



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 19 - Fall 2024

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 send 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 at **216-991-6376** or visit our website at www.MealsOnWheelsShaker.org to learn more about us. We serve clients within a four-mile radius of our commercial kitchen located at 21600 Shaker Blvd, Shaker Heights. Thank you!

MAILING ADDRESS

16781 Chagrin Blvd, #450
Shaker Heights, OH 44120



MILES FOR MEALS CHALLENGE 2024 THANK YOU SPONSORS

The weekend of September 6-8, 2024, saw the celebration of our MILES FOR MEALS CHALLENGE 2024. Participants were able to “Walk, Bike or Run” or take part in their favorite activity during this virtual event. A big THANK YOU to our sponsors whose contributions will help us continue to deliver affordable, nutritious meals to our clients.



Champion Sponsors



LARRY & JOY KENT
THE HEARNS FAMILY

Sprinter Sponsors



CLAUDIA WOODS &
DAVID OSAGE



LARRY MACK

Pace Setter Sponsors



JULIE'S JOGGERS · THE NICKERSONS

Supporter Sponsors: Lori Mack & Dan VanOpstall; McCaskey Landscape & Design; Shaker Auto Lease/Brian & Stacey Davis; Edie Unger-Shafron; The Silver Family; Lisa Gelles; Debbie White; Steven Roth; Blaire Stevenson

DINING FOR DOLLARS

Eat at DEWEY'S PIZZA on October 21 and CHoolaah on October 30 and MEALS ON WHEELS will receive donations!

Start your week off on a good note – treat yourself to DEWEY'S PIZZA on Monday, October 21, 2024, when DEWEY'S will help us raise dough! Stop in or order online between 4:00 and 9:00 PM, and DEWEY'S will donate up to 20% of those sales to MEALS ON WHEELS SHAKER. Mention "Give Back Night – Meals on Wheels" when ordering in the restaurant. If you order online at www.deweyspizza.com, write "GBN" in the order notes and be sure to select the Cleveland Heights store. THANKS & ENJOY DEWEY'S! **2194 Lee Road, Cleveland Heights (216) 321-7355.**

Join us at CHoolaah RESTAURANT on Wednesday, OCTOBER 30, 2024, for delicious authentic Indian food. Ancient tandoor cooking methods, a modern commitment to good health and the booming popularity of Indian cuisine make CHoolaah exotically familiar. Come and enjoy CHoolaah's fresh take on the timeless experience of sitting, sharing and savoring good company and good food. Mention MEALS ON WHEELS SHAKER and CHoolaah will give us 30% of the purchase price! Order online from choolaah.com or the CHoolaah app using the code MEALS at checkout. SEE YOU THERE! **27100 Chagrin Blvd, Orange Village (216) 350-3136.**



ADOPT-A-ROUTE

Meals on Wheels has a new sponsorship opportunity. We are looking for companies to "adopt-a-route" and show their support. With a magnet of the company's logo on the cars delivering the route, businesses will demonstrate that they are making a difference in our community. Contact Mary Kolar-DeNunzio at info@mealsonwheelsshaker.org to find out how you can participate.

Thank you to the two firms that have already adopted routes: JUST ASK JANET LLC and EQUITY ENGINEERING GROUP, INC. JUST ASK JANET provides personal assistance to help others get things done whether management, organization, or errands. To learn more check out the website at www.justaskjanetllc.com. Equity Engineering is a consulting, training, and software firm focused on creating and delivering practical and innovative solutions to solve asset challenges. Be sure to visit www.e2g.com and familiarize yourself with its services.

Additionally, SGT CLEAN CAR WASH in Shaker Heights has adopted one-half of a route and we are looking for a sponsor for the other half of that route. SGT CLEAN delivers high quality car wash and superior customer service. SGT CLEAN provided car wash certificates for our goodie bags for our recent Miles For Meals Challenge. For information about its services go to www.sgtclean.com. Half-route sponsors are recognized with half-size magnets.

SNOW IS COMING!!

We know – it doesn't seem possible! But in just a couple of months, we could be in the midst of a snowbank! A very snowy winter is predicted. That means we need to start collecting items for our Snow Bags. Each winter we provide shelf-stable items for our clients to use during the times we are unable to deliver their meals. We follow the Shaker Heights School District schedule – if schools are closed for bad weather, then we do not ask our volunteers to drive in the bad weather.

Please consider donating to this effort. All items must be individually packaged and pantry safe. You can deliver the food items listed below to the Unitarian Universalist Congregation of Cleveland, 21600 Shaker Blvd, Shaker Heights, on Monday, Wednesday or Friday mornings between 9:00 and 11:00 am, or call us to arrange another drop off time.

Here are some of the food supplies we use to fill our snow bags:

- Soups - ready to eat, individual servings
- Ramen noodle packages
- Tuna - foil packages or single serving cans
- Oatmeal - single serving packets
- Juice Boxes - sugar free or w/sugar
- Tea Bags
- Fruit Cups – no sugar added
- Applesauce - single serving cups unsweetened
- Applesauce with sugar (regular)
- Cookies – single Serving sugar-free or w/sugar
- Crackers – single serving packets
- Pudding/Jello Cups – sugar free or w/sugar
- Small Bottles of Water
- Hot Chocolate Packets

OUR BOARD OF DIRECTORS

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

MISSION STATEMENT

Meals on Wheels (MOW) is an independent community service agency whose dedicated volunteers deliver affordable, nutritious meals to seniors and others unable to provide for themselves. This service assists our clients in maintaining their health and well-being.

WE ARE AN IMPORTANT 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/MealsOnWheelsShakerHeightsBeachwood
- instagram.com/MOWShakerBeachwood
- twitter.com/MOWShaker

