



Newsworthy:

- Golf Tournament wrap-up
- Volunteer Corner
- MOW Celebrates 35 years of Service
- New Card Designs —Lower Prices!
- Quilt Raffle

Fall 2009

United Way
of Central Virginia



MEALS ON WHEELS OF THE GREATER LYNCHBURG AREA

TIDBITS

Please Join Us...

*Meals on Wheels, Inc.
Of the Greater Lynchburg Area*

35th Anniversary Celebration

*Where: Madison Heights Community Center
424 Woody's Lake Road
Madison Heights, Virginia 24572*

*When: Sunday Afternoon, September 20, 2009
3:00—5:00 p.m.*

*Who: All current and former board members,
coordinators, volunteers, donors, employees, and meal
recipients. Please make plans to attend this event as
we celebrate your role in our service to the local
homebound community.*

For More Information: 434-847-0796

A note to the community....

The ability to pay is not a condition of service. We do charge for this service, as clients are able to pay. This service is not only for the financially indigent, but for anyone who has a need, and is trying to remain self sufficient and in their homes for as long as possible. Each hot lunch costs \$3.75 and each cold supper costs \$2.70. We ask that those who are able to pay, do so. However, those with financial need will be assessed and assigned an amount to pay based on their ability. Client contributions account for about 23% of the meal costs. We rely on contributions from the local community (The United Way, churches, businesses, civic organizations and individuals) for the balance needed to subsidize those recipients who cannot afford this cost. We receive no government support.

Check us out on the web at: mealsonwheelslynchburg.org

or
follow us on Twitter at [mowlynchburg](https://twitter.com/mowlynchburg)

If you prefer to receive this newsletter electronically, please notify us by e-mail at the above web address. — Help save a Tree!

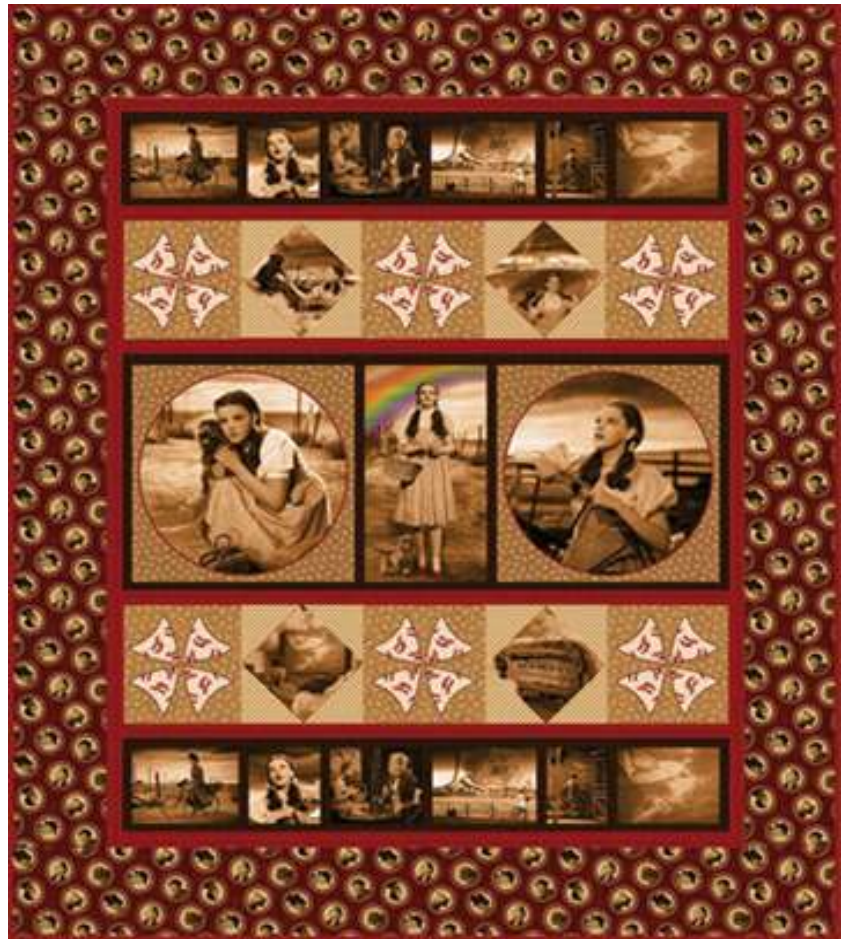
GENERATION SOLUTIONS QUILT RAFFLE BENEFITS MOW

One of a Kind Wizard Of Oz Quilt!

Generation Solutions AND Meals on Wheels are selling raffle tickets for a chance to win the “Wizard of Oz Quilt” and all proceeds will be given to Meals on Wheels. This quilt was made by Generation Solutions staff and is beautiful. It is a one of a kind quilt made to celebrate the 70th Anniversary of the first color showing of the Wizard Of Oz Movie.

Tickets are \$2.00 for one ticket, or \$5.00 for three. They are available from Mary at Meals on Wheels—847-0796 or from Sue at Generation Solutions—455-6500. If you have questions about buying tickets or would like to purchase some, please call soon.

