

The Scoop

Meals On Wheels of Sheboygan County, Inc.



Spring 2016



Dear Friends,

Writing this letter gave me the perfect opportunity to take a step back and reflect on our program. In business, especially at non-profits, the current trend is to discuss 'Outcomes.' While goal tracking IS important, some assets are resistant to being monitored via outcome measurements.

We receive a lot of positive comments on the program. One that struck me recently was "There seems to be a Meals On Wheels way of doing things – I like it!" We hear some version of that statement on a weekly basis. So we've been trying, in our spare time, to describe the 'Meals On Wheels way of doing things.'

We believe some of the things that comprise the 'Meals On Wheel way' are related to compassion, work ethic, resourcefulness, creativity, fun, frugality, determination, innovation, courage and maybe even a touch of weirdness. All of these ingredients make up

the lovely soup that is Meals On Wheels, and all of them are the results of the blessing of KINDNESS.

There have been many dazzling examples of kindness in the recent months: Volunteers offering to help repair client homes in conjunction with Rebuilding Together; Acuity sponsoring two upgraded meals, a local donor offering a \$300,000 matching grant to help end our mortgage; the thousands of meals delivered with a smile, by volunteers, in all sorts of weather conditions; and many more.

We don't know how to adequately measure these examples of humanity, but we are extremely grateful for every act of compassion directed to our homebound, elderly and disabled neighbors. Thank you,

Kelly Heyn, Chief Executive Officer

Meals On Wheels Restructures, Promotes Allison Thompson

Meals On Wheels of Sheboygan County is thrilled to announce the promotion of Allison Thompson to associate executive director.

In this newly created position, Allison will continue to develop Meals On Wheels' partnerships with area health organizations in order to help reduce hospital readmissions with the help of medically-tailored meals; oversee all marketing and communications endeavors; manage fundraising and outreach endeavors; and assist Kelly with implementing, monitoring and evaluating daily operations, strategic planning and new business development.


The promotion is the direct result of an audit conducted by the human resource department of Sargento Foods Inc.

"Sargento graciously took the time needed to audit our offices and assess our strengths and weaknesses. One of the areas they identified was that too many people were reporting directly to me. Allison has expanded on some of the roles she was already doing and is now overseeing two departments," said Kelly Heyn "Putting clients' needs first continues to be our priority."

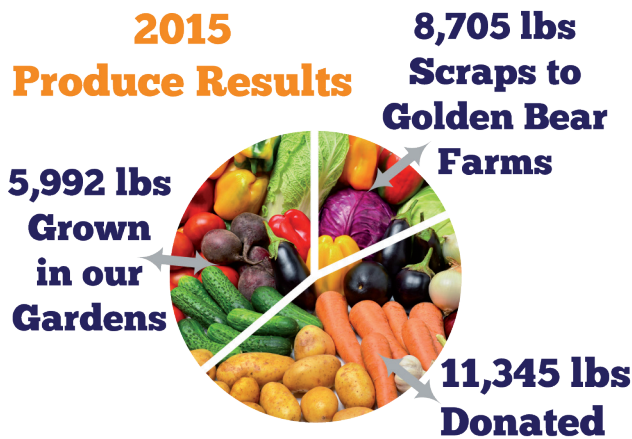
Allison joined Meals On Wheels three years ago and has spearheaded a number of projects including the organization's most-successful annual fundraiser, June-A-Palooza. Locally, she



Allison Thompson was recently promoted to associate executive director.

previously worked with the Sheboygan Area School District and Jacobson Rost. She also has extensive communications and event management experience working with public relations agencies and businesses in New York City and Atlanta. 

Garden Production Triples



With several growing seasons under our belt and garden spaces dedicated to Meals On Wheels popping up across Sheboygan County, we were able to grow nearly 6,000 pounds of produce for client meals in 2015. In addition to growing produce in 27 raised beds, creating edible landscaping and our on-site rhubarb garden, we grew potatoes in donated shopping carts at Wildwood Garden, raised a hoop house at Ebenezer UCC and helped a volunteer plant and harvest a large plot in Adell dedicated to Meals On Wheels.

Our partnership with Golden Bear Farm continued. In return for each pound of produce scrap we deliver, we receive a credit towards our next order.

