

meal times

SPRING 2011 Volume 18, No. 3

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

**Meals on Wheels of Central Maryland
invites you to the**

19th Annual Culinary Extravaganza

Monday, May 2, 2011
6:00 p.m. to 9:00 p.m.

Radisson Plaza Lord Baltimore
20 West Baltimore Street, Baltimore, MD 21201

Gourmet Cuisine • Live and Silent Auctions • Wines of Distinction

Live Music by

Freddie Stevens Entertainment, Ltd

Tickets

\$150 per person (parking included) Business attire

Featuring these Wonderful Chefs

Jerry Edwards
*Chef's Expressions &
MOW Spokesperson*

Timothy Norris
Radisson Plaza Lord Baltimore

Doug Dillard
Baltimore Marriott Waterfront

Rodney Henry
Dangerously Delicious Pies

Ronnie Ching
The Classic Catering People

Winston Blick
Clementine

Barry Fleischmann
Innovative Gourmet

Nino Germano
La Scala Ristorante

Nancy Longo
Pierpoint Restaurant

Doug Wilson/Paul Glomp
Sparrows Point Country Club

Geof Manthorne
Charm City Cakes

Jay Cohen
Mia Carolina

Jerry Pellegrino
Corks/Abacrombie

Kimberly Rigby
Perfections

Bill Tien
Matsuri

John Walsh
Chef's Expressions

Lamont Pommells/Emily Haley
Meals on Wheels of Central MD

Sponsorship opportunities available

For more information or to purchase tickets

call 443-573-0930 or visit www.mealsonwheelsmd.org/culinary

All proceeds help people who are homebound, frail and elderly in Central Maryland.



Great News/Good News/Bad News

A message from Catherine Max

President of the Board of Directors

Meals on Wheels of Central Maryland recently surveyed a random sample of 73 of the clients we serve, and the results show that we are doing AN INCREDIBLE JOB!

- 97% report that the services Meals on Wheels provides have extended the amount of time they anticipate being able to live independently in the community without having to move to a nursing home, assisted living facility, or in with someone else!
- 93% report that participation in our program has improved their nutrition!
- 23% of our clients see no one else beside our volunteer or driver during an average day. An additional 29% see only one other person during the course of an average day. (Meaning that for 52% of our clients we are either the only person they see, or we've doubled the number of people they see on a daily basis.)
- 96% report that we've improved their quality of life!
- And finally, 73% of our clients report that we are the only social service agency that they have regular contact with that is able to assist them with locating and accessing critical resources on a regular basis.

In summary, we are doing an incredible job! Nearly all of our clients tell us we're making it possible for them to remain in their homes, have improved their nutrition and, over all, have made their quality of life much better. Not only that, we have reduced their isolation, and assisted them in accessing other critical services. And for nearly a quarter of our clients, we are the **ONLY** people they see.

We're also doing a great job in reaching out to our homebound neighbors who need us. In recent months, the number of people we serve each day has grown by 200. And the demand for our services continues to grow.

That brings us to the bad news. This unprecedented growth in today's tough economic times is putting a severe strain on our ability to meet the need both financially and in terms of volunteer manpower.

We do receive great support from our donors and volunteers, but now we're asking even more. If you've already given for the year, please consider an extra gift. The gift of an hour of your time has great value to us as well. Come join us and deliver a meal and learn the value of volunteering and making a difference in someone's life.



Catherine Max, President
Board of Directors

Catherine

To obtain service, become a volunteer, or make a financial contribution to Meals on Wheels, call **1-866-0827**, email **info@mowcm.org** or log on to **www.mealsonwheelsmd.org**



YOU CAN HELP...

...Deliver meals to your homebound neighbors. Call 1-866-558-0827 for more information or visit www.mowcm.org and click on "Volunteer Opportunities."

...Subsidize meals for a day, a week or a year. Send your tax deductible donation to MOWCM, 515 South Haven Street, Baltimore, MD 21224, or visit www.mowcm.org and click on "Donate."

...Donate your vehicle. Meals on Wheels of Central Maryland is now participating in the Meals on Wheels Association of America vehicle donation program. By donating your vehicle, you create a win-win situation. You receive a tax deduction for the amount we receive from the sale of your vehicle and the proceeds help to feed a homebound senior. Your wheels keep Meals on Wheels rolling!