Drawing for the quilt will be held at our 35th Anniversary celebration (see page one of this newsletter for details.)



SUCCESSFUL GOLF TOURNAMENT



Meals on Wheels hosted its second annual golf tournament on May 12th at Boonsboro Country Club. Over 30 teams played to benefit MOW and for some nice prizes. We had some wonderful sponsors in AREVA and Ford Mays Wealth Management and many, many hole sponsors. It was a beautiful day and we were able to raise more than \$20,000 to support the program. Plans are underway for the 2010 tournament. Please call us and say “I (my company) want to be a sponsor.” It is as simple as that and you will be helping to provide the more than 60,000 meals needed yearly to feed our homebound neighbors. Call Lisa at 434-847-0796 for more information.

Kudos to all the sponsors, participants, and volunteers who helped to make this event a success. Thanks also to Boonsboro Country Club for their help and expertise. See you on the course!

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 mealsonwheelslynchburg.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 presents The 2009-2010 Collection of Note Cards by Lynchburg Area Artists

This year, give the gift that keeps on giving. 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.

Scenes of Lynchburg Pack of 8 (1 of ea. design) Includes 1 Bonus Card



David R. Eakin



Dennis Johnson



Karen Bowden



Terri Linton



Smokie Watts



Holy Trinity
Judy Zaryewny



Faye Burnett



Purnell H. Pettyjohn



Al Pletke



St. Paul's Episcopal
Sara Saunders

Churches Each pack is 1 Church (8 copies)



Heritage United Methodist
Dennis Johnson



Quaker Memorial Presbyterian
Smokie Watts



St. Thomas Episcopal
Smokie Watts



Ist. Presbyterian
Tommy Carroll



First Baptist
Smokie Watts



Holy Cross
Al Pletke



Myrna Nein



Elaine J. Burnette



Millie Burdick (Padgett)

Florals

Pack of 8 (1 of ea. Design)
Includes 2 Bonus Cards



Terri Linton



Smokie Watts



Terri Linton



Joyce T. Green



Mary Thibodeau



Smokie Watts



Faye Burnett



Smokie Watts



Gay Tucker

Christmas Cards

Pack of 8 (1 of ea. Design)
Includes 2 Bonus Cards



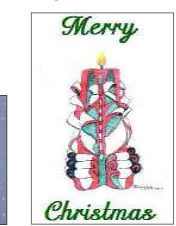
Joyce T. Green



Karen Bowden



Joyce T. Green



Stacy Hutcherson

Order Form

Scenes of Lynchburg	Churches Circle Church(s) Requested	Florals	Christmas
Quantity: _____ x \$10.00 = _____	(Ea. Pack is 1 Church only) Quantity: _____ x \$10.00 = _____	Quantity: _____ x \$10.00 = _____	Quantity: _____ x \$10.00 = _____
Postage: _____	Postage: _____	Postage: _____	Postage: _____
Total: _____	Total: _____	Total: _____	Total: _____

Name: _____

Address: _____

City, State, Zip: _____

Phone: _____

Total Amount of check enclosed with order

\$ _____

- I will pick up cards from office, no need to mail, call when they are ready
- Please mail my cards - I've included postage.

Postage for 245 zip code, please add:
 Packages: 1 add \$2.00 2 add \$2.75
 3 add \$4.80 call if over 3 pkgs.



Make your check payable to Meals on Wheels and mail to:
 P.O. Box 1388, Lynchburg, VA 24505. Phone 847-0796
 Please specify if you want to pick up your cards or you want them mailed.

Meals on Wheels of the Greater Lynchburg Area

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 CORNER

Wow, what a summer it has been! We have had an 8.5% growth over last year, and our recipients keep rising in numbers. We anticipate a 10% to 15% growth in the coming year. This means we need more volunteers so that we can begin service on new routes. We have already started one new route and could use several more.

What does this entail? It takes approximately one and one half hours one day per week for five people. If your church group is not already volunteering to deliver meals, why not organize and adopt this route? If you are a newly retired individual or a stay at home mom, what better way to give back to your community? This is also a good way for homeschoolers to get their needed community service hours. Perhaps you are a member of a civic organization who could do this.

We know you are out there, and we are just waiting for you to step up to the plate so that we will not have to turn anyone away. Pick up the phone and call Marnie at 847-0796 and say, "I want to volunteer." We guarantee it will be one of the best calls you have ever made. Our volunteers tell us they get so much more out of the delivering the meals than the meal recipients. I don't know if that is true or not, but it is a very rewarding and much needed service.



VOLUNTEERS

Many will be shocked to find,
When the day of judgment nears,
That there's a special place in Heaven,
Set aside for volunteers.

Furnished with big recliners,
Satin couches and footstools,
Where there are no committee
chairmen,
No yard sales or rest area coffee to
serve,
No library duty or bulletin assembly,
There will be nothing to print or staple,
Not one thing to fold or mail,
Telephone lists will be outlawed.

But a finger snap will bring
Cool drinks and gourmet dinners
And rare treats fit for a king.
You ask, "Who'll serve these privileged
And work for all they're worth?"
Why, all those who reaped the bene-
fits,
And not once volunteered on Earth.

Author Unknown