



On hand for the Laurel Site opening, in foreground (left to right) Executive Director of Meals on Wheels of Central Maryland, Stephanie Archer-Smith, Director of Howard County Department of Citizen Services, Phyllis Madachy and Director, Multi-Service Center, Quinton Askew.

Special Grant from Howard County Government Helping To Serve More Clients

by Toni Gianforti, Director of Institutional Giving

Thanks to grant support from the Howard County Department of Citizen Services, August 5 was the official opening of a second Meals on Wheels of Central Maryland meal distribution site in Howard County to more effectively recruit and serve homebound seniors in the Laurel/Jessup/Savage area.

Meals on Wheels received funding support through the Department’s “Initiative Grant” process that seeks to create or expand upon programs that

address the County’s Community Service Partnership priorities of meeting basic needs or promoting self-sufficiency.

The creation of the new site will help reduce route delivery times at The Bain Center distribution site in Columbia by transferring approximately 20 current clients to new routes managed from the new Laurel site.

The new Site Coordinator, **LaChelle Cooper**, is busy conducting marketing and outreach efforts to recruit 30+ new clients and volunteers.

A Spotlight on Our Kosher Meals Program

by Barbara Levin, Director of Client Services

Here at Meals on Wheels of Central Maryland, we strive to meet the needs of all who need our services. One of the programs we offer to do that, is our Kosher Meal program.

Under OU supervision, and with a mishgiach (a rabbi who ensures that we meet the strictest requirements of Jewish dietary law) on site, the program is able to meet the needs of even the most Orthodox Jews, while tempting the taste buds of all.

A peek inside our Kosher Kitchen

Each day the Kosher meals are prepared at Levindale Hebrew Geriatric Center and Hospital, picked up by one of our drivers, and taken across the parking lot to Weinberg Place, where they are unitized and repacked by our faithful volunteers who salivate over the tasty offerings.

Some of the traditional Jewish foods served are Matzo Ball Soup, Gefilte Fish (with a side of horseradish), and Salmon Salad, jostle with more cosmopolitan offerings like Chicken Marsala, Lamb Stew, and Herb Baked Fish with Moroccan Rice.

Dairy dishes are kept completely separate from meat-based meals. Thursdays, both lunch and dinner meals are “dairy”, Wednesdays the lunch and dinner meals are both “meat” meals, the other three days of the week dinner is a “meat” meal and lunch is a “dairy” meal. “Dairy” meals often center around fish (considered “pareve” or “neutral” under Kosher rules) or cheese; with meat meals featuring beef, lamb, turkey, or chicken.

Prior to Passover the kitchen is thoroughly cleansed of any leaven, and “Pesidicha” (Kosher for Passover) meals are served throughout the holiday. Meatless meals are available for those who request them during the 9 days of Av.

Generous funding keeps this program running

Funding from The Associated: Jewish Community Federation of Baltimore, the Harry and Jeanette Weinberg Foundation, and the Lois and Philip Macht Philanthropic Fund supplements our other funding to make the unique program possible.



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OUR MISSION

To enable people to live independently at home through the provision of nutritious meals, personal contact and related services.



Letter from the Executive Director

Dear Friends,

In this issue of Meal Times, you will learn about a few of the many partnerships Meals on Wheels has developed in the last few years that have allowed us to offer more diverse programs and deliver deeper, more impactful services to homebound seniors.

At Meals on Wheels of Central Maryland, partnership is at the core of what we do every day. Our volunteers partner with us Monday through Friday, fanning out throughout Central Maryland to deliver 1,500 hot nutritious meals to homebound seniors. Without them, we would be faced with having to hire an additional 61 full-time employees!

Volunteer delivery is where partnership begins for Meals on Wheels, but certainly is not where it ends. Now, more than ever, as the aging population grows and people live longer, the need to provide diverse, individualized and personal care to keep seniors living independently in their home is of the utmost importance, and without strong partners, nearly impossible.

While you will hear about many exciting partnerships in this issue, I would like to share with you one partnership involving both old and new friends that truly excites me.

On August 5th, we officially opened our newest distribution site located in the Howard County Multi-Purpose Center. This newest location is the 22nd distribution site for Meals on Wheels of Central Maryland, and is made possible by the generous support of the Howard County Department of Citizens Services and the in-kind contribution of space by the Howard County Multi-Purpose Center.

The aging population is growing rapidly throughout the country with a projected 26% increase in Maryland, Howard County is one of the counties experiencing the most rapid growth. We saw that first hand at our Bain Center distribution site, where our faithful volunteers were running long routes, sometimes serving as many as 15 people per route, just to keep up with the need.

