



A LEGACY OF HOPE AND CARE

“**Hope** is a verb with
its shirtsleeves
rolled up.”

David Orr



The needs of the home-bound in our community are great - and growing daily. With each knock at the door, Meals on Wheels delivers nutrition, security, and **hope ... hope** for improved nutrition, **hope** for continued independence, **hope** for friendship and connection with the outside world.

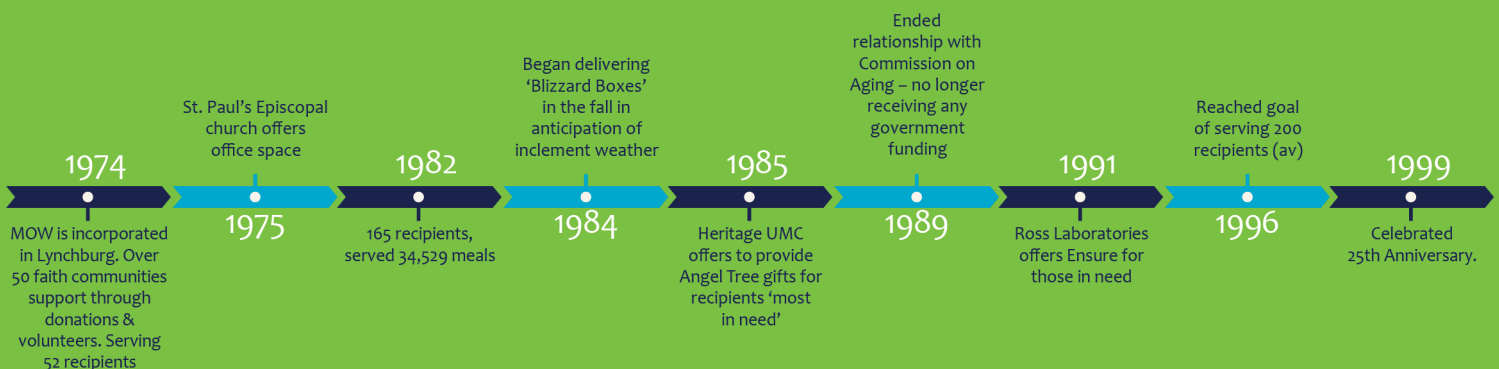
What began as a small operation feeding 52 seniors in 1974 has grown into an indispensable community pillar, serving over 600 meals daily and providing more than 3 million meals to date to vulnerable neighbors. It is our **hope** that Meals on Wheels will be here for another 50 years, serving the needs of the next generations.

However, as the quote by David Orr suggests, **hope** is not a passive state of being. At Meals on Wheels, we work each day with our shirtsleeves rolled up. We research, plan, and look for ways to ensure the security of those we serve. We collaborate, ‘think outside the box’, and problem solve. We are constantly searching for ways to

be the very best stewards of the resources entrusted to us. **Hope** is an integral part of our culture, but **hope is not a strategy**.

This year we look back and celebrate the foresight and dedication of those community leaders who founded and sustained our organization. But we are also looking forward, planning ways to ensure the future for those in need. We want to make sure that when ‘the next thing’ happens (and we certainly **hope** it’s not another pandemic!) we will still be in a position to answer every call, to serve every need, to ‘never say no’.

Our **hope** for the future of Meals on Wheels is supported every day by the focused dreams and intentional actions of volunteers, donors, and staff who are dedicated to continuing the legacy of **hope** and caring established 50 years ago!



An Organization with Heart



When I accepted the position of Executive Director 12 years ago, I thought I knew what I was getting into. Boy, was I surprised!

Early in my tenure I reached out to past Executive Director, Mary Spence Acree. Getting to know her over the years, learning the history of Meals on Wheels, and having her as a friend and resource has been an incredible gift. When we sat down together recently (*see the interview on the next page*) it was interesting to hear how the organization has changed over the years, but the thing I was most impressed by was how much has NOT changed, despite the vastly different numbers we are serving now. The **heart** of this organization has endured for decades.