...Endow your gift through a Charitable Bequest (see page 8 for details).

And here's another great way for you to help while helping yourself: Community Investment Tax Credits

Here's how it works: As of January 1, 2010, the State of Maryland expanded the eligibility for community tax credits to individuals. Previously, only businesses could take advantage of this opportunity to invest in nonprofits in their community and receive a tax credit for 50% of their donation.

For a minimum donation of \$500 in support of our mission to feed the homebound, you will receive a tax credit of \$250 that you can use to offset your State of Maryland tax liability

These tax credits are in addition to the deductions on both the Federal and State taxes as a result of a charitable contribution. Based upon the income and tax structure of the individual or business tax payer, the net cost of the donation could be as low as \$0.27 for every \$1.00 donated.

For more information on how to get started or if you have questions, please contact Jane Pekosz in the Development Department at 443-573-0930 or pekosz@mowcm.org



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

515 South Haven Street

Baltimore, MD 21224

410-558-0932

410-558-1321 fax

1-866-558-0827 toll free

info@mowcm.org email

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.



Upcoming Events

MAY 2, 2011

19TH ANNUAL CULINARY EXTRAVAGANZA

Radisson Plaza -
Lord Baltimore Hotel
Call 443-573-0930 for details

MAY 18, 2011

VOLUNTEER OPEN HOUSE

Where: Meals on Wheels
Central Kitchen
RSVP to Schawn by
May 11, 2011 at
443-573-0925

JUNE 14, 2011

VOLUNTEER OPEN HOUSE

Where: Meals on Wheels
Central Kitchen
RSVP to Schawn by
June 7, 2011 at
443-573-0925

VOLUNTEER APPRECIATION LUNCHEONS

(For information and to RSVP, contact your site coordinator or call Schawn at 443-573-0925.)

- April 14 – Carroll County
- April 29 – Liberty & SSA
- May 5 – Towson
- May 6 – West
- May 9 – Dundalk, East & Central
- May 10 – Sherwood
- May 17 – St. Anthony's
- May 24 – Faith
- May 25 – Leisure World
- June 2 – Douglas, South,
Brown & Hampden
- June 9 – Weinberg
- June 21 – Howard County
- June 24 – Anne Arundel County
(all sites)
- August 26 – Harford County

Edna, Coco, And The Kibble Connection

Every morning at 11:45, 88 year-old Edna sits in her small rowhouse with her little dog, Coco, on her lap – waiting for a special delivery that will brighten their day.

Edna was one of 11 siblings. Sadly, only two sisters are alive today. They speak often by telephone, but rarely have the opportunity to visit. One is 96 years old and lives on the other side of the city where she still helps to care for her disabled son and daughter. The other is 78 and lives in Ohio.

Edna has no one else to help or check up on her. She is now on oxygen full-time and has to use a walker to get around her house. Without Meals on Wheels, Edna would be in danger of becoming one of the 6 million older Americans who go hungry every day. Fortunately for Edna, she can depend on a volunteer bringing her two nutritious meals every day. She enjoys the meals and looks forward to their visit.

And fortunately for Coco, Meals on Wheels Kibble Connection volunteers bring a regular delivery of dog food.

The Kibble Connection is a joint program of Meals on Wheels of Central Maryland and the Maryland SPCA. Volunteer Noel Morphet coordinates the program, from picking up the donated pet food, packaging it for individual pets and having it delivered to the homes of Meals on Wheels clients who have pets.

There have been numerous studies which show that owning a pet may help seniors live longer, healthier, and more enjoyable lives.

Thanks to Meals on Wheels and the Kibble Connection, Edna and Coco are assured of receiving the nutrition they need to remain living independently, together.