Today, with the addition of the Laurel site, we will not only be able to give those Bain Center volunteers some relief, we will now be able to serve homebound seniors in this area of the county who were previously too difficult to reach.

Howard County may be experiencing some of the most rapid growth of the aging population in Maryland, but with their soon to be released State of Aging Master Plan, they are ready; and we are too! Meals on Wheels was delighted to be a partner in the development of that plan and with our 'more than a meal' services, we stand ready as a strong and willing partner to help with the County's goal of being an age-friendly community.

Our meal delivery and support services such as grocery shopping, and case management will help to create a critical safety net for vulnerable adults and support the plan's priorities for promoting physical, emotional, and financial well-being among Howard County seniors.

Partnership, whether public or private, with an individual or a group, whether you call it cooperation, collaboration, or affiliation, is formed from a connection. It is a relationship borne out of a shared conviction and a common goal. That goal for Meals on Wheels and our partners is to serve the aging, preserve their dignity, and to support their personal choice to remain living in their home independently for as long as possible.

Thank you for being a partner in our work!

Stephanie Archer-Smith
Executive Director



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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 our current financial statement is available upon request by contacting Meals on Wheels of Central Maryland, Inc., 515 South Haven Street, Baltimore, MD 21224, (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.

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

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Healing Meals, Helping Hands (HMHH) was born from a partnership



A partnership was formed when funding for a program through Franklin Square Hospital and Kelly’s Dream was granted to Meals on Wheels of Central Maryland. MOW delivered freezer-friendly meals to cancer patients’ door within two business days after discharge from a hospital or long-term care facility. It is now an ongoing program in a growth mode.

We recently interviewed Catherine Max, a long-time supporter of Meals on Wheels of Central Maryland, and our former Board of Directors’ President. After serving on the Board for twelve years, five as the Board President, and a total of nineteen years volunteering for Meals on Wheels of Central Maryland, she took on a new expanded role — HMHH volunteer.

After years of service, you volunteered to deliver meals for the Healing Meals, Helping Hands program, could you tell us why?

“As a Board member, I was involved from the start of this program, reviewing its growth in my capacity as President. I saw that there was a need, and that need was growing in our community. We have to get this out in the open, it can’t be a secret.

I decided to volunteer one day a week to start. You see, just last June, I was diagnosed with breast cancer, so I have a sense of what these cancer patients are going through. Our Healing Meals, Helping Hands clients are not just seniors, we serve all age groups going through treatment.

Let me tell you, a cancer diagnosis turns your whole world sideways. I knew that I could help these patients, if only to act as an active listener.

They are not always ready to talk. Often, I see them right after their treatment and they are wiped out. I know what that is like. You are ready to lie back down after the smallest activity.

To me, when someone is ready to tell their story, I am ready to walk that path with them — it is a joy, and very humbling.

Many of these patients are not willing to allow you to help them. They feel they have lost control and they want some, even if over the little things, like putting away the meals or groceries.

When I deliver these meals, all of the patients are so appreciative, and a bond of trust is formed; eventually, they may be ready to accept some help.

I can relate to that and I can wait for that time when they might open up and allow me to check in on their well-being; that is a big part of our mission. Meeting the people is payment enough, it enriches my life.”

— Catherine Max, *Healing Meals, Helping Hands* volunteer, August 26, 2015

To date, we have served 88 people, who are living with cancer, over 11,000 meals, with 91% reporting that these meals have helped them eat better, 100% reporting greater compliance with treatment, and 70% reporting weight maintenance — all critical factors in the journey to complete recovery.

Current participating partners in this program include: Cancer Support Foundation, The Red Devils, Franklin Square Hospital and Mercy Hospital.

Volunteer Shoppers Needed

Meals on Wheels of Central Maryland offers the Grocery Assistance Program (GAP) to help ensure clients can get the things they need on a consistent basis. Volunteers shop for their assigned client one to four times a month. Shoppers use a Meals on Wheels of Central Maryland credit card to make their purchases, and clients then repay the agency.



Volunteer shoppers are needed in every neighborhood throughout our service area to shop for seniors and disabled adults.

If you, or someone you know, would like to join our cadre of volunteer shoppers, please contact volunteer services: 443 573-0925

Getting the word out about SNAP is part of our mission

Meals on Wheels of Central Maryland is committed to helping our clients find out about, and successfully access, the benefits they qualify for and so desperately need. With grant funding from the USDA, we have an ongoing outreach program to tell clients, and other seniors and disabled adults, about Supplemental Nutritional Assistance Program (SNAP). Volunteers help by delivering verbal and written messages to our clients, and by letting staff know if they see someone they believe could benefit.