Our **volunteers** continue to be the lifeblood of the organization. Last year they drove over 220,000 miles and contributed more than 30,000 hours of service. The IRS values this at over \$1 million, but we know the real value is ‘priceless’. I wish I could write **that** on the tax form.

I was also amazed by how far Meals on Wheels delivered in the early days. When a need was identified, Mary Spence and her team of volunteers ensured the person received a meal. There were not as many routes, but they still ventured out into the surrounding counties as needed. That care and determination to **“make it work”** continues today. We recently had a hospice patient who was outside of our delivery area, but there was no one else who could serve her immediately. After quickly checking with volunteers on that route - each of whom was happy to add the extra time and miles in this case - we were able to deliver the meals she desperately needed.

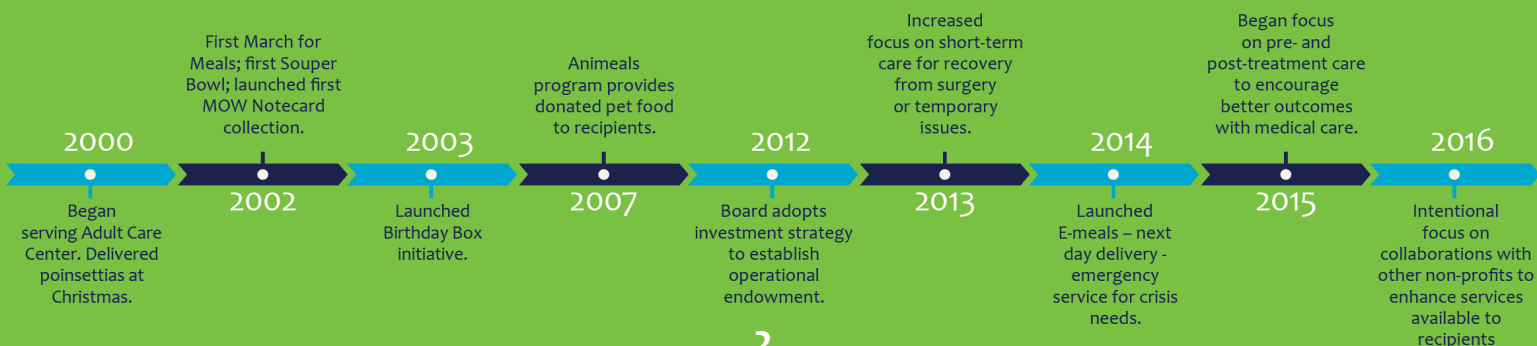
Unfortunately I am not able to know every single person and their family as well as Mary Spence did, but that care about the entire person continues today. Our two program managers still **visit each recipient**, learn about their needs and their support systems, and often are able to make referrals to other programs, helping find solutions to their most pressing issues. If you spend any time in our office, you will see that each recipient is known in a personal way by so many of us. We laugh and celebrate when they share their joys with us; we cry when people pass away. These meaningful **relationships** inspire our work.

I’m proud of how our essential care continues even while demand has grown enormously. As we mark our 50th year, I can’t wait to celebrate the legacy built by selfless volunteers and staff who put other people first.

Kris Shabestar, Executive Director

**“Thanks to Meals on Wheels,
I know I’m going to be around a
lot longer!”**

John, recipient



Reflecting on the Past

In 1978 Mary Spence Acree began volunteering for Meals on Wheels. Through her church, St. John's Episcopal, she became aware of the need and became involved.

Four years later she was approached about a part-time position as Executive Director. She accepted, it wasn't long before part-time became full-time, and Mary Spence was well into her 19 year tenure as Executive Director.

"I'm so proud of the group," Mary Spence said as she reminisced about the early days. "It started out as a test - we weren't sure it would work." The Older Americans Act of 1965 earmarked federal funds to pilot meal delivery service. In Lynchburg, over 50 faith communities adopted routes in their own neighborhoods, hoping clients would feel comfortable knowing it was a neighbor serving them. Church members volunteered to drive, and congregations supported the organization financially.

