



Spring 2010

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United Way of Central Virginia



MEALS ON WHEELS, INC. OF THE GREATER LYNCHBURG AREA

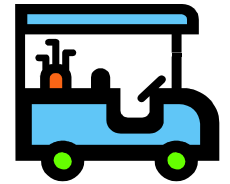
Great Prizes  
Raffle Items

## Meals on Wheels, Inc Of the Greater Lynchburg Area

Still Needed:  
Sponsors  
Teams



# Charity Golf Tournament At Boonsboro Country Club Tuesday, May 4, 2010



**A**  
**AREVA** Lunch at Noon  
Tee off 1:00 p.m.

and



*There are still team slots available, but this is always a sell-out, so call and reserve your spot today!*

Meals on Wheels of the Greater Lynchburg would like to thank the Wal-Mart Foundation for providing a grant to purchase new meal delivery software and new transport boxes. To see a list of other gifts, please log on to our website: [www.mealsonwheelslynchburg.org](http://www.mealsonwheelslynchburg.org)



# TIDBITS

### MOWAA'S PLEDGE TO END SENIOR HUNGER BY 2020

A groundbreaking research study found that as of 2007, there were nearly 6 million senior citizens facing the threat of hunger. Our goal is to match that number with 6 million people nationwide who are willing to stand up and pledge to do what it takes to end senior hunger.

You can be a leader in this national movement in many ways: by volunteering, generating awareness about the problem of senior hunger in America, making a donation, supporting Meals on Wheels in our fundraising events, sharing your thoughts on how we can end senior hunger together by 2020 and by doing anything else that you can to provide the *next meal* "so no senior goes hungry". Will you join us? Visit [mowaa.org](http://mowaa.org) and sign the pledge sheet today! Then, put your caring into action by calling 847-0796 to volunteer or make a donation to Meals on Wheels, Inc. of the Greater Lynchburg Area.

**EXTRA!!**

We are able to accept your gift electronically.

**EXTRA!!**

Visit [www.mealsonwheelslynchburg.org](http://www.mealsonwheelslynchburg.org)

*If you prefer to receive this newsletter electronically, please notify us by e-mail at the above web address.*

*Help save a tree!*

## **FROM THE DIRECTOR**

***“We make a living by what we do, but we make a life by what we give.” Winston Churchill***

2009 was an extremely tough year for everyone, non profit agencies included. We saw a reduction in the amount awarded to us by the United Way of Central Virginia as well as decreased contributions. However, we saw an increase in the number of people needing our services. We suspect this is just the tip of the iceberg. According to the U.S. Bureau of the Census, the National Center on Health Statistics, and the Bureau of Labor Statistics:

- The older population (65+) numbered 38.9 million in 2008, an increase of 4.5 million or 13.0% since 1998.
- The number of Americans aged 45-64 – who will reach 65 over the next two decades – increased by 31% during this decade.
- Over one in every eight, or 12.8%, of the population is an older American.
- Persons reaching age 65 have an average life expectancy of an additional 18.6 years (19.8 years for females and 17.1 years for males).
- About 31% (11.2 million) of noninstitutionalized older persons live alone (8.3 million women, 2.9 million men).
- The population 65 and over will increase from 35 million in 2000 to 40 million in 2010 (a 15% increase) and then to 55 million in 2020 (a 36% increase for that decade).
- The 85+ population is projected to increase from 4.2 million in 2000 to 5.7 million in 2010 (a 6% increase) and then to 6.6 million in 2020 (a 15% increase for that decade).

The facts are sobering. More and more people will need our services in the coming years, and we want to be ready! Our goal is to NEVER have to turn anyone away because of insufficient resources – either money and volunteers. Please consider how you can help. You might consider volunteering to deliver meals, or making a contribution so that others may eat. Perhaps you will become a sponsor and pay for meals for someone in need for the entire year. We would be happy to share information with you on including Meals on Wheels, Inc. in your will to provide for the future. We welcome you to join us in our mission of providing healthy meals, friendly smiles, and warm reassurance to the local homebound community in any way that you can. If you are interested in learning more about us, please call us at 434-847-0796 or visit us on the web at [mealsonwheelsynchburg.org](http://mealsonwheelsynchburg.org).

Lisa Schafer  
Executive Director

## **BIG WHEELS TO DELIVER MEALS ON MARCH 24**

Last year, we held our first ever “Big Wheels” day and invited area “Big Wheels” in government and businesses to come out and join us for a day and help deliver meals. Last year was a great success, with Bert Dodson, Shannon Valentine, Dr. Paul McKendrick, and Marie Martin, among the many “Big Wheels” delivering meals with us. This year, we are gearing up for an even bigger and better “Big Wheels” Day. Mayor Joan Foster has already agreed to join us. How about you? Are you an influential person in Lynchburg? CEO of a company? Elected Official? If the answer is YES, won’t you please join us this year and see just what Meals on Wheels is all about. We deliver so much more than just a meal and want you to be able to share in this with us. For more information, call our office at 847-0796 and we’ll get you signed up to help deliver meals for a day. Don’t delay—this event filled up quickly last year, and we want YOU to be able to experience the joy of helping our neighbors in need.

## **SUCCESSFUL 35th ANNIVERSARY CELEBRATION**



Former Director, Mary Spence Acree, spoke at the celebration



All good celebrations must have good food, and this was no exception thanks to Tiny's Catering



Director Lisa Schafer talks with a meal recipient who came to celebrate.

Celebrations are always such fun, and our 35th anniversary celebration was no exception! Former and current staff, board members, volunteers, coordinators, donors, and clients all came together on a beautiful Sunday afternoon in September to celebrate our past accomplishments and prepare for the future. We have served over 1,800,000 meals in the past 35 years and are planning on at least doubling that amount in the next 35 years. As we ride the aging tsunami, we invite you to join us to help ensure that “no senior goes hungry.”

