

# The Scoop

From Fresh Meals On Wheels  
of Sheboygan County

Spring 2018



## A message from the CEO



For years FRESH Meals On Wheels has actively worked on emergency planning, a portion of which is known to staffers as "What happens when one of us goes under a bus." Currently, I am under a bus called cancer, which is no fun, but doable with the grace of God.

In a community like ours there are no secrets, and I am very grateful to the businesses, individuals, and organizations that have reached out to support the Meals On Wheels program. The work we do is important to thousands of local residents in Sheboygan County, every year, and is not dependent on any one individual. While I am in and out dealing with my bus, Allison Thompson is keeping the program's vision and mission on track. Her joy, compassion, and knowledge are boundless – please, generously support her, and FRESH Meals On Wheels.

With love,

*Kelly Heyn*



Staff Photo

Lorraine H. was one of the first clients to participate in the MOW/Concordia University pilot program. Travis Suss, Michael Oldani and Sharon Chappy are among the faculty members leading the assessments.

## Concordia University helps MOW clients

Concordia University Wisconsin and Fresh Meals On Wheels of Sheboygan County have partnered to help vulnerable seniors remain in the place where they feel most secure and happy, and statistically have the best health outcomes—their homes.

Fresh Meals On Wheels provides fresh, medically-tailored meals and daily wellness checks to over 300 Sheboygan County seniors. Thanks to our collaboration with Concordia, those clients are being offered the opportunity to participate in an assessment program aimed at reducing fall risks and other factors that could impact their ability to live independently in their homes. The

program is voluntary, and Concordia is offering it free of charge.

When Meals On Wheels client Lorraine H. was asked to be part of the assessment program, she was excited to participate.

"I have grandchildren who went to school at Concordia, so I thought it was kind of nice that they called me," she said.

Fresh Meals On Wheels representatives and health care professionals from the Concordia faculty visited Lorraine to perform a home safety check, review her supplements and medications, and evaluate her physical, mental and emotional health. They returned for a third visit to present their recommendations,

which included using double-sided tape to secure loose rugs, and reviewing the need for certain supplements with her doctor.

"I found the pharmacist most helpful. I had time to talk about everything I was taking, and I could go to the cupboard and see a supplement I might have forgotten to mention to my doctor," she said.

At first Lorraine was concerned that having a group of strangers asking so many questions might be intimidating.

"I thought I might not want them to know all of this about me, but I felt very comfortable with them. They were so easy to talk to," she said. "I would recommend it to anyone."



920.451.7011

[www.FreshMealsOnWheels.org](http://www.FreshMealsOnWheels.org)

We'd like to say  
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to these generous  
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**3:00 pm - 10:00 pm**  
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## Sargento marketing team is helping MOW get the word out



Staff photos

Sargento's Christopher McCarthy hauled brush during clean-up last spring. A year later team members Gina Pethan and James Grunewald help set-up cameras for a video shoot with a client.

Last April, the Sargento marketing team spent a day at Meals On Wheels doing spring clean-up in the gardens and orchard and helping in the kitchen.

"We were really inspired, not just by the work Meals On Wheels is doing, but by the thoughtfulness that goes into every last detail," said Christopher McCarthy, Sargento's director of integrated marketing communications.

Meals On Wheels serves just a fraction of the people in the county who could benefit from fresh, nutritious meals and daily wellness checks. Based on their experience at Meals On Wheels and Sargento's culture of community outreach, a group from the marketing team offered to help get the Meals On Wheels story out in the community.

McCarthy and fellow Sargento team members Ryan Hemsing, Cami Schenck, Heidi Haack, James Grunewald, Gina Pethan, Stephanie Meyer and Sherri Dutter started with the basics, such as helping refine our brand identity and branding guidelines.

Phase 2 is increasing awareness. To that end, the Sargento team suggested producing a series of short online videos.

"Their guidance has been invaluable. Their intention is to show us how to plan, set-up, shoot and edit the videos the first time, be there to guide us through the process the second time, and be available for advice if we hit a snag after that," said Meals On Wheels' Associate Executive Director Allison Thompson. "We can't thank them enough for all the time they have put in to help Meals On Wheels."

In addition to the videos, the Sargento team will be helping design a sample box Meals On Wheels can use to introduce health care professionals, caregivers and others to our fresh, tasty medically-tailored meals.

"If the ideas and tools we've shared can help Meals On Wheels recruit more clients, generate more donations, or inspire more people to volunteer, then we've accomplished much more than our goal," McCarthy said.

