

The Scoop

Meals On Wheels of Sheboygan County, Inc.



Winter 2015

Dear Friends,

We are celebrating 45 years of service at Meals On Wheels of Sheboygan County and it's all because of you: our clients, volunteers, donors and supporters. Thank you.

I was reading recently about meal programs that have extensive waiting lists. I was appalled thinking of those people who need meals, but aren't fed. Senior hunger is truly a societal issue in America, 10% of the 65 and over population in Wisconsin face hunger challenges. It's horrific to think that after these people have taught in our classrooms, served our country and protected our cities they now have to wait for proper nutrition.

I am so proud to work alongside colleagues who know the importance of putting appealing, real food in the hands of every homebound person who needs a meal. Over the years, our Board has continually made it a goal to never have a waiting list. Our time and money is spent on clients and making their lives better, not frustrating them with waiting lists and lack of nutrition.

Our community has supported our endeavors. The state-of-the-art, cost-effective kitchen, and 29 raised vegetable beds are prime examples of how our community collaborates to do the best possible for our homebound neighbors.

Our Meals On Wheels volunteers are the best in the country. They take time to properly care for the plants growing in the gardens, and they're truly concerned about each individual who receives meals. It's our volunteers who smell the gas leak in a home, or notice that someone seems under the weather. It's our volunteers who take the time to alert the office if someone is not answering the door – we want to know that every person we serve a meal to is doing okay.

It is truly a blessing to serve at Meals On Wheels, and it's you I thank for that.

Kelly Heyn, Chief Executive Officer

Five-Star St. Nicholas Dinner Held at Meals On Wheels

The stockings were full when some of our most isolated meal recipients were treated to a holiday feast. Each guest went home with a goody bag filled with warm socks from Wigwam, chocolates made in the Meals On Wheels Christopher Family Kitchen, a lip balm courtesy of Olivü 426 and a gift from Pampered Chef. The colorful bags were handed out by Elf Shirley, a Kohler Company elf.

The homebound guests, and their caregivers, were giddy with holiday spirit as they enjoyed a formal pork loin dinner followed by French silk pie while being serenaded by Northern Lights, North High School's chorale group.

It was all made possible thanks to the giving spirit of Jay Christopher at Christopher Farms and Gardens who not only came up with the idea, but also sponsored the food and decorations.

"I saw a viral video about an upscale dinner for the homeless and thought instantly of Meals On Wheels and the people they serve. These people have a special place in my heart and I was overjoyed to be able to work with Kelly at Meals On Wheels and provide a five-star dinner prepared by my friends Paul and Lori Smitala," Christopher said.

Paul Smitala is the head chef at Blackwolf Run and his wife Lori Smitala owns Heavenly Creations in Sheboygan. "When Jay asked

us about this we were more than happy to jump on board," said Paul. "What a great way for us to use our talent to give back to those who have served us for so many years. We cooked for retired teachers, doctors and veterans; people who have made a difference in our lives. We are proud to serve them in return."

The serving staff, dressed in white shirts and holiday ties, were volunteers from Greenscape Lawn & Landscape. In addition to Northern Lights, musical entertainment was also provided by Adrienne and Gabrielle Tauscheck.

CONTINUE ON PAGE 2



Clients enjoy a five star meal prepared by Paul and Lori Smitala.

Change Adds Up At Coffeehouse

Last spring Leon Rabuck, owner of the Exchange Bank Coffeehouse in Plymouth, began asking customers who received a free coffee refill to consider leaving some change for Meals On Wheels in the donation box on his counter.

All that change really added up and at the end of 2014 Leon was able to donate \$842 to Meals On Wheels. "As a small business owner I like to support other local businesses and I give locally too," Leon said. He hopes to make a gift again in 2015 from the change he collects throughout the year.

Leon added, "The man who took care of our building maintenance lived upstairs and his family set up the program for him. I saw volunteers come Monday through Friday with meals and I knew he was taken care of. I know where the headquarters for Meals On Wheels is and I know who my donation is going to help." On behalf of our neighbors, thank you to those who donated.

Leon Rabuck shows off the money he raised for Meals On Wheels by encouraging customers who received a free coffee refill to give what they thought was appropriate. Sometimes it was 10 cents and sometimes it was a five dollar bill.



St. Nick's Dinner *Continued from page 1*

"We are truly blessed to be surrounded by such amazing companies and individuals who are willing to give of their time, talents and treasures to serve our clients. To be able to provide them with this amazing opportunity outside of their home is truly an honor. We are so thankful to everyone who has made this possible," said Kelly Heyn.