Edna and Coco

Client "Love Notes"



*Dear Meals on Wheels,
I thank you for giving
us 2 meals a day!
We could not manage with
your service. My husband (86yr
old) had a stroke and went blind.
We live on social security and limit-
ed income.
I am 84 yrs old had a stroke
cannot manage to walk. We had
a fire in the kitchen the stove
and oven were damaged.
We could never get food
with you. I thank you. Bless you!*

*Sincerely,
Anne + Mickey*

*DEAR Meals on Wheels!
I just wanted to thank
everyone for being so good
to me! enjoy the food very
much and you have some
excellent diet cooks there
I don't know what I
would have done without
you and all of your staff
that delivers are just
as nice as they can be.
I just wanted you all
to know how much I
appreciated what you are
all doing for me!*

*Love, to ALL
"MARIE"*

Meals On Wheels Celebrates Our 50th Anniversary At Annual Volunteer Recognition Event

Over 400 volunteers turned out on Sunday, October 31, 2010 to celebrate the mission and share in this special milestone at the Towson Sheraton North Hotel. The guest speaker was Gilbert Sandler, son-in-law of Beatrice Strouse, a founder of Meals on Wheels of Central Maryland. There was also a special video greeting from Mike Rowe from the “Dirty Jobs” cable show, who also happens to be the son of a MOW volunteer at our St. Anthony’s Site.

Special recognition was given to:

Jean Bowen, a volunteer from Essex for the past 15 years, who received the Ernestine McCollum Award as Volunteer of the Year.

Jonathan Wachs, First Vice President of the Board of Directors, who received the Beatrice Strouse Award, which is presented each year to a member of the board who demonstrates exceptional leadership.

Elizabeth Galea, who received the Peg Sheeler Award as the outstanding employee of the year. The award is named in honor of MOW’s first executive director who was on-hand to present the award in person.



Ruth Velker (R), the 2009 recipient, presents the Ernestine McCollum Award to Volunteer of the Year Jean Bowen.



Jonathan Wachs (R) receives the Beatrice Strouse Award from the 2009 winner, Edwin Jules.

2010 Site Volunteers Of The Year Were Also Honored

Wallace Anderson – Brown Memorial
County-Change Inc. – Carroll County
Noel Morphet – Central
Ella Booker – Douglas Memorial
Fran Foster & Horace Oxendine – East
James Bennett – Faith
Jan McDonald – Glen Burnie
Elizabeth Faith – Hampden
Dennis Nonemaker – Harford County
Jim Arney – Howard County
Joe Monroe – Liberty

Ivette Sherman – Montgomery County
Sherry Crowl – Sherwood
Dora Brooks – SSA
Harshada Parekh – St. Anthony’s
Lissy Umlandt – St. Martin’s
Marge Bowman – South
Anne Marie Beahn – Towson
Judith Marcus – Weinberg
Larry O’Neill – West
Flo Randall – Woods Memorial

Special Thanks

To the many foundations and organizations who have provided generous grants to help keep our wheels rolling. We wish space allowed us to list everyone.

AEGON/Transamerica
Foundation, Inc.



BJ’s Charitable Foundation



Clayton Baker Trust



Columbia Foundation



The Drescher Foundation



Emmanuel Episcopal
Church



Evangelical Lutheran
Church in America



GEICO Philanthropic
Foundation



The David and
Barbara B. Hirschhorn
Foundation, Inc.



Land O’Lakes Foundation



McCormick & Company,
Inc.



The Lois and Philip Macht
Family Philanthropic Fund



Northrop Grumman
Foundation



T. Rowe Price
Foundation, Inc.



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 August 16, 2010 and February 28, 2011

IN MEMORY

Homeless People
Mr. J. Howard Peltzer, Jr.
Grandma Dixie
Mr. & Mrs. Alvin N. Mineart
The Cesna Family
Ms. Grazina Blekaitis
My Mother
Ms. M. Kelly Hooker
Our Veterans
American Legion Auxiliary #137
Santiago Aguirre
JHBMC - Health Information Management Department
Lorraine D. Allen
Mr. & Mrs. Kenneth McCall
West County Democratic Club
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Ann Fach
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James H. Fant
Ms. Gwendolyn Russell
Cynthia Feldstein
Mr. & Mrs. M. Huddleston
Kathryn Fishman
Mr. Harry Fishman
Brent & Regina Fletcher
Mr. Joseph F. Siebenhaar
Emmaline V. Fodel
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Linda C. Ford
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Ms. F. Stephanie Franzoni
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The Henson Family
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Terry, Glenn, Kevin, Colleen, Jan and all of your advocate family
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 Martha Zaky
 Mr. Arif R. Zaky
 Chaim Zielinski
 Ms. Ethel Zelenske

