



Meals on Wheels  
16781 Chagrin Blvd, #450  
Shaker Heights, OH 44120

Shaker Heights  
Beachwood  
University Heights

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# MEALS ON WHEELS

Shaker Heights, Beachwood, University Heights

Volume 15 - Fall 2022

## THANK YOU!

We are so grateful to everyone who supported our 2022 MILES FOR MEALS CHALLENGE! We exceeded our goal and raised more than twice as much as we raised last year. Our final tally was just over \$11,500. We had new sponsors in addition to sponsors from last year. All sponsor names and logos are on the following page. We had 131 people engage in their favorite activity, AND we had 100% participation from our Board members. Here are some pictures from the event.



### NEW AMAZON WISH LIST

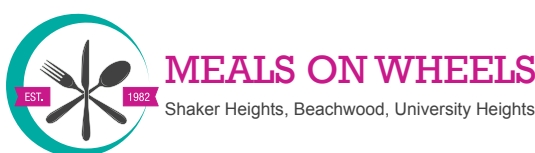
Did you know Meals on Wheels Shaker had an Amazon wish list? Every donation helps provide affordable meals. Visit our website and click on the Amazon Wish List link. [www.mealsonwheelsshaker.org](http://www.mealsonwheelsshaker.org)

When you shop on AmazonSmile, 0.5% of your purchase of eligible items is contributed to a charity of your choice. When you are ready to shop remember to sign in with **smile.Amazon.com** and the contribution will be made automatically without costing you a penny more.



## OUR BOARD OF DIRECTORS

Shirley Baldwin | Dale Braun | Julie Brouhard | Morgan Caruso | Lawrence Kent | Joylen Kent | Sally Levine | Paul Nickerson  
Leonie Philip | Marcia Romano | Steven Roth | Laura Rowan | Debbie White | Angela DiCorleto, Client Services Administrator



### ACCEPTING NEW CLIENTS!

If you or someone you know would like to receive our delicious meals, please call us today at **216-991-6376**, or visit our website at [www.MealsOnWheelsShaker.org](http://www.MealsOnWheelsShaker.org) to learn more about our organization. Thank you!

## OUR MISSION

Shaker Heights-Beachwood Meals on Wheels is an independent community service agency whose dedicated volunteers deliver affordable, nutritious meals of superior quality to residents of Shaker Heights, Beachwood, and University Heights. This service assists our subscribers in maintaining their health and well-being.

**WE ARE THE KEY TO INDEPENDENT LIVING!**



# THANK YOU TO OUR SPONSORS

## CHAMPION SPONSORS



Larry & Joy Kent

## SPRINTER SPONSORS



The Hearns Family | Larry Mack

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Debbie & Cooper White | Ellie's Team | Janet & Howard Mack | Jody & Bob Salata | Julie's Joggers | The Nickersons

## SUPPORTER SPONSORS

Buy Rite Office Products; Rent-a-Daughter Senior Care; Hand & Stone Massage and Facial Spa;  
Ellen & Jack Hearns; Herman Textile Window Fashions; The Hubbard Family; Fran Kalafatis;  
KeyBank; Susan Lenahan with Howard Hanna Real Estate Services, McCaskey Landscape;  
The Roth Family; Jody & Tod Podl; Laurie & Rich Silver; United Agencies Inc./Fran Zettl;  
Susan Warshay, Independent Senior Director of Pampered Chef

# We Love Our Schools!

We will be working with both Laurel and Gesu Schools this year. Kindergarten, first and second grade Laurel students will be making Thanksgiving placemats and cards, winter holiday and springtime cards along with craft projects. The Laurel students have made cards and projects for our clients in the past and their efforts are always appreciated. The girls also benefit from helping others. Kindergarten Teacher Ms. Kelli Thomas will be working with the students.

A service group at Gesu School will provide all the contents and pack our first round of Snow Bags for this winter. They will pack them in mid-November so we will have them in time for snow! The Snow Bags include shelf-stable foods such as soup, tuna, fruit cups, juice boxes, hot chocolate packets and tea bags, cookies, granola bars, pudding & jello cups, etc. We give the bags to our clients so they have food when we cannot deliver due to too much snow or cold. (We do not deliver if Shaker Heights Schools are closed.) We will have a second round of Snow Bags after the first of the year. The Gesu group is really helping us out by preparing the bags for us.

### SIGN UP FOR THE EMAIL NEWSLETTER



Would you like to receive this news directly to your inbox? With email we are able to reach our supporters more quickly and without the cost of printing and postage. We will continue sending the paper edition for now, but at some point we will be switching exclusively to email communication. To stay in-the-know, be sure to sign up for our email newsletter online. Simply go to [mealsonwheelsshaker.org/news](http://mealsonwheelsshaker.org/news) and click the **SIGN UP** button to enter your information.



### MEALS ON WHEELS

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216.991.6376 | [info@mealsonwheelsshaker.org](mailto:info@mealsonwheelsshaker.org)  
[www.MealsOnWheelsShaker.org](http://www.MealsOnWheelsShaker.org)

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