls from those seeking to volunteer with MOW. "I'm thrilled with the response," says a very happy Ms. Fuller.

Current Stats:

- 1570 Seniors receiving meals
- 501 seniors waiting for meals
- \$17,313 in donations have been received from the community since Nov. 1, 2005.



Santa Visits Catherine

Catherine M. was born in Fort Worth, TX in 1927. She is now bed bound by rheumatoid arthritis all over her body, and uses full arm supports to walk. Yet, she exudes a beautiful spirit of joy in her day. Catherine has had surgery on both shoulders, both eyes and a leg. The Meals on Wheels hot meal program is wonderful and perfect for Catherine. She doesn't have to manage cooking while using her arm supports along with a stiff leg.

Catherine was a recipient of a "Be a Santa to a Senior" gift for the last two years. In 2004 she was thrilled to receive a beautiful robe that she needed and still uses. In 2005 Catherine received many lotions, shampoo, and what she calls "body stuff." She especially likes the hand sanitizer that she can use without water. Catherine thanks God for Meals on Wheels and says, "I'm very happy."



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.

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.

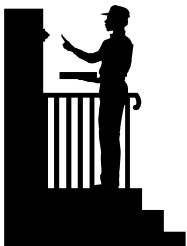
Community Brightens Holiday for Seniors

Volt Professional Placement Agency has provided volunteer assistance to the MOW Program. With the Volt volunteers' help, more than 40,000 letters have now been sent! Our deepest gratitude to Volt!



"Be a Santa to a Senior" is so perfect because our seniors have often been forgotten.

*—John Clark,
Gottschalks
Manager*



The December 2005 "Be a Santa to a Senior" event received an amazing 700 gifts enough for almost half of the 1500 seniors served daily by Sacramento Meals on Wheels. This program brings a gift and a joy.

Buck Shaw, owner of Home Instead Senior Care initiated the program in 2004 that blessed our homebound seniors with 450 gifts. Home Instead sponsors and coordinates a Christmas Giving Tree in various businesses. MOW provides name tags, coordinates wrapping, and delivers the gift along with a hot meal. For December 2005 Assisted Living hosted five trees this year and Gottschalk's in Sacramento and Auburn sponsored a tree. In total, 850 gifts for seniors were received in Placer and Sacramento County MOW Programs.

I'm thankful and grateful to Gottschalks and Assisted Living for hosting the giving trees. People don't realize that for many seniors, this is the only gift they receive. I'm grateful and humbled by so much support by all those who participated in this program. Buck Shaw

You can be involved in the 2006 "Be a Santa to a Senior" event: Participate on the Committee (begins in August), Host a Giving Tree, Adopt Seniors, or join in the many volunteer activities. Please contact Buck Shaw at (916) 920-CARE (920-2273).

With the new year, Special Delivery has changed the format to a shorter page to make it easier for you to print and share the newsletter. Go to www.mowsacramento.org and let us know if you approve of the new format!

Gottshalks Happy to Help Santa!

John Clark, Gottschalks Manager at Country Club Center, enthusiastically says participating in the Be A Santa to a Senior this year was, "A great experience for the store employees and the customers. The tree was well received. We had to keep refilling it."



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Thank you Buck Shaw and "Be a Santa to a Senior" program, the many volunteers, our dedicated staff and drivers, business sponsors, and gift givers for making the 2005 Holiday season very special for needy seniors.

- SMUD employees prepared approximately 200 Thanksgiving dinners.
- Retired Firefighters cooked and delivered approximately 200 Christmas Day meals
- Inner Wheel (spouses and daughters of Rotarians) donated gift bags, 180 blankets, Christmas cards and stamp packets for the Seniors' use
- Individuals helped make the holiday brighter by hand-knitting 4 boxes of home-made knitted scarves
- SBC Retirees Club donated 75 Christmas Stockings

"Be a Santa to a Senior" event – 700 gifts

Every year this event gets bigger and better. Sometimes this is the only gift a senior will receive during the holidays. To be able to deliver these beautiful donated gifts to our clients has really been heartwarming for the staff at Senior Nutrition Services and is very much appreciated by the seniors.



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.