

News & Updates

FROM MEALS ON WHEELS OF GREATER LYNCHBURG

SUMMER 2023



3 Million Meals and counting!

Meals on Wheels is on track to deliver its **three millionth meal** this fall! Current projections will have us reach that milestone in mid-October.

Three million of anything is a lot, and 3 million meals is quite an impressive number. The box to the right offers several examples to help visualize what 3 million meals look like.

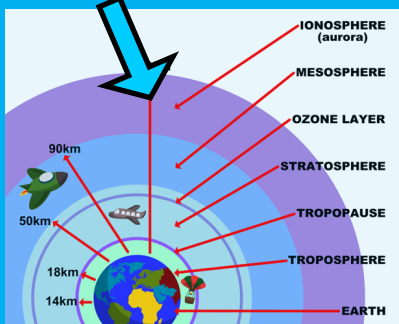
But we know it's really not about how high they will stack or how far they will stretch.

- It's about the millions of smiles, hugs, laughs and conversations at all those deliveries.
- It's really about the thousands of lives that were positively impacted by those meals, the neighbors who were able to remain longer in the home they loved because they received a hot, healthy lunch each day.
- It's about fighting the isolation that comes with being homebound, forming relationships that span months and years.

Three million meals have made this community healthier, safer, stronger, and more connected because thousands of volunteers have taken the time to care, one meal, one day, one knock at a time.

WHAT DO THREE MILLION MEALS LOOK LIKE?

Lined End to End, 3 million meals stretch from Lynchburg, VA to the Statue of Liberty in New York Harbor!



Stacked one on top of another, the stack will reach into the Ionosphere (over 71 miles straight up!)

Nourishing the Need

I continue to be grateful for the love and generosity shown by this community! Our donors and volunteers are truly the most generous and loving people we know. With your support, Meals on Wheels is able to **nourish the needs** of our vulnerable homebound population.

In addition, by not accepting government funding, Meals on Wheels remains at liberty to serve all ages and all incomes. Currently, 18% of those we serve are **under** the age of 60 - and no one else serves this population. If not for Meals on Wheels, these individuals would have nowhere to turn for **nourishment**.

Emma* put a face on this statistic when she called earlier this year. When Emma was in her early 50s, she was diagnosed with cancer. Additionally, complications from surgery hindered her recovery. This business graduate from the University of Virginia lost both her job and home due to the severity and longevity of that illness.

Now at age 58, she lives alone in a local apartment. When she was diagnosed with a different and more aggressive cancer earlier this year, she truly was at her wits' end. Our program staff told her that Meals on Wheels would deliver, beginning immediately, and her response was overwhelmed relief. Emma's tearful call of appreciation after receiving her first meal touched our entire office.

And we were delighted just a few weeks ago to receive an enthusiastic call from Robert* - *"I just got my lab results back, and my A1C is down to 6.9! It hasn't been that good in years. I am sure it's because since I started getting Meals on Wheels, I'm eating better. Thank you so much!"*

Nourishment can take on many different 'looks'. It definitely looks like a hot, healthy meal that's delivered with a knock on the door and a friendly chat in the doorway. It looks like improved lab results due to a consistently healthier diet. It can also look like a Birthday Box delivered with a special serenade, or supplemental pet food for a furry friend. More recently, it looks like a longer weekly visit from a Friendly Visitor who has been trained and matched for compatibility. Or it may look like hope, when you thought there weren't any other options.

Thank you for supporting Meals on Wheels, so that we, in turn, can **nourish the many needs** in our community!



Kris Shabestar, Executive Director

* names changed for privacy



STAFFING CHANGES ENHANCE SERVICE



Wendy Golden & Lauren Kershner

Tremendous growth over the last few years prompted a staff restructure at Meals on Wheels, and we are pleased to introduce our Program Staff:

Wendy Golden is Community Programs Manager, and she is joined by **Lauren Kershner** as Community Outreach Manager.

With this level of staffing, we are able to not only visit recipients as part of the onboarding process, but

also to follow up with them regularly and in person. In person visits are made at least annually, and more often if necessary in addition to regular check-ins by phone. This amount of contact enhances relationships with recipients even further.

