

# Tidbits

Spring 2018

## March for Meals



### Choice Bites:

#### Souper Bowl of Caring

To date, we have received a total of \$3,945 from 16 faith communities that collected funds on February 4th, Super Bowl Sunday, for the Souper Bowl of Caring. Thanks to all who participated.



#### Volunteer Training Video

If you, or someone you know, is interested in becoming a Meals on Wheels volunteer, check out our training video to see how it works at mealslynchburg.org

Want to Play Golf at Boonsboro Country Club? The Meals on Wheels golf tournament is May 8. Reserve your spot today! Remember, singles and partial teams are always welcome.

On a cold, rainy and windy day in March, 23

#### Community Leaders

donated their time to bring a hot meal to many of our Meals on Wheels recipients.

**March for Meals is a national event** where hundreds of local Meals on Wheels programs across the country reach out to take a stand for the millions of seniors struggling with hunger and isolation.

Representative Scott Garrett regularly participates and said, *"It gives me a unique perspective on how I can better meet the needs of our community when I go to Richmond."*

Bill Bodine, CEO of The Greater Lynchburg Community Foundation noted, *"It was an uplifting experience for me."*

Bill Varner, CEO of the United Way, brought two staff members and is now committed to delivering on a regular basis, not only with his staff, but wants to bring his chil-

dren along the next time.

Councilman Randy Nelson noted, *"it is far more than distribution of food. It is a protocol for building community trust, compassion, faith and relationships."*

Our Community Leaders were a cross section of Lynchburg. We had City

Council Members, State Senator Mark Peake, executives from local businesses, and two of the teenage officers from EC Glass' Girls in Virginia (GIV) civic group. All delivered a hot meal, but walked away with a full heart.



LPD Chief Diaz with volunteer Jean Yates



Vice Mayor Treeny Tweedy and Girls in Virginia Officers, Clayton Royer & Eva Barauskas, delivered with volunteer Susan Manion during March for Meals



## Estimated Value of Contributed Services

### Message from the Director

A few years ago we started listing our donors in the newsletter. I was worried at first because I was afraid that we would accidentally miss a name, or just mess up...and, it has happened on occasion. However, I was talking with one of our volunteers and I realized that we DID miss a little name, or occasion. we DID miss a big group of donors. Volunteers donate so much of their time and mileage and I do not acknowledge that gift often enough. One of our regular volunteers mentioned that he drove over 1,750 miles last year to deliver meals (he tracks it so he can take it off his taxes), but I know others may be twice that much or more because they regularly substitute when other drivers can't make it.



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Every year, Meals on Wheels needs to report to the IRS the "Estimated Value of Contributed Services." Estimating 17,000 volunteer hours and about 97,000 miles, I valued these services at \$462,518. While this is a significant donation, it doesn't come close to the real value. Meals on Wheels could not continue to serve our neighbors in need without all our volunteers, and our recipients would be in the hospital longer, be more isolated and in more danger without the regular deliveries, so I have to say that the "Estimated Value of Contributed Services" is really PRICELESS!

Thank you so much to all of our volunteers who donate so much and who make a very real impact in our community.

Kris Shabestar, Executive Director



Call and reserve your spot today!

# Meals on Wheels

## 11<sup>th</sup> Annual Golf Tournament

Boonsboro Country Club

Tuesday, May 8, 2018

**Also this year:**  
 Don't have a four-some?  
 Sign up as a single, double or triple, and we will fill your team!  
**PLUS, you can pre-purchase your mulligans & strings**

To register or get more information:  
 434.847.0796 or  
[www.mealslynchburg.org](http://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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*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 17-20**. Your meals will include a sub or salad from Jersey Mike's chips and a cookie. Additionally, 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 or make sure you don't miss it? Get on our e-mail list:  
[info@mealslynchburg.org](mailto: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, 11,549 meals have been provided through this fundraiser.*



**Jersey Mike's SUBS**