

Family Philanthropy Continue Your Compassion

It's a life well lived with work still to do. That's what family philanthropy is all about. As much as we might think that they can be solved, the social problems we often work to alleviate will need continual support. Senior hunger is not going to disappear any time soon, so the financial support and volunteer commitment we currently rely on will be needed long into the future. Legacy planning and family involvement is key to keeping your compassion vibrant in the years to come.

During the past year Meals on Wheels of Wake County received over \$70,000 in estate gifts. These generous bequests were given by people who were concerned about seniors and our mission to alleviate their hunger. Their final wish and plan was to support our work and continue the fight against senior hunger.

Please consider continuing your passion and join with others who are part of the Meals on Wheels of Wake

County Legacy Society. Your compassion will have a positive impact on seniors in need.

Here are some easy options to consider:

- Name Meals on Wheels of Wake County a beneficiary through a charitable bequest or life insurance policy. This option reduces the size of your estate and potential estate taxes.
- Name Meals on Wheels of Wake County the beneficiary of a retirement-plan account. This option can result in income tax savings for your other beneficiaries.

Your thoughtful commitment to your senior neighbors will provide for the continued home delivery of warm meals and friendly smiles to the next generation of seniors who will need assistance.

For more information contact Mary Kate Keith, 919-833-1749, marykate@wakemow.org.



Spreading the LOVE! Members of the Elevation Church, Raleigh delivered meals in July as part of their LOVE WEEK mission to help the community. We greatly appreciated the effort from this friendly and caring group.



In June teachers from The Franciscan School in Raleigh delivered 700 breakfast bags for our clients. Each bag had items for two breakfasts! The bags were compiled by their students and each contained a sweet note for the recipients. So very thoughtful & generous.



Meals on Wheels
of Wake County, Inc.
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Site Managers

- Five Points Center for Active Adults:
Faith Walters
- St. Saviour's Outreach Center:
Lottie Morgan & Sarah Reed
- Garner Senior Center: Pat Rooks
- Northern Wake Senior Center:
Jessica Holman
- Morrisville: Esther Dunnigan
- East Wake Senior Center: Ellen White
- Pine Acres: Maggie Thompson
& Debbie Wichmann
- The Gathering Place: Eloise Best
- Northern Wake Senior Center:
Sonja Monk

Site Coordinators

- Apex: Julie Roe
- North Raleigh: Gary Ingalls
- Garner: Jean Banks
- Rolesville: Marlene Silva
- Knightdale: Pam Hooks
- Wendell: Elizabeth Wiggins
- Zebulon: Cindy Privette
- Cary: Dubba Lucas

Meals on Wheels of
Wake County, Inc.
is a Triangle United
Way Member Agency.



Message from the Executive Director

Alan Winstead

I recently had the privilege of attending services at St. Mark's Episcopal Church when that parish recognized Carmen Reeve for her role in establishing Meals on Wheels of Wake County in the early 1970's. She, along with other involved community members, saw the need to help older adults live with dignity by providing them with a hot, prepared meal and a personal visit. After seeing a program in England that did just that, she identified people and resources to start delivering meals to senior adults in Raleigh.

Since that first meal we have delivered almost 9,000,000 meals to thousands of participants. Meals on Wheels of Wake has grown to serve more than 1,300 lunches five days a week and served 331,855 meals in the last year. Each day 150 volunteers make personal visits to the people we serve.

Our mission remains the same as it was in 1974. We have seen many changes in how we meet our mission. We now prepare the meals in a kitchen that we own. We now use technology not yet invented in the 1970's. We now have a larger staff and a larger budget. These changes make certain that our participants remain the focus and purpose for our program.

Meals on Wheels of Wake County continues to thrive because of the foresight Carmen and that group had. We are very fortunate today that they laid such a solid foundation. Meals on Wheels of Wake County has had many champions through the years. If you have a story from the past that you want to share, please post it on Facebook at www.facebook.com/wakemow. You also may send it in writing to the Meals on Wheels office or call me at 919-833-1749.

Meals on Wheels of Wake County has always enjoyed the support of this community; we continue to benefit from the generosity of our volunteers, donors, and participants. This assistance prepares us well for the future. We see now three generations of the same family delivering meals. While we celebrate the long term volunteers, we are training the next cohort of volunteers. Our donors now are finding new ways to continue supporting our mission. We have seen an increase in online donations and an increase in estate gifts and bequests. Our participants continue to bring their own unique stories to enrich the lives of Meals on



Celebrating with Carmen at St. Mark's Episcopal Church

Wheels staff and volunteers. If you want more information about how you might financially support Meals on Wheels of Wake County, please let me know.

New Board Members



From left to right, Bill Smith, Sue Haberberger, Jai Henderson and Andy Grimm

It was appropriate that we recognized Carmen Reeve at St. Mark's Episcopal Church for her important role in founding Meals on Wheels. It is equally appropriate that we recognize and thank our many volunteers and participants throughout the past years as well as the present and into the future.

Meals on Wheels Trivia

What percentage of American's do not have a will or estate plan?

