

We Salute Our Volunteer Heroes!

Our volunteers are heroes every day, but during this time of crisis, they are special HEROES! Whether delivering 5-meal boxes to our participants on Mondays, purchasing and delivering groceries to adults at high risk for infection, or making comfort calls to check on our seniors, you are making life manageable for many Rowan County homebound adults. We cannot list all of you by name but want to say THANK YOU for your helping hands and caring hearts.



Mike & Teresa Williams

Mike and Teresa Williams are two of our champions for the Cleveland/Woodleaf route delivering meal boxes and making comfort calls.

Ron Gobble and the team from **First United Methodist Church** along with the teams from **Sacred Heart Catholic Church, Milford Hills United Methodist Church** and many more continue to deliver meals to our Salisbury participants.

Meals on Wheels client, **Kenneth K.**, receives a delivery from **Kim Jackson**, Executive Director of **Elder Orphan Care**. Elder Orphan Care helps purchase and deliver groceries and make comfort calls to our meal recipients.

Thank you to all volunteers. We appreciate every offer of help. We will feature more of our **Volunteer Heroes** in our newsletter throughout the summer!



Ron Gobble



Kenneth K. & Kim Jackson

Thank you! Thank you! Thank you!



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Thank you! Thank you! Thank you!

The support of our volunteers, participants, and contributors has kept our staff moving forward and creating new ways to serve our community. The demand for home-delivered meals has increased by 18% since mid-March. Our Volunteer Heroes have delivered over 1,495 meals per week to over 280 participants. Comfort Call Volunteers are calling our participants each Tuesday-Friday. Our staff has delivered USDA Food Boxes for Rowan Helping Ministries to 65 clients. Our Grocery Volunteers have purchased and delivered groceries and supplies to over 75 adults who should not leave their homes due to their high risk of infection.



We hope to return to daily meal deliveries sometime in July. We will alert participants and volunteers at least two weeks before we resume our Monday through Friday delivery schedule. Volunteers will continue to follow our "Safety First" protocol and deliver with no contact. We plan to continue delivering USDA Food Boxes and groceries and supplies through the summer.

We are grateful for the support of Novant Rowan, the Community Care Clinic of Rowan, Duke Energy, and the Rowan County United Way for the donation of over 400 face masks for our participants. Also, thanks to the following businesses and individuals who donated beautiful hand made face masks for our staff and volunteers, Jane Britt, Sherry Hayes Falk, Sheri Fowler, Susan Fuvan Presnell, Renee Gray, and Robin Shore. Our participants send many thanks to the Rowan Food and Farm Network for the 546 pints of fresh strawberries they received.

We encourage our senior citizens and at-risk adults to continue staying at home. If we can be of help, please contact us at 704-633-0352.

MEAL DELIVERY DAY: During this Coronavirus crisis, every Monday, volunteers will deliver meals to each participant.

Please unpack the contents of your box and refrigerate your meals immediately!

Due to the beef shortage, some meal plans on the menu may need to be adjusted. There will be NO SUBSTITUTE MEALS available.

June 2020 Menu

Mon	Tue	Wed	Thu	Fri
1 Roasted Chicken w/ Rice Okra & Tomatoes Corn Roll Pineapple Juice	2 Baked Spaghetti Green Peas Glazed Carrots Roll Applesauce Juice	3 Sliced Pork & Gravy w/ Egg Noodles Green Beans Beets Roll Peaches Juice	4 Santa Fe Chicken w/ Brown Rice Black Beans Corn Roll Mandarin Oranges Juice	5 Shepherd's Pie Broccoli Stewed Apples Goldfish Snacks Fruit Cocktail Juice
8 Orange Chicken w/ Brown Rice Green Beans Cabbage Roll Pears Juice	9 Pinto Beans Turnip Greens Succotash Biscuit/Fig Newtons Pineapple Juice	10 Beef Stew w/ Rice Green Peas Roasted Sweet Potatoes Roll Mandarin Oranges Juice	11 BBQ Chicken w/ Yellow Rice Cabbage Lima Beans Peaches Cookie Juice	12 Baked Beef Macaroni Corn Green Beans Roll Applesauce Juice
15 Chicken Stroganoff Lima Beans Okra & Tomatoes Roll Fruit Cocktail Juice	16 Salisbury Steak Baked Beans Turnip Greens Cornbread Muffin Pears Juice	17 Sweet & Sour Chicken w/ Rice Green Peas Parsley Potatoes Roll Pineapple Juice	18 Turkey & Gravy w/ Yellow Rice Green Beans Corn Roll Peaches Juice	19 Spaghetti & Meatballs Broccoli Lyonnais Squash Roll Mandarin Oranges Juice
22 Meat Loaf w/ Pasta Green Peas Roasted Sweet Potatoes Roll Peaches Juice	23 Teriyaki Chicken w/ Brown Rice Corn Roasted Okra Roll Applesauce Juice	24 Beef Patty & Gravy w/ Yellow Rice Glazed Carrots Green Peas Roll Fruit Cocktail Juice	25 BBQ Pork Riblet w/ Rice Broccoli Stewed Apples Roll Carrot Raisin Salad Juice	26 Honey Glazed Chicken w/ Brown Rice Baked Bean Collard Greens Pears Cookie Juice
29 Roasted Chicken w/ Rice Okra & Tomatoes Corn Roll Pineapple Juice	30 Baked Spaghetti Lima Beans Cabbage Roll Applesauce Juice	July 1 Sliced Pork & Gravy w/ Egg Noodles Green Beans Parsley Potatoes Roll Peaches Juice	July 2 Santa Fe Chicken w/ Brown Rice Black Beans Corn Roll Mandarin Oranges Juice	July 3 Shepherd's Pie Broccoli Stewed Apples Goldfish Snacks Fruit Cocktail Juice

MEAL RECIPIENT



BIRTHDAYS

- 3rd** Donna Arey
Rose Dedmon
- 5th** Gina Jones
Ricky James
- 7th** Marion Gilliam
Ed Wilson
- 9th** Doris Rabon
- 11th** Kevin Myers
Rhonda Green
Charles Evans
- 12th** Evelyn Butler
- 13th** Cecile Palmer
Margie Hall
Frances Hill
- 16th** Benny Fleming
- 18th** Mary Rippy
- 22nd** Sarah Eagle
David Corns
- 24th** Frances Norris
- 28th** Vincent Wilkins
- 29th** Marie Hill
Carol Fleming

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