

CHAPEL HILL-CARRBORO

MEALS ON WHEELS

PROMOTING HEALTH AND INDEPENDENCE

OLIN T. BINKLEY BAPTIST CHURCH

Winter 2010



Meals on Wheels got an early gift for the holidays this year! We were awarded two grants: the first from the Wachovia Wells Fargo Foundation for \$1,500.00 and a State Giving Program grant from the WAL-MART Foundation for \$25,000.00! We are tremendously encouraged by this much needed support and hope that our luck carries over with the other grants we have submitted. With meal costs and client demand for services rising while corporate donations are falling, we are trying to find new avenues for revenue. We are not alone in this situation. A report last week by the Chronicle of Philanthropy showed donations to the nation's 400 biggest charities dropped by 11%, the worst decline in at least 20 years. We have experienced no such drop from our private donors and we **THANK YOU** for that. We have a loyal and dedicated base of support and we are proud of the way we are adapting to the changing economic climate!

On a sad note, we mourn the death of Margie Pfaff, a volunteer for 19 years and a member of our Board for seven years. She was full of energy and ideas. A great friend to Meals on Wheels, she will be greatly missed.

Board Business

We welcome **Mary Carey** and **Lenore Martin** to the Meals on Wheels Board as members-at large. They both bring enthusiasm and new ideas to our dedicated and hard-working volunteers serving on the Board.

We would like to recognize **Pam Drake** and **Jean French**, former Board members who became Emeritus Members this fall and continue to volunteer and support our efforts in myriad ways. Thank you Ladies!

Special Thanks

A heartfelt thanks go out to a Binkley parishioner who volunteers as our "computer whiz". **Gary Stutts** rescued us from an internet meltdown and installed extra memory in our lone computer. We so appreciate his generosity!

Board of Directors

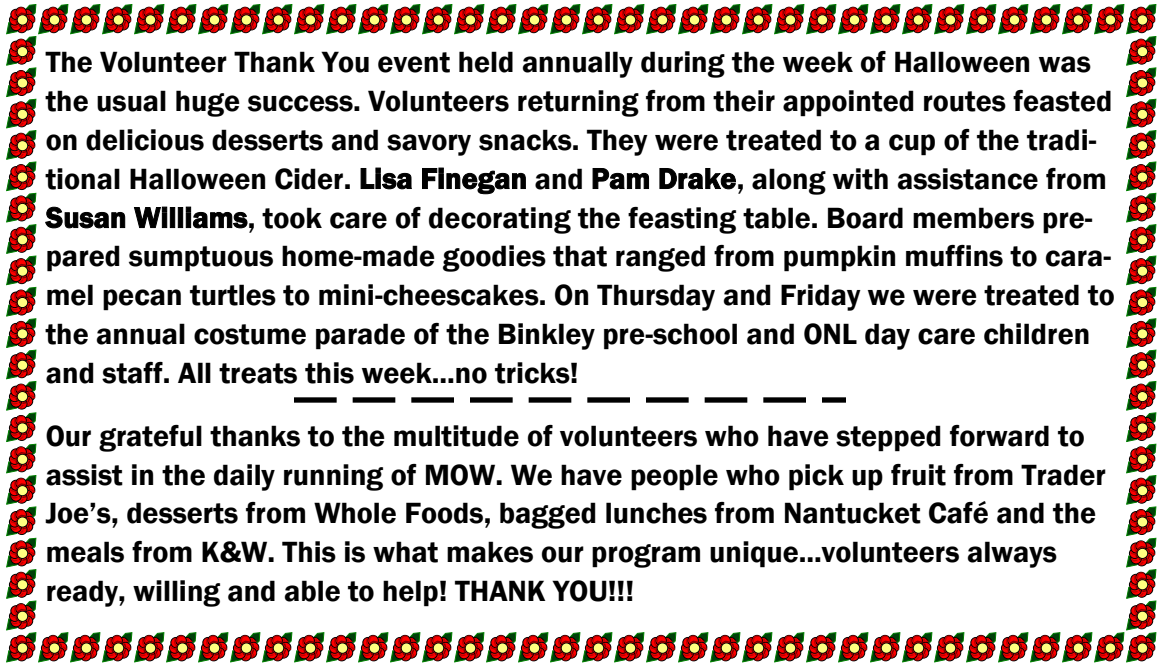
Mary Alice Eckman, President
Susan Williams, Vice President
Margaret Smith, Secretary
Janet Thomas, Treasurer
Lisa Finegan, Volunteer Chair
Celia Sandford, Publicity
Karen Caira
Mary Carey
Lenore Martin
Cheryl Meyer
Molly Pratt

Staff

Stacey Yusko, Director

Belk Charity Drive

Thank you to the volunteers and donors who helped us raise over \$600.00 by selling tickets to the semi-annual Belk Charity Fund-Raiser. Some people got up at 6:00 am to man the table for MOW! The money raised covers an entire day of meals for all of our recipients.