Lauren and Wendy are also able to share educational information and community resources when they identify a need outside the mission of Meals on Wheels. In this way, we continue to deliver much more than a meal!

Fueling the Future

Scott Kowalski & Clu Pettyjohn

We are the current and immediate past Chairmen of the Meals on Wheels of Greater Lynchburg Board of Directors. We would like to take this opportunity to share with you just how much Meals on Wheels means to us. As we prepare to celebrate the delivery of our **three millionth meal** in October, and our **50th anniversary** in 2024, we see even more clearly what a positive impact this organization has on our local community.

We are passionate about the mission of Meals on Wheels and our service on the Board has only intensified that support. Friends for most of our lives, we both grew up in Lynchburg (less than a mile apart)

[We] share a passion and interest in helping our community serve those in need in our hometown.

and share a passion and interest in helping our community serve those in need in our hometown. As volunteers, we also divide responsibilities

for a monthly delivery route and truly enjoy the time we spend with the recipients. They remain grateful for the daily personal contact and great, healthy meals - although, we sometimes wonder if we don't get more out of the experience than our recipients. Scott's mother is a past Board member, and his parents and sister deliver regular routes as volunteers, often sharing their stories of the people they serve and all the extra love and care they shower on these new friends.

Some of our contemporaries are in a new 'season' of life, sandwiched between caring for growing or almost grown children and aging parents. It's clear that any of us could see a need for Meals on Wheels sooner than



Scott Kowalski & Clu Pettyjohn
Current and Immediate Past Board Chairs

we anticipated. As board members, we have seen the need from all sides, in its many shapes, forms, and ages. We both know it is vitally important that the work of Meals on Wheels continues.

There are so many ways you can help, and we urge you to consider how you can support this worthy mission. Perhaps you could volunteer your time to deliver a route, either on a regular or substitute schedule. You may be able to support the Meals on Wheels financially - the need is ever-growing! Or you may be able to advocate for our organization - at your business, your church, your civic organization, or in your next conversation with friends. All these ways of supporting means that Meals on Wheels will always be here to meet the increasing needs of the homebound community right here in Lynchburg.

Please join us in ensuring that three million **more** meals will be delivered in the years to come.



Susan and Jim
at meal pickup



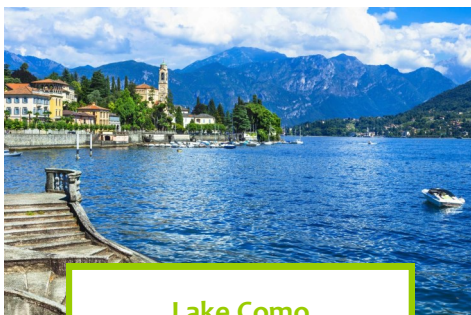
Waiting for the Meals on Wheels
volunteer to bring lunch

WHEELSUP! LYNCHBURG

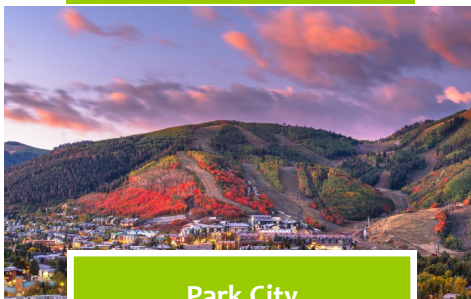
Area's Premier Destination Raffle Takes Off on Year 5!



Amsterdam



Lake Como



Park City



Grand Cayman



WheelsUp!
for Meals on Wheels of Greater Lynchburg

The fifth annual **WheelsUp!** destination raffle is scheduled to take off again in September. This unique online fundraiser has staked its claim as the 'best deal in town,' and is now poised to help four more lucky winners take the trip of a lifetime! Here's how it works:

Buy a Chance. Give a Chance.

- Go to WheelsUpLYH.org
- Choose your desired destination*
- Buy your ticket for a chance to win
- Winners also receive \$1,000 cash to spend as they wish!

Ticket sales are open September 1 —September 29, 2023

Drawing will be held on September 29, 2023

All proceeds benefit Meals on Wheels of Greater Lynchburg

AND, for each destination, only 100 tickets are available —so if all tickets sell, your chances are 1:100 at most!

