SO MUCH MORE THAN A MEAL...

By Guest Columnist, Ewing Mayor Bert Steinmann

As any Mayor of a vibrant municipality, she comes to the door or my main concern is the welfare of our not, where to place her citizens. Ewing Township is home to meals, if she needs them over 35,000 residents, and close to to water a plant or bring 16% of those are over the age of 65. in the mail. However, Almost half of those live in poverty, that day, something was Women make up more than half the awry. Ann, who usually total population, and those under 65 greets them at the door, did not answer with a disability make up over 6%. We knocked several times, and we could Close to 5% are veterans. These are the hear a TV in the background, and what citizens served by Meals on Wheels of we thought was a faint voice as well. We Mercer County, which also counts Ewing tried the door which is usually locked. It as its home. was open. As we stepped into her home, Each year, I am invited to deliver meals all the while calling out, “Ann, Meals on to Ewing residents with some of the Wheels”, we saw Ann, on the floor. As it most dedicated volunteers I have seen. turns out, Ann (who lives alone) had This happens in March during their fallen the night before and was unable to March for Meals events. I am joined by get up, or to her phone. She had laid many other politicians and VIP’s who there all night, and had we not shown up want to see firsthand this “invisible” with her meal that day, who knows what population of some of the most could have happened. I immediately distinguished members of our called the Ewing EMT’s, and the community. Among them are retired volunteers called the MOWMC office to teachers, public safety officers, public notify them so we could be relieved by servants, veterans of past wars, and their staff and continue on our delivery. citizens who just worked hard every day Volunteers are instructed never to move a to provide for their families; countless participant in those circumstances, but seniors who have served their community and country over many That day I was able to witness first-hand years, and who now struggle not only to the importance this nutrition program remain ambulatory, but healthy and plays in the lives of so many seniors and independent in their own homes. individuals with physical disabilities who On my delivery route this year, along with live alone and have no one to look out for two veteran volunteers them. The Meals on Wheels motto is “So Sheila and Carol, we Much More Than a Meal”, and as a Mayor what more can I ask for than such an able and committed group of With “Ann”. They know her habits, if committed staff and volunteers, to help me make sure the most vulnerable in my municipality are cared for. Thank you.
THE PET PANTRY

When dealing with the issues of senior hunger and isolation in the community, Meals on Wheels of Mercer County knows that feeding pets plays an important part in addressing that mission. As any pet owner knows, our participants’ beloved dogs, cats, and other furry friends provide valuable companionship. This is why, for the last several years we have been happy to provide supplemental pet food to anyone on the program who has a pet. That way we can be assured our participants eat their “human” food and feed their pets food especially for them.

Starting in August, the pet food program will be renamed *The Pet Pantry* and will be led by Eli Byrnes, a local high school student and member of the Clever Clovers 4-H Club. As a pet owner himself -- he has 2 dogs, 2 cats, and sheep! -- Eli has a strong interest in helping others care for their pets. Along with other members of the Clever Clovers, he will collect and pack food to help our seniors keep their animal companions well nourished, while relieving some of their expenses.

If you would like to support *The Pet Pantry* by donating pet food or making a financial contribution, please contact the MOWMC office at (609) 695-3483.

IN MEMORY OF OUR VOLUNTEER, ROBERT

This past summer we lost a beloved volunteer, Robert Parziale. Robert began volunteering with us in 2011, and typically volunteered once a week on Route 2. He lived with his aging mother Rose, who he cared for.

Although Robert faced developmental challenges, it never interfered with his desire to give back. He came faithfully every week, always with a smile on his face ready to deliver! Robert was a big fan of Elvis Presley! Over the years, his partners were Tina, Jere, Joan and Ken, all of whom showed him patience and kindness. Robert is truly missed.

OUR DIRECT MAIL SOLICITATIONS HAVE A NEW LOOK!

You may have noticed our Direct Mail Campaign has changed a little this Fall! We know that you are used to seeing our standard letter appeal from our CEO, along with meal vouchers. We have recently partnered with TrueSense Marketing in the hopes of providing you with even more reasons to help support our mission! This also means you will be hearing from us more frequently. Please be sure to keep an eye out in your mailbox for our new and improved look.

As always, we are so grateful for the support you provide to our seniors!

WORDS FROM A PARTICIPANT TO A VOLUNTEER

Dear Volunteer,

who come to my door every day I want to thank you today for your dedication and love. I was a volunteer many, many years ago when I was a young lady at Morris Hall Nursing home, for 5 years, and I knew that there are days when you feel good doing it, but there are days when it is hard. But no matter how you feel you say here with some food for me this little old lady that speaks with an accent and tells you God bless you!
**Can You Spare A Few Hours A Week to Make a Big Difference?**

Please consider joining us in providing nourishment for the body and the soul!

**For More Information**

call: 609-695-3483  
or email: volunteerservices@mealsonwheelsmercer.org

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**Did You Know . . . . ?**

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<th>Of those we serve...</th>
<th>Of those surveyed...</th>
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<tr>
<td>44% are at least 80 years old</td>
<td>91% rate the program as good, very good, or excellent</td>
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<td>62% live alone</td>
<td>87% feel that the daily meals &amp; friendly visit give them confidence to live independently at home</td>
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<td>64% are women</td>
<td>81% are in poverty or vulnerable to it and require a subsidy to cover the cost of their meals</td>
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<td>55% have been receiving meals for at least 1 year</td>
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**Memorial & In Honor Donations**

- **In Memory of Curt Hubert**  
  Robert & Arlene Alu  
  Marie Berman  
  R. David Blake  
  Lawrence Jr. & Alexandra Diglio  
  The Forcina Family  
  Stanley & Carmen Giffin  
  N. Margo & Paul Hooker  
  Mary Jacobson & James Laskey Fund  
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  Mercer County Bar Association  
  NJ State Bar Association  
  Susan & Eric Perkins  
  Amanda & Todd Povlich  
  Neil Shuster & Grace Dennigan  
  Betty & Daniel Sisk  
  The Spitz Family of Wisconsin  
  US 1 Express  
  Barbara Valyo  
  Stephanie & Michael Zboray

- **In Honor of MOWMC Volunteer MaryBeth Wood**  
  Anastasia & Richard Schmalz

- **In Memory of Helen Buchan**  
  Gregory & Michelle Scozzari

- **In Memory of Richard Dunn**  
  Stacie Robbins

- **In Memory of Eugenia Esposito**  
  Paul & Deborah Esposito

- **In Memory of Gerard “Jerry” Gentilella**  
  Maria C. Avena  
  Roseanne Delia  
  Gareth & Lynne Morgan  
  Mary & Jerold Jacobs  
  Nancy & Leon Petelle  
  Virginia Stemhagen

- **In Memory of Russ Mullen**  
  John Ash

- **In Memory of Volunteer Robert Parziale**  
  George Renwick

- **In Memory of Vera Curtis Speese**  
  Lynda Speese Willingham

- **In Honor of the Ziegler’s 50th Anniversary**  
  Charles Peter & Carol Staats
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THANK YOU!!

...to all of the generous individuals, civic groups, houses of worship, schools, corporations and foundations who continue to support us with generous contributions, including pet food!
You help us turn no one away who needs a meal!

...to those who have provided thoughtful and creative gifts for our participants throughout the year - they are a wonderful addition to our meals!

....and of course, to all of our volunteers! We could not do what we do without you!!!!