 The Volunteer Thank You event held annually during the week of Halloween was the usual huge success. Volunteers returning from their appointed routes feasted on delicious desserts and savory snacks. They were treated to a cup of the traditional Halloween Cider. **Lisa Flanagan** and **Pam Drake**, along with assistance from **Susan Williams**, took care of decorating the feasting table. Board members prepared sumptuous home-made goodies that ranged from pumpkin muffins to caramel pecan turtles to mini-cheesecakes. On Thursday and Friday we were treated to the annual costume parade of the Binkley pre-school and ONL day care children and staff. All treats this week...no tricks!

Our grateful thanks to the multitude of volunteers who have stepped forward to assist in the daily running of MOW. We have people who pick up fruit from Trader Joe's, desserts from Whole Foods, bagged lunches from Nantucket Café and the meals from K&W. This is what makes our program unique...volunteers always ready, willing and able to help! **THANK YOU!!!**

Bits & Pieces

Have you heard a deep, sonorous voice extolling the virtues of Meals on Wheels on WCHL? That would be our own volunteer, **John Shearer**, who did the promotional spot for us. Details to follow about a chance to hear him sing with his band at a **blues concert** to benefit Chapel Hill-Carrboro Meals on Wheels early next year!

Link your **Food Lion MVP** card to benefit MOW. Our number is **252346** and it can be done at www.foodlion.com

Welcome to our New Volunteers:

Kit Carson **Dennis Horstman**
Janet Smith **Suzanne Marchionini**

Thank you for the gift of your time and energy!

From Meals on Wheels Association

The top ten Senior hunger states currently are:

1. Mississippi
2. South Carolina
3. Arkansas
4. Texas
5. New Mexico
6. Georgia
7. Alabama
8. Louisiana
9. North Carolina
10. Oklahoma

Sample Menus

Nov 10: Spaghetti, green salad, fruit cup, yeast roll, 2% milk and orange chiffon cake

Sept 11: Baked chicken, greens, black-eyed peas, cornbread, Golden Delicious apple, 2% milk and oatmeal raisin cookies.

Aug 17: Chicken potpie, sweet potato souffle, tangerine, yeast roll, 2% milk and double dessert! Reeses cupcakes and vanilla pound cake.

DEMOGRAPHICS

2009-2010

Total people served: 154

85 live in Chapel Hill

49 live in Carrboro

20 live in Orange County

95 are Caucasian

59 are African-American

54 are male, 100 are female

44 are elderly

46 are disabled

64 have health concerns

Fund-Raising Corner

In addition to applying for grants, Meals on Wheels has formed a **“Fund-Raising Committee”** which is headed up by the amazing and organized **Cella Sandford**. In an attempt to avoid exhausting loyal donors like yourselves who form the base of our support, we have brainstormed new ideas. We are hoping that you will possibly mention our needs to family and friends at this time of giving. Please contact Stacey at the office if you can think of anything to add to this list!

Consider MOW when you make a bequest, purchase a birthday or hostess gift or send out your holiday cards. A donation in honor of a friend is a terrific gift.

Look for our small fund-raising events:

5% day at Whole Foods,

link your MVP card at Food Lion to benefit MOW,

A Southern Season Community Spotlight “piggy bank” in November 2011

WISHLIST

Ziploc baggies

(sandwich and snack size)

Canon Inkjet Cartridges

(210XL AND 211XL)

Printer paper

Fruit cups

Applesauces



The Chapel Hill-Carrboro Meals on Wheels program has been providing nutritious meals for our area's homebound for over 34 years. We currently subsidize 80% of our clients' food costs, and all these funds come through the generosity of the community we serve.

Please consider a donation to Meals on Wheels and help the wheels keep turning so that no resident goes hungry.

Chapel Hill-Carrboro

Meals on Wheels

PO Box 2102

Chapel Hill, NC 27514

Our Mission: To provide nutritious meals and a personal visit to individuals who are unable to prepare meals for themselves due to illness, disability or convalescence in order to improve their health, reduce isolation and maintain independence. More than 100 volunteers deliver meals in Chapel Hill, Carrboro and the surrounding area. We have over 40 bakers who make delicious home-made desserts and we are proud to serve meals prepared by K&W Cafeterias.