"The volunteers are what made it work," recalls Mary Spence. "We could never have done it without them. They were always happy and giving of their time."

Mary Spence wanted to learn everything she could about the recipients and volunteers. When social services referred someone, she learned not only about that person, but also their family members, and the condition of their home.

"I felt that I needed to be knowledgeable myself," she said. To that end, Mary Spence attended workshops and conferences, both local and national, learning from other non-profits and Meals on Wheels organizations. She also looked for specific talents in board members, such as enlisting the help of local physicians to develop meals for special diets, and delivering extra meals for dialysis patients to have over the weekend.

Mary Spence Acree, Meals on Wheels Executive Director

1982 - 2001

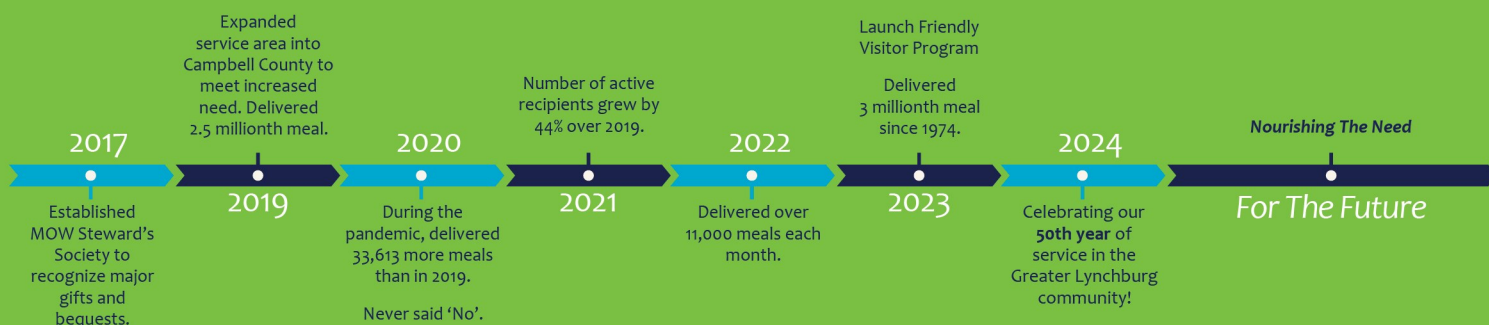


Mary Spence chuckled as she recalled some ups and downs over the years. "There was the day I was coming out of the kitchen with a tray full of meals. The door slammed and bumped me in the back, and that tray went flying. Spilled all over my white wool coat ... of course we were serving beets that day! I ended up having to dye that coat pink."

She remembers neighbors jumping over the fence to open a gate for her when her hands were full with meals for a recipient. Neighbors and volunteers shoveled snow so she could safely walk to a door, and volunteers drove her and others through ice and snow to deliver meals in bad weather.

"From the very beginning, this has been just a great organization where everyone cares about our community and each other."

Amy Trent, contributing writer





Daryl Yoder was one of 41 Volunteers who delivered poinsettias to our recipients in early December

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Christmas Tributes



Becky Tweedy

In honor of my MOW co-workers:
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Jace Crockett
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Sarah Kerr
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Angel Tree & Be a Santa for a Senior gifts donated by the Lynchburg community and delivered by MOW Volunteers

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- Ms. Carol Grasso**
The Grasso Family
- Ms. Cheryl Hudnall**
Percy Glover
- Ms. Stephanie Lambert**
Audrey Middleton

Community Outreach with Meals on Wheels

MENDE SCHOENEWEIS

Centra College of Nursing, class of '24

My experience serving with Meals on Wheels was fun, to say the least. Everyone you work with is joyful and happy to serve! Other volunteers were kind, encouraging, and very appreciative of my time and efforts. The office staff at MOW was extremely helpful and appreciative as well. As for the recipients, they are all very happy to receive their hot meals delivered by a smiling face. They were all very grateful and made sure to tell me so.

