



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

Shaker Heights
Beachwood
University Heights

NONPROFIT ORG.
U.S. POSTAGE
PAID
CLEVELAND OH
PERMIT NO.362



MEALS ON WHEELS

Shaker Heights, Beachwood, University Heights

Volume 18 - Summer 2024

HELP – We Need Volunteers

SHAKER HEIGHTS/BEACHWOOD MEALS ON WHEELS needs YOUR help. With the summer months upon us, many volunteers are taking a vacation. As a result, we need more volunteers to continue to provide our usual good service to our clients. We especially need more drivers to help deliver the meals.

Can YOU help us? Our volunteers work on Monday, Wednesday & Friday mornings. Kitchen helpers work from about 9:00 to 11:00, and drivers work from about 10:45 to noon. YOU can volunteer just one day per week. Or you can be a substitute when a regular volunteer is out. The joy of helping others is the best pay ever!

Please contact us if YOU can help – please call us **(216) 991-6376** and leave a message. Also, please tell your family & friends.

SEE YOU SOON!

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
Shaker Heights, OH 44120



SAVE THE DATE

SEPTEMBER 6–8, 2024

MORE THAN JUST A MEAL

What a grand fundraising event we had on Tuesday February 21, 2024! More than 80 guests heard the Meals on Wheels story and tasted Chef Eric Roger's outstanding food. The menu consisted of braised beef tips, chicken marsala, wild rice and tossed salad. Volunteers contributed an assortment of yummy cookies for dessert. It's easy to understand why our subscribers have increased to over 50 people after tasting Chef's dinner!

Included in our event was a raffle and auction of gift baskets donated by friends of MOW. The baskets included everything from tickets to the Cleveland Orchestra to tickets to a Guardians game; from champaign & wines to Starbucks coffee & teas; from cooking supplies to gardening supplies and many more! Our heartfelt thanks to Paul Qua for his outstanding raffle ticket selling that raised over \$1,200 for us! Paul also shared with us the story of how much his parents enjoyed receiving Meals on Wheels food.



Many thanks also to Kerianne Hearn, Chair of the Fundraising Committee, and the rest of her committee: Julie Brouhard, Morgan Caruso, Sally Levine, Janet Mack, and Laura Rowan. In addition, many volunteers donated meal supplies and their time to help make our event a big success. The final result was that we cleared more than \$10,000 for the benefit of Meals on Wheels. THANK YOU to everyone who contributed their time and resources!

Although we had a successful fundraiser, our expenses are always growing. Can you help us by sending a check in the enclosed envelope? Thank you!

WE HONOR OUR VOLUNTEERS FOR THEIR QUICK THINKING

Longtime volunteers Shirley and Nick Baldwin were honored with our Outstanding Volunteer Award at our More Than Just a Meal fundraiser held on February 21, 2024. Shirley and Nick have been with MOW almost since the beginning!

On a recent delivery, they noticed that the subscriber did not answer the door. They thought this was unusual so they went to the back door and also looked in a window. They saw the subscriber slumped over the kitchen table. The doors were locked so they shouted to him and banged on the window to try to get his attention. The man finally saw them, and they were able to gesture to him to open the door. He was able to get to the door and as he opened it, Shirley and Nick smelled a strong odor of gas. They immediately called 911 and opened the windows. Help quickly arrived. The responders determined that one of the burners on the gas stove was not completely turned off. Our subscriber was ok, as was the upstairs neighbor. Both were very lucky that Shirley and Nick arrived when they did!

This is just one example of how our volunteers do more than just deliver meals. They look out for our customers. If they encounter a dangerous situation, they call 911 to get needed assistance. Knowing that our volunteers regularly look in on our subscribers gives both our subscribers and their families peace of mind.

Here are Shirley and Nick receiving their award from MOW President Dr. Paul Nickerson.



THANKS FROM OUR SUBSCRIBERS

We frequently receive thanks from our subscribers for our service. Here are two recent ones:

"I had a bout of extreme dizziness and nausea that required hospitalization. I used the convenience of email to let MOW know that I wouldn't be home on my delivery days. After being notified that I was being released I panicked because I had no healthy meals on the way. That night, I emailed MOW 'again' for my service reactivation. I was concerned that a quick turnaround could not happen. But to my surprise ... I woke up and checked the back door and my food was there. What a wonderful blessing, like Christmas. Much love to the entire MOW team. My extended family."

And, one of our subscribers gave the long-time volunteer who delivers his food a big bouquet of fresh cut lilacs from his garden. Don't they smell good!



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!



MEALS ON WHEELS

Shaker Heights, Beachwood, University Heights

21600 Shaker Blvd. // Shaker Heights, OH 44122
216.991.6376 | info@MealsOnWheelsShaker.org
www.MealsOnWheelsShaker.org

FOLLOW US ON SOCIAL MEDIA

facebook.com/MealsOnWheels
ShakerHeightsBeachwood

instagram.com/MOWShakerBeachwood

twitter.com/MOWShaker