



Mark Thomas getting into character.



Amy Stader, Eli Stader and Nickie Meinolf watch as Bob Weber has fun posing for the MOW calendar.

## What is going on at Fresh Meals On Wheels?

After a stressful year of striving to feed people while keeping them, volunteers and staff safe, we were itching for a fun, light-hearted project that would make people happy. Thus, the Fresh Meals On Wheels calendar was born.

The idea is to take photos that are recognizable as part of Sheboygan County and place volunteers and clients in the them doing unexpected things like jet packing past the Acuity flagpole or riding a flying carpet over Road America.

MOW staff were not the only ones eager to do something fun

and different, so getting people on board to pose for the pictures was easy!

Over the course of two days, photographer Eli Stader and graphic designer Nicki Meinolf posed people in front of a green screen with instructions like "pretend you are riding an ostrich" or "how would you look of you saw a cow being beamed up into an alien spaceship." Between the poses, props and instructions, there was so much laughter, everyone had a great time! It was wonderful getting to spend time with clients and volunteers in a less structured way.

We shared stories and learned things about each other that we never would have otherwise.

A big thank you to all the fun-loving folks who agreed to be part of this project. We hope you enjoyed the process as much as we did!

The Fresh Meals On Wheels calendar will be out early this fall. For updates, follow us on Facebook at Fresh Meals On Wheels, or visit our website, [www.freshmealsonwheels.org](http://www.freshmealsonwheels.org). To get occasional email updates, email [freshfood@freshmealsonwheels.org](mailto:freshfood@freshmealsonwheels.org) and we will add you to our email list.



Jillian Klatt, left and Suzan Leibovitz, right strike their poses. Center is a mock-up of one of the calendar pages.



# The Scoop

Meals On Wheels of Sheboygan County, Inc.  
1004 S. Taylor Drive  
Sheboygan, WI 53081  
920-451-7011  
[www.FreshMealsOnWheels.org](http://www.FreshMealsOnWheels.org)



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## Another new experience for the KneEVERs

Earl and Charmaine KneEVERs are two of the fun-loving people who agreed to pose for the 2022 Fresh Meals On Wheels calendar, which will feature clients and volunteers doing unexpected things like jet packing around the Acuity flagpole or riding a flying carpet over Road America.

"It's so nice to do something that's different and meet so many nice people," says Charmaine.

Doing something different seems to be the norm for the KneEVERs. In an era when many women were homemakers, Charmaine earned a master's degree in educational administration and served as the associate dean of the consumer hospitality services and liberal

arts divisions of the Milwaukee Area Technical College; they drove from Wisconsin to Alaska along the ALCAN Highway as part of a Winnebago caravan; and they have written three books between them: Charmaine published *Aunt Norma's Centerville Favorites* in 1996 and together they published *The KneEVERs Hotel: A Sheboygan*



Earl and Charmaine KneEVERs posing for the Fresh Meals On Wheels calendar.



landmark, 1887-1978 (1998), and *The Sheboygan Socialists* (2016). In addition, Earl has stories to tell about his experience as an Atomic Veteran, the name given to the servicemen exposed to radiation while witnessing atomic tests.

The couple, who retired in 1992, will celebrate 67 years of marriage in August. Keep an eye out for the Fresh Meals On Wheels calendar to see the results of the KneEVERs latest adventure!

Non-Profit Organization  
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# The Scoop

From Fresh Meals On Wheels of Sheboygan County

Summer 2021



Barring unforeseen circumstances, a new version of daily delivery will start soon!



The new delivery model will be a hybrid to maximize safety for the vulnerable population we serve.

- Hot meals will be available Monday-Friday

- Weekly frozen meal delivery is still an option for those who prefer it

- Deliveries will be made in sanitized MOW vehicles.

- There will be two delivery windows each day: 10 a.m.–noon and 12:15– 2:15 p.m.