From the  
**CHRISTOPHER FAMILY**  
**KITCHEN**  
at Meals On Wheels

A sure hit for vegetarian night!

## Jane's Three Bean Chili

### Ingredients:

1 Tbs olive oil	1-2 chopped peppers
1 onion, chopped	3 cloves minced garlic
2 Tbs chili powder	1 tsp oregano
2 Tbs cumin	12 oz beer
1 can chili beans	1 can garbanzo beans
1 can black beans	28 oz crushed tomatoes
3-1/2 cups water	Pepper to taste
Smoked paprika to taste	

Heat oil in Dutch oven. Add onion and cook for 5 minutes, until translucent.

Add peppers and cook for 3 more minutes.

Add garlic, chili powder, cumin and oregano and cook for 2 minutes, until brown and fragrant.

Add beer and scrape up any bits stuck to the pot. Boil until reduced by half.

Add tomatoes, beans and water. Boil for one minute and then reduce heat.

Cover and simmer for 2-3 hours, stirring occasionally.

Add smoked paprika and pepper, and more water, if needed. Enjoy!



920.451.7011  
Like us on Facebook!  
FreshMealsOnWheels.org



# Love Bowls

An event to benefit Meals On Wheels

On behalf of our meal recipients, **thank you** to all who attended Love Bowls! We are very grateful to the following individuals and organizations who helped make Love Bowls 2018 a tremendous success.

### Our Generous Sponsors



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Torke Coffee	The Sheboygan Press	Texas Roadhouse
Tietz's Piggly Wiggly	Sheb. Memorial Medical Center	Pick'n Save

### Our Brilliant Soup Makers

The Christopher Family Kitchen at Meals On Wheels	Ella's Delicatessen	Paddock Club
8th Street Ale Haus	Exchange Bank Coffeehouse	Paradigm Coffee & Music
Al and Al's	Faye's Pizza	Parkside Family Restaurant
The American Club	Field to Fork	Pier 17
Angler's Avenue	Firehouse Pizza	Pine Hills Country Club
Antoinette's	Fudgienuckles	Pizza Ranch
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Sheboygan Memorial Med. Center	Harry's Diner	Roadside Bar and Grill
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Blackwolf Run	Heavenly Soups	Schwarz Fish Co.
Bread & Bean Eatery	Holiday's Sports Pub & Grill	Seeboth Delicatessen
Charcoal Inn	Horse and Plow	Sharon Richardson Hospice
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Daydream Cafe	Log Cabin Inn	Texas Roadhouse
Duke of Devon	Lola's on the Lake	Twisted
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Elkhart Inn	Osthoff Resort Banquet Kitchen	Watson's Elite Catering
Elk's Club	Otto's Restaurant	The Weather Center Cafe
		Wild Carrot Cuisine

### Our Talented Entertainment

This Big Life • Tri-County New Horizons Band • Five Foot Two

*Love Bowls wouldn't be possible without emcees Randy Schworer & David Hendrickson, over 200 amazing volunteers, Meals On Wheels Board of Directors, and the many businesses that came together at the last minute to help make our silent auction possible. Thank you!*



Dozens of businesses and an anonymous matching donor stepped up and saved the Love Bowls silent auction when the truck carrying our auction items from Mexico was delayed at the border. We would like to thank the following for their generosity and willingness to help, and if we left anyone out, we truly apologize.

Alléchant Boutique	Harry's Diner	PJ Campbell's	Trilling True Value
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Falls Firehouse Pizza	Kwik Trip	Seeboth Deli	Weill center
Field to Fork	Miesfeld's	Sprecher's	Wreath Factory
Harry's Interstate	Paradigm	Texas Roadhouse	Yoga Loft

# Love Bowls 2018



# The Scoop

Meals On Wheels of Sheboygan County, Inc.

1004 S. Taylor Drive  
Sheboygan, WI 53081

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## Construction has started on our new greenhouse!



Meals On Wheels is thrilled to announce the addition of a greenhouse to our property. In addition to extending our growing season and allowing us to serve fresh produce throughout the year, it will open new avenues of participation within the community. While volunteers must be 18 to work in the kitchen, any age or ability can join us in the greenhouse. We are working with Kohler Co. to ensure the interior of the 24x40 ft. greenhouse is ADA compliant, to accommodate volunteers with all abilities.

If you have greenhouse experience to share, or would like to contribute to the building fund, we would love to hear from you!

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