To help make guests feel special from the beginning, formal invitations were mailed, courtesy of Boneck Printing. Meals On Wheels clients who were unable to find a way to travel to the dinner were escorted by Sheboygan Wheelchair Taxi & Transportation, Inc., in addition to a few outstanding Meals On Wheels volunteers. 🍴

Gardens Yield 2 Tons of Fresh Produce

For the first growing season at our new headquarters, in 2013, our produce coordinator Jane focused on edible landscaping around the building. We also began a Grow-a-Row program encouraging folks to grow and donate their extra produce to Meals On Wheels.

Grow-a-Row was a huge success and by the 2014 growing season 18 raised beds had been built at Wildwood Garden in partnership with WPS. Eleven raised beds were also added to our Backyard Garden, allowing us to grow more than 2,000 lbs. of fresh produce for our meals. Large produce donations of pumpkins, squash, potatoes, carrots and more were received in 2014 and we had 2nd and 3rd plantings in our own gardens, harvesting until mid-December.

We couldn't have done it all without the help of the Master Gardeners including Carl Faas, who was tremendously dedicated to caring for our

gardens and Barb Nyenhuis, who spent time in both the gardens and the produce room.

We are thankful for all the anonymous produce donations we received in 2014 and to those listed below, who donated fruit, vegetables and herbs by the truckload and bagful. This kept volunteers in the produce room including Bruce Mertzig, Diana Schultz and Ken Steltenpohl busy cleaning and freezing anything that couldn't be used right away.

We are currently planning our gardens and edible landscaping for the 2015 growing season. If you are planning a garden too, 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.

Thank you 2014 Grow-a-Row and Produce Donors

By the Truckload

Christopher Farm & Gardens
Ebenezer UCC
Caloma Farms
FCC - GROW
First Congregational UCC Ply.
First United Lutheran Church
Ford Farms

Ken King
Ralph Lemp
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Mary Richter
Len Rosenwald
Sheboygan Health Mart
Smiling Dog Orchard
Greg Zahn - Circle Union Farms

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Dave Scharinger
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Smiling Dog Orchard
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Joni Weichbrodt

Meals On Wheels graciously thanks the following for their generous support from 9.01.14 through 1.15.15

In Memory of:

Betty Adler

June Platz

Harold & Doris Becker

Bruce & Cindy Becker

Julia Bentz

Judy & Walter Gartman

Byron Bilgo

Paul & Kathy Sartori

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Joseph P. Billmann

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Ernie & Helen Baumann
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Marion Held

Mildred Machut
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Linda Leibham



Caan Floral & Greenhouses continued their tradition of donating poinsettias after Christmas.

Patrick & Maureen Lacey
Lakeshore Garden Club
Jim & Joyce Lemkuil
Claire P. Massart
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Partnership with Golden Bear Farms

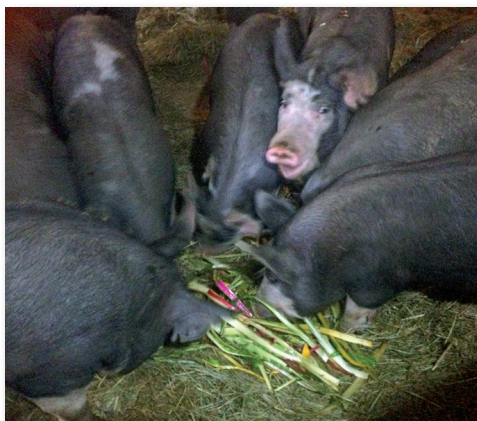
With our gardens in full bloom and constant produce donations coming in from the community, we began looking for partners who could provide locally raised high quality chicken, pork and beef to enhance our fresh approach to meals. We found the perfect partners in Steve & Marie Deibele, of Golden Bear Farm.

Our partnership began with Golden Bear Farm because they use sustainable farming practices: their pastures are certified organic and naturally fertilized. The animals are rotationally grazed on fresh pastures, have access to fresh air, fresh water, sunshine and space to exercise, making for very happy animals.



One Berkshire pig enjoying carrot scraps.

Steve was looking for a way to feed even more high quality produce to his sought-after Berkshire pigs. Their typical diet consists of pasture grass, produce grown on the farm, and an organic feed blended on the farm. We were looking for a way to maximize the value of our produce scraps.



The scraps are like treats for the well fed pigs.

An agreement was reached and we began dropping off produce scraps several times a month and more often during harvest season. For every pound of scraps we delivered, we received a credit on the pork we ordered. By the end of the year we had delivered nearly three tons of scraps to Golden Bear Farm.

At the end of January, Food Service Director Angela Meyer, ordered bacon, pork loins and ground pork so we could make a wide variety of meals like meat-loaf, meat sauce for pasta, BLTs, sliced pork loin and more.

At the time of printing slices of bacon from the photo below were being crumbled on top of our Mac 'n Cheese. We know our clients will be excited to try the other cuts of pork we received.

Steve and Marie are just as excited about their pigs receiving high quality produce scraps as we are about serving our neighbors their high quality pork. We continue to donate scraps throughout the winter and look forward to continuing our partnership with Golden Bear Farm.