Contact Kim Street 443 573-0951

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The Harboring Hope for Hunger Team poses with the \$25,000 check from the Lead2Feed Student Leadership Program

Outstanding efforts from a local school touches area citizens

The Harbour School in Owings Mills' "Harboring Hope for Hunger" Team won the Grand Prize in the Lead2Feed Hunger Challenge for the second year in a row. They were the first team to do so and Meals on Wheels of Central Maryland once again benefitted from their hard work, accepting a donation of \$25,000.

A track record of giving

Over the past two years, the team has:

- Volunteered at Meals on Wheels and other hunger-focused organizations throughout the city.
- Sent care packages with seeds, gardening materials and healthy recipe books to at-risk areas to encourage students to begin a community garden and develop healthy lifestyles.

- Developed a board game to teach students about healthy eating and exercise in a fun, interactive way.
- Designed comic strips to provide interesting and fast tips about healthy eating.
- Collected thousands of pounds of food to donate to those in need

A valuable part of the curriculum

The group is led by Siri Llamas, an English/Language Arts teacher at the Harbour School. The Harboring Hope for Hunger Team has become a permanent organization at the Harbour School, and each year more and more students get involved.

For more information, contact Volunteer Services at: 443 573-0925



Hats and Horses attendees take to our new Culinary Extravaganza's theme with panache and style. >



< Tally-ho! This year's well-attended Hats and Horses Culinary Extravaganza raised more funds than ever from enthusiastic attendees.



The Fathers Day Sprint Triathlon was held again at the South Carroll Swim Club on a glorious spring day. It is swiftly becoming a true family affair for athletes at all levels. >



23RD ANNUAL HATS & HORSES: AN EVENING AT THE RACES CULINARY EXTRAVAGANZA

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HUBS Grant Brings Housing Upgrades to Benefit Seniors

by Toni Gianforti, Director of Institutional Giving

The positive accomplishments of our case managers on behalf of their TCM clients — to identify and obtain additional services and in-home supports they need to live independently — led to Meals on Wheels of Central Maryland being recently named one of five organizations City-wide to receive funding support under the Housing Upgrades for Benefit Seniors (HUBS) Initiative. The HUBS Initiative is being managed by Civic Works, a job training, skills development and community service organization in Baltimore.

Meals on Wheels' HUBS funding — provided by Hoffberger Family Philanthropies and The Leonard and Helen R. Stulman Charitable Foundation — will support outreach and referral activities from among our current city-based low-income clients, and others identified by our case managers, for first-time, no-cost home weatherization, repair, rehabilitation upgrades, and other identified new housing services.

At a minimum, Meals on Wheels will refer 75 clients for service in the first year of the three-year grant.

For more information contact Chelsea Hayman, at Civic Works: 443 470-9871.



Tributes

Below is a list of Memorial and Honor Gifts received March 1, 2015 - August 31, 2015

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In Memoriam, George Walter

Meals on Wheels of Central Maryland offers our condolences to the family and loved ones of one of our long-time clients, George Walter of Howard County. Mr. Walter passed away on July 14, 2015. His proud service to our country in World War II, was recounted in a Meal Times issue from 2010.

He had been stationed in the Philippines when "Tokyo Rose" broadcast that Hiroshima had been devastated by a powerful bomb. The young GI, thought it was a hoax, but soon learned it was a true event of war. As a young GI he had already experienced the horrors of war during the Battle of Luzon in the Pacific Theater of War. He landed on Luzon Beach in the Philippines on January 29, 1945.

"That was the longest day of my life," he said when Meal Times interviewed him in 2010. "You know, the first Philippine I saw was a woman on the beach... they tried to tell her to get off the beach, but she remained... she was trying to find the body of her baby. I can still see it now," Mr. Walter recalled.

After the war, he met and married a girl named Carrie, who had nursed him through an illness that almost took his life. They shared a life together, while raising six children. He spent 30 years with the U.S. Department of Agriculture Research Center in Beltsville.

Mr. Walter's life stands as one that exemplifies a generation of service to country and commitment to ideals that we often lose sight of today.

We feel honored to have served him through our delivery of meals, enabling him to live his life in the home surroundings he cherished.

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. 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. See the back of this newsletter for a form to make your special gift easier.



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nourished our bodies as much
as our soul!
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