**PLEASE NOTE:-** In order to save costs and cut down the volume of our newsletter, we have not included our donor list. This list will be posted on our website at [mealsonwheelsynchburg.org](http://mealsonwheelsynchburg.org) and can be downloaded or viewed from there by clicking on “Donor List”. You may also call the office at 847-0796 and we will be glad to mail you a copy. Thanks for your understanding.

# Meals on Wheels of the Greater Lynchburg Area 2010 Collection of Note Cards by Lynchburg Area Artists.

*Mother's Day  
is May 9th*

*By purchasing our note cards you help us to fulfill our mission of  
providing healthy meals, friendly smiles, and warm reassurance to the local homebound community since 1974.*

## MOTHER'S DAY SPECIAL!



*Peggy Dillon*

**Floral Note Cards Pack of 8**  
**Was \$10.00—now only \$8.00**



*Purnell H. Pettyjohn*



*Myrna Nein*



*Smokie Watts*



*Marie Colligan*



*Myrna Nein*



*Pat Shahbrokhi*



*Peggy Dillon*

<b>Florals</b> Set of 8 - \$8.00
Quantity: _____
x 8.00 = _____
Postage: _____ (\$2.00 for one, \$2.75 for two, or \$4.80 for three)
Total: _____

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City, State, Zip: \_\_\_\_\_  
Phone number: \_\_\_\_\_

Please call when ready to pick up

Please mail my cards

I've included postage.

Make your check payable to Meals on Wheels and mail to: P.O. Box 1388, Lynchburg, VA 24505.

Please specify if you want to pick up your cards or if you want them mailed.

For more information, please call the office at 847-0796

For a minimum gift of \$10 we can send a Floral card of your choosing in honor of a Mother, Sister, Aunt or other "Mother" in your life. Just send us the person's name and address of who you want the card sent to along with your selection of card.

## FROM A GRATEFUL MEAL RECIPIENT

Dear Volunteers of Meals on Wheels of the Greater Lynchburg Area,

I am sending this card to express my gratitude for all you do. In the years I worked, I contributed to the United Way. I always specified that my donation designation be to Meals On Wheels. It never occurred to me that one day I would be a recipient of its services. The reason I designated Meals On Wheels was I could never bear the thought that anyone-young, elderly-it didn't matter what the circumstances were-that someone would go without food-sometimes for days....and with no ways or means to access. And I was so blessed myself....and I still am.

Food is not the only thing your volunteers deliver. They bring us contact with the outside world. They bring us cheerful words and warm smiles. I suffer from some short term memory loss and I often forget names of the volunteers who deliver my food. What I never forget though, is their kindness. Marnie came by for my initial interview. She is so upbeat and nice and seems passionate about the Meals On Wheels agency. Today I spoke with Claudette, a volunteer, and although she had several others to deliver she took time to help me wipe up a glass of tea I had spilled and she listened to me talk and talk and talk (sorry Claudette.) While I do talk too much at times, I cannot say enough about how much I admire, respect and appreciate the wonderful volunteers of Meals On Wheels.

I believe strongly that people like Marnie and Claudette far too often fail to receive the recognition they so richly deserve. So, with this card-let it stand for all the times their services and the agency's services went unappreciated.

Thank you all so much!

Sincerely,

A Meal Recipient

(Note: This meal recipient requested that her name not be used, but hopes this will inspire others to volunteer and contribute. You never know when you might need this service.)

Meals on Wheels, Inc.  
OF THE GREATER

PO Box 1388  
Lynchburg, VA 24505

RETURN SERVICE REQUESTED

NON-PROFIT ORG.  
U.S. POSTAGE  
PAID  
LYNCHBURG, VA  
PERMIT #212



*Providing healthy meals, friendly smiles, and warm reassurance to the local homebound community since 1974.*

## VOLUNTEER APPRECIATION WEEK

During the week of April 18, we will join with other organizations throughout the United States to recognize the role volunteers play in our respective causes. I know (for a fact) that Meals on Wheels has some of the greatest volunteers in the nation, but that is especially true here in Lynchburg. While we always try to say “Thank You” to each of our volunteers, we occasionally might miss a few. After all, we have over 900 volunteers! So we are taking the opportunity in this edition of *Tidbits* to acknowledge everyone who helps to make the wheels turn for Meals on Wheels.

Did you know that our volunteers come from all walks of life? Some are young, some are older. They come from businesses, churches, and as individuals — all to help. Some of our volunteers have been here for 35 years, but we also work with new volunteers every day. Our volunteers are as much a part of our mission as delivering meals. Last year alone, volunteers gave over \$342,615 value in their time and another \$60,060 value by using their own vehicles at their own expense to help deliver meals. Having volunteers saves MOW over \$400,000 a year—money that goes directly to feed people.

Because we have so many wonderful volunteers, and because we don’t know some who are and trained by the congregation which recruited them to deliver meals, it is hard to personally say “Thank You” to everyone who gives of themselves to keep the wheels turning. So on behalf of those whom we serve — a very special thank you to all of our many volunteers. We could not do this without you!

# KUDOS!

### VOLUNTEERS

**V**aluable in more ways than words can say.  
**O**ptimistic and helpful every day,  
**L**ending support with a heart—warming smile,  
**U**nselishly going the extra mile,  
**N**otable for all the work you do,  
**T**rusteed because we can count on you,  
**E**ffective in all you undertake,  
**E**steemed for the difference that you make,  
**R**eady to serve in so many ways,  
**S**pecial and deserving of our praise!