

December 2021 Menu

Mon	Tue	Wed	Thu	Fri
<b>Meat Substitute Meal</b> Hamburger Patty Carrots Cabbage Cornbread Peas Congealed Salad	<b>Veggie Substitute Meal</b> Pinto Beans Carrots Cabbage Cornbread Peas Congealed Salad	1 Chicken & Rice Casserole Carrots Green Beans Cucumber Salad Fruit Cookies	3 Country Style Steak w/ Gravy Cheesy Potatoes Spinach Roll Tomato & Cucumber Salad Peas	Sliced Ham w/ Glaze Broccoli Casserole Sweet Potatoes Cornbread Muffin Watergate Salad Peaches
6 Beef Tips over Rice Carrots Apple Crisp Three Bean Salad Fruit Gelatin Yellow Cake Square	7 Grilled Chicken Breast Lima Beans Cauliflower w/ Cheese Roll Marinated Tomato Salad Fruit	8 Chili Beans Collard Greens Mac & Cheese Cornbread Muffin Sour Cream / Shredded Cheese Peaches	9 Hamburger Patty Oven Roasted Potatoes Baked Beans Hamburger Bun Coleslaw Fruit	10 Chicken & Noodles Broccoli Harvard Beets Sliced Peas Fruit Gelatin Vanilla Wafers
13 Sliced Ham w/ Glaze Cabbage Warm Potato Salad Mandarin Oranges Fruit Gelatin Cookie	14 Chicken Pot Pie Lima Beans Cinnamon Peaches Beet Salad Fruit Vanilla Cake Square	15 Mac & Cheese w/ Ham Black Beans Green Peas Marinated Vegetable Salad Mixed Fruit Brownie	16 Stir-Fried Chicken over Rice Steamed Broccoli Sweet Potatoes Roll Sweet & Sour Slaw Fruit	17 Cod Fish Square Crinkle-Cut Fries Stewed Tomatoes Bun / Tartar Sauce Coleslaw Fruit
20 Chicken Parmesan Spinach Roasted Potatoes Vegetable Salad Fruit Gelatin Peaches	21 Meatloaf Mashed Potatoes w/ Gravy Green Beans Tropical Fruit Salad Pea Salad Fruit	22 Chicken Cordon Bleu Yams Peas Broccoli Cauliflower Salad Cranberry Gelatin Pumpkin Cake Square	23 Our office will be <b>CLOSED</b> Thursday & Friday, Dec. 23 & 24 for Christmas	24 Our office will be <b>CLOSED</b> Thursday & Friday, Dec. 23 & 24 for Christmas
27 Baked Spaghetti Carrots Apple Crisp Pea Salad Tropical Fruit Salad Fruit	28 Swedish Turkey Meatballs w/ Noodles Squash Casserole Green Beans Broccoli Cauliflower Salad Fruit Gelatin Tropical Fruit Salad	29 Stuffed Baked Potato Chili Broccoli Shredded Cheese / Sour Cream Glazed Strawberry Banana Salad Waldorf Salad	30 Pork Tenderloin w/ Glaze Collard Greens Black-Eyed Peas Cornbread Orange Slices Cherry Gelatin w/ Pineapple	31 <b>CLOSED</b> for New Year's Eve



**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!



**Winter Weather Meal Totes Are Coming!**

**Meal Recipients, be on the lookout for your Winter Weather Meal Tote!**  
**Volunteers will deliver them during December!**

Your Winter Weather Tote contains three shelf-stable easy to open entrees, soups, vegetables, fruit, and juice.



Please keep this food to eat on days when inclement winter weather may prevent our volunteers from delivering your meal.

Our Office will be **CLOSED** Thursday & Friday December 23 & 24 for Christmas



There will be no meal delivery those days.



Our Office will be **CLOSED** Friday, Dec.31 for the New Year's Holiday There will be no meal delivery that day.