BEST OF ALL, whether your name is drawn or not, the homebound in our community are the big winners!

SOUND TOO GOOD TO BE TRUE?

We know. It's hard to believe ... but it's true!

Each ticket sells for **\$110**—that's how much it costs us to deliver meals to one person for one month! So whether you win or not, for each ticket you purchase, you've provided a month of meals for one homebound neighbor.

*More about destinations:

Travel Lovers has graciously offered a \$2,500 travel voucher for each winner, allowing winners to plan the trip as promoted, or design one of their own choosing! (see **WheelsUp!** rules for details at www.WheelsUpLYH.org).

Abundant thanks to our
Trailblazer Sponsor:

Travel Lovers

Two Previous **WheelsUp!** Winners:



Wanda Yoder traded the trip she won to Vancouver for an Alaskan adventure!

Sherri Meyer

won a trip for 2 to Turks & Caicos, and restructured it to include their whole family



The Power of a Knock

by Amy Trent, contributing writer

The 70 black angus cows that once roamed William and Marie Caldwell's sprawling Bedford County farm are gone, the kids are grown, and visitors are a rarity for the couple, now in their 80's. "That's the hardest thing for me about getting older," said Marie who has lived on the farm with William for almost 40 years. "I miss the children and the animals."

Then one day Tucker, a 12-year-old King Charles Springer mix, walked by with his owners George and Kathy Kolar. Smitten, Marie promptly ordered dog treats and put a water bowl outside just in case Tucker and the Kolars came back.

Four months later, the Caldwells not only get to see Tucker regularly, but they also have visitors daily thanks to George Kolar, a volunteer with Meals on Wheels of Greater Lynchburg.

After the two families got to know one another, the Kolars suggested the Caldwells sign up for Meals on Wheels. Each of the Caldwells are facing significant health challenges not uncommon to their age, neither drive anymore, and they have

hired someone to do their grocery shopping and laundry.

Even though cooking was increasingly a challenge, Marie was still hesitant and put off calling Meals on Wheels. She was afraid she would be taking food away from someone else who really needed it.

"I don't like to ask people for help," Marie said. But Kathy Kolar kept asking.

Marie finally gave in after learning that the service was created specifically to help those who can't prepare their own meals and it was affordable. "It's the best thing that's happened to me in a long time," said Marie. "It's been really nice to have something homecooked."

"Some days it was hard to just get up and get dressed," said Marie. "Now we have something to look forward to. All the people who bring the meals are wonderful. I always tell them how much I appreciate it."

George said many of the people he delivers meals to are older and they are the reason he enjoys his volunteer work so much.



The Kolars and Caldwells

He has no problem pulling clients into conversations and checking to make sure they are cool during the summer and warm in the winter. He doesn't deny surreptitiously looking around for other ways he might be able to help them. George will often see a need he can meet through his other volunteer work with hospice and veteran's organizations.

"I've grown to love all the people I meet," George said. He now drives three routes, often adding special touches to deliveries like his daughter's homemade jams or holiday treats.

"We were brought up in the 50s. Neighbors used to help neighbors and people used to help people. That's the way we were brought up. I thoroughly enjoy doing what I do."



Remembering Scott

In June we were heart-broken to lose a close friend and Board Member with the passing of Scott Robert.

Scott joined the Meals on Wheels Board in 2020 and brought his valuable professional skills as well as his vibrant personality and energy to benefit our organization. He helped us navigate through the pandemic, served as co-chair of the Public Relations Committee, and on the annual golf tournament planning committee.

Scott was an accomplished musician, a natural athlete, active in his church, and a beloved professor at University of Lynchburg. Our love and condolences go out to his wife Laura and their three children, Virginia, Sarah, and Joseph.