Volunteer drivers are needed. If your church, book club, business or organization would be willing to pick up one route a month, or several per week, please let us know! Contact Jenn at [volunteers@FreshMealsOnWheels.org](mailto:volunteers@FreshMealsOnWheels.org), or 920-451-7011.

## We strive to be good stewards of ALL the gifts we are given

At Fresh Meals On Wheels, we often hear, "I never thought I'd need meals." It is especially poignant coming from former volunteers and donors who supported the organization to ensure there was a safety net for "those in need," never imagining that might include them. We are so grateful that we are able to serve everyone who comes to us in need of food, regardless of income.

Unlike the majority of programs nationwide, we have never had a waiting list. Because our board, staff, donors and volunteers believe that good nutrition is vital for a healthy community, people start getting wholesome, healthful, home-made food within days of contacting Fresh Meals On Wheels.

We appreciate and celebrate all the gifts that make this possible, from the dollar bill enclosed in a hand-made envelope, to the eye-popping large amounts sent by check. Lately it's been the consistent giving by a family of children ages 4, 5, 9, 13 and 11-year-old twins, that has touched our hearts.

For the last two years, the kids' mother, Selene, has worked diligently three days a week to keep Fresh Meals On Wheels clean and safe. When finished, she has often had to

head to Children's Hospital where two of her children have gotten chemotherapy, one has had surgery and another has recovered from a stroke. A child or two will often join her when

she cleans, arriving with fists full of coins and dollar bills to donate to Meals On Wheels. Not a week goes by without at least one of the children bringing us their most recent earnings.

When asked why they give to Fresh Meals On Wheels, 9-year-old Joseph answered, "Because people are hungry." Word of their generosity reached TMJ4. Watch for a story on the family to air in August.

We are honored to be stewards of their kindness and generosity, and strive to be good stewards of ALL the gifts we are given. We are grateful to EVERY donor who elects to support our life-sustaining mission, and helps ensure that everyone who "never thought they'd need meals" gets them.

Sincerely,

Your Fresh Meals On Wheels team:

Kelly, Allison, Alyssa, Amy, Connie, Grace, Jane, Jenn, Joy, June, Laurie, Libby, Marlea, Sanela, Sue, Tom and Wendy



920.451.7011

[www.FreshMealsOnWheels.org](http://www.FreshMealsOnWheels.org)



We'd like to say  
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Friends Kathie Hanssen, Lou Andrietsch, Judy Slawny, Sandi Howard, Carol Vitella Van Sluys and Kathy McGee (not pictured) spent a beautiful morning weeding and prepping the space around the MOW greenhouse, and planting flowers in the Wildwood Garden.

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## Don't let the summer heat get you down

Cases of heat-related illnesses soar with summer's high temperatures and thick, humid air, and older adults suffer from the heat in disproportionately large numbers. Experts note that as people age, their bodies don't adjust to temperature changes as easily, and they are more likely to have health issues or take medications that further upset the body's response to heat. The Centers for Disease Control suggest ways to stay cool this summer:

- Stay in air-conditioned buildings as much as possible. If you don't have air conditioning, contact the county health department or locate an air-conditioned shelter in your area.
- Don't rely on a fan as your main cooling source when it's really hot outside. Electric fans may provide comfort, but when the temperature is in the high 90s, they will not

- prevent heat-related illness.
- Take cool showers or baths to cool down.
- Drink more water than usual and don't wait until you're thirsty to drink. **Note: If you have been told to limit your fluid intake, consult your doctor about how much to drink.**
- Avoid using the stove or oven to cook.
- Wear loose, lightweight, light-colored clothing.
- Avoid strenuous activities, and get plenty of rest.
- Check on a friend or neighbor and have someone do the same for you.

Fresh Meals On Wheels helps meal recipients keep cool during the summer by doing the cooking for them—no ovens or stoves heating up the house, just tasty, homemade meals delivered right to their door. For more information, call 920-451-7011, or visit [www.FreshMealsOnWheels.org](http://www.FreshMealsOnWheels.org). **Cool!**