

# The Scoop

Meals On Wheels of Sheboygan County, Inc.



Fall 2017

## A family member's view of Meals On Wheels

*In April, David Pittner's mother had a heart attack, resulting in bypass surgery, a three-week hospital stay, and a prolonged recovery. At June-A-Palooza, David spoke from his heart about how Meals On Wheels is helping his family get through this difficult time. He kindly allowed us to share his words with the community.*

I don't think that any of us ever wakes up and thinks, "I am going to call Meals On Wheels today." I would imagine that for most of us, our contact is because of a specific event. **Prior to April 15th, if you had asked me about my 80 year old mother's health, I would have said there are days that I think she's got more stamina than I do.**

But on April 15th, all of that changed. It really seemed like nothing when she said "I am a little tired, David." Then after a nap it became "I seem short of breath, David." Which led her to say, "David, it's getting worse, I think you better take me to the ER." You sit in the waiting room terrified and then the words you never expected to hear: "David, your mother had a heart attack," followed by, "we are transferring her to Columbia-St. Mary's by ambulance." Then there are the doctors - a lot of doctors - the tests, the medication, the IV's, and finally, one of the doctors says, "okay this is the plan to fix it." Then you hear the words "bypass surgery." **Suddenly Mom goes from being 80 years young to being 80 years old.**

Three weeks after surgery, they tell me she's ready to go home. **So now what do I do?** She was so independent and now she's dependent - on me! Thankfully, the medical team recommended Home Health Care to assist. It was a great idea. It was the Home Health Care nurse who told me about Meals On Wheels. While I could be there to give her a nutritious meal in the evenings, I was concerned about the midday meal. The Home Health Care nurse arranged for Meals On Wheels to start as soon as possible.

The food is good and diverse. In fact, Mom thought they were sending her a regular diet and not a low carb diet. The food is only one of the benefits of Meals On Wheels. The other is the social outlet. My mother thrives on social interaction and the daily visits of the volunteers are part of her recovery. It gives her an appointment to be ready for. She has to pick up her breakfast dishes, wash them and put them away. She puts on her make-up and does her hair. **By preparing for her midday meal and the volunteers who will deliver it, she challenges herself each day.**



**We were honored when David Pittner took the stage at June-A-Palooza and shared his appreciation for Meals On Wheels.**

Safety is also a component of Meals On Wheels. The visits allow a daily checkpoint to her safety. If she isn't herself, Meals On Wheels alerts the family. In fact, we were late one day from a doctor's appointment and met the volunteer delivering Mom's food coming out of the building as we were going in. He had already notified the base that my mom didn't respond. Before we could take the elevator up to my condo, the base was calling me to inquire about Mom. **What a wonderful peace of mind I had knowing that I wasn't the only one caring about my mother, Meals On Wheels was caring too.**

The end goal is that Meals On Wheels won't have to deliver the midday meal to Mom anymore and that we can go back to our life before the heart attack. But even then, Meals On Wheels will be part of the recovery story of Maureen Pittner, and for that I will always be grateful to the Meals On Wheels staff and volunteers.

**The difference you have made in my mother's life is immeasurable and the peace and comfort you have given me and all our family is a gift we cannot ever thank you for enough.**

Meals On Wheels is here to help your family get through life's difficult times. Give us a call if you or a loved one could use a helping hand - 920-451-7011. We have no waiting list and no income restrictions.

# Clients pick their entrées with Choice Menu

At FRESH Meals On Wheels of Sheboygan County, we have been working hard to better serve the needs of our homebound, elderly and disabled neighbors. In just a few short years, we have gone from contracting with a catering service to serving meals that are made in-house using fresh ingredients grown in the Meals On Wheels gardens and donated by local farmers and gardeners. We are taking FRESH to the next level with our new Meal Choice menu program, which gives clients a choice of entrées each day.

Devising a choice menu that meets the guidelines of our seven medically-tailored diets took some thinking and creativity from our dietitian and food service director, but we felt it was important that everyone we serve enjoys the freedom of choice.

The Meal Choice menu program became a reality thanks in large part to a grant from Bader Philanthropies, which offset the costs of photographing entrées, designing and printing menus, purchasing tablets to use with clients who are unable to fill out menus on their own, and making the software changes necessary to track daily meal choices.

"We are so appreciative of Bader's generosity," said Meals On Wheels CEO Kelly Heyn. "Our goal was to create a program that can be used by meal providers nationwide. The interest it has garnered means Bader's investment is already having an impact well beyond Sheboygan County."

Studio 44 in Green Bay generously helped with photography and design, creating a menu that is attractive and easy to use. It has full-color pictures of each entrée, so



our clients see exactly what they will be getting, which is especially helpful to our clients with dementia.

The reaction from clients has been overwhelmingly positive, some even tearing-up at being able to select their meals. Mary has been a client for over six years, so she has been around for all the changes.

"Meals On Wheels has expanded so much, it keeps getting better and better," she said. "It is really terrific to have a choice, and the people who deliver meals are so nice."

## From the Christopher Family Kitchen at Meals On Wheels

### June's Potato Salad

#### Ingredients

10 lbs. potatoes	1 lb. Roma tomatoes, diced
Vegetable oil	2 tsp. dill
6 hard boiled eggs, sliced	1-1/2 tsp. salt
1 stalk celery, diced	1/2 tsp. pepper
1 lb. radishes, sliced	1-2 cups mayonnaise
1 onion, diced	2 Tbs. yellow mustard

#### Directions

- Preheat oven to 450° F.
- Cut potatoes into 1-inch chunks and place in a large roasting pan. Drizzle with oil and toss until evenly coated.
- Spread in a single layer and bake for 20 minutes, stirring occasionally.
- Allow potatoes to cool.
- Add the rest of the ingredients and mix.



Food Service Director, Janine Dickens, serves June's delicious potato salad to volunteer Dave Franzen at the A's game tailgate party July 11.

# Meals On Wheels graciously thanks the following individuals and organizations for their generous support from 3-1-17 through 6-30-17!

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**Through the  
Kaleidoscope  
June-A-Palooza  
June 24, 2017**



# The Scoop

Meals On Wheels of Sheboygan County, Inc.  
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