

The Scoop

From Fresh Meals On Wheels
of Sheboygan County

FALL 2022



The Fresh Meals On Wheels culinary team has been preparing more meals than ever in our 52 years of service. August 2022 was a record breaker with 8,481 meals served, which beat our March record by 350.

Meal recipients get more than a meal, they get personal care from our team and home delivery by our outstanding volunteer drivers. Volunteers note any concerns such as increased confusion or a home that is too hot. FMOW staff then takes action. Several times this year, we have secured help for clients in precarious situations.

Please call 920-451-7011 or email volunteers@FreshMealsOnWheels.org to join our team of volunteers.

It takes a community working together to ensure our senior, homebound and disabled neighbors remain well at home. The need is greater than ever. Please help.

Blessings,

Allison Thompson, CEO



Fresh Meals On Wheels food plays a role in chronic disease management program

Uncontrolled diabetes can contribute to a host of health problems including heart disease, stroke, kidney disease, nerve damage, foot problems, vision issues, dental problems, bladder issues and dementia.

Fresh Meals On Wheels (FMOW) is helping those with uncontrolled diabetes get a handle on the condition as part of the Northeastern Wisconsin Area Health Education Center's (NEWAHEC) Chronic Disease Management Program. Since the program began, three-fourths of participants have shown improved health.

Patients with extremely high A1C are identified by medical professionals from Lakeshore

Community Health Care. For three months, they meet regularly, both virtually and in-person, with nursing, dietetic, pharmacy, social work and exercise science students from Concordia University of Wisconsin and the University of Wisconsin Green Bay.

The students perform nonmedical assessments, talk about diabetes management, and find out what kind of support the person needs to be successful.

As part of the program, participants receive 90 days of controlled-carbohydrate meals from FMOW. These meals introduce them to appropriate portion sizes and show them what a low carbohydrate diet looks like.

"It has been great. The meals help clients recognize that they can still have fun foods as part of their diet, just in smaller portions," said NEWAHEC Program Director Jill Niemczyk.

The program has served just a handful of people so far, but the results have been very promising. One participant's A1C went from 12.7 to 8.

The program is a triple win: students get hands-on experience with patients, patients learn to take control of their health, and healthier patients means a lighter burden on the healthcare system.

If someone you know would benefit from healthier meals, please call us at 920-451-7011.

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

In Memory of:

Dorothy Behr

Lillian Pipping

Richard Bertschy

Virginia Lang

Raymond Brickner, IV

Ray & Debbie Brickner

Mr. & Mrs. James Bruinooge

Karen Bruinooge

Richard Bruinooge

Annelle & Robert Anderson

Anonymous

Randall & Judith Hake

Alice & Wayne Homstad

Eleanor Jung

Robert & Sandra Kuehlmann

Pat & Maureen Lacey

John & Mary Rummele

Dorothy Wiegand

Joyce Butzen

Lucy & Ross Parisi

Carol Debbink

Mary Rammer

Helene Degele

Karen Kay Berg

Beatrice Garski

Phill & Mary Stoelb

Ruby Gerner

Bob & Karen Karste

Timothy R. Gorges

Marion & Robert Gorges

Robert & Donna Gutschow

Dennis & Pam Decker

Larry's Distributing, Inc.