Since completing my community service, I've confirmed what I had a feeling might be true. I LOVE IT! I plan to continue to pick up routes with MOW whenever I can. I love that, if you have a crazy schedule like I currently do, they send out a sign-up periodically with routes you can pick up as your schedule allows. It's such a simple, small thing to do to show love to others. If I have managed to bring a smile or even a tiny bit of comfort to those on my routes, then it is totally worth every minute, every mile and every gallon of gas.

Serving others is such a great boost to your mental health and I'm so thankful that this assignment pushed me to take the leap, even though I felt I had no time to give!

I'm a MOW girl for life!

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Mr. & Mrs. Kenneth R. Patchell

Margaret & Paul Phillips
Mrs. & Mrs. Allan Howerton

Dr. & Mrs. Charles Pryor
Mrs. Lee S. Ainslie

Mr. & Mrs. Wes Reynolds
Mr. & Mrs. Max Gilliam

Anna-liisa and Jeff Rosner
Ula & Alan Kauppi

Brenda & Melvin Scott
Elizabeth Scott

Kris Shabestar
Deborah O. Bowman
Shelley Blades & Thomas Brennan
Genny Harris

Patricia Short
Ms. Ruth Ann Harris

Betsy & Ben Smith
Drs. Clifton & Dorothy Potter

Jerry & Marty Smith
Mr. Sherwood Newton

"When I fell, I thought it was the worst day of my life, but it turned out to be the best day - because after I got out of the hospital, I started getting Meals on Wheels!"

It's been humbling, but I just love all the volunteers. They work hard and they're always so joyful!

I'm eternally grateful."

Teresa, recipient

Marie Smith
Mr. Joseph W. Smith

Lynne & Rick Spies
Carolyn Bell

Judy & Chris Taylor
Stacy & Sherman Cravens

Miriam Taylor
Ms. Lisa Taylor

The Barnard Family
Lucy & Robert Cook

Sarah Thornhill
Mrs. Elias Richards, III

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Becky Tweedy
Mr. & Mrs. Dodd Harvey

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Mrs. & Mrs. Allan Howerton

Phyllis Webb
Ms. Doris Daniel
Ms. June Mallory

Kathy Wilkerson
Mr. & Mrs. Joseph A. Williams

Mark A. Williams on his birthday
Ms. Sandra Williams

Ann & David Wilson
Mr. & Mrs. Don Geistwhite

Dr. & Mrs. Jeffrey Wilson
Genny Harris

Anne Wood
Mr. & Mrs. Blake Miles

Carolyn Womack
Mr. & Mrs. Reuben Womack

Jean Yates
John & Nadine Blakely

Special thanks to these locations that allow us to place a locker for meal bag returns:

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

In 2023, **57%** of the recipients we served lived at or below the federally defined Poverty Line (\$1,125 per month or less for one person)

FRIENDLY VISITOR PROGRAM

Launched in January, 2023, and fueled by a grant from Meal on Wheels America, the MOW Friendly Visitor Program is off to a great start!

This program pairs willing volunteers (some of whom needed to step back from meal delivery) with individuals who have few or no local family or other supports. Weekly phone calls or in person visits establish a connection, give something to look forward to, and provide an additional safety check on some of the most vulnerable in our midst.

Three new training dates are scheduled, and interested parties can call the office or email to reserve a spot. Attending a training does not imply a commitment; it can be just an opportunity to learn more about the program and see if it fits your interests.



Saturday, February 17, 9-11 am
Thursday, February 22, 12-2 pm
Thursday, February 22, 5:30-7:30 pm

"I feel so blessed to be visiting with her. We have developed a wonderful friendship that is a bright spot for both of us. Thank you for this opportunity!"

Helen, a Friendly Visitor

Call 434-847-0796 or
email outreach@mealslynchburg.org
to reserve your space

RECIPIENT SPOTLIGHT: MARY CARTER

Mary Carter began working in the kitchen at Virginia Baptist Hospital in 1969, and was there for 39 years.

Now, at age 74, Mary is a meal recipient, and the same kitchen where she worked all those years prepares the meals she receives each day!