Meals on Wheels Note Cards 2023 Collections

Your \$12.50 purchase will pay for two meals for one of our neighbors in need

Each Package

contains 8 assorted cards

Close to Home

One of each
design



Coffee Love
by Norma Foy



Mill Dam
by Al Pletke



Belvedere at the Old City Cemetery
by Bob Blevins



Rivermont
by Dennis Johnson



Old City Rose Garden
by Kathleen Husted



View from Percival's Island Bridge
by Al Pletke



Batteau
by Annie Massie



Tobacco Road
by Russ Voelker



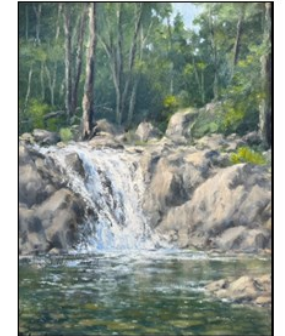
Lakeside Autumn
by Kathleen Husted



Inland Inset
by Russ Voelker



Dusty Gravel Road to Home
by Meg Davies



The Swimming Hole
by Rodney Laughon

Mountains & Streams

One of each
design



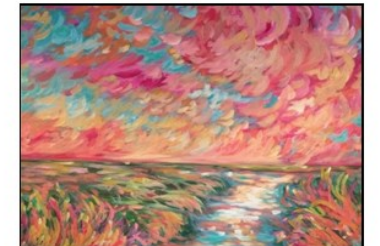
Lake Days
by Denise Swayne



At Goshen Pass
by Dave Keebler



There Might be a Trout
by Kathleen Busch



Lovelight on the Marsh
by Lori Leist

Changing Seasons

One of each
design



Autumn Feast
by Norma Foy



Fall at Sharp Top
by Al Pletke



Winter's Eve
by Russ Voelker



Morris Island Lighthouse
by T.J. Liston



**Winter
Silence**
by
Kathleen
Busch



April Light
by Kathleen Husted



Lonely Shovels
by Betsy Jones



Garden Day Cherry Blossoms
by Laren Baum

Notecard Order Form

Quantity

Total

You can now order on-line at mealslynchburg.org

Name: _____ Close to Home _____ @ \$12.50 = _____

Address: _____ Mountain & Streams _____ @ \$12.50 = _____

City, State, Zip: _____ Changing Seasons _____ @ \$12.50 = _____

Phone: _____

Email: _____

☐ I will pick up cards from the office at 605 Clay Street,

☐ call or ☐ email when they are ready

☐ Please mail my cards - I've included postage.

Postage for 245 __ zip codes, please add:

Packages: 1 add \$4.75 2 add \$5.50; 3 add \$6.25; call if over 3 pkgs.

Total for Cards _____

Total for Postage _____

Total Amount Enclosed \$ _____

Make check payable to

Meals on Wheels and mail to P.O. Box 1388
Lynchburg, VA 24505—Phone 847-0796

Donations Received January 8, 2023 through June 30, 2023

In Honor of

Given by

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Mrs. Robert Marshall

Mary Spence Acree, in honor of her Birthday

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*You make being
'homebound' so much
easier!*

-- Helen, Recipient



THANK YOU

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2023

Gold

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LivOn of Lynchburg

Team Prize

Banker Steel

Silver

100 years

ACS

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Image 360

LivOn of Lynchburg

Market at Main Downtown

Market at Main Boonsboro

Market at Main Wards Road

OrthoVirginia

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Virginia School Equipment

In Memory of Tom Webb

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*As a grant provider, event sponsor,
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Faith Communities

Bethlehem Lutheran
Beulah Baptist

Centenary United Methodist
Chestnut Hill Baptist
Chestnut Hill United Methodist
Diamond Hill Presbyterian
First Baptist Church of Monroe
First Christian
First Presbyterian Church of Lynchburg
First Unitarian
Fort Hill UMC/Fellowship Class
Gospel Community Church Rivermont
Holy Cross Catholic Church/Our Lady of Peace Circle
Holy Trinity Lutheran
Ladies of Charity St. Jude
Madison Heights Baptist
Madison Heights Christian
Marsh Memorial United Methodist
New Concord Presbyterian
Oakdale Baptist
Peakland UMC/Ruth Circle
Peakland United Methodist
Quaker Memorial Presbyterian
Randolph Memorial Baptist
Rivermont Evangelical Presbyterian
Rose Chapel Baptist
Saint Andrew Presbyterian
Sandusky Baptist
St. John's Episcopal
St. Paul's Episcopal
Timberlake Church Wesleyan Circle
Timberlake Church Women
Westminster Presbyterian Women
Yellow Branch Baptist

