

# meal times

SPRING 2010 Volume 17, No. 1

A newsletter for the friends of Meals on Wheels of Central Maryland



Catherine Max, President  
Board of Directors

As President of Meals on Wheels of Central Maryland, I am proud and excited to announce our 50<sup>th</sup> Anniversary!

Since the first meals were delivered to 10 homebound clients in 1960, our volunteers have been steadfast in their commitment to serving elderly and disabled individuals in our community. A prime example of this dedicated service is what we experienced in the recent blizzards. While many Meals on Wheels programs across the "snow belt" shut down for an entire week, our volunteers and staff were busy calling clients to check up on them and working diligently to get food to everyone we could possibly reach. I personally delivered meals to clients who had run out of food and had no family in the area to help them. They were so grateful that I was able to reach them while the city roads were barely passable. Our clients are the most vulnerable with no means of transportation and total dependency on our program to receive their meals.



Larry O'Neill, a Meals on Wheels volunteer from our West Site, braved the snow to make sure clients on his route received their meals.

The people I saw during that time expressed their profound gratitude, not just for the food, but for the fact that someone cared.

I hope that you will join with us in celebrating this milestone in caring and continue to support the work that we do. With your help, we can make the next 50 years as successful as the last!

*Catherine*



Chef Jerry Edwards, owner of Chefs Expressions and Meals on Wheels volunteer spokesperson, prepares a plate at the 2009 Culinary Extravaganza.



**KAISER PERMANENTE**® *Presents*

**Meals on Wheels of Central Maryland**

*18th Annual Culinary Extravaganza*

**Celebrating our 50<sup>th</sup> Anniversary**

**Monday, May 3, 2010**

**6:00 p.m. to 9:00 p.m.**

Renaissance Harborplace Hotel

202 East Pratt Street

Baltimore, MD 21202

**For tickets, call 443-573-0930 or visit our website**

**[www.mealsonwheelsmd.org/culinary](http://www.mealsonwheelsmd.org/culinary)**

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## April is National Volunteer Appreciation Month...

Throughout the month, Meals on Wheels will be recognizing our volunteers for their outstanding contributions to the community. The month will culminate with us giving away two roundtrip tickets anywhere in the continental US donated by AirTran. Volunteers will be able to use their *Wheel Bucks* to purchase raffle tickets for a chance to win these tickets. Volunteers must fill out their time card on a daily basis in order to be eligible to win this prize.

The *Wheel Buck Program* is a yearly program to recognize our volunteers for the hours they dedicate to Meals on Wheels. For every 2 hours a volunteer donates to Meals on Wheels, they will receive one Wheel Buck. Wheel Bucks are distributed monthly from the Site Coordinator. Wheel Bucks can be

used to purchase raffle tickets to win prizes monthly. They can also be used during the annual luncheon, site luncheons, and volunteer appreciation week. Referring a friend and having them complete their training entitles a volunteer to two Wheel Bucks!

Questions? Contact your local site coordinator or the Meals on Wheels Volunteer Services Department at 443-573-0925.

### Welcome to the newest members of the Meals on Wheels of Central MD Team:

**Lisa Morris:** *Program Coordinator Volunteer Services;*  
**Spencer Compton:** *Site Coordinator - St. Anthony's;*  
**Royce Jones:** *Volunteer Services Intern;*  
**Nicholas Murro:** *Social Media Intern*

## Up Coming Events

### Rotary Clubs of Lake Shore & Glen Burnie Bullroast

Kurtz's Beach, Pasadena, MD

May 1, 2010 from 1:00 pm to 4:00 pm Tickets: \$35 per person

Help the Rotary Clubs of the Lake Shore & Glen Burnie raise money for the Meals on Wheels "Hot Shot" truck in Anne Arundel County. Festivities will include a 50/50 raffle, Chinese auction and cake wheel. The menu includes: Pit beef, ham, fried chicken, Italian sausage, hot dogs, baked pasta, fresh fruit, assorted salads, veggies, dip, beer and sodas. Cash bar for other beverages; no outside alcohol allowed.

To purchase tickets contact: Anne Arundel County Program Administrator for Meals on Wheels, Terry Lehr at 410-431-5257.

### SAVE THE DATE!!

### Meals on Wheels of Central MD presents: Meals on Reels

On Monday, September 27, 2010 enjoy a movie and various fine wines at the 1150-seat, 23,000 square-foot movie house located in one of Charles Street's most intriguing historic buildings, the Charles Theatre, downtown Baltimore from 5:30 to 9:00 pm. For more information, please call Debbie at 443-573-0929.



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Meal Times is the official Newsletter for the Friends of Meals on Wheels of Central Maryland.

