

Tidbits

Spring 2017



Choice Bites:

Souper Bowl of Caring

To date we have received a total of \$5,523 from 17 faith communities that collected funds on February 5th, Superbowl Sunday, for the Souper Bowl of Caring. Many thanks to those of you who participated.



SAVE THE DATE!!

Mark **July 29th** on your calendar NOW and plan to attend Meals on Wheels night at the Lynchburg Hillcats!



Purchase your \$9 ticket from us (details soon) and a large portion will

benefit Meals on Wheels! **Easy and Fun!**

Another New Route Coming Soon!

One new route began in February and we are looking at starting another one soon in the Old Forest Road area. If you, or someone you know would be interested in volunteering:

- Call Ronnie at 847-0796
- Email info@mealslynchburg.org
- Check out our training video on the website mealslynchburg.org

Survey says ...

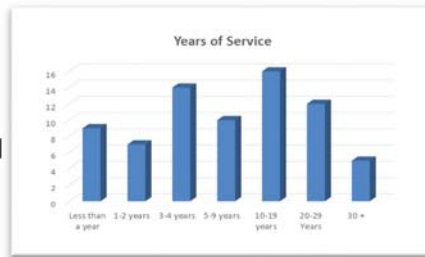
MOW Volunteer Survey, 2016

Last fall we reached out to our volunteers and asked for feedback through a Volunteer Survey. Eighty-nine people responded, and we want to share some of their input with you.

Who Responded

We handed out 'hard copies' of the survey at our Volunteer appreciation dinner had copies available at Canteen and VBH for four weeks, with an online link available. It was also promoted on Facebook.

The respondents seem reflective of our volunteer pool overall:



My overall volunteer experience is positive. 3.00

100% of those who responded said they would recommend volunteering for

Communication and updates to volunteers are clear, timely and helpful. 2.93

My volunteering has a real impact on the lives of MOW recipients. 2.99

MOW to a friend!

Beyond Data

The comments were the best part. Unfortunately we cannot list them all here, but more will be available online. Here are some of our favorites:

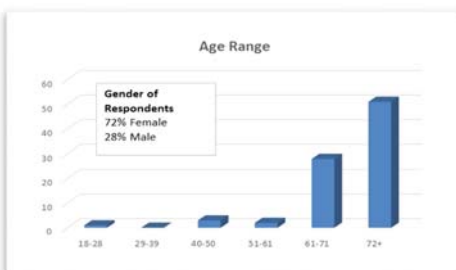
"The thing I enjoy most is knowing that my new friends in the community have their meal for the day and they have been checked in on."

"The gratefulness they show is all the reward I need."

"I feel blessed by the gratitude of the recipients."

Volunteer shared from recipient:

"The time you spend with me is more important than the food, even when I'm hungry."



The Results: We kept the questions simple. On a scale of 1 to 3 (with 3 being the highest):

My MOW volunteering makes a valuable contribution to the community. 2.98

Best Job in Town

Message from the Director

When people ask me what I do, I usually end up saying, "I have the best job in town." Mainly because I have an opportunity to be around some amazing people.

Volunteers: Meals on Wheels couldn't survive without our incredible volunteers. They are modest and usually talk about how they "get so much more than they give." But they are a vital lifeline and friend to many of the people we serve. As one volunteer said, "We are bringing a little happiness to someone who really needs it."

Recipients: Our friends that receive Meals on Wheels are some of the most interesting and experienced people in town. Anytime I can sit down with one of them, I learn so much and know that they have even more to share.

Staff: This morning, Caroline Street, our Program Coordinator, was in my office sharing how happy she is that we provide "so much more than a meal." She frequently is able to refer new recipients to other programs, or gives their family ideas on where to turn for additional help. I know she also tells them how it is "okay" to ask a volunteer to open their milk or put the meal in a specific place when they are having issues with tremors. She pays attention to their needs and works to make sure we can help to the best of our ability. The greatest thing is that everyone in our office does the same thing, in their own way. They all go above and beyond—they are truly mission driven.

Supporters: Not everyone can deliver a meal route, but so many people in this community make sure those we serve have hot food and a connection to the community. They care!

Kris Shabestar, Executive Director



Giving January 11 2017 –
March 10, 2017

In Honor of

- 58 Club** by Mr. Jerald Morris
- Naomi Caldwell** by Mr. & Mrs. Elias Richards
- Joseph Ferris** by Kathy Ferris
- Clara Jackson** by Mr. & Mrs. Robert Taylor
- Tom Ledford** by Mr. & Mrs. David R. Scalf
- George P. Ramsey, Jr.** by Mr. & Mrs. George Ramsey
- Charlie Robinson** by Ms. Bonnie M. Black
- Gerald A. Rubino** by Ms. Jan Messner
- Paul Shager** by Mr. & Mrs. Charles Smith
- Clients of Meals on Wheels** by Ms. Susan F. Parsley
- The Lynchburg Shag Club** by Members of Lynchburg Shag Club

