



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 17 - Fall 2023

Thanks to your Donations, we Deliver

During 2023, Meals on Wheels Shaker, Beachwood and University Heights continued to get bigger and better. We served more clients, welcomed more volunteers, brought on Chef Eric Rogers providing even better meals, and hired a new Program Administrator, Mary Kolar-DeNunzio, improving our operations. Our new Meals on Wheels team has re-energized the organization. Still, we continue to face challenges due to rising meal costs and increased needs. Your generous donations help us fill the gap between client subscription fees and our expenses.

The need is profound. Many of our neighbors are unable to shop for themselves or prepare meals. Some are homebound and lonely. Others have limited food budgets. With low-cost meals, they are able to purchase other necessities.

With your Donations, we can continue to Deliver more than meals

- **We deliver** independence for our senior clients as they stay in their homes;
- **We deliver** support for our younger clients who temporarily are unable to prepare their own meals;
- **We deliver** peace of mind to our clients' families and friends;
- **We deliver** connections between clients and volunteers.

And with your continued Donations, we will keep on Delivering.

We hope you will deliver, too.

SIGN UP FOR THE EMAIL NEWSLETTER



Would you like to receive this newsletter directly in your inbox? With email, we are able to reach our supporters more quickly. We are sending this newsletter via email to readers for whom we have email addresses. If you want to receive this newsletter via email, simply click the SIGN UP button at www.MealsOnWheelsShaker.org/news and enter your contact information.

OUR WHEELS DELIVER

Well-being
Health
Energy
Encounters
Lunch/dinner
Smiles

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 to learn more about our organization. Thank you!

MAILING ADDRESS

16781 Chagrin Blvd, #450
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Welcome Donna Burrell, to Our Board



Donna Burrell has joined the Board of Meals on Wheels. She started as a volunteer in the kitchen last summer and was a great addition to the team. When we asked her to join our Board, she readily accepted.

Donna has been a resident of Shaker Heights for 19 years. She has two adult daughters, both graduates of Shaker Heights High School. Donna is an Intervention Specialist within the Cleveland Metropolitan School District and she has worked for the District for 11 years. She earned both her Bachelor of Arts and Master of Education degrees from Cleveland State University. In her spare time, Donna enjoys spending time with her family and friends, volunteering, and traveling. Donna is an active member of the National Educational Sorority of Phi Delta Kappa.

We are happy to have Donna on our Board!

Welcome Mary Kolar-Denunzio, New Program Administrator



Mary Kolar-DeNunzio has joined Meals on Wheels as our Program Administrator. A native of Northeast Ohio, she grew up in Youngstown and relocated to Shaker Heights in 2002.

Mary graduated from Youngstown State University with a BA in Psychology and a Grant Writing certificate. She has served as the Business Manager for the Youngstown Playhouse, Visitor Services/Office Manager at The Nature Center at Shaker Lakes, Career Services Director with New Castle School of Trades, and most recently as the Patron Services Manager with the Cleveland Pops Orchestra.

In addition to her professional experience, Mary has volunteered with Unity in the Community as a food packer and driver. She is a member of the St. Dominic Church Meal Train committee and cares for the Little Free Pantries in Shaker.

Outside of work, Mary's interests include Cleveland sports, golf, cooking, wine, reading, gardening, environmental/conservation efforts, glassblowing, writing and spending time with her family. Mary currently sings with the Cleveland Orchestra's Martin Luther King Jr. Celebration Chorus and the Western Reserve Chorale. She is a member of the Chorale's Board of Directors, and she serves on their marketing committee.

Welcome Eric Rogers, Our New Chef



We are excited to announce that Meals on Wheels has a new chef who is preparing delicious fresh meals from scratch in the Unitarian Universalist Church of Cleveland (UUC) commercial kitchen. Chef Eric Rogers has come on board to provide tasty, nutritious meals for our clients.

He was born and raised in Cleveland where he graduated from Collinwood High School in 1997. At the early age of eight, young Chef Eric worked in his grandparents' restaurant cooking family recipes that he uses today in some of his soulful dishes.

In the last ten years, Chef Eric has opened several restaurants in Cleveland and Columbus, won countless awards, made numerous television appearances, and managed to be a contestant on the Food Network's Guy's Grocery Games. He currently is one of the owners of Black Box Fix restaurant in Legacy Village. Chef Eric is very dedicated and works around the clock until everything is up to his extremely high standards, demonstrating his passion for excellent food.

Chef Eric's grandparents always taught him to give back to the community. He is dedicated to realizing these lessons, highlighted by his service to Cleveland's senior community during the COVID pandemic. He worked with The Western Reserve Agency on Aging (WRAA) to provide 1000 meals a day to seniors in need. When Meals on Wheels needed a new food provider, we were drawn to Chef Eric because of the good things we heard about his work with WRAA.

Once Chef's meals are prepared, our volunteers create individual portions for our clients. Chef Eric's hot meals include a protein such as chicken or beef, a starch such as pasta or potatoes, and a vegetable. His cold meals consist of a sandwich, fruit, and a cookie or chips. Our clients also receive a green salad with each meal. The feedback from our clients has been both positive and appreciative. We are grateful to Chef Eric for his service to Meals on Wheels.

THANK YOU TO THE COMMUNITY!

On behalf of our clients, thank you to the following groups for your amazing support and generosity!

- **Laurel School K-2 students** for creating Halloween cards and crafts for our clients;
- **University School Third Graders** for creating Thanksgiving cards for our clients;
- **And all of these groups** for collecting and packing non-perishable food for "Snow Bags" that we pre-deliver for use on days when inclement weather prevents our deliveries:
 - o **Gesu School Service Club**
 - o **National Sorority of Phi Delta Kappa**
 - o **Staff at Max S. Hayes High School**
 - o **The Premier Chapter of BNI**
 - o **University School Upper School Spanish Honors Society**

THANK YOU VOLUNTEERS!

A couple of months ago we sent out a plea for new volunteers to HELP us with our increased number of clients. We are excited to report that **more than 20 people** answered our plea and are now signed up as new drivers and kitchen helpers. WOW!!! Thank you so much for your help. Of course, we can always use more volunteers – especially drivers. We may ask you to be a substitute driver or kitchen helper when someone can't come; we may ask you to help write notes to our clients; we may ask you to help with some of the many other tasks that help us help our clients. So, if you're interested in volunteering give us a call at **216-991-6376** or email us at info@mealsonwheelsshaker.org. We look forward to hearing from you.

OUR BOARD OF DIRECTORS

Shirley Baldwin | Dale Braun | Julie Brouhard | Donna Burrell | Morgan Caruso | Lawrence Kent | Joylen Kent | Sally Levine
Paul Nickerson | Marcia Romano | Steven Roth | Laura Rowan | Mary Kolar-DeNunzio, Program Administrator

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!



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