"I remember everybody just got along so well together," recalls Mary. "We all helped each other out until everyone was finished."



Mary Carter with Jace Crockett and Lucy Mutch

One day last fall, MOW Director of Operations, Jace Crockett was delivering Mary's lunch and they started talking about some of her favorite meals from years past. As a result, the new menu cycle contains a few of Mary's favorites - including Swedish Meatballs, oven fried chicken, and everyone's favorite - mac and cheese!



Phyllis Lacy with Jace

Meanwhile, back in the VBH kitchen, one of Mary's dear friends, Phyllis Lacy, works in production with the Meals on Wheels team each day. Ms. Lacy and the rest of the staff continue to add the love and care that is delivered with each meal we serve.

IN 2023 ...

All of our meals are heart- and diabetic-friendly, but
35% of recipients still require some type of special diet or preparation

2023 IRS value of contributed services

\$1,095,560

89% of those we serve receive meals at no charge

322 recipients received a supper meal in addition to their hot lunch

Donations Received July 1, 2023 through January 5, 2024

Individuals

Anonymous (12)
Ms. Elizabeth Ackerman
Ms. Mary Spence Acree
Ann & Jim Alexander
Ann & John Alfieri
Mr. Richard Alvis, Sr.
Suha Alzaben
Mr. & Mrs. Melvin Anderson
Mr. & Mrs. J. Barclay Andrews
Dr. & Mrs. William Andrews
Ms. Patricia Aronson
Billy & Marie Arthur
Mr. & Mrs. George Asbell
Ms. Kathie Avital
Mr. & Mrs. Lee Aylor
Mr. Robert D. Babcock
Mr. Morris Bailey
Dr. & Mrs. Monroe Baldwin
Mr. & Mrs. Jim Ballengee
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Dr. Robert Bashore
Dr. & Mrs. Eric M. Baugher
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Mr. & Mrs. Clarence Beebe
Ms. Mary Lee Bell
Ms. Bonnie D. Benedict
Ms. Janice Berkley
TC & Judy Berryman
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Emma Bianco
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Mrs. William Bogle
Ryan Bomberger
Richard & Darnelle Bordeaux
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Mr. & Mrs. Gordon Bowyer
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Mr. Dan Bradway
Drs. Teresa & Robert Brennan
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Mr. & Mrs. Paul Broda
Ms. Renita Broggin
Pat Brooks
Mr. & Mrs. Kenneth Brooks
Mr. Lance O. Brooks
Mr. & Mrs. Gary Brown
Mr. & Mrs. Peronneau Brown
Mr. Robert Brown
Mrs. James W. Brunson
Elizabeth J. Burger
Jim & Valerie Burruss

Mr. Hugh Whaley & Ms. Hanna Burruss
Mr. & Mrs. William H. Burruss
Mrs. J. E. Burton
Mrs. Kathy Busch
Mr. & Mrs. Richard Byrne
Ms. Cynthia G. Calhoun
Mr. & Mrs. James Callahan
Mr. & Mrs. Robert Callahan
Phyllis & Joe Callicott
Mr. Charles Calloway
Mr. & Mrs. Bernard Calvert
Mr. & Mrs. Starke Camden
Mrs. Dennis Campbell
Mr. Thomas Capps
Mr. & Mrs. Joseph Carroll
Sally Cass
Mr. & Mrs. Harold Catlett
Ms. Joann Caudill
Mr. Will Cayton
Mrs. Lamar Cecil
Ms. Debbie Chamberlain
Ms. Jeanna Chapman
Ms. Jennifer M. Chaudrue
Ms. Angela Chitwood
Art & Mary Ann Clark
Mr. & Mrs. C. Lynch Christian
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Mark & Lois Coward
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Dr. & Mrs. Cesar De Guzman
Mr. Joseph Deal
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Ms. Irene Devine
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Danielle & Allen Hamblen
Mrs. Edith Hamlet



Waiting in the meal pick-up line ---
We LOVE our Volunteers!