Over 3,000 pounds of apples were donated to the program last fall, one of our

largest produce donations to date. Many of the apples were shined up and sent out whole, some were used in baking, and, as you can imagine, we made a lot of fresh applesauce. In total over 11,000 pounds of locally grown fruit and vegetables were donated to the program. We are thankful for each and every gift.

We're currently planning our gardens and edible landscaping for the 2016 growing season. If you are planning a garden, please Grow-a-Row for Meals On Wheels or consider donating your extra produce by dropping it off at our headquarters or at the Plymouth Chamber of Commerce.

If you're interested in volunteering in our gardens to help plant, water, weed or harvest or to volunteer in the produce room please call 451-7011.



Recipes from the Christopher Family Kitchen at Meals On Wheels

George Quiriconi, the head chef at Christopher Farm & Gardens, has joined us each year during the winter months to help our culinary team prepare meals. A few weeks ago, George presented some of his recipes and shared his knowledge on canning honey with the Sheboygan County Beekeepers Association and interested folks from across the state.

This spring, we will be adding 60,000 bees to the Meals On Wheels family courtesy of Dan Pitsch. The bees will pollinate our gardens, increase produce yields and help keep our orchard's ecosystem healthy and our gardens thriving.

George's Cinnamon, Honey Applesauce

Ingredients

- 2 Tablespoons lemon juice
- 5-6 cups white sugar
- 1/4 cup brown sugar
- 3 Tablespoons honey
- 1/2 teaspoon salt
- 1-2 Tablespoons cinnamon

Cinnamon sticks: a half stick per pint or 1 per quart

5-6 pounds of apples (leave the skin on)

Instructions

Core and cut apples into quarters and place in a saucepan. Cover with water (up to 4 cups) and add 2 T of lemon juice or fruit-fresh powder to prevent browning.

Combine the rest of the ingredients and cook over medium heat until apples are soft (15 to 20 minutes).

After cooking use an immersion stick blender or other means to mix the applesauce. *If canning, follow the water bath method for 15 minutes.

The beautiful painting on our new beehive was created by Judith Stockinger.



Planting, maintaining, harvesting and processing nearly 6,000 pounds of produce requires an army of volunteers.

Meals On Wheels graciously thanks the following for their generous support from 9.1.15 through 2.29.16

In Memory of

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Prepare to celebrate...

Stay tuned for details!

August 2016

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Our longest meal delivery route is 40 miles, allowing fresh meals prepared in the Christopher Family Kitchen to be delivered to about 50 residents throughout Sheboygan County. Each delivery day, truck route volunteers load up five ovens (plugged in to keep warm) and five baskets (placed in the cooler to keep cold) onto the truck.

Over the next hour and a half, they make stops at Redeemer Lutheran Church in Plymouth, St. Thomas Aquinas Catholic Church in Elkhart Lake and National Exchange Bank in Howards Grove. From there additional volunteer drivers pick up meals for their individual route.

But that's not all, these volunteers diligently monitor the truck and let our volunteer coordinators know when it needs gas, an oil change or needs to be repaired. Indications from the volunteers allow us to keep this important piece of equipment properly maintained and in working order.

A dedicated group of about a dozen



While its main function is to transport food, the truck is also used in parades and at special events.

truck drivers and husband/wife teams make it possible for clients across the county to enjoy the same fresh, delicious, and nutritious meals as our Sheboygan clients. Thank you: Tom Howe, Pat & Maureen Lacey, Ken Differt, Bob Kuehl-

mann, Dave Windstein, Mike Slawny, Brian Lilyquist, Dick Nack, Tom & Emily Genz, Jim & Joan Gould, John Rummele, Dick Schaap, Ron Spapperi, Ron Becker, John Eddy, Don Gutenberger and Roger Rodewald and Gerhard Bohme. I

June-A-Palooza: Saturday, June 25th 3:00 - 10:00 pm at Christopher Farm & Gardens

In Memorium: Carl Faas and Les Cole Leave an Impact on Gardens

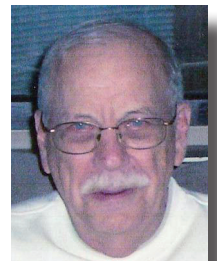


Les Cole loved spending time in the Wildwood Garden.

