

meal times

SPRING 2008 Volume 15, No. 1

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

executive director's message



As I write this message, newspaper headlines and on-air news broadcasters and pundits are all addressing the topic of an economic recession. Like domino tiles, policy and budget decisions on the federal level impact each state's fiscal health. Local governments here in Maryland are starting to feel the pinch from budget measures enacted in the state General Assembly's special session late last year. Before the General Assembly adjourns in April, it is likely that more reductions in spending and services will be enacted. Meals on Wheels pays attention to these policy and budget issues because their outcomes could affect us – for better or worse.

Here are some simple facts – government financial support for our program has been flat since 2000, while our food costs have risen 12%. Additionally, rising gasoline costs have led to roughly a 9% increase in our delivery costs since last year.

The total cost of preparing and delivering meals to our clients totaled just over \$5 million dollars. Meals on Wheels needs to raise approximately \$1.28 million dollars to meet our

goal of serving every person in need of our services. We attempt to meet this challenge through income derived from special events, charitable giving campaigns, private grants, bequests, and revenue from our "other meal programs" – meals provided to adult and child day care and senior congregate programs. Moreover, 86 cents of every dollar we raise goes toward direct client service. That's one fact of which we are understandably proud.

Coming up next month is a chance for you to help us fill that \$1.28 million funding gap. Our premier fundraising event, the 16th Annual Culinary Extravaganza, is scheduled for Monday, April 7 at The Hippodrome. This is an opportunity to have some fun, dine on the best food prepared by some of the best chefs around, bid on great Silent and Live Auction items, and help support the Meals on Wheels mission. Hope to see you there!

Tom

A. Thomas Grazio, Executive Director

Meals on Wheels Presents the 16th Annual Culinary Extravaganza – A Night With Maryland's Star Chefs!

Monday, April 7, 2008

6:00 p.m. – 9:00 p.m.

The M&T Pavilion at The France-Merrick

Performing Arts Center

12 N. Eutaw Street, Baltimore

To find out more about the event, become an event sponsor, or to purchase tickets, log on to www.mealsonwheelsmd.org/culinary, e-mail events@mowcm.org, or call Jane Pekosz at 443-573-0930.



Chef Donald Spence



Chef Jerry Edwards



Chef Jerry Pellegrino

**The 16th Annual Culinary Extravaganza
– A Night With Maryland’s Star Chefs!**

Monday, April 7, 2008

6:00 pm – 9:00 pm

The M&T Pavilion at The France-Merrick
Performing Arts Center
12 N. Eutaw Street
Baltimore

Twenty-five great chefs reach for the stars as they create out of this world culinary dishes that will feed you for one night and thousands of our clients for days. Live and Silent Auctions, live music.

Visit www.mealsonwheelsmd.org/culinary for tickets and more information.

Spring Basket Bingo

Friday, April 25, 2008

7:00 pm

Rosedale Gardens
8037 Philadelphia Road

Tickets are \$20 for 20 games

Visit www.mealsonwheelsmd.org for tickets and more information.



October's Soccer Basket Winner

2nd Annual Turbo Turtle Splash

Saturday, May 10, 2008

3:00 pm – 5:00 pm

McDaniel College Indoor Pool
Westminster, MD

When supporters adopt a turtle for \$5, they provide a nutritious hot meal to a person who is homebound in Carroll County and also qualify for a chance to win \$10,000

Visit www.turtlesplash.com for more information.

1st Annual 5K Family Fun Run/Walk

Saturday, November 8, 2008

9:00 am

Meadowbrook Park
Columbia, MD

Entry fee is \$25.

Visit www.mealsonwheelsmd.org for more information.



MOW Executive Director
Tom Grazio got into the fun at
last year's Turbo Turtle Splash

Meals on Wheels wishes to thank the Baltimore Chapter of the National Association of Catering Executives (NACE) for their generous contribution of \$7,500 as part of the proceeds from their October 22 special event – AN ENCHANTED EVENING - NACE UNCORKED! – at The American Visionary Arts Museum. We are proud to be one of the beneficiaries of this wonderful event and look forward to working with Baltimore NACE in the future.

If you have a fundraising idea or are interested in scheduling a fundraising event to benefit Meals on Wheels, call Debbie Brown at 443-573-0929 or e-mail events@mowcm.org



Special Recognition To . . .



