



October 2021 Menu

Mon	Tue	Wed	Thu	Fri
<p>*MENU IS SUBJECT TO CHANGE WITHOUT NOTICE</p>	<p><u>Meat Substitute Meal</u> Chopped Steak Carrots Cabbage Cornbread Pears Congealed Salad</p>	<p><u>Veggie Substitute Meal</u> Pinto Beans Carrots Cabbage Cornbread Pears Congealed Salad</p>		
<p>4 Baked Spaghetti Carrots Apple Crisp Roll Pea Salad Seedless Grapes</p>	<p>5 BBQ Chicken Breast Squash Casserole Green Beans Broccoli Cauliflower Salad Fruit Gelatin Tropical Fruit Salad</p>	<p>6 Stuffed Baked Potato Chili Broccoli Shredded Cheese / Sour Cream Applesauce Waldorf Salad</p>	<p>7 Pork Loin w/ Mustard Glaze Cabbage Black Beans Roll Cranberry Gelatin Salad Fruit</p>	<p>1 Chicken Stir-Fry w/ Red & Green Peppers Yellow Rice Hot Cinnamon Peaches Roll Black Bean Salad Seedless Grapes</p>
<p>11 Beef Stroganoff w/ Egg Noodles Green Beans Glazed Carrots Beet Salad Mandarin Oranges Cookie</p>	<p>12 Chicken Breast w/ Herb Sauce Roasted Potatoes Ratatouille 7 Layer Salad w/ Ranch Dressing Fruit Tropical Fruit Salad</p>	<p>13 Baked Macaroni & Cheese Navy Beans Collard Greens Cornbread Muffin Fruit Pears</p>	<p>14 Meatloaf Mashed Potatoes w/ Gravy Broccoli Roll Fruit Gelatin Waldorf Salad</p>	<p>15 Turkey Tetrazzini Carrots Green Beans Roll Marinated Tomato Salad Fruit</p>
<p>18 Shepherd's Pie Stewed Tomatoes Steamed Broccoli Copper Pennies Fruit Brownie</p>	<p>19 Chicken & Dumplings Black-Eyed Peas Turnip Greens Coleslaw Waldorf Salad Fruit</p>	<p>20 Chicken & Rice Casserole Carrots Green Beans Cucumber Salad Fruit Cookies</p>	<p>21 Country Style Steak w/ Gravy Cheesy Potatoes Spinach Roll Tomato & Cucumber Salad Pears</p>	<p>22 Sliced Ham w/ Glaze Broccoli Casserole Sweet Potatoes Cornbread Muffin Watergate Salad Peaches</p>
<p>25 Beef Tips over Rice Carrots Apple Crisp Caesar Salad Three Bean Salad Fruit Gelatin</p>	<p>26 Grilled Chicken Breast Lima Beans Cauliflower w/ Cheese Roll Marinated Tomato Salad Fruit</p>	<p>27 Pinto Beans Collard Greens Mac & Cheese Cornbread Muffin 7 Layer Salad w/ Ranch Dressing Fruit</p>	<p>28 Hamburger Patty Oven Roasted Potatoes Baked Beans Hamburger Bun Coleslaw Fruit</p>	<p>29 Chicken & Noodles Broccoli Harvard Beets Sliced Pears Fruit Gelatin Vanilla Wafers</p>

You may choose a Meat or Veggie Substitute Meal in place of a meal on any given day. You must call our Office at 704-633-0352 by noon the day before you want a substitute meal.



Mailing Address:
P.O. Box 1914
Salisbury, NC 28145

Physical Address:
1307 South Salisbury Ave
Spencer, NC 28159

Phone: 704-633-0352
www.mowrowan.org
info@mowrowan.org

Serving Rowan County since 1976!



AniMEALS & Fuzzy Buddies Fun Day

That's a wrap on August is for AniMEALS! Thank you to everyone who donated, dropped off pet food, and joined us for Fuzzy Buddies Fun Day! **With your help, we raised \$12,341 for AniMEALS and \$5,560 for human meals!**



We also collected 1.3 tons of dry pet food, 864 cans of pet food, 130 packages of treats, and 82 miscellaneous pet toys and care items.

We want to give a big thank you to our AniMEALS Event Chairwomen, **Kim Hardiman** of Hardiman Designs, **Debbie Barnhardt** of Barnhardt Jewelers, and **Lorna Medinger** of Hughes Plumbing Supply. They organized August is for AniMeals for the past three years by recruiting businesses for drop-off sites, soliciting contributions, and developing materials.

Our drop-off sites included **Hughes Plumbing Supply, Barnhardt Jewelers, Stitchin' Post Gifts, Lazy 5 Vets, Dr. James K. Jolly, DDS, West Rowan Farm and Garden, Oxford + Lee, Rowan Animal Clinic, Hot Diggity Dog, and Ace Hardware.** We are so grateful for their help in promoting August is for AniMEALS and collecting pet food and donations.