We continue to search for other local farmers who can provide sustainably raised poultry and beef.



Bacon from Golden Bear Farm.

In Memoriam: William "Shorts" Warner

It is with great sadness that we said good-bye to Billy Warner, one of our volunteers with a heart larger than you can imagine. Last summer our staff got to know Billy quite well. He was instrumental to our Wildwood and Backyard Garden projects, helping to build a total of 28 large raised garden beds. From organizing members of the Local 731 (Carpenters Union) and cutting wood for our projects, to mentoring at-risk youth who helped him complete our Backyard Garden, he always had a smile on his face and laughter in his heart. His ideas were big and his desire to help was genuine.

While working on the Backyard Garden our kitchen staff served his crew snacks and refreshments. It was an unusually cold spring and summer, but Billy always wore shorts no matter the weather so our culinary team gave him the nickname Shorts.

Billy had a huge heart and would do anything for anyone. Besides his volunteer work at Meals On Wheels, Billy was involved with Rebuilding Together, the John Michael Kohler Art Center and Bookworm Gardens.

In his memory we will be dedicating a raised bed in our Backyard Garden to Billy. This spring, his daughter Erin will be helping us plant his favorite flowers, snapdragons, for visitors and clients to enjoy. Billy once said that if he helped one person his life was worthwhile. His work at Meals On Wheels alone made his life worthwhile, 10,000 times over. 🌱



Joel & Billy relax at June-A-Palooza

Handcrafted Tree Nets \$20,000

Thanks to the time and talent of 50 Kettle Karver Klub members, a fully-decorated and lighted Christmas tree was delivered to the highest bidder for \$18,000. That contribution, in addition to a donation of \$2,000 from Caan Floral and Greenhouses, will subsidize 10,000 meals for Sheboygan County's homebound residents.

The 300 hand-carved wooden ornaments covered the



A few of the hand carved ornaments.

gamut of fruits and vegetables including artichokes, beans, chickens, carrots, pumpkins, beets, apples and more. The works of art were created in just two months by the 50

members of the Kettle Karvers to commemorate the warm, nutritious meals served by volunteers to the homebound, disabled, and elderly in Sheboygan County.

"We just like to give back to the community and we could all stand behind a cause like feeding our homebound neighbors," said Helen Williamson, Kettle Karver Klub president.

The ornaments were skillfully placed on a 7-foot-tall, pre-lit Christmas tree donated by Caan Floral and Greenhouses by Kettle Klub volunteers and a member of the Caan Floral staff. The entire tree was up for auction and while bids started at \$5,000, they slowly worked their way upwards to \$14,000 the morning of Nov. 15 and quickly escalated until the closing bid of \$18,000.

Kris Shepard, owner of Caan Floral and Greenhouses said, "We were honored to partner with Meals On Wheels for this endeavor. The outpouring of support from the community is such a joy to see and we are proud to be a part of the solution to reducing hunger for seniors."

Kettle Karver Klub members pose with the decorated tree.



Tree Sweaters Bring Hope

For many of us a warm, nutritious meal and friendly conversation are a part of everyday life. But for our elderly, disabled and homebound neighbors, nearly 20 percent of our county's population, that is not the case.

As a reminder to the community to keep an eye on fellow residents this winter, Meals On Wheels of Sheboygan County gathered some talented knitters to create vivid décor for the trees along South Taylor Drive in front of Meals On Wheels' headquarters.

"This is a nice, warm way to remind everyone to care for one another this winter. If you notice that a walkway isn't shoveled or that mail and newspapers are piling up, please check on your neighbor. That is why we deliver meals five days a week no matter the weather; we want to make sure that everyone is warm and safe every day," said Kelly Heyn, Meals On Wheels CEO.

The tree sweaters, reminiscent of the knit blankets distributed to Meals On Wheels clients, were installed Wednesday, October 15. They are designed to add some color during the winter months and build awareness for Sheboygan County's homebound residents, many of whom are retired service men and women, teachers, officers and business leaders living off a fixed income, who wish to remain in their homes but can no longer prepare meals or go grocery shopping on a regular basis.

"I enjoy knitting. I make hats for babies and blankets for nursing home residents. It was a creative way for me to use some leftover yarn and raise awareness for Meals On Wheels and the people they serve," said volunteer knitter, Vickie Cudworth of Howard's Grove.

Knitters also included United Way Board President Janet Carter, Anne Sorenson, Vickie Cudworth, Anapaula Micher-Santamaria, Virginia Romaine, Jody Erdman, and Mary Yurk, who is the organizer of Meals On Wheels' lap blanket program.

"While knitting a sweater for a tree is a whole new experience, it was a lot of fun. I think people will certainly take notice of the colorful trees and hopefully think twice about their neighbors, and maybe even volunteer or donate to the Meals On Wheels program," said Yurk, a Sheboygan resident.



