



# The Meal Times

THE OFFICIAL NEWSLETTER FOR MEALS ON WHEELS OF WAKE COUNTY

April 2016

## Meals on Wheels of Wake County Receives Grant to Improve Senior Health and Reduce Food Waste



Meals on Wheels of Wake County has been selected by the National Foundation to End Senior Hunger (NFESH) as one of five nonprofit nutrition programs in the U.S. to receive a service grant to implement NFESH’s innovative food waste solution. The What A Waste™ project, made possible with support from the Walmart Foundation, will provide Meals on Wheels with the tools and training to optimize resources and better meet the nutrition needs of seniors in Wake County. The project will be implemented at the Five Points Center for Active Adults in Raleigh.

“Meals on Wheels is looking forward to being a part of this national study,” said MOW Executive Director Alan Winstead. “We want our senior adult participants eating nutritious food and we want to reduce food waste locally and help shape Best Practices that can be replicated throughout the country. We have engaged local partners to assist in this project, including students from the Meredith College Nutrition Program and Inter-Faith Shuttle. All of us plan to have a lot of fun and learn from the experience.”

Through What A Waste, Meals on Wheels of Wake County will learn how to separate, measure and catalogue food waste from the kitchen, dining room and seniors’ plates. The waste data is analyzed by NFESH to determine how much of each particular food item is wasted and which specific nutrients are being lost as a result. This knowledge will help Meals on Wheels of Wake County create menus and serve meals that can improve their clients overall nutrition and promote better health.

In addition, What A Waste helps programs improve their operations and includes a gardening component that engages seniors in moderate physical activity and produces fresh vegetables that can be incorporated into nutrition program menus.

“When food goes to waste so does good nutrition,” said Enid Borden, NFESH Founder, President and CEO. “We are proud to be working with Meals on Wheels of Wake County to reduce food waste and ensure its seniors get the vital nutrients they need to support good health.”

In the United States, 9.6 million seniors faced the threat of hunger in 2013, according to the latest research from NFESH. At the same time, nearly 40 percent of the food produced in the country ended up in landfills, according to a report from the Natural Resources Defense Council.



Keith Erasmus, MOW Board member and Senior Vice President of Global Commercial Banking at Bank of America, presents a \$10,000 check to Mary Kate Keith, MOW Director of Development. MOW was thrilled to be selected as one of the 2015 recipients of Bank of America’s Basic Human Services Grants. As we serve our Wake County senior neighbors in need, Bank of America’s investment in our program will enable us to continue performing our vital work that reduces the hunger and isolation of homebound seniors.

*Our Community. Our Seniors. Our Commitment.*



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- Pamela Battle, Driver  
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- Five Points Center: Liz Ferguson  
Tucker Street: Lottie Morgan  
Garner: Sarahgale Holbrook  
Wake Forest: Jessica Holman  
Morrisville: Esther Dunnigan  
Wendell: Ellen White  
Pine Acres: Tedra McLean  
and Maggie Thompson  
The Gathering Place: Eloise Best

### Site Coordinators

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

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



# A Message from the Executive Director

*Alan Winstead*

As the short, monotonous days of the winter months pass into the vibrant, busy months of the spring months, we celebrate. Although we celebrate significant religious holidays during the spring, we also celebrate many other ones: St. Patrick's Day, March Madness, April Fool's Day. Another day, with or without celebration, we mark is April 15th when we file our federal income taxes.

As we mark Tax Day, we join our fellow Americans who have filed income taxes since the ratification of the 16th Amendment to the United States Constitution in 1913 and help finance the US government. I want to recognize the role that public funding plays in meeting the mission of Meals on Wheels of Wake County rather than advocating for any particular tax policy. Our program receives an allocation through the federal Older Americans Act. The North Carolina budget contributes a state match, and the Wake County pays for a local match. We use this funding to provide meals for senior adults who are homebound as well as for our participants in the congregate dining rooms. Public funding is about 1/2 of the annual Meals on Wheels budget.