Volunteers
 Ms. Jo Ann Lamp
 For Thanksgiving...
 Ms. Elizabeth Fotheringham
 50th Anniversary of Meals on Wheels of
 Central MD
 Mr. & Mrs. Richard Soypher
 Our Clients
 The ArborSun Group, Inc.
 Hungry Families
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 Ms. Toni Gianforti
 Pat Harper and the Weinberg Place Staff
 Ms. Ellen Rosen
 Meals on Wheels of Central MD
 Volunteer(s) – Mrs. Judith Marcus
 Ms. Miriam Lowenberg
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 Ms. Patricia Guarino
 Meals on Wheels of Central MD Staff at
 Weinberg Village
 Mr. & Mrs. Mark Paster
 The Berrywood Community
 Mr. & Mrs. Jim Stafford
 Monday Bridge Group
 Ms. Sylvia Tarnove
 Doris Argo
 Ms. Sarah Hamlin
 Mary Asendorf
 Mr. & Mrs. Raymond A. Smith III
 Harry Bass - Wishing you a speedy &
 complete recovery!
 Mr. & Mrs. Izzy & Evelyn Morrison
 Marty Bass – WJZ
 Kreative Katton, LLC
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 Mr. Timothy Fisher
 Edwin Foley
 Ms. Diane Foley
 Pam Gail
 Mr. Joseph F. Sienbenhaar
 Dorothy Galoon – Happy 90th Birthday!

Mr. Donald Levenstein
 Mr. & Mrs. Steve & Melinda Hiken
 Annette Gendason
 Ms. Cheri Trieber
 Harry Gendason
 Ms. Cheri Trieber
 Samuel Gold
 Mr. & Mrs. Izzy & Evie Morrison
 Susan Gold
 Ms. Linda Karp
 Richard & Lois Gross
 Mr. & Mrs. Mike & Kathy Myer
 Marc Grossblatt
 Mr. & Mrs. Harvey B. Grossblatt
 Patricia Harper
 Mr. Howard Schloss
 Kathleen Hawkins
 Ms. Laurette Hankins
 Mr. & Mrs. John Heller
 Mr. & Mrs. Irwin & Brenda Nudelman
 Mr. & Mrs. Samuel Himmelrich
 Mr. & Mrs. Irwin & Brenda Nudelman
 Connie Horan
 Ms. Linda Karp
 Karen Jacobs – Happy “Special” Birthday
 Ms. Catherine Max
 Elizabeth Judge – Happy New Year!
 Ms. Maryann Lofft-Judge
 Cheryl & Jeremy Kaufman
 Ms. Stacey Kaufman
 Mr. & Mrs. William J. Knight, Sr.
 Mr. & Mrs. Mark & Mary Raab
 William J. Knight, Sr.
 Mr. & Mrs. John Cullum
 Martha Kominck
 Mr. & Mrs. William J. Cunningham
 Eileen Lacion
 Ms. Kelly Chancey
 Jackie Lamont
 Mr. Joseph F. Siebenhaar
 Esther Libowitz – Happy 80th Birthday!
 Mr. Paul Rotkowitz
 Rose Lubitz
 Mr. & Mrs. Milton E. Powell III
 Sonia & Arnold Maltinsky – Happy 50th
 Wedding Anniversary!
 Mr. & Mrs. Nate & Glenda Chernoff
 Catherine Max
 Mr. & Mrs. Jordan Max
 Kathy McAllister
 Ms. Linda Karp
 Carole McMorrow
 Ms. Virginia Mae Cooper
 Angela & Augie Miceli
 Mr. & Mrs. John M. Backer
 Beverly J. Miller
 Ms. Carolyn B. DeHoff
 Mr. & Mrs. George Miller
 Mr. & Mrs. Irwin & Brenda Nudelman
 Ms. Anne Miller
 Mr. & Mrs. Irwin & Brenda Nudelman
 David I. Miller
 Ms. Joetta M. Miller
 David Mock
 Mr. D.W. Wells Obrecht
 Jared Nipper