Knitted flowers also decorate the trees.

Fresh Faces of Meals On Wheels

Board Member Spotlight In Memory of R. Bruce Grover

Our staff and Board of Directors were shocked to learn of Bruce Grover's passing. The overwhelming opinion was that he seemed too engaged in the world around him to have passed away – he was still so busy thinking and planning.

Bruce was named among the Sheboygan Press' 100 people who shaped Sheboygan County, and was an active member of countless boards, clubs and organizations. He was a brilliant and resourceful man who had a huge heart for his community and the Meals On Wheels program. His passion for learning and love for adventure united to create an individual who took a holistic approach to problems in a way that created solutions to benefit the community at large.

From sponsoring our first Love Bowls event and regularly delivering meals, to creating the first geocache at Meals On Wheels' headquarters, Bruce has been by our side. It is true that his interest in the how's and why's of everything, coupled



with his superior intellect made him an extraordinary individual. However, he will be missed most for his kind heart and sweet smile.



Bruce, board members and staff pose in front of a donated corn field in 2013.

Our Foray Into Crowdfunding

During the holiday season Meals On Wheels launched its first online giving campaign, otherwise known as crowdfunding, to attract millennial donors and to make holiday giving easy for everyone. Located at www.gofundme.com, the site was designed to allow people to give monetary gifts that would help provide meals for our homebound neighbours.

The campaign was prepared throughout the fall semester. Students from a Lakeland College marketing class offered their input, creating taglines and hashtags to promote the campaign on social media.

The site was launched in conjunction with Giving Tuesday and ran through the end of the year. The goal was to raise \$3,000. Before an article promoting the campaign appeared in the Sheboygan Press \$781 had been raised. Shortly after the media coverage, the Lakeshore Community Foundation stepped forward. An anonymous donor saw the article and donated \$5,000 to our campaign.

We were beyond excited, we nearly doubled our goal and we received the first grant the Lakeshore Community Foundation had made in the city of Sheboygan. 🍌

Volunteer Spotlight Officers At Home in the Kitchen

On October 31 New Holstein Police Department Captain Jeff Hebl, whose cooking has earned him a few awards and the opportunity to appear on national television, threw down the gauntlet to area precincts inviting their chiefs to join him in cooking a special meal for the homebound.

Accepting the challenge and joining in the Halloween meal preparation were Police Chiefs Christopher Domagalski of Sheboygan and Jeffrey Tauscheck of Plymouth in addition to Sheriff Todd Priebe of Sheboygan County, and Chuck Miesfeld of Miesfeld's Market. The Meals On Wheels culinary team worked alongside these dedicated volunteers.

"I knew this would be the perfect opportunity to get these guys out of their comfort zone and into the kitchen," said Hebl.

The special meal featured Captain Hebl's recipe for Cap'n Crunch stuffed chicken using chicken and bacon generously donated by Misfield's Market. Locally-grown green beans with bacon and toasted almonds, a piece of fruit, butternut squash mashed potatoes and dirt cake with a gummy snake surprise completed the meal.

"We just wanted to do something fun for our homebound neighbors on Halloween. When Jeff said that he was willing



The officers had a great time working in the kitchen.

to share his recipe with our clients, we were more than happy to make it happen," said Kelly Heyn.



Lakeshore Community Foundation Director, Rachel Wiegert, presents an anonymous \$5,000 gift.

The Scoop

Meals On Wheels of Sheboygan County, Inc.
1004 S. Taylor Drive
Sheboygan, WI 53081
P 920.451.7011
www.FreshMealsOnWheels.org

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United Way of
Sheboygan County



Love Bowls Sunday, February 22

Don't miss the 15th anniversary of Love Bowls on Sunday, February 22 from 10:00 am - 3:00 pm at Sheboygan South High School. Enjoy unlimited soup from over 70 restaurants with all the fixin's and homemade cookies, made by Meals On Wheels, for dessert! Select a colorful Talavera bowl or plate to take home with you. A silent auction features even more Talavera pottery and glass art from Mexico. Cost is \$20 per person, infants under 1 are free. Entertainment line-up:



10:30 ROSES & THORNS

11:30 SHEBOYGAN LIGHT RAIL

1:00 RYAN KAUTZER - POLKA PARTIES

2:00 NORTHERN LIGHTS



JUNE-A-PALOOZA

Save the date for June-A-Palooza 2015 on Saturday, June 27. Join Meals On Wheels at Christopher Farm and Gardens to kickoff summer with an equestrian extravaganza. We'll be showcasing the Wild West with a little bit of derbynness mixed in. Mint juleps anyone? This is one event you won't want to miss. Visit juneaplalooza.com for the latest details on this year's event and to view photos from past events.