The remainder of our budget comes from the generosity of our community. National Tax Day can often impact charitable giving. While donors contribute for many humane reasons and Meals on Wheels does not provide tax advice, some donors take advantage of charitable deductions when filing their tax returns. Others make donations directly from a 401 (k) plan as allowed by the tax law, and several might make estate planning decisions after reviewing the tax implications.

Meals on Wheels of Wake County, for example, has benefited from three bequests to the Legacy Society this year. We are grateful to the estates of W. Trent Ragland, Jr., Doris Batchelor Merit, and George Norwood.

Our volunteers donate in-kind services. We could not continue to operate without the time and talent of our volunteers. We are grateful for having a cohort of more than 2200 volunteers who participate in a year.

Our participants enjoy the Meals on Wheels program. They may or may not realize exactly how we pay for the meals, but they overwhelmingly know and appreciate the generous people who knock on their doors with a prepared lunch.

Whether Tax Day on April 15th is your favorite or least liked day of the annual calendar, we all can agree to look forward to the upcoming next holidays. Thank you for the role you play in the success of meeting the Meals on Wheels of Wake County mission throughout the year

## Dining Room (Congregate) Happenings

*Linda Roan, Assistant Director of Program Services, Congregate*

The Congregate folks are looking forward to nice spring weather and anticipate many fun activities. In Wake Forest dining room participants are playing an oldie but goodie game of Plinko as seen on Price is Right. The Gathering Place recently took a morning trip to the Farmers Market for breakfast, then gathered for lunch at the Center. March for Meals Campaign is enabling many dining room site participants to interact with numerous elected officials. They had the opportunity to tell their stories, have their photos taken and were delighted to have them posted on community pages and Facebook. St. Patrick's Day is always a fun celebration and parties were held filled with games and homemade treats. Have you wondered what goes on at a Dining Room? Stop by and visit. You will enjoy the company and the activities.

### Meals on Wheels Trivia

**Question:** How many Americans over the age of 60 face the daily threat of hunger?

(answer on page 4)



# Wake County Community Champions March For Meals

MARCH  
FOR  
MEALS  
WITH  
MEALS ON WHEELS™

The month of March mobilized hundreds of local Meals on Wheels programs across the country to reach out to their communities and build the support that will enable them to serve America's seniors all year long. Wake County community champions joined the cause this year to focus attention on our program and how everyone in the community can help our senior neighbors.

"The Meals on Wheels 'more than just a meal' model addresses three of the biggest threats of aging: isolation, hunger and loss of independence," said Meals on Wheels America President and CEO Ellie Hollander. "More than ever, we must join forces to meet the needs of the fastest growing population in America who want to be able to live at home for as long as they can. It not only makes economic sense to enable seniors to stay healthy and safe at home, but it improves the health and vibrancy of our communities and our nation at large."

We are grateful for the participation of over 25 community champions.



Employees from Duke Energy, Raleigh office, joined March for Meals.



North Carolina SMP Program Coordinator Stephanie Bias delivered a meal to Ernest during March for Meals.



Representative Rosa Gill and Secretary of State Elaine Marshall delivered meals in March.



Josh Shaffer, columnist with The News & Observer, made a round of deliveries in March.







# Fat Tuesday 2016 - Mardi Gras Revelers Support MOW

On February 9 Meals on Wheels of Wake County supporters gathered to celebrate the 15th Annual Fat Tuesday in grand style at the North Ridge Country Club in Raleigh.

So many people worked tirelessly to make this happen. A heartfelt thanks goes to the Fat Tuesday committee and volunteers, the staff, the board of directors, the attendees, and the contributors of the silent and live auction items. Their hard work and dedication created a perfect evening and raised close to \$90,000 to help feed our senior neighbors.

