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Events



CELEBRATE MARDI GRAS
February 2013

10th ANNUAL MARCH
FOR MEALS
March 2013

VOLUNTEER LUNCHEON
October 2013

The COMMUNITY Connection



MEALS ON WHEELS ETC. PROVIDES THE FOLLOWING SERVICES TO SENIORS IN SEMINOLE COUNTY:
Home delivered meals • Congregate meals • Transportation • Chore Services • Homemaker services
• Case management • Home weatherization



The COMMUNITY Connection

MARCH 2013 ► NEWSLETTER

👉 From the desk of the Executive Director

It was my pleasure to assist in the meal and gift deliveries on Christmas Day. I am usually celebrating the holidays in California, so this was a very different (and much more meaningful) way to celebrate.

Greeting all the cheerful volunteers who showed up to spend part of their morning with our clients was genuinely heartwarming. All ages were represented, from babies to seniors.

Some volunteers deliver once a year on Christmas while others volunteer year round. They are the backbone of this agency, whether it be delivering meals, painting a house, cleaning up a yard, installing grab bars or a wheelchair ramp, or any of the other varied tasks that help the elderly remain living in their own homes.

Florida is 9th in the nation when it comes to the number of seniors facing the threat of hunger and poverty. We are seeing more of this in our own community each passing day. It is the work of our loyal volunteers who make their plight just a little bit easier.

Thank you to all our wonderful volunteers!

Sherry Fincher
Executive Director

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👉 Meet The Board: Dr. Marcia Roman

For Dr. Marcia Roman, serving as a Meals on Wheels board member is a natural fit. She has long had a soft spot for issues related to hunger and the frail, including the elderly.

Scranton in Pennsylvania. Her undergraduate work included a year of studies in philosophy and theology at the Katholieke Universiteit te Leuven/Louvain, Belgium.

"Meals on Wheels helps me to be tangibly involved in helping with a cause that tugs at my heart," says Roman, who is vice president of Student Affairs at Seminole State College of Florida.

Her work with Meals on Wheels is part of a continuum, Roman says. "My desire to ease burdens and to make a contribution extends from my personal to my professional and community life."

In her role at the college, Roman is responsible for cultivating a learning environment that promotes the academic, personal and social development of students. She also provides leadership and coordination to ensure that students receive the highest-quality student support services from the time they first interact with the college through program completion.

Roman earned her doctorate in Educational Leadership from the University of Central Florida, and master's degrees in Marriage and Family Therapy and Theology from Fuller Theological Seminary in Pasadena, Calif. She earned her bachelor's degree from the University of



The mission of Meals on Wheels, Etc. is to enhance the quality of life for young and old by providing appetizing nutritious meals as well as support services for seniors which enable them to maintain their independence and dignity.



👉 *New Neighborhood Dining Sites*

Thanks to Meals on Wheels community partners Redeemer Lutheran Church and the City of Longwood, our seniors have two new Neighborhood Dining sites. The new dining sites offer an opportunity for the program to expand in both the Longwood and Sanford area. Both the City of Longwood and the Congregation of Redeemer Lutheran Church of Sanford have enthusiastically welcomed the Meals on Wheels seniors to the new locations.

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👉 *"Serve with Liberty" Community Service projects*

In honor of its 100 Anniversary, Liberty Mutual encouraged its employees to serve in the local communities by participating in "Serve with Liberty", a two day service project in June of this year. Liberty Mutual selected the Meals on Wheels kitchen as their service project, and the employees also selected Meals on Wheels, Etc. as one of 10 local organizations to receive a \$10,000.00 donation from the "Serve with Liberty" campaign.



👉 *Pershing, a BNY Mellon Company*

Our friends from BNY Mellon completed several volunteer projects once again, this year. It is always a pleasure to work with our friends from BNY. They volunteer to work with Chef Delano in the kitchen, and always support "Paint the House" projects with Chore coordinator Irene Seltzer. We can always count on the BNY Mellon team to do what is necessary to get the job done.



👉 *RL Haines Construction*

Thanks to the generosity of Richard Haines, a senior in desperate need of a wheel chair ramp now has access to her mobile home. Angelina Acosta was literally trapped inside her home, family and friends had to carry her in and out. One can only imagine how frightening it must be to not be able to leave your own home. RL Haines Construction has volunteered, in the past, to build wheel chair ramps for Meals on Wheels clients. Mr. Haines did not hesitate to say "yes", when the project was presented to him. The Haines Company encourages their employees to volunteer (company paid time) at various charitable organizations. Mr. Haines personally worked along with his employees on the ramp for Mrs. Acosta.



👉 *TSA - Federal Campaign*

As part of the Federal Campaign of Charitable Giving, TSA Employees visited the Meals on Wheels office and kitchen. Meals on Wheels, was also invited to make a presentation to Federal Employees at the Veterans Facility located in Winter Park. It is an honor to be selected by the Federal Officials to tell your story to local employees, because federal employees may contribute to a charity of their choice each year. The Federal Campaign contributes millions of employee donated dollars each year to various charitable organizations. Meals on Wheels is proud to be one of them.