Lois Gross and Salvatore J. Molite,
executive director, Edenwald

Mrs. Lois Gross, Glen Burnie resident and Meals on Wheels volunteer since 1974, on being inducted into the Maryland Senior Citizens Hall of Fame in October – Mrs. Gross was also named as a recipient of the GERI award. The award is presented to only five individuals statewide who are judged to have made “. . . the most outstanding and exceptional contributions to their community.”

The Carroll County Bureau of Aging, belatedly, for donating an air conditioner this past August to a client in Carroll County – To quote Lynelle Osborne, Meals on Wheels county program service supervisor, “The client was in great need of an air conditioner. The donation from the Bureau of Aging was an act of kindness.”

Roy Sachs, a volunteer since 1987 at the Weinberg Distribution Site, who recently came to the aid of a client on his route while delivering meals – Roy noticed that the client’s mail had not been picked up from the day before and he decided to do a little more checking. He listened intently at the client’s door, heard something, and called 911. Emergency personnel arrived and found the client lying on the floor, conscious but unable to get up. The client was admitted to the hospital and, at last report, was doing well.

All of our corporate and community organization volunteer groups to whom we presented a plaque in appreciation for all they have done for our clients throughout 2007 – Those groups are: **PHH Arval, Social Security Administration/ Center for Medicaid Services, Lockheed Martin, Bank of America, LaSalle Leasing Corporation, Athelas Institute, W.R. Grace & Co., TekSystems, The ARC (Harford County), Caruthers Prudential, Westminster Union Bank (Lisbon Branch), Severn River Lions Club and Severna Park Kiwanis Club.**

Deborah Wells-Wright, Social Security Administration/Center for Medicaid Services 2007 Volunteer of the Year – Meal Times incorrectly identified Deborah in the last issue, so we are including her photo again in this issue – with our apologies.



Deborah Wells-Wright

Students at the Community School of Maryland at Northwood who deliver meals every Wednesday to clients served at Leisure World (Montgomery County) – Northwood is a non-profit organization that specializes in working with adults and children with autism. The students who deliver every Wednesday are considered high functioning regardless of their autism.

St. Paul’s Lutheran Church, South Clinton Street, Highlandtown – Meals on Wheels first established a working kitchen at St. Paul’s in 1964. When the kitchen operations were consolidated in 1992, St. Paul’s continued as the East Distribution Site until summer 2007. Meals on Wheels extends heartfelt thanks to St. Paul’s and **Pastor Robert Mack** for all they have done for us through the years.

The 47th Annual Volunteer Recognition Event

Many of our wonderful volunteers turned out on Sunday, October 7 at the UAW Hall on Oldham Street to partake of some great food, fun, and companionship. **Sheilah Kast**, host of *Maryland Morning with Sheilah Kast* on WYPR-88.1FM, delivered a memorable tribute to our volunteers.

Board member **Catherine Max** was presented with the Beatrice Strouse Award by **Tom Grazio**, Meals on

Wheels executive director. The Ernestine McCollum Award was presented by **Peggy Sheeler**, first Meals on Wheels executive director, to **Dean Lyons**, a Bowleys Quarters volunteer. Both awards honor the exceptional and dedicated commitment and service by a Board member and volunteer, respectively, to the Meals on Wheels program.

A special award was presented to **Phillips Foods, Inc.** in recognition for their generosity to Meals on Wheels clients. **Keely Dziuban**, Phillips' communications/graphics manager, received the award on behalf of Phillips.



Sheilah Kast



Catherine Max & Tom Grazio



Tom Grazio, Dean Lyons, and Peggy Sheeler (photo above)

Keely Dziuban and Tom Grazio (photo left)

A Salute to the 2007 Site Volunteers of the Year

In addition to Mr. Dean Lyons, Bowleys Quarters Volunteer of the Year, listed below are those individuals who were selected as their Site or County Volunteer of the Year. We congratulate them all!