Francis Harvey

Wally & Grace Hecker

Gerald & Evelyn Hofschild

Wally & Grace Hecker

Marshall Horne

Arthur & Nancy Imig

Rita Kranig

Allen Humphrey

Seymour & Connie Katchkey

Mark Jaberg

Anonymous

Bethlehem United Church

of Christ

Mark & Donna DeZwarte

Jeanne Dickmann

Carol Ehrenreich

Donna Eirich

Melinda Feller

Jon & Beth Grosshuesch

William Hayon

Hughes Family

Patricia Jaberg

Steven Jaberg

Jim & Judy Jones

William & Jane Kesting

James & Mary Klein

Deborah Koch

Steven & Sarah Logterman

Stella Miller

Charles & Judith Mulder

Janice Nelson

Christine & Michael Oertle

Our Shepherd United Church

of Christ

John & Carolyn Strong

Steven & Vivian Thomas

Maria Vallejo

Ronald & Lois Willard

Loretta Wissbroecker

Patti Zuelke

LeRoy "Fuzzy the Baker" Jackett

Sue & Allan Jurss

Memorial Fund

Janice Olig

Leona Kaperak

Patty & Tim Talen

Kathie Kirk

Charlie Conrardy

Marlene Koester

Gerald & Marie Henning

Bill Kohl

Alice & Ken Walter

John Michael Kohler

Donald & Ginny Zastrow

Shirley Kohls

Dave & Judy Simenz

George Lawrence

Carole Lawrence

Lucille Menzer

Robert Pfeil

Dorothy Minster

Carole Wagner

Jim & Mary Mintner

Patti Zuelke

Jeanne Petermann

Liz Abler

Linda Sartori

Paul & Kathy Sartori

Nan Siebert

Patti Zuelke

Len & Anita Ploeckelman

Timothy & Joan Butzen

Barbara Ruppel

Judith Ann Dittman

Earl & Gladys Sargent

Ronald & Lois Landgraf

Marie Sartori

Steve & Laura Sartori

Delores Schetter

Kathi & Joe Schetter

Sharon Schmidt

Karen Schinabeck

Janet & John Dorsey

John Schoemer

Mary Schoemer

Dorothy Sindelar

Barbara Sindelar

Sandra Sinnokrak

Janet Gerhartz

John Ringel Stetter

Janet & John Dorsey

Orva Tetschlag

Janet Renzelmann

Loretta Vogel

The Vogel Family

Robert L. Vogt

Dan & Chris Shaw

Gene & Cleo Wifler

Jay Wiffler

Bob & Connie Hiers'

Wedding Anniversary

Deb & Scott Valenstein

John & Sharon Kellner

Martha Bartz

Dorothy Kolhagen

Wisconsin Spine Center

Judy Kummer

Sharon Ehren

Alice Liebelt's Birthday

Dick & Jean Felker

Shirley Margenau

G.W. & N.A. Kohls

Lee Mitchler's Retirement

Sara Weber

Kathy Moll

Wisconsin Spine Center

Leo & Joyce Morgan's

80th Birthdays

Seymour & Connie Katchkey

Timothy Nelson

Wisconsin Spine Center

Carl Nonhof

Delores Hummitzsch

Jeanne Petermann's

100th Birthday

"We miss you Mom."

From your children Liz,

Bill & Pam

Dixie L. Schmidt

Pat Champeau

Our 70th Anniversary

Ray & Melba Stempfll

Rev. Lorri Steward

Laura Henning-Lorenz

Casey Yost

Webster Bank

In Honor of:

Christopher Farm & Gardens

Paul & Mary Daubert

Edgewood Community Church

Kiel Area School District

Mudhead Garden Club

Random Lake Garden Club

Sheboygan Area SHRM

Strong Bodies

Urban Ecology Center

Photo Club

Washington County Gardener

Association

Jos & Virginia Champeau

Pat Champeau

Dan Dever's 70th Birthday

Sharon Dever

Bruce & Karen Diener

Dr. Galen Royer Frysinger

Marlene Edith Roeseler

Dick & Debbi Glaeser

Sandra & Dave Weeks

Gold Patron:

\$5000 - \$49,999

Acuity Charitable Foundation

Jay W. Christopher

Grover Family Foundation

Kohler Co.

Jan Martens

Masters Gallery Foods

Meals On Wheels America

Merkel Foundation

John Miller

MilliporeSigma

Sargento Foods

Sartori Co.

United Way of Sheboygan Co.

Vollrath Co.

West Foundation, Inc.