Where We Serve:

Lynchburg	74%
Amherst County	8%
Bedford County	5%
Campbell County	13%



"Thank you so much for remembering my birthday in such a delightful and thoughtful way!"

Gary, recipient

**Individuals,
continued**

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Mr. & Mrs. William I. Hammond
Dr. & Mrs. Edward Hancock
Mrs. William Hardwick
Linda & David Harker
Mr. & Mrs. Garland Harper
Mr. & Mrs. Michael Harrington
Chip Harvey
Sharon Harvey
Mrs. Cora Woody Harvey
Mr. Glenn Harvey
Mr. & Mrs. Paul Harvey
Ms. Judy Hash
Mr. Lawrence A. Hassler
Mr. & Mrs. James G. Hatmaker
Mr. & Mrs. James Haungs
Becky Hawkins
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Drs. Sarah & Timothy Hellewell
Carolyn & Wayne Henson
Ms. Suzette Heptinstall
Ms. Michaela Herndon
Mr. & Mrs. William Hetzel
Mr. & Mrs. James Hicks
Mr. Kenneth Hill
Mr. & Mrs. Thomas Hill
Ms. Donna Hodges
Mr. John Hoffman
Mr. & Mrs. Philip M. Hoge
Ms. Erica Holmes
Ms. Staci Hopkins-Reynolds
Mr. Robert Hornbeck
Mr. & Mrs. Garnett Horner
Miss Elizabeth Hoskins
Mr. & Mrs. Paula Howell
Ms. Ann H. Hudson
Mr. & Mrs. Edward A. Hunt, Jr.
Kathleen E. Hunter
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Royce & Kathy Husted
Dr. & Mrs. Stewart Husted
Phoebe & Scott Hyman
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Mr. & Mrs. Robert Johnson
Ms. Sandra Johnston
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Dant'e Jones
Ms. Doris E. Jones
Ms. Heather Jones
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Mr. Kevin Jones
Ms. JoAnne Justis
Mrs. Rachel H. Karnes
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Mr. & Mrs. William Karras
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Joe & Lillian Lawrence
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Judy & Doug Lee
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Ms. Marilyn Martin
Mr. & Mrs. R. Wade Martin
Ms. Katherine Mason
Bob & Heidi Matney
Mrs. Shirley Matthews
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Mrs. Pamela J. Ruble
Ms. Donna Ryder
Dr. & Mrs. Matthew Sackett
Linda Sanders

See How We've Grown!

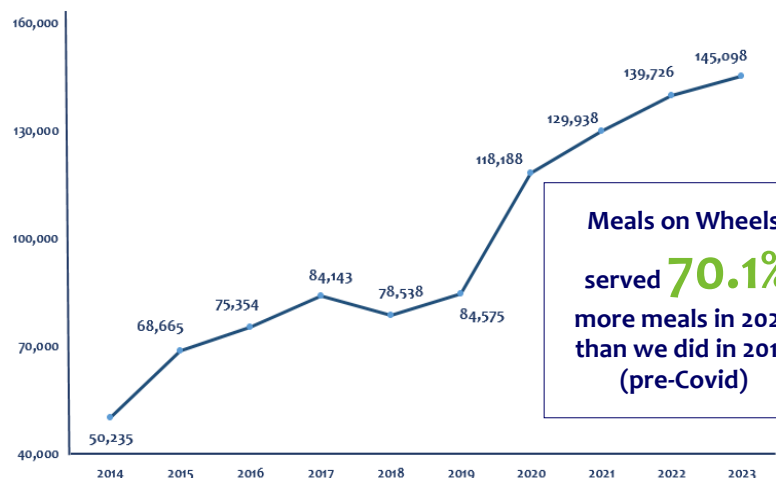
It is only through the generosity of you, our supporters, that we are able to serve our community in this way.

Your gifts to the annual fund, your tribute gifts, and support of our fundraisers allows us to serve every legitimate need and 'never say no.'

To ensure that we will continue to meet the ever-growing need, please consider a gift to Meals on Wheels in your will or estate planning.

Thank you!