Ms. Susan Harrison
 Kathy Pucci
 Ms. Linda Karp
 Ruth Pumphrey
 Mr. William Emmerich
 Dr. Louise Rainis
 Ms. Doris X. Sweet
 Mrs. Einar Raysor
 Ms. Joan E. Rosenstein
 Mr. & Mrs. Michael G. Riemer
 Ms. Marthe Roles
 Meredith, Josh, Kaitlyn Rosen
 Ms. Ellen Rosen
 Fern C.S. Sargent – Happy Birthday!
 Ms. Fern C. S. Sargent
 Elaine Schultz - Happy Birthday!
 Ms. Michele G. Schultz
 Judy Schwaber
 Betty & Joan Raskin
 Mr. & Mrs. Milton Schwartz –
 Happy 70th Anniversary!
 Mr. & Mrs. Milton Schwartz
 Robyn Seabrease
 Ms. Linda Karp
 Norman Shillman
 Ms. Susan Weinstein
 William Siebenhaar
 Mr. Joseph F. Siebenhaar
 Lennie Siff
 Ms. Elizabeth M. Schuerholz
 David Silver
 Mr. Robert Spielmann
 Gloria Silverberg – Happy Birthday!
 Ms. Christine Manko
 Mickey Simon – Happy Birthday!
 Ms. Arline Nitzberg
 Aquilla B. Smith
 Mr. Lonnie L. Smith
 Rita St. Clair
 Mr. & Mrs. Harry P. Pappas
 Lori Sullivan – Happy Birthday!
 Mr. William J. Sullivan
 Thomas Tasker - St. Martin's (Meals on
 Wheels of Central MD) Kitchen
 Ms. Eloise A. Ullman
 Kathi & Joseph Thomas
 Mr. & Mrs. Charles & Susan Harris
 Ms. Kathleen Thomas
 Myles Tille
 Mr. Myles Lichtenberg
 Jonathan Wachs - Happy Birthday Dad!
 Sofie & Sam Wachs
 Dr. Ed Wallach – wishing you a speedy &
 complete recovery!
 Mr. & Mrs. Irwin & Brenda Nudelman
 Steve Weigman
 Mr. Raymond Devilbiss
 Lynn Weinberg – Happy Birthday!
 Ms. Debra Weinberg
 Jean Williams
 Mr. Steve Williams
 Helen & Rod Williams
 Mr. & Mrs. Clifton J. Hargadon, Jr.
 Kathy Zaryk
 Ms. Linda Karp

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 and click on “Donations.”

IN HONOR

In Thanksgiving
 Ms. Maryann Lofft-Judge
 My Neighbor's Daily Delivery
 Ms. Arlene C. Palmer
 - Our Lord -
 Mr. & Mrs. Doug Ripple
 Meals on Wheels of Central MD





Meal Times

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...enhancing quality of life through the provision of nutritious meals, personal contact and related services.

ENDOW YOUR GIFT...

Endow your gift through a charitable bequest as a distribution from your estate to Meals on Wheels through your last will and testament. There are different kinds of bequests. For each, you must use very specific language to indicate the precise intentions, and to successfully carry out your final wishes. In any charitable bequest, be sure to name the recipient accurately.

Even if you aren't wealthy, you can make a charitable bequest. If every adult in America made a will and included a bequest of just \$100, billions of dollars would flow to charitable causes every year. Below are some of the more common kinds of bequests and some bequest language.

General Bequests are legacies left to causes that come from the general value of the estate, and are made by designating a specific dollar amount of your estate to the cause of your choice.

"I give, devise, and bequeath to Meals on Wheels of Central Maryland, Inc. the sum of \$_____ for the benefit of Meals on Wheels of Central Maryland and its general purposes."

Residuary Bequests are made when you intend to leave the residue portion of your assets after other terms of the will have been satisfied.

"All the rest, residue, and remainder of my estate I give to Meals on Wheels of Central Maryland, Inc. for its general purposes."

Contingency Bequests allow you to leave a portion of your estate to a particular charity if your named beneficiary does not survive you.

"I devise and bequeath the residue of my estate to (name of beneficiary), if (she/he) survives me. If (name of beneficiary) does not survive me, I devise and bequeath my residuary estate to Meals on Wheels of Central Maryland, Inc., for its general purposes."

For more information about making a charitable bequest, contact your attorney or estate planner or call the Meals on Wheels Development office: 443-573-0930.

