

From Fresh Meals On Wheels of Sheboygan County



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,

Allesin Thaysu

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 handson 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

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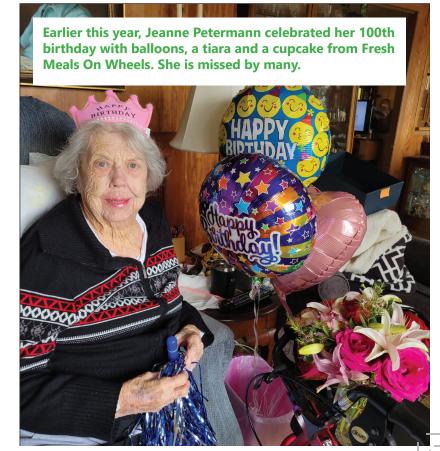
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Meet Alyssa Miller, FMOW's new kitchen manager

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.



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