Memory of

- Cecil R. Abbott, Sr.** by Ms. Nancy Abbott
- Ralph P. Breeding, Jr.** by Ms. Etta Ashwell
- Robert L. Bogdan** by Mark & Carolyn Foster
- Betty Joan "Jo" Harvey Carey** by Ms. Betty Burford
- Ms. Shirley A. Cunningham
- Mr. & Mrs. Simeon Ford
- William Giddings, III
- Mr. & Mrs. Robert J. Madden
- Mr. & Mrs. Michael Madden
- Mr. & Mrs. Farrar Marsh
- Mr. & Mrs. Thomas S. Mignogna
- Mrs. Alice L. Myers
- Mr. Ernest W. Smith Jr.
- Claude J. Dawson Jr. & Ronald L. Dawson** by Mrs. Ruth Dawson
- Alice Donaldson** by Market At Main
- Rick DuFour** by Mr. & Mrs. Paul Harvey
- Jennifer Edlin Farr** by Mr. & Mrs. James Hicks
- Jane S. Frisa** by Mr. Edward Frisa
- Claudia Gillispie** by Ms. Joyce Rumburg
- Ronald D. Hale** by SYNCO Properties
- Bonsack Baptist Church Adult Choir
- Dr. & Mrs. T. Scott Garrett
- Members of the Choir** by Dagmara Pawlowska
- Ms. Jackie Stephens
- Katherine & Bryant Hare, III** by Mr. & Mrs. Lloyd Agnew
- Allorai Jamerson** by Mr. Bill L. Jamerson
- S. P. James, Jr.** by Mr. & Mrs. James Hicks
- Sue Kash** by Madison Heights Christian
- Ms. Linda S. Wilkerson
- John (Jack) Keirs** by Mrs. Cynthia Keirs
- Garland Mapp** by Mrs. Garland Mapp, III
- Alease Martin** by Ms. Jolie Lewis
- Dorothy Martin** by Mr. & Mrs. Jim Pollock
- Kathryn Cummins Mays** by Mr. & Mrs. Ford Mays
- Margaret M. Nelson** by Dr. Joseph Nelson, Jr.
- Mildred Noechel** by Mr. & Mrs. Mark R. Dysart
- by Mr. & Mrs. D. L. Goodwin
- Bedford Comm. Health Foundation
- Mrs. Herman Morris
- June Ricketts** by Ms. Helen R. Routon
- Sally Roseveare** by Mrs. Penelope Thomas
- Margieanne Suhling** by Mr. & Mrs. George Ramsey
- Barbara Templeton** by Rev. & Mrs. David Etheridge
- Ms. Vicky Fenimore
- Mr. & Mrs. Dean Lindeman
- Dr. & Mrs. William Riley
- Louis Thurman** by Mr. & Mrs. Henry Lovelace, Jr.
- Alice Tolbert** by Mr. James W. Tolbert, Jr.
- Carey Tolbert** by Mr. James W. Tolbert, Jr.
- John Tuck** by Mr. & Mrs. James Newman
- Norma & Jesse Ware** by Ms. Delores Figg
- Fred D. Wayne, Jr.** by Mrs. Francis Wayne
- David Widgeon** by Mrs. David Widgeon, Jr.
- Amy B. Young** by Ms. Helen R. Routon
- Husband & Son** by Mrs. Dick Torode
- Individuals**
- Mr. & Mrs. Ralph Aflerbach
- Ms. June A. Alderson
- C. Howard Austin
- Mr. Larry Bassett
- Mr. & Mrs. Clarence Beebe
- Mr. Ryan Bomberger
- Dr. Vivian M. Camm
- Ms. Pauline Dickens & Mr. Joe Chavez
- Mr. & Mrs. George F. Coleman
- Ms. Valencia Collins
- William J. Conner
- The Honorable & Mrs. J. Crumbley
- Mr. & Mrs. Vince Desmond
- Mrs. Bobbie Dickerson
- Dennis & Martha Dodson
- Mr. & Mrs. Eldon Easter
- Mr. & Mrs. Donald Eastman
- Blair & Fran Fairbrother
- Mrs. Ryan Fifer
- Ms. Nancy Floyd
- Mr. Chuck Garrard
- Ms. Diana Geissler
- Dr. & Mrs. John Gilkey
- Dennis Weidter
- Mr. Frank R. Gough
- Mr. & Mrs. John Grubba
- Rosa Guinn
- Mr. & Mrs. Robert Hackworth
- Mrs. Phyllis Hall
- Mrs. S. B. Hobbs
- Mrs. H. G. Lewis Holt
- Mr. & Mrs. Harry Honig
- Lucille Hughes
- Dr. & Mrs. Harvey Huiner
- Nancy & Jim Hunter
- Mr. & Mrs. Robert Huntington
- Mr. & Mrs. Robert Johnson
- Mr. W. Marshall Jones
- Ms. M. Marcy Jones
- Ms. Jackie Keese
- Mrs. Betty Kirkpatrick
- Mr. & Mrs. Leroy Kirstein
- Mr. & Mrs. Brennan Kraje
- Mr. & Mrs. Kenneth Layne
- Mr. & Mrs. Stanley Levinson
- Tom & Betty Mabe
- Mary & Al Maddox
- Ms. Carolyn Mahone
- Lt. Col. & Mrs. Harold Massie
- Mr. & Mrs. W. G. McKenna
- Dr. & Mrs. Robert Miles
- Mr. Michael Minkler
- Nancy C. Mize
- Mr. & Mrs. Alexander Newmark
- Mr. & Mrs. Napoleon Olvera
- Mr. Thomas Padgett
- Mr. & Mrs. James W. Page, Jr.
- Ms. Susan F. Parsley
- Ms. Anna Payne
- Ms. Sondra Perricone
- Dr. & Mrs. Donald Perry
- Mr. & Mrs. Thomas Pettijohn
- Billie & Jack Plank
- Dr. & Mrs. Joseph Pond
- Mr. & Mrs. John Poole
- Mr. Merlyn Proehl
- Ms. Fumiko Radile
- Mr. & Mrs. Robert Richardson
- John C. Risher
- Mr. & Mrs. David L. Roberts
- Mr. & Mrs. Paul Royer
- Ms. Lori Ruff