Anne Arundel County
Glen Burnie
Dick Whitney & Sheena Sopato

St. Martin's
Mary P.K. Jones

Woods
Gwen McIntyre

Brown
Roy Luebbe

Carroll County
Charles "Chuck" Roop

Douglas
Jackie Wilder

Dundalk
Richard & Leen Mattox

East
Naomi Gieser

Faith
Ward Cowan

Hampden
Lou Dudrow

Harford County
Breen Kershner

Howard County
Karen Spranza

Laurel
Jim DiPaulo

Liberty
Jerry Burton

Montgomery County
Paul Perkins

St. Anthony's
William & Chris Eickelberg

Sherwood
Dot & Charles Anderson

Social Security Administration/Center for Medicaid Services
Deborah Wright-Wells

South
Pastor Robert Mack

Towson
Betty Fannon

Weinberg (Concord)
Dorothy Stein

West
Joe Edgerton

To become a Meals on Wheels volunteer, call toll-free 1-866-558-0827 or log on to www.mealsonwheelsmd.org

A Personal Story

When Florence Donahue met Don Allison on a blind date in 1974 she was in her mid-50s and had already been widowed seven years. She and Don married on September 5, 1975.

“As you get older, we’ve discovered one thing,” says Florence. “Your children are no longer children – you’re the child! They worry about us all the time. ‘Mom, why did you do this, and you shouldn’t eat this,’ for example. Even though Don is not their biological father, my children also worry about him.”

Florence is now limited by severe arthritis and Don is experiencing the initial stages of Alzheimer’s Disease. There was a time, however – as is true of most of us in middle age – when their lives were defined by work.

The World of Work

Don worked for the Department of the Navy for 20 years as manager of aeronautical publications.

Florence and her late husband started a paint manufacturing business in the late 60s.

Her husband died very suddenly in 1968 and Florence ran the business for about five years afterward. “I was the only woman in the United States back then who was running a paint manufacturing company,” said Florence. “It was difficult because women were not totally accepted in the world of work back then.” When every day began to present a new problem, Florence sold the business at public auction in the mid-70s and started all over again. She then worked full-time in the office of a Baltimore City psychiatric day facility until she retired in 1982.



Florence and Donald Allison

Transitions

Don was surprised recently when Florence staged a pretty fantastic 90th birthday party in his honor. She hired a hall and a DJ and recalled how Don “. . . danced with all the young ladies.” Don now has a personal nurse visit every day, for about a month now.

Don used to help Florence on with her stockings and shoes, but is unable to do that anymore.

“Facing the fact that, as you age you will become dependent upon others for the most intimate of chores is difficult to accept,” says Florence. We discuss some of the issues that face people as they age. Chief among them is the decision – whether made by you, a member of your family, or the MVA – to stop driving. That is, arguably, the last straw in terms of losing total independence. Both Don and Florence felt it acutely.

But there are some blessings to count.

Family members who care – Florence’s daughter first found out

about Meals on Wheels after her mother suffered three bad falls in her kitchen – the last one requiring stitches on the side of her face. Something needed to be done as far as preparing meals for both her mother and Don. They’ve been Meals on Wheels clients for about a year or so.

Friends – A neighbor, Tom, drops by while we are talking just to drop off the mail and chat for a bit. He’s also lived in the handsome high rise on West University Parkway for many years and appears to be a very good friend – relaxed, at home and friendly, as we continue to chat.

Availability of Needed Services – Don has the help he needs and both are very appreciative for the meals they receive from Meals on Wheels and the visits from the volunteers.

Respect and Regard from Others – Even before she and Don married, Florence had already lived in the West University Parkway high rise for many years. She often sat in the Lobby on a particular chair that she considered the most lovely and comfortable. When new building management decided to renovate, they made a gift of the chair to Florence.

“I just love it, don’t you? It’s just elegant. I thought that was the nicest thing to do,” she says.

Toni Gianforti, Editor

To obtain service or to become a Meals on Wheels volunteer, call toll-free 1-866-558-0827 or log on to www.mealsonwheelsmd.org

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 July 3, 2007 and January 11, 2008.

In Memory Of

"Our Parents"

James Schuyler

Alex Starr
Gerald Macks

Andrew N. Schatz Sr.
Andrew N. Schatz Jr.