Number of Meals Delivered



Meals on Wheels

served **70.1%**
more meals in 2023
than we did in 2019
(pre-Covid)

Donations Received July 1, 2023 through January 5, 2024

Individuals, continued

Mr. Clarence Sanderson
Dr. & Mrs. Ken Saum
Mamie Saunders
Mr. Jonathan Schewel
Mr. & Mrs. Wayne Schwartz
Mr. Thomas Scott
Mr. & Mrs. David Sease
Mr. & Mrs. Jeffrey Secrest
Mr. & Mrs. Marvin Sehn
Mr. & Mrs. Joseph M. Seiffert
Mr. John Seminatore
Mr. & Mrs. Paul Seuffer
Mr. & Mrs. Paul Shager
Ed & Cherie Shallock
Lynn Shapiro, Realtor at Dalton & Co.
Mr. Rod Shelburn
Mr. & Mrs. Bob Shetlar
Ms. Wendy Shull
Mrs. Be Silverman
Dr. Timothy Silvester
Ms. Deborah Blanchard & Mr. Eric Smith
Mr. Jeffrey Smith
Ms. Wortley Smith
Mr. & Mrs. Jarrett Somers
Mr. & Mrs. Thomas Sparhawk
Mr. & Mrs. John Spencer
Kathy & Lee Spradlin
Ms. Tamika D. Stamps
Mr. & Mrs. Charles Starr
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Mr. & Mrs. Barry Stephens
Ms. Ethel M. Stephens
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Ms. Katherine Stone
Mr. & Mrs. Jeffrey Stover
Mr. Wayne Swartz
J.R. & Karla Swisher
Mr. & Mrs. Walker Sydnor
Lowell B. Sykes
Ms. Blair E. Talbert
Ms. Jane Talbott
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Mr. Robert Toomath
Mr. & Mrs. Brandon Treadway
Ms. Amy Trent
Ms. Edith Trent
Mr. & Mrs. Wayne Trent
Ms. Janice B. Tucker
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Ms. Eileen Tuttle
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Ms. Jessica Watts
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Sandy & Gene Wolanski
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Beulah Baptist
Bible Study Fellowship
Boonsboro United Methodist
Boonsboro United Methodist Men
Calvary Baptist Church Men's Adult Sunday School Class
Chestnut Hill Baptist
Christian Church Foundation, Inc.
Court Street Baptist
Court Street UMC/Adult Sunday School Class
Cross Road Baptist
Fairview Rebekah Lodge #52
First Presbyterian Church of Lynchburg
Gospel Community Church Rivermont
Grace Memorial Episcopal
Heritage United Methodist
Holy Cross Catholic
Holy Trinity Lutheran
Living Water Ministries
Madison Heights Christian
Mountain View Church Of God
New Chapel Baptist Church/Christian Herald Sunday School
New Concord Presbyterian Church
Presbyterian Women
Oakdale Baptist
Peaceful Grove Baptist
Quaker Memorial Presbyterian
Rivermont Evangelical Presbyterian
Sandusky Baptist
Sandy Bottom Christian
St. Paul's Episcopal
Timberlake Christian
Timberlake Church
Union Christian
Victory Christian Fellowship
Westminster Presbyterian
Westminster Presbyterian Women

*Thanks to all who contribute through an
IRA distribution or other fund.*

*Occasionally, we do not receive
information on whom to acknowledge.
Please let us know if your name is not listed.*

In Kind Donations

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Mr. & Mrs. Warren Childress
CTA Consultants, LLC
Daughters of the American Revolution
Diamond Hill Presbyterian Church
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Genworth
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Girl Scout Troop 1315
Girl Scout Troop 134
Girl Scout Troop 2222
Girl Scout Troop 440
Girl Scout Troop 676
Girl Scout Troop 9200
Girl Scout Troop 9424
Girl Scout Troop 99
Jackson Street UMC/ Women's Club
Mr. & Mrs. Russ Jensen
LU Department of Social Work
Mead Memorial UMC Share & Care Ladies
Mr. & Mrs. Kenneth R. Patchell
Ms. Karen Snellings
Springhill Community Church
St. Thomas More Catholic Church
Tractor Supply of Lynchburg
Amy Trent
Ms. Pat Walker

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Laura Light

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Kristen O'Neill

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Murrell Thornhill

David Wodicka

Daryl Yoder

*Thank you
for your dedicated service to
Meals on Wheels!*

*"This is by far the best Christmas present I have gotten
since mom passed away. Y'all are so wonderful I just
can't explain how happy this made me.*

I love all of you. God bless you."

