

Tidbits

Summer, 2018

Choice Bites

Thank You!

We are able to meet the needs in this community because of local grants and organizations that have events to benefit Meals on Wheels. Special thanks this calendar quarter to:

- Greater Lynchburg Community Foundation which provided MOW with \$16,709 from four of their funds.
- The Genworth Foundation generously supported us with a grant of \$5,000.
- Food Lion Feeds Charitable Foundation with a grant of \$2,700.
- Lynchburg Living's Restaurant Week. We especially thank the Restaurant Week Sponsor Forest Hill Endodontics, and all the participating restaurants for their financial support (special shout out to Parry Restaurant Group for joining in with gusto)!

Easy Ways you can help:

- Kroger Rewards. Register your Kroger card at:
 - * krogercommunityrewards.com
 - * Or call 1-800-KROGERS option 3
 - * Our number is 90146
- Amazon Smile is a simple and automatic way for you to support MOW. Simply shop at smile.amazon.com and select [Meals on Wheels, Lynchburg](#) as your charitable organization.

Save the Date: The Volunteer Dinner is scheduled for Oct. 23.

Community

Partners Deliver!

Neighbors, friends and faith communities have always been the foundation of our volunteer base at Meals on Wheels of Greater Lynchburg. But increasingly, we are seeing support from a new sector that also brings tremendous value to our program: **Community Partners**

Businesses, civic groups, and other organizations find that delivering lunch for Meals on Wheels can fit into their schedule, build relationships and further the mission of their own organization. It's a win-win!

"Our management team ... is proud to partner with Meals on Wheels by volunteering weekly to deliver meals," says Jennifer Zirkle, Office Manager at Medical Associates of Central Virginia.

Each organization is different, but all have figured out a way to schedule a 90 minute meal delivery into their



Joy Biggs & Kathy Tinnell of MACV pick up meals for 'their route' on a recent Tuesday in July.



routine.

Zirkle explains, *"Our managers are divided into teams of two for the deliveries and are scheduled on a rotation so they each deliver every five weeks. It's a great experience for our team and we are pleased to help serve members of our great community."*

Abundant thanks to some of our Committed Business & Civic Partners who fit delivery routes into their work day:

25th Masonic District
Central Virginia Training Center
DePaul Community Resources
Frito-Lay Genworth
Harmony Day Support
KDC, Lynchburg
Lutheran Family Services
Lynchburg Sheltered Industries
Medical Associates of Central Virginia
P.E.O., Chapter AD
Scott Insurance
Terry Subaru
The Arc
United Way of Central VA

To find out more about how your business or organization can help, call 434.847.0796 or email info@mealslynchburg.org

Routes regularly open, so give us a call

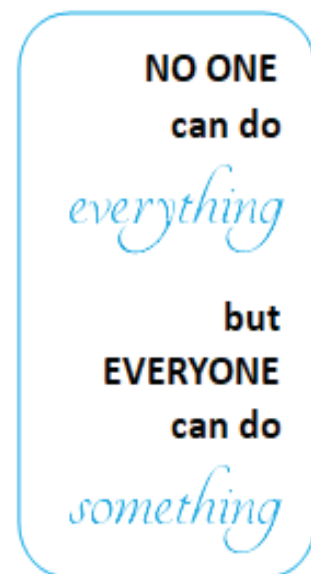
à la Carte Volunteering

A year ago we started an email list for some of our more irregular volunteer opportunities and called it *à la Carte Opportunities*. About once a month, an email is sent out listing these jobs; the volunteer clicks on a link and signs up online (or you can also call the office to sign up). Since it began, you have delivered birthday boxes, Ensure and pet food. You even folded this newsletter and one scanned all of our old board minutes for safe-keeping. A number of people helped by voting for Meals on Wheels at home on their computers. That helped too.

Many people assume that if you are not available during late mornings to deliver meals, you can't volunteer for Meals on Wheels. Well, that is not true and à la Carte might just work for you. Give us a call or email us at info@mealslynchburg.org to get on our list so you can explore some of these opportunities as well.



Kris Shabestar, Executive Director



New Board of Directors

Each June, we welcome new board members to Meals on Wheels. We are so pleased to have the following friends join us this year:

Dorothy Niles

David Wodicka, MD

Kristen O'Neill

Daryl Yoder, MD

Unfortunately, we also had to release the following people who have served either three or six years (two terms):

Darlene Etheridge

Bob Lockridge, MD

Treena Koroneos

Trish Whaley

The board of Meals on Wheels is a vital part of our existence. They work our special events, deliver lunches, oversee our finances and daily activities and help us vision for the future. Our other board members include:

Bill Bumgarner

Sarah Hellewell, MD

Seth Martin

Lucy Cook

Ginny Huntington

Chad Nelson

Bob Day

Carlos Hutcherson, Esq.

Paul Shager

Linda Duerson

Rhonda Knight

Rodney Taylor

Jack Flippin

Lisa Martin



PO Bo 1388
Lynchburg, VA 24505
www.mealsonwheelslynchburg.org
434-847-0796
info@mealslynchburg.org

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We Took a Swing at Hunger

Meals on Wheels' 11th Annual Golf Tournament was successful once more, as teams converged on Boonsboro Country Club to spend an afternoon in honor of our neighbors in need. **We took a swing at hunger and with help from our friends, we scored a hole in one!**

Special thanks to:

Corporate Event Sponsors

- | | |
|---------------------|--------------------------|
| ★ Centra | ★ BWXT |
| ★ Framatome | ★ The Journey |
| ★ Signs by Tomorrow | ★ Westminster Canterbury |

Business Teams & Hole Sponsors

- | | |
|---------------------------|----------------------------|
| ★ Aylor Farm & Garden | ★ Campbell Insurance |
| ★ Captrust | ★ Jim Glass, Long & Foster |
| ★ David & Alison Johnston | ★ LGH Auxiliary |
| ★ Market at Main | ★ MOW Board Members |
| ★ Moore & Giles, Inc. | ★ Webb Sporting Goods |

In-Kind Donations

Academy Center of the Arts
 Anthony & Company Salon
 Boonsboro Country Club
 Lucy & Robert Cook
 Mr. and Mrs. Robert Day
 Falling River Country Club
 Drs. Sarah & Timothy Hellewell
 Isabella's Italian Trattoria
 Jackson Street UMC/ Women's Club
 Jimmy's On The James
 Ms. Karol Lawson
 Dr. & Mrs. Robert Lockridge
 London Downs Golf Course
 London's Salt Spa
 Lynchburg Symphony Orchestra
 Magnolia Foods
 Market At Main
 Lisa & Seth D. Martin
 Mr. & Mrs. Scott Martin
 Massage Envy Spa
 Mustard Seed Realty
 Opera On The James
 Parry Restaurant Group
 Poplar Forest Golf Course
 Runk & Pratt
 Sam's Club of Lynchburg
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