Anita Sterette
Jo-Ann Mayer Orlinsky
Paula McLellan/Family
Health Centers of
Baltimore

Erla McKinnon
Mary B. Zollicoffer
P-B Health Homecare
Agency
E. Lloyd Davis

Anne Grudzinskas
Terrei Grudzinskas

Anne M. LoBianco
Louis J. LoBianco

Anne Reese
Edward A. Reese

B. Norman Frisch
June E. Frisch

Barbara Elder
George Knauf

Belle and Bert Hart
Leslie Pick

Bertie May Milstead
Jeff Campbeu

Bettie C. Sickle
James K. Sickle

Betty Rose Harris
Conjetta Butt
Edward Clark
Grant & Phyllis Hall
Laura & Dan Wood
Glenn Hall
Karen & Karl Larcom
Emily & Bill Inskeep
Shirley M. Blackwood/
Presbyterian Women of
F.P.C of Bel Air

Judy & Ahmad Parvizan
Helen A. Porter
Carol & Fred Neal
Walter R. Barnett/
The Mike Barnett Family
Douglas Maloney
Charles & Susan Harris
Evelyn Allen
Margaret Kuykendall
Nancy N. Cairns
Beverly Tyler
Steven L. Richardson

Brenda Blyweiss
Jeanette Lazarofsky
Harry & Faye Henderson
Cindy Scruggs
Donald & Judith Pollack
Frank & Jeanette Krapcho

Catherine Veronis
Vincent T. Odell, Jr.

Charles A. Levin
Betty Silver

Bud Schindler
Charles J. Hymiller, Sr.
Ann Hymiller

Charles N. Schatz Jr.
Andrew N. Schatz

Charles, James & Tommy Conley
Eddie B. Bracken

Charlotte Burmgart
William & Lillian Emola

Domenic & Eleanor Pellizzeri
Rosemarie Rauzino-Heller

Donald E. Wetzel
William W. Balls

Doris Baxter
Donald & Carol Grier

Dorothy E. Connolly
Ellen Roper
Bruce Romanesko
Amy Woodard

Tina DeForge
Tobie Szelagnowski and
Family

Dorothy Gibson
Donald & Carol Grier

Dorothy W. Carter
Robert E. Carter

Dr. Alfred Klotzman
Betty Low
Joan Raskin

Dr. David S. Zieber
Rose Tuber

Dr. Robert W. Rector
G. Ralph Strohl, Jr.

Edith & Earl Laucht
Alice J. Gordon

Edward Chyba
Nate & Glenda Chernoff

Edward J. Balles
Jackie Mattheu

Edward M. Hanrahan
Virginia S. Burns

Elaine McNally
Sylvia Tarnove/ Monday
Bridge Group

Elfriede & Paul Becker
Edwin Jules

Ella May Raysinger
Ella M. Raysinger

Emilie Owens
James W. Schmidt

Emma Pauline Sattler Mowell
(Polly)
Charles A. Forbes, Jr.

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Irene Hebert

Evelyn Connelly
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Inc.

Frederick Brick Works Inc.
Edward M. Connelly
Clayton O. Minnick

Evelyn Wassom
Perry S. Wassom

George W. Brewer
E. McCullough

Gilda Klevit Bernstein
Robert & Nancy Kempf

Hannah E. Kurtz
Lewis R. Kurtz Jr.

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Fern C. Sargent

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Bonnie & Bud Powell

Harvey Schreter
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Insurance Company
Richard Huppert
Elaine Hertzberg
Anna M. Brooks/Patterson
High Class of '49
Ladies Lunch Bunch
Edward Weidel
Paul, Brenda & Paul (Jr.)
Weidel

Eugene Kozdras
Michael Wagner
Peggy & Ed Brunner
Wilmer L. Jones
Timothy & Karen Bialozynski
Bernard & Diane Wiczulis
Jimmy & Elaine Buchanan

Hilda D. Barrett and
Decedents of the Chester &
Brothers Families
Fannie E.C. Alston

Hilda Waissman
Charles Waissman

Howard, Martha &
Dorothy Bohlen
Marian E. Tolbert

Ian Geddes
BEST Center
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John Fiola

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Betty Low
Joan Raskin

Irene Rever
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J. David Bryan

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Evelyn Stinchcomb

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Marsha Chodnichi

Louis B. Bell
Andrew N. Schatz

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Maria Oneto
National Resources Center
Henry Milne
Irma L. Moore
Harvey Jones
Peter Preston
The Brawner Company

Marianne Bodenheimer
Catherine Buffington

Marie Bayer
William Carter
Mike & Janice Zapor
Joe & Lynn Bivona

Marie Welch
Jon Schochor

Marietta Holland
C.K. Whitfield USMC

Marilyn K. Dunn
Lewis R. Kurtz Jr.