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Meals on Wheels of Central Maryland is a 501(c)(3) nonprofit organization, donations to which are tax deductible to the fullest extent allowed by law. A copy of Meals on Wheels' current financial statements is available upon request by contact Meals on Wheels at 515 South Haven Street, Baltimore, Maryland 21224 or by calling 410.558.0932. Documents and information submitted to the state of Maryland under the Maryland Charitable Solicitations Act are available from the Office of the Secretary of State for the cost of copying and postage.

## Annual Volunteer Recognition Event

Meals on Wheels of Central Maryland hosted its Annual Volunteer Recognition Event on October 11, 2009. The event, a bullroast, was held at the Towson American Legion Post and honored Volunteers of the Year from each of the Meals on Wheels distribution sites.

Special recognition was given to the Montgomery County Community Services for Autistic Adults and Children. The group has been volunteering for three years.

Ruth Velker, a volunteer at the West Site since 1966, received the Ernestine McCollum Award as the overall Volunteer of the Year. During her years of service, Ruth has worn many hats and contributed not only her time, but her heart to the agency. Everyone who knows her loves Ruth. There are many volunteers that would say Ruth is truly one in a million. The award is named for Ernestine McCollum, one of the co-founders of Meals on Wheels of Central Maryland.

### Site volunteers recognized at the bullroast were:

Karl and Betsy Yount,  
Carroll County  
Bill Garner, Sherwood  
John Frederick, Towson  
Leo King, St. Anthony  
Ward Cowan, Faith Presyterian  
Cecelia Sobeck, Glen Burnie  
Doris Dunker, Woods Presbyterian  
Hazel and Samuel Liff,  
St. Martin's Lutheran  
John Wozniak, Dundalk  
David Butz, East Site  
Glenda Sudano, Central  
Frank Krapcho, Howard County  
Albert Brooks, Douglas Community  
Harry Scheidy, South Site  
Deborah Phinney, Brown Memorial  
Elizabeth Faith, Hampden  
Shelley Baernstein,  
Weinberg House  
Dr. Marlene Mahipat, Liberty  
Ron Soden, Social Security  
Kathi Thomas, Harford County



Ruth Velker (r) receives the Ernestine McCollum award from Board President Catherine Max.

## A BIG THANK-YOU to...

### American Postal Workers Union Health Plan (APWUHP)

In addition to being a faithful corporate "Lunch Bunch" delivering group, they have added another way to help Meals on Wheels of Central Maryland. In order to wear jeans in their office on casual Fridays, each employee must pay into a fund. For 2010, all Casual Fund monies will be donated to Meals on Wheels of Central Maryland!

**Class Family Foundation** for making Meals on Wheels of Central Maryland the recipient of proceeds from the Class Family Annual Golf Tournament held in September of 2009. The proceeds will be used to purchase a hot shot truck!

## A CLIENT'S STORY

**Anna Rice** has an infectious laugh – the kind of laugh that makes one forget every little thing that shouldn't matter anyway. The kind of laugh that wipes away any preoccupation one might have with the wheelchair in which she's been sitting for over 60 years. Her back was broken at the age of seven, on her way to school, in a particularly violent attack by other students. She learned that she would never walk again – but that's the point in our story where Anna turned conventional wisdom about her situation on its head.

She married and had three children, and is now grandmother to three. She's always been independent. The wheelchair hasn't kept her down. She has over 10 years of paid work experience, as well as extensive experience as a volunteer, most it logged at the University of Maryland Hospital.

A cat named Shawn – make that “Shawn Darnell Rice” – was a big love in her life, but he died from cancer in 2006. “Had Shawn so long, folks used to call him my husband,” she says. His image

and name adorns a big pillow on her sofa. And resting on top of her TV is a rather large Minnie Mouse stuffed toy bought as a gift by her son at Disney World. “When I went to Disney World a while back and I met Minnie, I told her ‘You took my man!’ I love Mickey.” You might say Anna's been playing “cat and mouse” between Shawn and Mickey all these years.

Anna is the youngest, and the last, of 13 children. Several months ago she lost her sister Margaret to cancer. “She was my baby – we'd talk six times a day,” she says. “But, you know, I don't take life too seriously, it'll just bring you down.”

“Because I can't get out of my chair and everything is at eye level, I really can't prepare food on my own. Meals on Wheels saved me,” she says. “I do have one special volunteer,” she adds. “He has pretty white hair, a nice moustache and a special knock that I recognize.” One day her home health aide, Helen Meade, from Capital City Nurses, was in Anna's apartment when the familiar knock came at the door. As the aide moved toward the door Anna



warned “No, you don't! That one's mine!”

Lots of attitude – happy, sassy, flirty – all positive, and without question, all Anna Rice.