In Kind

ARC
Mrs. Sandra Droog
Ms. Robin Edson
Jackson Street UMC/ Women's Club
Peakland United Methodist Preschool
Lynchburg Rotary Club
Ms. Carol Grasso
Hebron Baptist Church
Heritage United Methodist
Church/ Circle Six

Holy Trinity Lutheran Church Youth Group
Ms. Melissa Howell
James River Day School
James River Day School 4th Grade
The Key
Liberty Christian Academy
Liberty High School Key Club
Lindeman/Shifflett Children
Ms. Angela Lisella
Ms. Jean May
Mead Memorial UMC Share & Care Ladies
Ms. Betty G. Smith
Saint Andrew Presbyterian Church
SAPC 4th & 5th Grade Sunday School
Springhill Community Church
St. Paul's Episcopal Church Youth Group
YMCA

Meal Bag Locker Hosts

Lynchburg Sheltered Industries
St. Paul's Episcopal Church
Rustburg Presbyterian Church
Randolph Memorial Baptist Church
Schewel's Home Furniture

Animeals Collection Locations

Animal Emergency & Critical Care
Boonsboro Animal Hospital
Diamond Hill Animal Hospital
Gentle Care Animal Hospital
Lake Forest Animal Hospital
Peaksview Animal Hospital
Pet Cabana
Ridgewood Animal Hospital
Rustburg Veterinary Clinic
Seven Hills Animal Hospital
St. Paul's Episcopal Church
Timberlake Animal Hospital



The Steward's Society continues to grow with gifts from:

Mrs. Charlynn Flippin, in honor of Jack, Anne & Kristy Flippin

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Genworth 

Business, Civic & Foundation Giving



Greater Lynchburg
Community Foundation

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Brookville Timberlake Lions Club
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Wiltshire Charitable Fund
Lynchburg 7 Hills Lions Club
Lynchburg Area Shag Club
Meals on Wheels America
My Dog Duke's Diner
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So honored to be the recipient of
Lynchburg Jersey Mike's 2023

MONTH OF GIVING

which yielded a total donation of

\$56,667



Meals on Wheels is grateful to
Jersey Mike's and the
Lynchburg community for
this amazing donation which will
serve meals to the homebound in
the greater Lynchburg area.

Facebook Fundraisers

These friends sponsored Facebook
Birthday Fundraisers:

Wendy Golden Angela Smith Lauren Kershner

And abundant thanks also to those who donated:

Mary Jo Boehner	Todd Hedinger	Catherine Mosley
Cathie Brown	Dianne Johnston	Amy Napior
Robert Dawson	Kelly Jones	Terri Ripley
Leslie Deichl	Lauren Kershner	Sarah Ritchie
Lennis Echterling	Nancy Kershner	Margie Ross
Steve Ferrell	Brenda Lickliter	Dee Sampson
Victoria Gilliland	Susan Manion	Angela Smith
Wendy Golden	Jennifer Martin	Jo Beth Soper Elliott



Thank you,

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lynchburg RESTAURANT WEEK

Thank you all for dining out and
supporting this event to benefit
Meals on Wheels!

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For taking the time to talk with me For the delicious meals
you bring each day For remembering my birthday with a gift
For calling when I didn't hear you knock For hugging me For
asking about my family For changing the lightbulb For bring-
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coming back around because I missed you the first time
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For bringing in my mail For delivering in the pouring rain
For taking the time to talk with me For the delicious meals
you bring each day For remembering my birthday with a gift
For making 'being homebound' so much easier



Volunteer Appreciation Event

Brunswick Stew,
Fun, Games, Music,
Fellowship
We have LOTS to celebrate!
Hope to see you there!

Fall Festival
Peakland Methodist Church
4434 Boonsboro Road, Lynchburg, 24503

Tuesday, October 10, 2023
Stop by 4:30 - 7:00 pm
Save the Date!



Delivering independence, nourishing body and spirit

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