### 2016 Committee

Co-Chairs – Manju Karkare and Kristina Weatherly	
Elizabeth Werner	Chris Gredvig
Amanda Core	Mark Hensley
Caroline Mackie	Robin Boraski
Aruna Shah	Henry Brathwaite
Linda Depo	Vandora Davis
Marlene Silva	Mary Kate Keith

### Thank You to our Fat Tuesday Sponsors and Table Hosts

#### King Sponsors

Genworth Financial  
Hendrick Cary Auto Mall  
Meals on Wheels Staff

#### Krewe Sponsors

Jeff and Conita Benson  
Concord Hospitality  
Glover Construction  
Chris and Jeff Gredvig  
Fred and Pat Haggard  
Movin on Movers  
Cecile and Marc Noel  
North State Bank  
Smith Gardner

#### Table Hosts

Susan and Robert Alexander  
AMT Group  
Fonville Morisey Barefoot  
George Bason  
Joe and Lauren Dearing  
Duke Energy  
Foundry Commercial  
Goodberry's Frozen Custard  
Mardi Hack  
Manju Karkare and  
Jayant Khadilkar  
Jim and Leslie Kellenberger  
J. Wayne Massengill Builders  
Toni Parker  
PhRMA  
Bill Smith



Food Runners Executive Director Fred Haggard and his wife, Pat, enjoy a glass of champagne from the "Champagne Lady."



Mardi Gras revelers from Randolph Cloud & Associates enjoy Fat Tuesday.



(left to right) Wake County Commissioners John Burns, Matt Calabria, and Sig Hutchinson pose with MOW Board of Director's member Manju Karkare and our "dancing court jesters."



(left to right) Darrell Daigre, Lisa Daigre, Susan Barefoot, Debbie Aiken, Audie Barefoot, and George Aiken celebrated Fat Tuesday.



# Gorgeous Gems Senior Extravaganza

A small but growing group of seniors at St. Savior's Tucker Street dining room came up with a fun idea of setting up jewelry craft classes on Mondays. These classes culminated in the first annual "Gorgeous Gems Senior Extravaganza" held at St. Savior's Dining Room on September 24, 2015.



"Making jewelry is a gift. Coming together and not being idol is the key to our success." Many of the women have health challenges, but are encouraged to create necklaces, earrings, and bracelets. Tables were set up with displays of the handcrafted jewelry that the women so skillfully made with a hue of colors of gems.

Members: Group photo of several members of the Senior Jewelry Class

(left to right) Mary Ann Johnson, Alan Winstead, Mary Kate Keith, and Dave Wolf met at the SearStone Retirement Community in Cary in December. The Searstone/Lutheran Services Carolinas Community awarded Meals on Wheels of Wake County a \$75,000 grant to support our mission to feed our elderly neighbors in need. This grant will provide over 18,000 meals.



*You're cordially invited to*  
**Jazz and Juleps**  
**on the Terrace!**

Referral Groups, Community Partners and Friends of Carillon Assisted Living are invited for an afternoon of fun and frivolity on

**Saturday, May 14**  
**2:00 - 4:00 p.m.**  
 5219 Old Wake Forest Road

Let's toast our friends at Meals On Wheels. Join us as we help them raise funds to provide meals for seniors in Wake County. Suggested donation levels of \$25, \$50, and \$100+ are most welcome and appreciated. Live jazz, mint juleps and hors d'oeuvres.

To RSVP, please call 919-701-6823




www.carillonassistedliving.com • 5219 Old Wake Forest Road



Miss Catherine celebrated her 101st birthday in March. When asked about her secret to aging she responded, "Working all my life and making an honest living." Catherine was surrounded by her children, niece, great nieces, family and friends. She is very sweet and appreciative of our meal program.

We would like to recognize the following special gifts given from October 15, 2015 to March 16, 2016.

