

The Scoop

From Fresh Meals On Wheels
of Sheboygan County

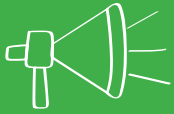
Fall 2018



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Staff Photo

MOW Associate Executive Director Allison Thompson receives a donation check from Caan's Floral owner Kris Shephard and manager Katie Pfeifer.

Charitable giving matters

According to the Fundraising Effectiveness Project, both the number of donors and total dollars donated were down for the first quarter of this year, and billions of dollars in charitable contributions are sitting in donor advised funds (DAF) because the donors have not chosen nonprofits to benefit from their generosity.

"For the first time, I am concerned that seniors in Sheboygan County will go hungry," said Meals On Wheels CEO Kelly Heyn. "We don't have the answers to all the world's ills, but with your support, we can address senior hunger in Sheboygan County."

There are many ways to support non-profits like Meals On Wheels: annual or monthly donations by check or online, charitable IRA distributions, bequests of a percentage or dollar amount in your will, life insurance beneficiary designations, gifts of real property and more.

We would be happy to talk with you or your financial planner about the most advantageous way for you to support Meals On Wheels in our community.

We have been passionate about feeding our homebound senior and disabled neighbors since 1970. Thanks to the Christopher Family kitchen in our new building, and the

orchard and gardens surrounding it, we can make fresh, healthy meals for our clients every day. Our innovative collaboration with Concordia University has helped clients stay in their homes and avoid expensive hospitalizations and institutional placements. It takes support from throughout the community to care for those in need who helped make the Sheboygan area what it is today.

We continue to be diligent, responsible and transparent in the use of your donations. Please call to arrange a tour, or ride along on a route and see for yourself.

We'd like to say
THANK YOU
 to these generous
 supporters!

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Ruth Belanger

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"I'm doing something my mother always told me to do - eat my vegetables"

From the
CHRISTOPHER FAMILY
KITCHEN
at Meals On Wheels

Garden Veggie Egg Bake

<u>Ingredients</u>	¼ cup diced bell peppers
¼ cup spinach or swiss chard, chopped	12 eggs
¼ cup shredded carrots	A splash of milk
¼ cup broccoli, chopped	Salt and pepper to taste
¼ cup sliced mushrooms	



Preheat the oven to 350°. Parboil the broccoli, and saute the peppers and mushrooms until soft. Whisk the eggs and add the milk, salt and pepper. Add cooled veggies, mix and pour into a greased 9 x 13 pan. Bake for 12 minutes or until eggs are set. Top with cheese, serve, and enjoy. Experiment using whatever is growing in your garden!

We processed over 18,000 pounds of fresh produce last year!

7,000 pounds from the MOW gardens
11,000 pounds from local farmers & gardeners

We use some right away, and turn some into sauce, chutney, or bite-size pieces we can freeze and use during the winter. Have extra in your garden? We are happy to put it to good use! Drop off times are 7-9:30 a.m. and 11:30 a.m. - 2 p.m. The drop off area is through the door to the left of the garage. Thanks for sharing!



Thank you to everyone who made June-A-Palooza a success!

The sun was shining and it was sizzling, but that didn't stop the hundreds of guests who came out for a wonderful day of sampling scrumptious treats and refreshing beverages at this year's June-A-Palooza extravaganza. Over 100 volunteers planned, set up, served, cleaned up and helped in numerous other ways so that guests could enjoy live music, champion log rollers, a sling shot game, Irish fusion

dancing, branch art, motorized animals and exploring the beautiful Christopher Farm & Gardens property, all while raising over \$100,000 to provide fresh, medically-tailored meals and daily safety checks to our elderly and homebound Sheboygan County neighbors.

Thank you to all the sponsors, guests, volunteers and donors who made that possible. People would go hungry without you!

THANK YOU!

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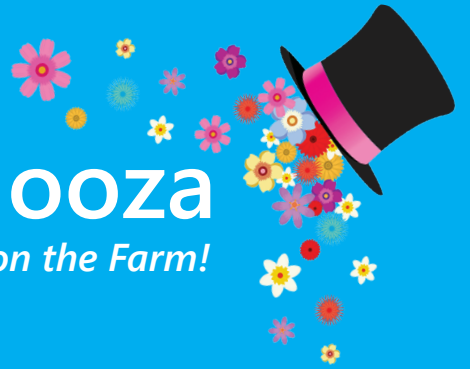
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June-A-Palooza
A Rip Roarin' Hurly-Burly on the Farm!



The Scoop

Meals On Wheels of Sheboygan County, Inc.

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www.FreshMealsOnWheels.org



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Female veteran helped get POWs back from Vietnam



"Freedom isn't free" is Meals On Wheels client Bobbi Braun's favorite saying. It isn't something she just throws around, she saw firsthand how freedom is won. She served in the Navy from 1965-69 and in the Air Force Reserves from 1984-92. She spent time in Korea, Guam, and all over the United States. During the Vietnam War, Bobbi helped pack chutes with the parachute riggers and practiced touch and goes with the pilots while stationed at NAS Whiting Field in Milton, Florida.

She had top secret clearance and worked with the SEALs to get the POWs out of Vietnam. Recalling that mission brings tears to her eyes. "We didn't get them all," she said.

Bobbi visited the Vietnam Memorial several years ago, when she could still walk. "I have a lot of friends on that wall," she said. She left her boonie hat and POW bracelet at the memorial.



Staff photos

Bobbi has a memory box dedicated to her military service on the left and her father Robert's service during WWII on the right.

"We owe it to those who didn't come back to make a success out of our lives," she said.

After leaving the Navy, Bobbi earned a degree in business administration and marketing from Marquette, worked for many years at Malt-O-Meal in Minnesota, and spent time speaking to students about her experiences during the Vietnam War. She moved to Sheboygan last year to be near her sister.