- Ms. Marnie Saunders
- Ms. Frances Sayre
- Mr. & Mrs. Elliot Schewel
- Mr. & Mrs. David Shackelford
- Ms. Doris Sharp
- Ms. Charlotte Smith
- Mrs. Elizabeth Smith
- Mr. & Mrs. Kenneth Snell
- Mr. & Mrs. John Spencer
- Mr. & Mrs. Shelby Spradlin
- Mr. & Mrs. William Stafford
- Mr. & Mrs. Eugene Stephens
- Mr. & Mrs. Richard Stone
- Mrs. Mary Norvell Thomson
- Mrs. Elizabeth Thornhill
- Ms. Eileen Tuttle
- Mr. Roger Vaden
- Mr. & Mrs. Earl Vaughn
- Mr. & Mrs. Peter Ward
- Dr. & Mrs. Lew Weider
- Ms. Nancy Wellons
- Al White
- Mr. & Mrs. Willis Winfree
- Mr. & Mrs. Warren Wittkopf
- Mr. & Mrs. Charles Wood
- Mr. Roy Wood
- Mr. & Mrs. James Youngblood

- Brookville Ruritan Club
- Fort Hill Woman's Club
- Moore & Giles, Inc.
- Schewel Charitable Foundation
- Faith Community**
- Beulah Baptist
- Campbell Avenue Baptist
- Centenary United Methodist
- Chestnut Hill Baptist
- Chestnut Hill Baptist / Hazel Moon Circle
- College Hill Baptist
- Fairview United Methodist Women
- First Baptist
- First Baptist of Monroe
- Forest Community Church
- Forest Road United Methodist
- Holy Trinity Lutheran
- Lakewood Baptist
- Madison Heights Baptist
- Madison Heights Christian
- Marsh Memorial United Methodist
- Memorial Christian
- Mt. Sinai Baptist
- Oakdale Baptist
- Peakland Baptist
- Quaker Memorial Presbyterian
- Randolph Memorial Baptist
- Rivermont Avenue Baptist
- Rose Chapel Baptist
- Sandy Bottom Christian
- Scott Zion Baptist
- St. John's Episcopal
- St. Paul's Episcopal
- Timberlake Christian
- Timberlake UMC Women
- Timberlake United Methodist
- Union Christian

In-Kind

- Cub Scout Pack 29 Den 6
- Jackson Street UMC / Women's Club
- Lynchburg Business Machines
- William Milton
- Special Friends Exchange Club
- David Sexton & Jonathan Sexton
- Kris & Fred Shabestar
- Lorraine Taylor
- Veronica Washington

Foundations, Businesses & Civic Groups

- Baird
- Berglund Automotive



You're never too young to volunteer for Meals on Wheels! These 4th grade Cub Scouts from Pack 29, Weblo Den 6 assembled birthday boxes at a recent scout meeting and donated them for us to deliver on our meal recipients' birthdays.



Call and reserve your spot today!

Meals on Wheels 10th Annual Golf Tournament Boonsboro Country Club Tuesday, May 9, 2017

New this year:
Don't have a four-some?
Sign up as a single, double
or triple, and we will
fill your team!

To register or get more information:

434.847.0796 or
www.mealslynchburg.org

Not a golfer? That's ok! There are lots of ways you can help support this big event!
Call 434.847.0796



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info@mealslynchburg.org

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*Providing healthy meals, friendly smiles, and warm reassurance
to the local community in need.*

Lynchburg, Let's Do Lunch!

Meals on Wheels is once more **offering**
Let's Do Lunch, Tuesday thru Friday,
April 4-7. Once again, for every meal you
purchase at \$10, you will also be providing
a meal to one of our recipients.

Buy One—Give One!

Want to participate? Get on our e-mail list:
info@mealslynchburg.org

Visit our website to download the form or
order online:

**[www.mealsonwheelslynchburg.org/
events-and-activities/
lets-do-lunch/](http://www.mealsonwheelslynchburg.org/events-and-activities/lets-do-lunch/)**

*To date, **9,064 meals** have been
provided
through this
fundraiser.
**Let's break
10,000 in April!***



Jersey Mike's SUBS