In Honor of



donor

in honor of

Lilly Lobato Gillam
Brenae N. Robinson
Alecia E. Ellis
Crystal Andrews
Janice Teaque
Anonymous
Anonymous
Melody Garcia-Muniz
Linda Lollar
Toni Gitles
G.H. Smith
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Alberta Johnston
Edmund J & Afton S
Greenwall Foundation
Shirley Reifsnider
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In recognition of Community Involvement
Jesse Cannon Joyner
Ms. Neal (big ma)
Bradley Shimaitis
Vera Soeder
My Family
Mae Gitles 95 Birthday
Mae Gitles 95 Birthday
Mae Gitles 95 Birthday
Mae Gitles 95 Birthday
Mae Gitles 95 Birthday
Mae Gitles 95 Birthday
Edmund S. Greenwell
Marge Nickols
In recognition of Liberty Mutual
Ann Palmer, Marcia Roman,
Jan Lloyd Lesley, Asia Saltmarsh

In Memory of



donor

in memory of

Beatrice Johnston
Althea McBride
Francis Tratnyek, Jr.
Brenda Newham
Alethea McBryde
Leslie Johns
Douglas Carmine
John Cicrelle
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Virginia F. Gable
Rosa Susi
Jay Hurley
Martha Unsted
Patrick Tratnyek
Teresa Humphrey - Lewis
Betty Kessler
Clifton and Jan Loftin

Thank you for providing funding to Meals on Wheels, Etc.

★★★
FOR MORE
INFORMATION
CALL

407 333 8877

OR VISIT OUR
WEBSITE

www.mealsetc.org



- AAA National
- Alex Orandi
- Edyth Bush Charitable Foundation
- Benevolent Patriotic Order of Does (Drove #86
- Michael Bibliowicz
- BB&T Bank
- Ann Carr
- Central Orlando Kiwanis
- City of Altamonte Springs
- CNL Bank
- Stephen Colbert
- CPH Engineers, Inc.
- Cosmopolitan Salon
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- Delta Sigma Theta Sorority,
- Sanford Alumnae
- Orlando Sentinel Family Fund, a McCormick Foundation Fund
- The Edmund and Afton Greenwell Foundation
- Altamonte Springs Women's Club
- DRB Benefits Group
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- Virginia Ford
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- RL Haines Construction
- Janet Hatch
- Dr. Jo Hewell
- Kiwanis Club of Central Florida
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- Liberty Mutual – Give with Liberty
- Matern Professional Engineering, Inc.
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- Thomas Moore
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- Pershing, BNY Mellon
- Progress Energy
- Porzig Realty
- Publix Super Markets Charities, Inc.
- Dr. Marcia Roman
- Sanford Ace Hardware
- Sanford Kiwanis Club
- Seminole State College of Florida
- Seminole County Board of County Commissioners
- Seminole County Sheriff's Office
- St Stephens Lutheran
- Church Women
- The Chatlos Foundation, Inc.
- The Community Education and Resource Affiliation, Inc. (CERA)
- The Hartford
- The LIMU Company
- The Ryan Foundation
- Francis Tratnyek
- Vitas Innovative Hospice Care
- VNA Foundation
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- Walmart Foundation
- Walmart Store #0857
- Roy Ward
- Wharton-Smith, Inc.
- Dr. Paul and Mrs. Carmen Wilson
- Women's Club of Casselberry
- Women's Club of Sanford
- Emily Worley
- Tina Woode
- Susan Yamauchi

planned giving... memorials, wills and charitable gifts

Memorials and other gifts are unique ways to remember friends and family members who have passed on. Instead of flowers, family and friends may send donations to Meals on Wheels, Etc. in memory of a loved one. Your will is your last opportunity to do something nice for those you love and it is an opportunity to do something nice for programs that help other people. It is the gift that keeps on giving. There are many other ways of giving: Cash donations, Contributions of Stocks and Bonds, Real Estate, Life Insurance, Beneficiary Charitable Lead, Reminder Trust & Life Estate Arrangements.

If you or someone you know is interested in making a donation, please call Hugo Hernandez at (407) 333 8877 ext. 112



A Star is Born!

Chef Delano was recently featured on Channel 13 "Chef's Kitchen". The featured recipe was New Orleans bread pudding with/white chocolate whiskey sauce. For those of you who attended the Mardi Gras event last year.....this is the dessert that you all kept going back for more. Chef made

this delicious dessert once again at "Mardi Gras 2013", and of course, the pudding was the most popular food item of the evening. If you would like the recipe for Chef Delaño bread pudding, go to Channel 13's website and look at "Chef's Kitchen" for the recipe.

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👉 *Guess who won the Raffle*

Our own Gladys Elder (Relief Site Manager) was the winner of the raffle for the 30 minute plane ride at the Mardi Gras Event in 2012. Gladys says "it was the thrill of a life time!" Gladys only purchased one ticket...the winning ticket. The donated plane ride was made possible by our friends from the South East Ramp in Sanford. The owner of the plane generously

donated the use of the plane and his pilot for the Mardi Gras Event. Congratulations to Ms. Sarah Hartman from Orlando who is the 2013 winner of the "Win a Ride" raffle. A very special "Thank you" to Krysty Carr, for your energy, enthusiasm and support of the 2013 "Celebrate Mardi Gras" event... We could not have done it without you!

👉 *Greens in the Garden*

The East Altamonte dining site has started a community garden, and they have already harvested several good batches of collard greens. After the first successful harvest, Meals on Wheels, Sous Chef Dee visited the site and helped the volunteers prepare a great home grown meal. The clients really enjoyed eating a meal with the "greens" they had grown in their own garden.



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