\$1000 - \$4999

John Arenz

Silver Patron:

Bank First
 Bemis Family Foundation
 Bob Chesebro
 Doris Christopher
 Julie Christopher
 Scott Christopher
 Keith Garnett
 Larry & Kathy Gentine
 H.S.H.S. St. Nicholas Hospital
 Curt G. Joa, Inc.
 Johnsonville Foods
 Kaat's Water Conditioning
 Bonnie & Larry Kairys
 Ken & Joan King
 K-W Electric Inc.
 Oostburg Area United Fund
 John & Mary Rummele
 James & Phyllis Schnettler
 Sheboygan Chevrolet, Buick,
 GMC
 Gary & Linda Underwood

Bronze Patron:

\$100 - \$999

Abacus Architects
 Amazon Smile Foundation
 Anonymous
 Delores Back
 Richard & Kristin Bemis
 Phyllis Bloedow & Joel Bock
 Stan Borsecnik
 Robin & Paul Callan
 Christine Clark
 Michael & Diane Cykana
 Kim & Mary Dalhaimer
 Dr. Jan & Marla De Roos
 Ellen Drewry
 Matthew & Anne Drewry
 Dick & Donna Edman
 Elkhart Lake Study Club
 Sharon & Francis Feider
 Carolyn Feld
 Reggie & Barbara Gauger
 Carol & Anna Gould
 Annette Hahn
 Nancy & Thomas Hass
 Earl & B.J. Helmer
 Jifram Extrusions, Inc.
 Dick & Nancy Johnsen
 Janet & Jim Klotz
 Kluever Charitable Fund
 Herb Kohl Philanthropies
 Katherine Kremer
 Barbara Krizkova
 Pat & Maureen Lacey
 Christine Larson & Jeff
 Eisenbooth
 Nord Larson
 Bob & Deanna Lawrence
 Gerald & Wanda Lenz
 Merlin & Ruth Limberg
 Pat Lippert
 Larry Marshall
 Bernard & Elaine McGinley
 Joe McKillips
 Gayle Meves
 Joan Middlesworth
 Dick & Gloria Nack

Kerry Nash
 Arlynn Nauschultz
 Earl Ney
 Cynthia Northup
 Gary Nickel & Deb Padgett
 Barbara Peterson
 Nourish Farms
 Elizabeth Omes
 Plymouth Lions Club
 Mark & Marilyn Risberg
 Curtis Roberts
 Rockline Industries
 Kelley Schueler
 Jason Shockley
 Jim Schultz & Donna Menzer
 William & Sheila Simenz
 Karen & Dave Sullivan
 Andrew Voudouris
 John & Linda Wallrich
 Edgar & Linda Warren
 Kathleen Watson
 Keith & Diane Weiland
 Evelyn Wilterdink
 Casey Yost
 Marcia Zink

Donor:

April Anderson
 Barbara B. Anderson
 David Anderson
 Sue Andree
 Anonymous
 James Baumgart
 Logan Beenen
 Mary Ann & Michael Bergin
 Lynette M. Beyer
 Ronald W. Bierwirth
 Darlene Bigler
 Rick & Nancy Bigler
 Richard & Ann Binder
 Jeanne Bitkers
 Kathleen Blaser
 Kelly A. Brachmann
 Jerry & Mary Beth Brassler
 Mike & Pat Bubb
 Nancy Buss
 Roland Lee O. Buss
 Donald & Nancy Coller
 Yvonne Darbant
 Michael Dekanich
 Patricia & David Droege
 Tim & Diane Ebenreiter
 Bill & June Froh
 Frontstream
 Karen & John Gilsdorf
 Lynda Gosse
 Roman & Phyllis Gozdziwski
 George Griffiths
 Lora Hagen
 Brian & Jill Hanes
 Robert & Jane Helminiak
 Hernandez Family
 Mary Heronymus
 Howards Grove Girl Scout
 Troop 8618
 Don Hurlburt
 Paula Inda
 Carol Janssen
 Lynn & Mark Jelenc