After a brief hiatus last year, we were able to celebrate **Fuzzy Buddies Fun Day** again at Granite Lake Park! We had a great turnout and a fun day filled with **pet contests, a photo booth, puppuccinos, and sweet treats from Coldstone Creamery!** Thank you to our vendors and the **Humane Society of Rowan County** for joining us. Thank you to our **2021 Fuzzy Buddies Sponsors** including **Understanding Your Dog, Lauren and Brett Henson, RL Glover Construction, Anne and Frank Saunders, Cheerwine, Fisher-Greene Insurance, Gegorek and Associates, and Cold Stone Creamery.**

We're "blown away" by the support we received this year. Pet companions are beneficial to the emotional wellbeing of homebound seniors, and we will be able to provide our meal participants with pet food and access to veterinary care so that their beloved pets remain healthy and fed.

Fuzzy Buddies Fun Day Spotlight!

At Fuzzy Buddies Fun Day, **Berkley** dropped off donations she had collected at her birthday party. Berkley asked her guests to bring pet food, supplies, and donations for AniMEALS instead of gifts! Thank you so much Berkley for your generosity!

Berkley and her brother **Brooks** are pictured with their sweet pup, **Molly.**



MEAL RECIPIENT



BIRTHDAYS!

- 1st Richard Russell
- 2nd Kenneth Walton
- 4th Bethel Gainer
- Cindy Lineberry
- Kate Livengood
- 5th Norris Currence
- 6th James Lineberry
- 8th Walter Koontz
- 9th Sandra Zellman
- 11th Margarete Crysel
- 14th Carol B. Smith
- 17th Carl Howell
- 24th Dianne Sturdivant
- 25th Elizabeth Rhyne
- 28th Peter Hazel
- 30th Anna Gulyn



Meals on Wheels Faces 70% Increase in Meal Cost

Due to increasing food costs and rising labor costs, K&W has raised the price of home-delivered meals 70%.



This fall, we will reach out to any individual who may see an increase in their price per meal. Sixty-five percent of our participants contribute to the cost of their meals based on our sliding scale. The average contribution is \$2-\$4 per meal.

On top of the direct cost of the meal, the following expenses are included in the Meal Program Cost:

- staffing costs for program director, care-coordinators
- staffing costs for meal coordinator, site coordinators, and couriers
- indirect costs for office, utilities, software, and travel

Our Total Program Cost is \$12 per meal or \$3,000 per year per person.

Meals on Wheels Rowan will be raising funds to continue supporting participants who cannot afford to contribute to the cost of their meals and to subsidize the meals for which we receive only partial payment. We anticipate that it will cost \$900,000 to provide home-delivered meals for 300 individuals over the next twelve months. This amount is \$225,000 more than last year.

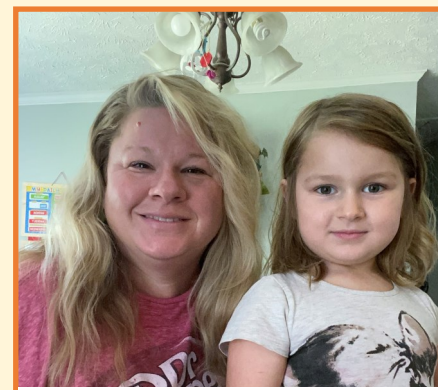
How to Receive Pet Care Services Through Meals on Wheels Rowan

Meal participants who need assistance with their pet companions should call **Rose Jones** at the Meals on Wheels Rowan office at **704-633-0352**.

Pet food can be delivered with home-delivered meals as needed. We can also assist with basic vet care, vaccinations, grooming, nail clipping, and more.



Celebrating Our Volunteers!



Jennifer Mauro & Ollie Mae



Rev. Diane Williams



Laura Preslar & Logan

Jennifer Mauro delivers our Gold Hill/E. Rowan route along with her daughter **Ollie Mae!** We are thrilled to welcome **Cedar Grove AME Zion Church** back into our volunteer corps. **Rev. Diane Williams** will spearhead their team delivering twice a month.

Laura Preslar is a new volunteer with the **Milford Hills UMC** delivery team. Her son **Logan** joins her to deliver meals!

Theresa Ward & Vickie Ribelin join the **Rock Grove UMC** team delivering in East Rowan. **Krista Woolly**, joins us delivering Route 7 in Salisbury.

William Given & Bryson Cowan, Crosby Scholars at **West Rowan High School**, volunteered in our office to fulfill their Crosby Scholar service hour requirement.



Theresa Ward & Vickie Ribelin



Krista Woolly



William Given & Bryson Cowan

Meal Participant Surveys are Coming!

Be on the lookout for our **2021 Meal Participant Survey**. We value your opinion as a customer of Meals on Wheels. Your input will allow us to make the meals and our program the best we can.

Please take time to complete the survey and return it in the self-addressed stamped envelope provided.



Keep Meals on Wheels Rowan in mind when planning your annual and legacy giving.