## MEMORIAL CONTRIBUTIONS WERE MADE IN LOVING MEMORY OF:

- Tom Allen • Anne Askew
- Marie W. Benton • Zack Bowden
- Thurman Burnette • John Choe
- Susan Ellen Cioffi • W.S. Cox
- Joan Daniels • Mattie Davis
- Bill and Helene Deeb • Robert Fenton
- Cecylia Fieberg • Mary Frankl
- Eric Fris • Roy Fuller • Pam Gattis
- Anita Gosper • Granny and Granddad
- Carl Floyd Hammond
- Linda Collins Harp
- Marjorie "Jean" Hassell
- Oscar Helmer • William Hilvert
- Shirley G. Hodges
- Elizabeth Hoffmann
- Louise Houser • Eloise H. Idings
- Daya Judge • Frances Keener
- Laljee and Sharda Kotecha
- Grace Lam • Evelyn Levin
- Jane Lloyd • Charlie Lytle
- Marguerite Marshall • Edna McLemore
- Lorine Melvin McNeil
- Ginette McPeters • Opal Mickey
- Geraldine Harris Mitchell
- Darrell Morris, Sr. • Herman T. Moss
- Caison NA • Induben Naik
- Margaret Narkunas • Dorothy D. Nilles
- Fletcher Vernon Pate
- Betty Anne Cline Pearce
- George M. Phelps, Sr.
- Gertrude Pope • Austin Quinn
- Marvin Racek • Charles Ractliffe
- Marguerite Robinson
- Walt Robinson • Howard Rogers
- Todd Lee Rogers • Robert I. Rothstein
- Leon Schafer
- Mary DiLeonardo Shepel
- Sara Sherrill • Ruth Silberman
- Rufus Singleton
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- Gertrude Smith • Pearl Wilson Smith
- Thomas S. Smith
- Ernestine Sneed • Patricia Stanley
- Cecil Hicks Stephenson
- Virginia Stewart • Oma Taylor
- Kay Thrash • Lawrence D. Wilson, Sr.

## CONTRIBUTIONS HONORING:

- Whitney McPherson
- Dr. and Mrs. Ben Mears
- John and Sue Miller • Lynne Nelson
- Mr. and Mrs. John Noles • Colin Oakes
- Wetona (Toni) R. Parker
- Carolyn Pittman • Ed and Jen Schrage
- Ruth Smith • Rowena Southern
- Ethel Stephenson
- Brenda Jane Summers
- Cornelius and Charlotte Swart
- George Phelps and Doug Wentz
- Jean Williams • David Williford
- Lucille Wright • Margie Zoeller



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919-833-1749  
<http://www.wakemow.org>

CHANGE SERVICE REQUESTED

**Save the Date**

**Saturday, May 14, 2016**  
*Jazz and Juleps at Carillion  
Assisted Living, Raleigh*

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**Monday, October 17, 2016**  
*Triangle Meals on Wheels Golf  
Tournament, Croasdaile  
Country Club, Durham*

## You Can Write Your Own Meals on Wheels Story with a Legacy Gift

Leave your legacy by making a gift from your estate to benefit seniors in Wake County both now and into the future. In a will or trust, individuals may provide for charity by indicating a specific amount, a percentage of, or the residue of their estate. If you would like to include Meals on Wheels in your will or trust, we highly recommend you consult an attorney.

The following statements may be helpful in directing a future gift to Meals on Wheels:

"I hereby give to Meals-on-Wheels of Wake County, Inc., Federal Tax I.D. # 56-1061085, located at 1001 Blair Drive, Raleigh, NC, the sum of \$\_\_\_\_\_ to be used as its Board of Directors deems advisable for the benefit of seniors in Wake County."

OR

"I hereby give to Meals-on-Wheels of Wake County, Inc., Federal Tax I.D. # 56-1061085, located at 1001 Blair Drive, Raleigh, NC, \_\_\_\_\_% of my estate to be used as its Board of Directors deem advisable for the benefit of seniors in Wake County."

For additional information on planned giving and Meals on Wheels, call Mary Kate Keith at 919-833-1749.

Meals on Wheels serves more than 1,300 meals daily from 12 sites in Wake County.  
More than 2,200 volunteers make this all possible.

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**

*1 in 6 Americans over the age of 60  
face the daily threat of hunger.*