Donations Received

March 1, 2021—July 31, 2022



Jamaul Johnson
 Seymour & Connie Katchkey
 Jody Kettler
 Joan King
 Louis Klueger
 Linda Knutson
 G.W. & N.A. Kohls
 Frank Konz
 Dr. James & Elizabeth Kuplic
 Kwik Trip, Inc.
 John & Debra Lawrence
 Chet & Ruth Leonard
 Tiffany & Robb Leonard
 Karen Lidow
 Michael & Alice Liebelt
 Joe Liebetau
 Chad & Theresa Lilyquist
 Beth Madson
 Rudy Mahler, Jr.
 Betty Matson
 Gary Meyer
 Sharyn Grider Mondloch
 Joseph Morgen
 Karl Nauschutz
 Doreen Ney
 Judith Nigrelli
 Herbert & Mary Nowacki
 Annette Pamperin
 Lillian Pipping
 William Powell
 Steve & Karen Prevenas
 Susan Rahn
 Ann Reineking

Patricia Reitz
 Robin Richter
 Craig & Julie Rusch
 Karen Schinabeck
 Gail Schmeiser
 Gary Schmidt
 Myra Schneider
 Evelyn Schnell
 James & Sharon Schramm
 Sheboygan Dog Training Club
 Cindy Simonson
 Barbara Sindelar
 Lisa Splittgerber
 Christopher Stryck
 Troy Stucke
 Leann Tevsh
 Terry Trimmerger
 United Way of Greater
 Waterbury
 Paul Van Ess
 Donna Van Orden
 Sandra Viduski
 Leah Waldron
 Alice & Ken Walter
 Eileen Webb/Arimar Farm
 Paul Weber
 Robert Weber
 Tom & Linda Weber
 Laurie & Geoff Wein
 Shirley Welsch & Aaron
 Mertes
 Jennifer Zillmer

Earlier this year, Jeanne Petermann celebrated her 100th birthday with balloons, a tiara and a cupcake from Fresh Meals On Wheels. She is missed by many.



The Scoop

Meals On Wheels of Sheboygan County, Inc.

1004 S. Taylor Drive
Sheboygan, WI 53081

920-451-7011

www.FreshMealsOnWheels.org



Board of Directors

David Pittner, President
Paul Mentink, Vice President
Greg Weggeman, Secretary
Saunders Kohn, Treasurer

Carl BlomWillis	Julia Hollister
Ingrid Horn	Michael Larson
Julie Meyer	Chuck Miesfeld
Barbara Peterson	Juju Senfft
Ted Vallis	Ron Van Rooyen

Allison Thompson, CEO

The Scoop Editor: Sue Bohme

Meet Alyssa Miller, FMOW's new kitchen manager

Fresh Meals On Wheels (FMOW) is happy to introduce our new kitchen manager, Alyssa Miller.

Alyssa dreamed of opening a restaurant from a young age. Her mother and her grandparents were all cooks, "so I grew up in the kitchen," she said.

After high school, she planned to get both business and culinary degrees, and after some back-and-forth, decided to start with the culinary program at Moraine Park Technical College.

She worked in the field for a few years after graduating, but left for higher pay. Being away from the kitchen, Alyssa soon realized she had a passion for food.

She made her way to Fresh

Meals On Wheels for the first time in 2014. She was the cook and resident meat expert until last fall when she left for a job closer to home. When the kitchen manager position opened up, her former FMOW co-workers were relentless in encouraging her to apply.

She began her new role July 5. Since then, Alyssa has been busy finding new recipes, bouncing them off the FMOW dietitian, and testing them out. New additions include stuffed mushroom, French onion chicken, and kraut pork chop.

"I feel like we have always had very high standards in the kitchen, and I want to make sure that doesn't change because our clients deserve the best," she said.

Non-Profit Organization
US POSTAGE PAID
Sheboygan, Wisconsin
Permit #342



FMOW Photo

Alyssa Miller took the helm in the Fresh Meals On Wheels kitchen July 5.