Carl Faas was integral in planning, building and maintaining the raised beds at Wildwood Garden and the first Master Gardener to volunteer at Meals On Wheels. He encouraged other volunteers from the Sheboygan County Master Gardener's Association to help with a wide variety of garden projects. The projects Carl was involved with at Meals On Wheels will remain for generations. We will remember him always.

Les Cole was one of our oldest volunteers to date, at 101 he regularly volunteered in the summer watering the gardens along with his neighbor LeeAnne Vance and her daughter. Watering often and consistently was one of his top gardening tips. He was also a stickler for straight, neat, well-marked rows.

Les loved to drive to his favorite spots on country roads every spring to pick wild growing asparagus. In his memory an asparagus patch will be planted in our backyard garden. I



Master Gardener
Carl Faas

Sargento and MilliporeSigma Volunteer During March for Meals

What a difference a team makes! Recently Sargento held a small meeting, donated cheese for a meal and volunteered, all in one day! MilliporeSigma invited a rotation of employees daily from February 29th through March 13th to volunteer, as a part of their volunteer initiative SPARK.

Volunteers from both companies helped in the Christopher Family Kitchen and prepared cards and gifts for clients. In addition, Sargento employees washed and processed locally donated carrots. MilliporeSigma volunteers helped deliver a recliner to a client. The Meals On Wheels staff is grateful for everything the volunteers accomplished!

MARCH
FOR
MEALS
WITH
MEALS ON WHEELS™

March for Meals is an annual drive to celebrate and recruit new Meals On Wheels volunteers.



Decorating cupcakes for clients on their birthdays.



Left: MilliporeSigma volunteers build a kitchen rack. Lower left: Sargento volunteers work together washing, peeling and processing carrots. Above: MilliporeSigma volunteers deliver a chair to a client. Below: Sargento volunteers form meatballs.



The Scoop

Meals On Wheels of Sheboygan County, Inc.
1004 S. Taylor Drive
Sheboygan, WI 53081
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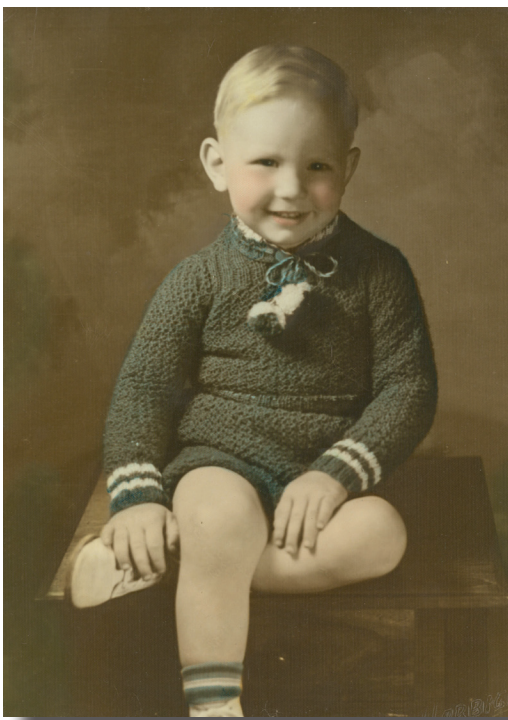
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The *Fresh* Faces of Meals On Wheels


Client Spotlight



Wally was featured in our Yesterday's Kids Campaign.

Wally, an Army veteran in his early 80s, is one-of-a-kind. He's the type of person who sends two cakes to Meals On Wheels for our staff and volunteers to enjoy to celebrate St. Patrick's Day. He is always so appreciative!

Wally was born in New London. He followed in his father's footsteps working at Tecumseh Products Company for almost 40 years, before retiring in 1996. His favorite meal is meatloaf and he loves any dessert bar with nuts, chocolate and a graham cracker crust.

At the end of April volunteers will be working with Rebuilding Together to help Wally replace his basement windows, do some exterior painting, put a ramp in for accessibility and more. 



Wally attended our St. Nick's dinner in 2014. All who meet him know he is the embodiment of joy.