(answer pg 4)

Dining Room (Congregate) Happenings

Linda Roan, Assistant Director of Program Services, Congregate

The Northern Wake Senior Center is under renovation, so the Wake Forest Presbyterian Church has graciously agreed to house the Meals on Wheels program, both the congregating dining and pick up site for home delivered meals. We are hoping attendance during this time period remains the same. The site will have nutrition education programs, bingo, word search etc. to keep everyone motivated and active. We need to have items donated to use as small prizes and we especially need bottled water to give to the seniors to help keep them hydrated.

It's that time of the year again! Farmer's market vouchers were distributed. Each qualified participant receives \$21 worth of vouchers to spend at the State Farmer's Market to buy fresh fruits and vegetables. This well received program is offered by the Dept of Agriculture and our seniors start asking in January when they will receive their summer vouchers!

September is National Preparedness Month

Friends, Family Caregivers and Neighbors

Before a disaster happens it is a good idea to have a conversation with those in your support network: your friends, family, caregivers and neighbors. Let them know your needs in an emergency situation; ask them how they could assist with your plan and whether they would be willing to help. Consider that during some emergencies travel is severely limited and they may not be able to get to you.

Be Aware—Help Inform Others

There may be people in your community that need extra assistance when a disaster occurs. Consider how you can assist them in their preparedness planning and during an emergency.

Check your disaster supplies kit (food, water, medications, documents, cash, flashlight and batteries). Change the batteries in all essential devices at the same time each year. (e.g., smoke alarms).

Staff Changes at the Main Office



Marlene Silva



Lesley Richmond

It was with a heavy heart that we said goodbye to Marlene Silva, the Assistant Director of Program Services, Home Delivered, who was with Meals on Wheels for over 15 years. We are pleased to announce that Lesley Richmond, an employee with Meals on Wheels for five years as the Senior Outreach Coordinator, has accepted the position of Assistant Director of Program Services, Home Delivered. Well wishes to both.

Wish List Request

These items can be dropped off at the Meals on Wheels Office, M-F, 9am-5pm- 1001 Blair Dr. Raleigh, or call 919-833-1749 for more information.

- **PRIZES!** Small items for games played at the congregating dining room sites such as lotion, toothpaste, toothbrushes, soap, kitchen towels, peanut butter crackers, note pads, pens, hair brushes, combs, paper towels, toilet tissue, small bags of chips, cookies, soft candy, tea, coffee and hot chocolate.
- **HOLIDAY GIFTS ITEMS!** We need small lap blankets or throws for our Holiday Program. We would like to give each of our seniors a gift this holiday season. We are collecting these between August and December 8, 2017.
- **WATER BOTTLES!** We want to keep our seniors well hydrated. Individual water bottles are needed.
- **BREAKFAST BAG ITEMS:** Small brown lunch bags should include juice box, pack of oatmeal, soft granola bar, & pop top small can of fruit

We would like to recognize the following special gifts given from March 21, 2017 to July 31, 2017

MEMORIALS:

Gladys Clement

Ernest McCoy Davis

Emma Lee Denny

H. B. Eller

Frank W. Fearrington

James Hemphill

Ted Kennedy

Dixon and Augusta McLeod

Thakorbhai Naik

Betty Lynn Orf

Mrs. Peele

Joe Rhea

Maram Satyanarayana

Betty Schluchter

Marilyn Simon

Evelyn Thompson

Bobbie G. Whitfield

Thelma Zaytoun

HONORARIUMS:

Meg Braddy

Joe and Kinny Hartman

Pecola High

Chris Navarre

Carmen Gardner Reeves

Lily Scarlett



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Raleigh, NC

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CHANGE SERVICE REQUESTED

*Becoming a **SUSTAINING DONOR** is a great way to help maintain a steady, reliable funding through a monthly or quarterly gift.*

The seniors we serve nutritious lunches to every day depend on the meals and the volunteer visit.

Visit www.wakemow.org and click on Donate Now. The form will walk you through the donation steps.

It's easier to budget and your gift will provide a reliable stream of income to support hungry, home-bound seniors in Wake County.

The Citizens Well-Check Program

If you are a senior living alone in Wake County, or if you have parents or friends who live alone, you need to know about The Citizens Well-Check Program, part of the Wake County Sheriff's Office.

How does the program work? Seniors who participate in the program are automatically checked on by phone 365 days a year.

What happens if there is no response, the line is busy, or the answering machine picks up? The Well-Check Program will attempt to call a second time. If the Member cannot be reached, the Sheriff's Office will call the emergency contact numbers. If the Member cannot be reached, the Sheriff's Office will dispatch a deputy to the Member's residence to determine if he or she is okay.

Program Criteria:

Be 65 or older, or have medical problems; Live in Wake County; Have a next-of-kin or relative available as responsible party.

For Additional Information Contact:

The Citizens' Well-Check Administrator, Deputy Laura Driver, at 919-856-6495. www.wakegov.com/sheriff/services

State Employees Combined Campaign donor option number for Meals on Wheels of Wake County — **1820**
Combined Federal Campaign donor option number for Meals on Wheels of Wake County — **59456**

Meals on Wheels Trivia Answer
60% of Americans do not have a will or estate plan outlining their plans for the future.