*To obtain service, become a volunteer, or make a financial contribution to Meals on Wheels, call 1-866-558-0827, email [info@mowcm.org](mailto:info@mowcm.org), [mowcm.org](http://mowcm.org) or log on to [www.mealsonwheelsmd.org](http://www.mealsonwheelsmd.org)*

## Clients' Corner

**Hats-Off** – Hadie has been delivering to Mollie since August 2006. Regardless of the weather, Mollie knew that Hadie would “get through” and bring her food. With the last batch of snowy weather behind us, Mollie wanted to make sure Hadie knew how much she appreciated her dedication!

**Many Thanks** – From John in Crofton... “I wish to acknowledge the wonderful package of food stuff (Emergency Meal Kit) that Meals on Wheels of Central Maryland delivered to my home just prior to the snow storms; it sure came in handy – thank you very much”

## Community Outreach Partnerships



Anne Arundel County has provided partial funding for a “hot shot” truck which will enable Meals on Wheels to serve additional seniors in the southern part of the county. The Rotary Clubs of Lake Shore and Glen Burnie will provide additional funding for the truck with proceeds from their May 1 Bull Roast. Pictured at left at the van dedication are (left to right) Jill Bezek, M.S., R.D., L.D., Director of Senior Nutrition, AA Dept. of Aging & Disabilities; Terry Lehr, AA Co. Program Services Administrator for Meals on Wheels; Carol R. Baker, Ph.D., Director of the AA Co. Dept. of Aging and Disabilities; AA Co. Executive John R. Leopold; and Meals on Wheels Executive Director A. Thomas Grazio, LCSW-C.

### SPECIAL THANKS to ALL our volunteers for their dedication and commitment to our clients.

For valiantly trekking on their usual routes to see that meals were delivered to whomever they could serve, regardless of the weather conditions. We applaud them for their selfless efforts in helping Meals on Wheels of Central Maryland carry on its mission in service to the homebound.

### THE GECKO IS COMING!

With a generous contribution of \$25,000 from the GEICO Philanthropic Foundation, GEICO has entered into a full-year partnership with Meals on Wheels to help support our home-delivered meals program and help battle senior hunger.

Beginning this spring, a Meals on Wheels van featuring the GEICO Gecko will be travelling on major roads and highways in the Baltimore metropolitan area covering miles and spreading smiles. The GEICO Gecko will also be making some special appearances throughout the year to help us celebrate our 50<sup>th</sup> Anniversary. So, keep your eyes peeled for the GEICO Gecko!



### KAISER PERMANENTE STEPS UP!

Through their \$25,000 contribution, Kaiser Permanente Mid-Atlantic has stepped forward to become Meals on Wheels’ first-ever Presenting Sponsor for the 18<sup>th</sup> Annual Culinary Extravaganza scheduled for May 3.

“As part of our commitment to the community, we are working with Meals on Wheels of Central Maryland to ensure that individuals, who otherwise would not have access to healthy foods, receive the grocery items and meals that they need, so they can remain independent and worry free,” said **Maritha Gay**, senior director of external affairs for Kaiser Permanente of the Mid-Atlantic States.



Your special gift is the perfect way to help people who are homebound due to age or disability while also paying tribute to the memory of a friend or loved one, or honoring the special occasion of someone you know. These thoughtful gifts enable Meals on Wheels to provide home-delivered meals to people in the community who need our service. When you make a special memorial or honor gift to Meals on Wheels of Central Maryland, a tasteful card "In Memory Of" or "In Honor Of" is handwritten and sent to the person you indicate.

Below is a list of Memorial and Honor Gifts received between September 2009 and February 2010.

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Erma Odessa Adams  
Ms. Fannie E. C. Alston

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Mr. Stanley Kusnetz

Cindy La Hatte  
Ms. Veda Diegel

Chris Limparis  
Mr. James Richardson

Mrs. Brenda Linnan  
Mr. Robert Spielmann  
For your speedy recovery

Sarah Mao  
Bunny & Mike Roseman  
Happy 100th Birthday!

Judith Marcus  
Dr. Carol Fineblum & Mr. Sol Fineblum

Mr. & Mrs. Art Martin  
Ms. Elizabeth M. Schuerholz

Mary Lubitz  
Mr. Milton Powel

Senator Barbara Mikulski  
Ms. Helen Delich Bentley

Mr. & Mrs. Richard Milner  
Ms. Paula Rudikoff

David Mock  
Mr. D.W. Wells Obrecht

MOWCM Volunteers at Weinberg  
Mr. & Mrs. Mark Paster

Mr. & Mrs. George Miller  
Mr. & Mrs. Sam Himmelrich  
Mr. & Mrs. Jack Barber  
Mr. & Mrs. John Heller  
Dr. & Mrs. Irwin Nudelman

