

Don't miss June-A-Palooza: a fun-filled day for adults!



After a two-year hiatus, June-A-Palooza is back! Join us 2:30-8:30 p.m. Saturday, June 25 at the spectacular Christopher Farm and Gardens for a fun-filled, adults-only day of gourmet cuisine, live entertainment, luscious libations, and more!

New this year!

We are offering private, concierge-hosted cabanas so you and your group can have a spot for reserved exclusively for you to use throughout the afternoon. Meet up with your group to rest your feet and enjoy a cabana cocktail together, or store your personal belongings for the afternoon. Use it as you wish!

For more information, or to order tickets, visit www.FreshMealsOnWheels.org/events, or check out Juneapalooza on Facebook.

Construction of the Heirloom Garden has begun!

Groundwork for our backyard Heirloom Garden has officially begun! This idyllic spot is designed to protect the critical waterway below (Willow Creek Preserve), while serving as a destination that sparks memories for seniors and grows healthy foods.

It might not look like much yet, but we envision the Heirloom Garden as a warm, welcoming place where those with Alzheimer's Disease and other cognitive and/or physical challenges (and their families and caregivers) can relax and enjoy nature in a non-judgmental, stress-free setting.

Commemorative bricks will line portions of the garden, which will include a pergola, a figure-eight pathway, and lots of flowering and scented vegetables and herbs.

Funding for the garden has come from grants and donations, including those from Wisconsin Public Service Foundation and Sheboygan County Stewardship Fund. Additional contributions are still being accepted.



Be part of the garden—purchase a brick!

Engraved brick paths are a great way to honor the special people in your life, remember loved ones, and celebrate life's milestones and special events. To order a brick, visit: freshmealsonwheels.org/donate, or stop by our office to fill out an order form.

The Scoop

Meals On Wheels of Sheboygan County, Inc.
1004 S. Taylor Drive
Sheboygan, WI 53081
920-451-7011
www.FreshMealsOnWheels.org



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Meals and more for pets too!

After Joyce, lost her 16-year-old black lab, Zoé, her pastor asked if she would be interested in adopting a dog that a friend's daughter could no longer keep.

Quill, an Australian dingo, was two and a half and full of energy.

She said she'd take him for a few days as a trail run. A few days turned into a few weeks. Finally, unable to decide if she should keep him, Joyce prayed for God to give her a sign. "I told him it had to be a very clear sign," she joked.

When she finished her prayer, Quill, who was not a cuddly dog, crawled up onto Joyce, who was lying down, put a paw on each of her shoulders as if to hug her, and gave her a lick on the face. Decision made.

"My family is all gone, I'm the last one standing," Joyce said. "If I didn't have Quill, well..."

One in four seniors lives alone and for many of them, their pet is their closest companion. Fresh Meals On Wheels' PAWs (Pets At-home Wellness supplies) program helps meal recipients and their pets live happy, healthy lives together by helping provide pet food and supplies, grooming assistance, and other support, which can be hard for older adults to manage - both physically and financially.

Quill had some health issues and needs a special kind of food, which can be expensive. Thanks in part to the PAWs program, he gets it.

"Financially it's a big help to me, but it is also nice to know somebody

is thinking of me and Quill, and cares about us," Joyce said.



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The Scoop

From Fresh Meals On Wheels of Sheboygan County



Spring 2022



Helping others can help you flourish!

That sense of stagnation many of us have been feeling for the last couple of years is called languishing. It turns out that there are some pretty simple steps you can take to banish the blahs and go from languishing to flourishing.

Savor the moment

Notice the good things around you, and celebrate small achievements as well as big events.

Practice gratitude

Whether twice a day

or once a week, take a moment to reflect on five things (big or small) that you are grateful for.

Perform acts of kindness

It can be anything from giving blood to raking leaves or holding the door for someone—as long as it's something you don't normally do.

Make connections

Strike up a conversation with a stranger or join a running group, bridge club, or other organization that interests you.

Find purpose

Do something meaningful that aligns with your core values and makes a difference in the community.

Not surprisingly, volunteering, which encompasses many of these steps, helps people flourish. Studies show that those who volunteer an average of two hours per week enjoy better physical, mental and emotional health than those who don't—and they live

longer! For adolescents, one hour a week seems to do the trick, for seniors four hours a week is the sweet spot.

If you want to be happier, healthier, and more resilient, consider volunteering at Fresh Meals On Wheels! Our volunteers deliver meals, tend gardens, peel and chop fruits and veggies, prepare mailings, and more. To join us, call 920-451-7011 or visit FreshMealsOnWheels.org/volunteer.



Greetings!

Thank you for believing in our mission to care for the widows, the elderly, the homebound and those who need help through

recovery. Thank you for believing in FRESH food, good nutrition and wellness visits.

Since our last newsletter, our program has seen an increase of more than 25% in the number of meals delivered each month. Our expenses, likely similar to your household expenditures, have increased 35%.

Whether it's by

packaging bread in the kitchen, delivering meals, purchasing a brick for our backyard garden path, attending June-A-Palooza, donating fresh produce or sending a check, your contributions keep our program running at a Grade A level.

As we enter this time of higher expenses and need, I ask that you please consider an increase

in your contributions. Maintaining our no-wait list policy is critical, and it can only be done with your support.

Thank you.

Blessings,

Allison Thompson
CEO

920.451.7011

www.FreshMealsOnWheels.org

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to these generous
supporters!

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