

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

September 2005

Volume 2, issue 6

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**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: Former Teacher Values MOW

Growing up in a two-traffic-light city in the Panama Canal Zone Henrietta W. observed many hardships. Her father worked for the canal as a pilot and at a young age she began to take notice of the poverty plaguing many of the workers brought in from Jamaica and other islands to work on the canal. They would pool all of their money together and buy 5 cents worth of beans and rice for dinner every day.

With a vivid memory, Henrietta recalls her favorite place in Panama: the town of Maria Jaquita, and it's black sand beach that glistened in the sun and the people of the city for their rigor and persistence. Henrietta watched as the fishermen went out on small canoes while waves splashed over their heads. Villagers would walk through long dangerous trails to drink from the dirty river. The people of this town had no school. At the end of every school year, Henrietta would bring her workbooks and leave them near the town, careful not to simply give the books to the people to avoid embarrassing the people of pride. Henrietta's caring does not end there when it comes to Maria Jaquita; her dream, if she had more money, is to go back to there and build a well and a school for the people.

Henrietta graciously thanks the organization of Meals on Wheels for having such concern and consideration when it comes to her care.

In 1953, Henrietta came to attend college in the United States. For 20 years she taught 1st and 2nd grades and teacher training. When asked about her teaching years, Henrietta responds, "Other people invest a lot into their jobs and businesses. Teaching children was my business." Henrietta would take money out of her pocket every day to bring in sandwiches for the underprivileged kids that she taught. Unfortunately, her health eventually went sour and she had to leave her beloved occupation. She has experienced a variety of health issues that have limited her to a walker. Henrietta refuses to be bitter or full of hate, despite all of her hardships; she treats everyone like family and is very opposed any form of discrimination.

Henrietta has received Meals on Wheels for about a year. She becomes ecstatic when she speaks about the program: "It's a life-saving program that's remarkable because you can get a meal even if you can't pay."

Henrietta also loves the MOW-PET program, she said, "If I was broke, like many other seniors, I would feed my cats from my plate, MOW-PET is so important because the exact nutritional balance that we receive is perfect, and to disrupt the balance would surely be devastating to the health of the seniors involved."

**Sacramento County Board Of Supervisors
Honors MOW-PET Volunteers**

On July 26, 2005, the Sacramento County Board Of Supervisors held their Annual **Recognition Of Outstanding Volunteers** Who Serve in Sacramento County Government.

The Program included Bagpipe music by Donald Duncan and Posting of Colors by the Sacramento County Sheriff's Color Guard.

Departments who honored their volunteers included Animal Care & Regulation, Board of Supervisors,

Cooperative Extension, Health and Human Services, Human Assistance, In-Home Supportive Services, Regional Parks, Airports, and the Sheriff's Department.

The Department of Human Assistance honored **Qamaruddin Shaikh** as the Outstanding individual volunteer and the many dedicated individuals who have volunteered on the **MOW-PET Project** as the Outstanding Volunteer Group.

See other side:

- Driver Profile
- Charity Poker Tournament

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

MISSION:

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

VISION:

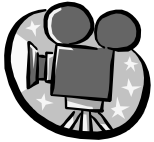
*To assist Meals
On Wheels in their
goal of ensuring
that no Senior goes
to bed hungry by
providing financial
support, creative
ideas, and promot-
ing community
awareness.*

**Henrietta
states the
food is
delicious and
has the per-
fect balance
of nutrition in
every meal,
which she
recognizes as
both a teacher
and a diabetic.**





Volunteering for Meals On Wheels has given me a greater appreciation of how lucky I am to have my health plus I get a lot of gratitude from the people I serve."



"I would like to say thanks to all the people who donated to the tournament. MOW is a great program and the PNP is happy to support it through these events. We hope to double the number of participants and the amount donated for the next event in March 2006."

-Todd Dunbar



Driver Profile: Daniel Javor

The week of July 11, 2005, Dan was river rafting down the Colorado River through the Grand Canyon. When he got back to civilization and a telephone, he had a message from his wife that the NBC Today Show wanted to film him delivering hot meals and pet food to Meals On Wheels seniors! Dan's "five minutes of fame" are being taken very lightly by him. He says he will continue to volunteer for MOW and is not planning to seek an acting career. (As of 8/4/05 the segment has not aired yet, watch for it on the Today Show on channel 3 on Saturday or Sunday morning in the near future)

That is good news to the 25 to 27 people who depend on him daily to bring their meal, fresh and hot, five days a week. The retired Health Care Manager who was in charge of purchasing medical supplies for first Sutter Health and then Mercy Catholic Healthcare continues to hold a part-time job at Emigh's Hardware in Sacramento just to "keep out of trouble" as he puts it, chuckling.

Dan started as a MOW volunteer a few years ago in Minneapolis, Minnesota where he took his own lunch hour to deliver meals to others. "When I retired, I decided to get back into it," said Dan. "I saw an ad in the local paper and applied. Since my wife, Lori, works full time I decided to volunteer again.

He says Emigh Hardware has been "absolutely terrific" about scheduling his work for them around his MOW schedule. Dan is aware that for many of his clients he is their only social contact all day except perhaps for their cat or dog. "Even though you don't always build a strong relationship, they do enjoy just sharing a word with me about the weather or sports or politics. And on the occasion when you pick up the roster and their name is no longer on it, it leaves you somewhat sad."

"I also have a few clients that are really looking forward now to the new pet food delivery," remarked Dan. "Before, if they couldn't get out to get food for their animals or couldn't afford it, they shared from their own plates. Now they have food that is nutritionally correct for them and their pets."

Dan says as long as his own health is good he plans to continue delivering Meals On Wheels. "What makes this job easy is the staff at MOW," explained Dan. "I had a blind person who couldn't read the weekly menus so he couldn't order his own meals. I called the staff and they got right on it and took care of the problem. It's nice to have that kind of backup. They are extremely helpful and that makes the job so much easier," he concluded.

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.

Local Group Raises \$2,736 For Meals On Wheels

On Saturday July 30th fifty-seven people showed up to play in the no-limit Texas hold 'em tournament organized by Sacramento's Poker Night Posse with all proceeds going to Meals On Wheels.

A total of **\$2,736** is being donated to Meals On Wheels. Two people will be removed from the waiting list and will begin to receive hot meals 5 days a week for a year thanks to the ingenuity of Todd Dunbar and the Poker Night Posse.

When the evening ended, one person was left with chips. Diane Richards

of the Department of Human Assistance (DHA) outlasted 56 other competitors to pick up first place. Congratulations Diane!!

Julie Beyers (DHA) was the big winner for raffle prizes, picking up 4 different prizes.

The 2nd event is scheduled for Saturday March 4th, 2006.

For more information please visit <http://www.noseniorgoeshungry.com/>

Other groups of all kinds are invited to try a fundraiser to help knock a name or two off the list.

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.