

# The Scoop

Meals On Wheels of Sheboygan County, Inc.



Fall 2016



Dear Friends,

At *Fresh Meals On Wheels*, we are always looking for ways to expand and improve. From

making our own meals, to growing our own food, to broadening our fresh, local offerings by collaborating with area farmers, something new is always happening at Meals On Wheels. We are very grateful for all of the help and advice we have received, and continue to receive, from people and organizations from

around the country and beyond that has helped us as we evolve and grow.

Change is never easy and we have had obstacles come up every step of the way. In retrospect, we can see that those obstacles were opportunities to learn and grow, and we are better for them.

Now, we are looking at building a greenhouse to lengthen our growing season, putting in additional parking to accommodate all of the volunteers who help at Meals On Wheels each day, and expanding our menu options to give our clients more choices. We trust that the challenges that will come with these projects

(and we know there will be challenges) will also make our program stronger.

Despite all the change swirling around us, some things remain the same: our commitment to our clients, our appreciation for our donors and volunteers, and our determination to treat everyone with kindness and respect.

Thank you,

Kelly Heyn, Chief Executive Officer

## Another Day at “The Plant” for Our Garden Volunteers They really “dig” the Meals On Wheels gardens, and we really “dig” them!

Every Tuesday and Thursday throughout the growing season, a dedicated group of volunteers tends the Meals On Wheels gardens. They plant, weed, water and harvest the raised beds behind Meals On Wheels, the edible gardens out front, the raised beds at the Wildwood Gardens, the hoop house at Ebenezer UCC Church, and when needed, they head to a farm outside of Adell, too.

For the last three years, Dr. Larry Duenk and his wife Patti have donated the use of a 100 x 200-foot plot on their property in Adell for a MOW garden. Volunteer Len Rosenwald handles much of the tilling, planting and harvesting, but for the bigger tasks, some members of the Tuesday/Thursday crew head out to help. Recently, Dave Franzen, Barb Nyenhuis, Faith Gruber, Diana Schultz and Mark Jaberg spent a morning there harvesting beets and rutabagas, and filled a trailer with 600 pounds of each!

According to Produce Director Jane Nauschultz, the MOW gardens produced over 7,000 pounds of vegetables last year. Due in large part to our wonderful volunteer gardeners, we are on track to exceed that number this year. A big THANK YOU to all of you!



Dave Franzen, Barb Nyenhuis, Faith Gruber and Diana Schultz with their 1200 pound harvest. (Photo by Mark Jaberg.)

# Notes From the Christopher Family Kitchen at Meals On Wheels

## Area Business People Got a Taste of Meals On Wheels at OctoberFeast

The Meals On Wheels kitchen staff showcased one of their made-from-scratch soups at OctoberFeast, an event put on by Coastal Connections October 13 at the John Michael Kohler Arts Center.

With over 300 local business people in attendance, it was a good opportunity to promote Meals On Wheels and to highlight our *Fresh* approach and our talented kitchen staff. The Meals On Wheels table featured butternut squash and bacon soup (recipe below).

"Some people were skeptical of squash soup at first, but once they tried it, they liked it," said MOW Food Service Director Janine Lynaugh.

Coastal Connections, part of the Sheboygan County Chamber, works to engage and retain talented young professionals in the county.



Laurie Nussberger, Janine Lynaugh and June Myers represented Meals On Wheels at Coastal Connections' OctoberFeast Oct. 13.

## Police Chiefs Treat MOW Clients



New Holstein Police Captain and cooking competition aficionado Jeff Hebl once again brought local police chiefs together to make a Halloween meal for Meals On Wheels. On October 28, clients were treated to pasta and Hebl's special-recipe turkey meatballs.

Our thanks to Hebl and New Holstein Police Chief Brian Reedy, Plymouth Police Chief Jeffrey Tauscheck, Chilton Police Chief Craig Plehn, Sheboygan Chief of Police Christopher Domagalski and Kohler Chief of Police William Rutten who joined the MOW kitchen staff for the third year to make 300 meals. We appreciate you giving your time to brighten our clients' day!

## Butternut Squash and Bacon Soup

### Ingredients

- 8 slices of bacon
- 1 butternut squash (about 3 pounds)
- 2 tbsp chives
- 2 cloves garlic
- 1 onion
- 1 red bell pepper
- ½ tsp thyme, dried
- 2 ½ cups chicken stock
- Olive oil
- Kosher salt
- Freshly ground pepper
- Goat cheese

### Instructions

Preheat oven to 400°F. Lightly oil a baking sheet or coat with non-stick spray.

Place butternut squash, onion and bell pepper in a single layer onto the prepared baking sheet. Add olive oil and garlic; season with salt and pepper, to taste. Gently toss to combine.

Place into oven and bake for 25-30 minutes, or until butternut squash is tender,\* stir-

ring halfway through.

Heat a large skillet over medium high heat. Add bacon and cook until brown and crispy. Transfer to a paper towel-lined plate.

Heat a large stockpot or Dutch oven over medium heat. Add butternut squash mixture and thyme, and cook, stirring occasionally, until fragrant, about 1-2 minutes; season with salt and pepper, to taste. Stir in chicken stock and puree with an immersion blender.

