



Meals on Wheels  
21600 Shaker Blvd.,  
Shaker Heights, OH 44122

Shaker Heights  
Beachwood  
University Heights

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# MEALS ON WHEELS

Shaker Heights, Beachwood, University Heights

Volume 16 - Spring 2023

## NEW BOARD MEMBER



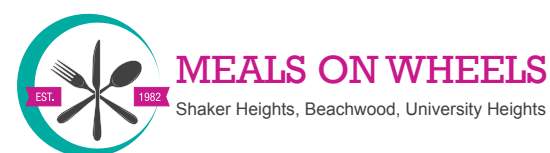
Please welcome  
**Morgan R. Caruso,**  
a new member of our  
Board of Directors

Morgan became interested in Meals on Wheels after hearing about us from Board members Dale Braun and Sally Levine at their weekly BNI (Business Networking International) meeting. Morgan is a criminal defense attorney who enjoys advocating for people in both her professional and private lives. She wants to follow in her mother's footsteps by giving back to her community. Morgan will be helping us with our fundraising activities. She is married to a fireman/paramedic and is the mother of three children.

## AMAZON WISH LISTS

The AmazonSmile program is being discontinued because Amazon found that with so many eligible organizations—more than 1 million globally—its ability to have an impact was spread too thin. Charities like ours that have participated will be given a one-time donation equivalent to three months of what they earned in 2022, and they could continue to accrue donations through the time the program formally shut down in February 2023. In the future Amazon will make donations to support programs related to disaster relief, community food relief, computer training and housing equity.

Charities can create Wish Lists to show items people can purchase for them through Amazon. Meals on Wheels Shaker Heights/Beachwood has such a list for items we include in lunches or Snow Bags. The best way to find our Amazon link is on our website -- click on the link on our main page: [www.shakerheightsmealsonwheels.org](http://www.shakerheightsmealsonwheels.org).



### 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!

## 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*

## 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 DONORS

Murray and Connie Altose	Steven and Gail Goldfarb Family Philanthropic Fund of the Jewish Federation of Cleveland
Anonymous	
Anonymous	
Anonymous	Tom Goodman
Shirley and Nick Baldwin	Alan Grossman
Kimberley Barton	Michael Guggenheim
BNI Chapter	Joan Hall
David Brooks	Jennifer Hartford
Julie and Ben Brouhard	Merl and Dorothy Hokenstad
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MaryAnn Conn-Brody	Joy and Larry Kent
Valentina Sgro and Carl Cormany	Kelly Kornblut
Mark Corrado	Arthur and Caroline Lafave
Michelle and Richard Creger	Barbara Mack and Norm Levine
Kevin Crowe	Sally Levine
Martha Cubberley	Valerie and Michael Libman
Fairmount Presbyterian Church	Heber MacWilliams
Jeffrey and Ruth Fast	David and Inez Myers Foundation, a supporting foundation of the Jewish Federation of Cleveland
Verna Ford	James and Pat Neville
Harold Forquer	Paul Nickerson
Daniel and Christine Fuller	Nurjehan Quraishy
Gesu Church and School	James Rinz
Jean Ganelos	David and Enid Rosenberg
Barbara Glauser	Michael Roth
Carol Gobel	Laura and David Rowan
Martha Goble	Steve and Anne Sanford
Francine and Don Golden	Margot Schulz

Thank you very much to our generous 2022 Annual Fund donors. Your support helps Meals on Wheels provide thousands of nutritious meals to our clients through our volunteer kitchen staff and drivers.

Katherine Shahinian	<b>In memory of Scott Jarrett</b> Janet and Howard Mack
Jim Simler	
William and Janet Steiner	<b>In memory of Catherine Elizabeth Jenny</b> Nancy and Bernard Karr
Michael Thompson	
H. Burnham Tinker	<b>In memory of Daniel Kay</b> Martin and Sandra Horwitz
Mixon Ware	
David Osage & Claudia Woods	<b>In memory of Susie Little</b> Thearthur Little
Richard Wyruch	
Fran Zettl's Derby Party	<b>In memory of Nancy Schendel</b> Paul Schendel
<b>In honor of Nick and Shirley Baldwin</b> Victoria Bauer	
<b>In honor of Dale Braun</b> Helen Braun	<b>In memory of Peggy and Ray Strauss</b> Thomas Strauss
<b>In honor of Julie Brouhard</b> Robert and Kathleen Lawry Susan Underhill	
<b>In honor of Jaroslav and Helena Mencil</b> Francis and Monika Mencil	<b>In memory of Raymond Strauss</b> Tom and Linda Strauss
<b>In honor of Dr. Paul Nickerson</b> Garland and Ellen Denelsky	<b>In memory of Patricia Taylor</b> George and Jeanie Belhobek Sandra Burditt Steve Gluck Barbara Nickerson Jodi Rich Laura Rowan Judy and Don Schermer Dena Jayne Taylor
<b>In honor of Paul Nickerson and Laura Rowan</b> Nancy and Bernard Karr	<b>In memory of Herb Weinberg</b> Judith Rosenthal Patricia Sheaffer Adele Sheftel Barry Ziehl
<b>In memory of Selma Beller</b> Mae and Glenn Morrical	
<b>In memory of Marie Carroll</b> Dario and Linda Gasparini	<b>In memory of Lynn Young</b> Lawrence Young
<b>In memory of Lois Cole</b> Michael and Bonnie Cole	

# New Food Provider

We have changed our food provider because our prior provider, Richmond Heights Hospital, was closed by University Hospitals in December. We now obtain our food from AVI Foodsystems, Inc., a Warren, Ohio company that delivers the food directly to the UUCC kitchen. We picked AVI after an extensive search for a provider that could provide nutritious meals at a reasonable cost. AVI provides meals to various entities in our area, including school systems.

Our meal process is slightly different now. Each client receives a lunch consisting of a sandwich or soup, fruit, a drink and a dessert such as cookies. The clients receive a frozen dinner to reheat in a microwave or oven consisting of a protein, such as meatloaf or stuffed pasta shells, vegetables and a starch, plus a drink. Each client also receives a green salad with their meal delivery. Clients may order lunch, dinner, or both. We continue to deliver meals three days a week. Here are pictures of a typical lunch and dinner.



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We take great care to make sure our records are accurate, but if you notice an error, please contact us at [info@mealsonwheelsshaker.org](mailto:info@mealsonwheelsshaker.org) so that we may correct it right away.