Marion Cirillo Cantalupe
Andrew N. Schatz

Martha Spivak
Ellis A. Caplan

Mary Elizabeth Downie
James W.A. Downie

Mary Lee Muth
Julia R. Lassotovich

Mary M. Ford
James K. Sickle

Mildred "Fruma" Marcus
Eileen S. Yoffe

Mildred Hood
Judith Harkins

Minda
Steven Reisberg

Momo
Gregory Taylor

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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
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Meals on Wheels of Central Maryland, Inc. 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 statement is available upon request by contacting 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.

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William Ives
 Edwin Jules

William Kaplan
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**In Honor Of /
 Special Celebrations**

Abbi Shaffer
 Jennifer Hill/started
 Kindergarten!

Benjamin Lubbehusen
 Stephen Novak

Bill & Helen Rogers
 Harvey Galinn

Bill Knight
 John W. Cullum

Birth of Great-Granddaughter
 George Black

Bravo Health
 Rosemary Ostmann

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 9/19

David Silver
 Robert Spielmann

Dr. & Mrs. Donald Brown
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Dr. & Mrs. William Wolfel
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Dr. Karen Ezrine
 Catherine Max/Mazol Tov
 on your Simchat Toah
 honor!

Ed & Betsy Reese
 George R. Reese/
 Wedding Anniversary

Efrem Potts
 Joan Raskin/Special
 Birthday of

Elizabeth Rose Gray
 Myrna J. Bleakley

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Irvin Caplan
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Jeffrey Myers
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John & Susan Fiala
 Bill Fiala/50th Anniversary

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Judy Bankhead
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Kathi Thomas
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Linda Himmelrich
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Lynn, Traci, Jeanette, Linda,
 Maddie, Ryan, Gale, Wanda,
 Connor, Judy, Laura & Kevin
 Susan Summers

Margaret D. Balling
 Andrea Shoener

Marian Vessels
 Pauline Reznicek

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 Steve Hecht

Mary & Phil Collins
 Jeffrey Howle

Mary Jo Closs
 Brad Closs/ Birthday - 9/11

Mr. & Mrs. Edmund Karl
 Mary Carroll Plaine

Mr. & Mrs. Irvin Caplan
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Mr. & Mrs. Irvin Caplan
 Donna & Irwin Azman

Mr. & Mrs. Irvin Caplan
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Mr. & Mrs. Robert Granger
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 Wedding Anniversary of

Mr. & Mrs. William Single III
 Mel & Phyllis Gray / 50th
 Wedding Anniversary of

Norma Jane Danzer
 Richard Huether

Paul Levin
 Evelyn & Izzie Morrison /
 For your speedy recovery
 ...with our best wishes

Pete & Lee Mathews
 Katherine M. Walker

Preston & Novella Brown
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R.M. Albert & Jane Davis
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Robert Coplan
 Robert Coplan

Rosalie Okun
 Catherine Max / Special
 Birthday of

Senior Exercisers
 Anna L. Trifillis

Shirl & Bob Nugent
 Brad Closs / 60th Wedding
 Anniversary of

Shirley & Dave Reeves
 Beverly Garner

Sue Aldape
 Ruth Murphy

Suzanne Motsko
 M. Lucinda Motsko

T. & L. Roth
 Thomas F. Roth

Terry Forrest
 Glenn Lichtman

The Musicks
 Jeanette Aziz

To Those in Need
 E. Slayton / Service Guild of
 Epiphany Episcopal Church

Tru & Jim Ginsburg
 Betty Spear / 40th
 Anniversary

Wanda & John Moreno
 Norman Shillman

Willhide Workroom Staff
 Daniel Armacost

William E. Campbell, Jr.
 Christine Opalenik

Meal Times is the official newsletter for the friends of Meals on Wheels of Central Maryland. Meal Times is published in the fall and spring and is mailed or distributed to Meals on Wheels donors, volunteers, and clients.

If you would like to begin receiving Meal Times electronically as a PDF file via your e-mail address, please call Toni Gianforti, Meal Times editor, at 443-573-0914 or e-mail marketcomm@mowcm.org.

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, Maryland 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 VISA or MASTERCARD or log on to www.mealsonwheelsmd.org, then click "Donations."

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