*Elizabeth
meal recipient
thanking us for her Christmas gift*

MEALS ON WHEELS ON THE GREEN

It's time to hit the links!

Plan to join us for

17th Annual Meals on Wheels Golf Tournament

Tuesday, May 7, 2024

at beautiful **Boonsboro Country Club**



Meals on Wheels
on the Green

Delivering independence,
nourishing body and spirit

Registration now open

**teams of 4 (\$500) and
business teams (\$600)**

*Some sponsorship opportunities
still available*

Thanks to our Platinum Sponsor:

BERGLUND
TOYOTA 

Register online

www.mealsynchburg/meals-on-wheels-on-the-green



Heartfelt thanks to all who made our Volunteer Appreciation Brunswick Stew a smashing success by donating gift baskets and prizes, along with lots of loving energy!

Abundant thanks to
Peakland Methodist Church for
hosting our event!



Angler's Lane
Barb's Dream Hut
Bentley's on Bedford
Bikes Unlimited
Steve & Jane Blickenstaff
Bootleggers
Al & Lilly Bunch
Charleys
Chic-fil-A
East Coast Wings
Everyday Elegance
The Farm Basket
The Flour District
The Fresh Market
Gary's Lawn Care, Inc.
Tim Heck & family
Horseshoe Neck Hand Weavers

IHOP
Dennis Ingersoll & family
Isabella's Italian Trattoria
Jersey Mike's Subs
Jiffy Lube
Joe Bean's
Dianne Johnston
La Villa Italian Restaurant
Laura Light & family
Lola's
Luxury Nails
Market At Main
Marsh Roots Seafood Company
Martha & Buddy Maxey
MayLynn's Creamery
Mi Patron

My Dog Duke's Diner
Nomad Coffee
Nothing Bundt Cakes
Pok-e-Joe's BBQ
Reserve Winery & Lounge
Rookies
Scratch Pasta Co.
Kris Shabestar
Shakers
Skyline
Rodney Taylor
Terry VW Subaru
The Water Dog
Trade Winds Cafe
David & Sonya Wodicka



A Fresh Perspective

ON AN UNEXPECTED NEED

Maggie Ellis, RN, Centra Resource Team

Maggie Ellis, RN, is a married mother of two in her early 30's. She embodies a lifetime of care for others, having worked as a nurse in the OR and now as part of Centra's Resource Team which regularly fills in on any unit where there is a need. So it came as quite a surprise to Maggie last winter to find that she was the one who needed care.

In February '23 Maggie experienced a severe back injury that required surgery with weeks of recovery time. She recalls, "When I got home from the hospital, I had lots of resources - family, church friends bringing meals, a fridge full of food - but I was restricted from bending, lifting and twisting for weeks. So at lunchtime when I was home by myself, I couldn't open the refrigerator or freezer to pull out a meal. For several weeks I couldn't even manage the microwave."

Fortunately, Centra's Home Health nurse was quick to offer Meals on Wheels. Maggie was familiar with Meals on Wheels (her department had participated in Let's Do Lunch in years past) but had no idea that we could be a resource for her!

"I only needed meals for a few weeks, long enough to bridge that gap in my recovery; but for those few weeks, it was perfect! The meals were nutritious and delicious. And the volunteers were wonderful!" said Maggie.

"It's really humbling to need help for basic daily functions while you recover. Receiving Meals on Wheels gave me my independence back - I didn't have to call on Mom or someone else every day.

"I'm so thankful that Meals on Wheels got me through a rough time!"



Maggie


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Nourishing the need since 1974
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