New Grandson  
Mr. & Mrs. Robert E. Merritt

Krista Nickerson  
Dr. Edward L. Hoedebecke

Dr. & Mrs. Irwin Nudelman  
Mr. & Mrs. George Miller

Our Friends & Neighbors  
Mr. Jordan Celeste

Our Troops Overseas  
Ms. Evelyn Stinchcomb

Donald Parsons  
Ms. Donna Haviland

Pat, Pearl, Hattie, Matthew & Chris  
Mr. & Mrs. Robert Rosen

Jerry Pellegrino/Corks  
Ms. Jeanette Opalensky

Suzanne Pierce  
Ms. Diana Reed

Rachel & Ryan  
Ms. Leslie Roffman

Hazel Rai  
Mr. Christopher Afdahl

Peggy Reter  
Ms. Becky McClure

Anna Rice  
Ms. Toni Gianforti

Peggy Rightnour  
Ms. Michele Lynch

Kaitlyn Elizabeth Rosen  
Ms. Florence E. Brenner  
For my granddaughter!

Robert Rosen  
Ms. Ellen Rosen  
Happy Hanukkah!

Fern C.S. Sargent  
Ms. Sargent  
Happy 70<sup>th</sup> Birthday!

Carole Sibel  
Mr. & Mrs. Edwin Jules  
Happy 75th Birthday!

Catherine Siebenhaar  
Mr. Joseph Siebenhaar

David & Gertrude Silver  
Mr. Robert Spielmann

Paul Smeton  
Ms. Bonnie Homa

Rita St. Clair  
Mr. & Mrs. Malcolm Sherman

Helen Swam  
Ms. Kathleen Arnold

The Rehab Team at JH Homecare  
Ms. Suzanne Havrilla

The Staff of Meals on Wheels of Central MD, Inc.  
Ms. Catherine Max

Kathi & Joe Thomas  
Ms. Susan Harris

To the cold & hungry  
Ms. Ann Bracken

Tom & Sig Garner  
Bruce & Net Garner  
Brian & Robin Garner  
and "The Hug Bunch"  
Ms. Beverly S. Garner

Dorothy Twitchell  
Mr. Robert Twitchell

Veterans of all wars  
Mr. Joseph F. Siebenhaar

Buffy Vosbury  
Ms. Barbara Vosbury

Thomas D. Wallace, Sr.  
Ms. Fannie E. C. Alston

Mr. & Mrs. Charles Wastler  
Mr. & Mrs. Mel Gray  
Happy 50th Anniversary!

Ira Weiner  
Ms. Debra Weinberg

Enclosed is my Gift Of: \$ \_\_\_\_\_

In Memory of: \_\_\_\_\_

In Honor of: \_\_\_\_\_

Please send card to (name): \_\_\_\_\_

Address: \_\_\_\_\_

My Name: \_\_\_\_\_

My Phone Number: \_\_\_\_\_

My Address: \_\_\_\_\_

Please send your check with the above form to:  
Development Office  
Meals on Wheels of Central Maryland  
515 South Haven Street  
Baltimore, MD 21224

While the amount of the gift is never mentioned on the acknowledgement card, we do suggest a minimum of \$10.00

You can also call 443-573-0930 to charge gifts to your credit card or log onto [www.mealsonwheelsmd.org](http://www.mealsonwheelsmd.org) and click on "Donations."



Meals on Wheels  
of Central Maryland

515 South Haven Street  
Baltimore, Maryland 21224

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## LEAVING A LEGACY

Some of our readers may remember a story from the fall 2006 issue of Meal Times about Carroll Ireland, a Meals on Wheels of Central Maryland client. Mr. Ireland passed away last year at the age of 98, and his loss is deeply felt by all of the volunteers and staff who came into contact with him.

In that 2006 article, Mr. Ireland said, “I was having a rough time, and my physician mentioned Meals on Wheels. It’s made all the difference for me.” According to Mr. Ireland, everyone associated with the Meals on Wheels program gave him the personal attention that made him feel valued and important – not just the nutritious meals he received, but the personal touches, like staying a few extra minutes to chat or taking the

time to bring in his mail after he fell on a trip to the mailbox.

When asked how he personally felt about Meals on Wheels, Mr. Ireland replied that his intention was to leave a legacy gift to Meals on Wheels to offer his thanks and appreciation for what they have done for him. “I really could never repay all the good that Meals on Wheels and these people have done for me, but I want to try,” he said.

At the time of his death, Mr. Ireland made good on his promise and left a very generous gift to Meals on Wheels. His gift has been placed in our endowment fund where it will help to provide the services that Mr. Ireland cherished to others in the years to come.

At the end of the Meal Times article,



the editor commented that Mr. Ireland and his favorite volunteer, Stevie Stern, will both leave substantial legacies – legacies of generosity of spirit, charitable giving, and human kindness. They prompt us by example to ask the following of ourselves: what legacy will I leave? How can I serve others?

*For more information on legacy gifts, please contact Faye Carey at the Meals on Wheels office: 443-573-0928 or [carey@mowcm.org](mailto:carey@mowcm.org).*