Bring to a boil; reduce heat and simmer until slightly thickened, 5-10 minutes. If too thick, add chicken stock as needed until desired consistency is reached.

Serve immediately. Garnish with bacon, goat cheese and chives, if desired.

\*Adjust baking time depending squash size.

# *Fresh* Meals Aren't Magic...They're Work!

It takes an army of pickers, peelers and choppers to process the tons of garden-fresh produce that passes through Meals On Wheels each year. Thank you to all the businesses and organizations that brought teams in to help this year, we couldn't do it without you!



# Meals On Wheels graciously thanks the following individuals and organizations for their generous support from 7-1-16 through 9-30-16.

## ***In Memory of:***

### **Ralph Arndt**

Roger & Deborah Arndt  
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The Joy Club

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Jan & Janny Vandam

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Dick & Sue Vanderpuy

### **Wayne & Sibyl Tietzen's 50th Anniversary**

Patti Zuelke

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Janice Trempe

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## **Love Bowls**

### **February 12, 2017**

**Buy a Bowl, Eat Soup!**

# **Save These Dates**



## **JUNE 24, 2017**

Karen Brunnbauer  
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Wisconsin Spine Center  
Karla Zahn  
Michael & Denise Ziegler

# A Brief Glimpse Into Life With Dementia

The Meals On Wheels staff recently took part in a dementia simulation to better understand what our clients and others with memory loss experience each day. Participants were outfitted with textured insoles that poked their feet to mimic the pain of neuropathy; oversized gloves with two fingers sewn together to simulate loss of muscle control; glasses that blurred their vision, because people with memory loss often lose their glasses and are unable to focus; and headphones that played loud talking, static and sirens to give participants a sense of the difficulty dementia patients have filtering out extraneous noise

Participants were taken into a room individually and given verbal instructions to complete tasks such as setting a table,

putting on a sweater, and folding towels.

Meals On Wheels CEO Kelly Heyn had been through the simulation before, so she observed the staff.

*I knew I was supposed to be doing something, but I could only recall bits and pieces of what I had been told. My feet hurt, I couldn't see very well, I kept dropping things, and I couldn't concentrate with all the noise. It was so confusing.*

~ MOW staff member

"They aged right before my eyes. They hunched their shoulders, shuffled their feet, and wandered around confused. I couldn't believe the transformation," she said.

The hope with the simulation is that the experience will make people more patient and

compassionate when they encounter people with dementia.

The Aging and Disability Resource Center has a wallet-sized info sheet called *Dementia-Friendly Sheboygan County* that gives 14 suggestions on how to best interact with people you may encounter with memory loss. The first suggestion sums it up pretty well. It says, "Speak clearly, calmly and slowly, allowing the person time to understand information. Use short and simple sentences, avoiding direct questions. Keep choices to a minimum and don't raise your voice. When possible, talk in a noise-free, non-distracting setting or find a quiet corner. If the person finds it difficult to locate a word, you can suggest one, however, be careful not to interrupt or finish the sentence for them."

## MOW feeds residents displaced by fire

Meals On Wheels worked with the Red Cross to provide lunch for the residents of the Embers Apartments in Sheboygan who were displaced by a fire on Aug. 21 and staying at a temporary shelter at Farnsworth Middle School. With the help of volunteers from Kohler Co.'s Faucets Division, the culinary team pulled together a meal of turkey and provolone sandwiches along with toppings and condiments, watermelon, and homemade cookies.

Meals On Wheels wishes all the residents a safe and speedy homecoming.



MOW's Janine Lynaugh and Maureen O'Malley-Fatla took lunch to residents displaced by fire.

# The Scoop

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## The *Fresh* Faces of Meals On Wheels

**T**iming is everything. Barb Nyenhuis had wanted to become a Master Gardener for years. She was finally able to take the classes just as Meals On Wheels was going to a new *Fresh* approach to meals. Barb was familiar with Meals On Wheels through her parents, Stan and Sylvia Borsechnik, who have been active MOW volunteers for years. She completed her training just as we were putting the finishing touches on our first raised beds at Wildwood Gaardens. Master Gardeners are required to put in a number of volunteer hours each year to maintain their certification. When Barb heard about our new gardens, Meals On Wheels seemed like the perfect place to volunteer.

Since then, Barb has spent virtu-



**Barb Nyenhuis tending the front garden with her granddaughter Maya.**

ally every Tuesday and Thursday morning during the growing season planning, weeding, pruning

and picking in all of the Meals On Wheels gardens.

This summer she was able to share her love of gardening with her 10-year-old granddaughter Maya. Maya, the oldest of six, recently completed the junior master gardener training course in Michigan. Barb thought she might enjoy having a little time away from her siblings and invited her to help in the MOW gardens. Maya enjoyed her grandma-time pruning and watering the edible garden in the front of the building.

*"I am thankful to be able to help in the Meals On Wheels gardens, and thankful to be able to share something close to my heart with someone who is close to my heart," Barb said.*



Fresh Meals On Wheels

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