**Over the Counter Medicine Giveaway Program Is Coming Again!**

Meals on Wheels Rowan and **NC MedAssist** are again partnering to offer the **Over the Counter Medicine Program** available to our homebound participants. All of our meal recipients are invited to participate.

Our volunteers will deliver order forms to you during December. They will pick up completed forms from you and return them to our Meals on Wheels office.



**Forms must be turned in to us by December 22nd.**

The over the counter medicines you order will be delivered to you with your meal delivery during the week of January 10th.

# MEAL RECIPIENT



# BIRTHDAYS!

- 2nd Terry Correll
- Katrina Walker
- 4th Barbara Hill
- 5th Delores Feamster
- 6th Charlene Baker
- Bette Hampton
- 11th Gary Cress
- Beverly J. Lilley
- 12th Lynette Gibson
- 13th Barbara Oglesby
- Patricia Witherspoon
- Michael Johnson
- 14th Catherine Love
- Donald McCraney
- 15th Shirley Young
- 16th Manfred Geng
- 17th Herman Ritchie
- Clifton Mishue
- 23rd Dorothy Parker
- 25th Douglas McDonald
- 26th Verna Bragg
- Gladys Eagle
- 28th June Williams
- 29th Annette Burleson
- Mary Houston
- 31st Virgie Morehead
- Susan Armour

## Outstanding Volunteers 2021



Martha Shoemaker - West Rowan

These **Outstanding Volunteers** were recognized for their service to Meals on Wheels at our Annual Meeting. Each brings their own special talents to helping our participants. They have a heart for helping others and a desire to give back to our community. Thank You!!!



Randy Lassiter - Salisbury



Gloria Rankin - Salisbury



Cynthia Burns - Grocery Shopper



Susan Bernhardt - East Rowan

## Be on the lookout for Santa's Elves!

The Staff of **Elder Orphan Care** will be delivering Christmas Bags to all of our participants on **Dec. 15, 16, & 17!**

*Merry Christmas!*



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

## Annual Meeting 2021

Meals on Wheels Rowan celebrated our **45<sup>th</sup> Anniversary** at the **Annual Meeting** held on November 17<sup>th</sup> in the Faith Center at St. John's Lutheran Church. Fifty-five directors, staff and guests gathered and participated in the business of electing a new director, **Beverly Warner**, who is a registered dietician with the VA Hospital.



Re-elected directors included, **Lauren Graham, Ron Rasile, Tracy Smith, and Charles Whaley**. Current officers, **Mark Doby**, Secretary, announced approval of the 2020 Annual Meeting minutes at the first board meeting of 2021. Treasurer, **Rob Miller** gave the financial report. The highlight of the meeting included recognition of **Outstanding Volunteers, President's Awardees**, and the **Connie Basinger Award Recipient**.

The Board of Directors recognized **Outstanding Volunteers** from each area of the county. Photos of many of the award recipients appear elsewhere in the newsletter.



The **President's Award** recognizes the individual(s) who have volunteered across several program areas and serve as ambassadors for the organization. **Joel & Debbie Scott** were recognized as a team for their efforts in establishing a "Lake Team" that delivers once a week, serving as volunteers who arrived early to pack produce and shopping and delivering for grocery participants. Both Joel and Debbie had careers in technology and have assisted our staff with tutorials. Joel also assists with our volunteer management system and was

elected to the Board of Directors in August to fill an unexpired term. In presenting the President's Award, **Tom Robinson**, President, said, "Joel and Debbie are a true team and very deserving of this award."

The **Connie Basinger Award** is the highest award presented by Meals on Wheels Rowan. It is presented to an individual who exemplifies the service given by Connie Basinger to Meals on Wheels over fifteen years as a volunteer, board member, and President of the organization. The individual personifies the passion that Connie has for Meals on Wheels. **Kevin Pruitt**, Vice President, recognized **Tom Robinson** as the recipient of the "Connie Basinger Award."



Kevin said, "Tom has delivered meals, sold BBQ tickets, wrapped lobsters, put up banners, led meetings and more. He never asked anyone to do what he would not do. For eight years, Tom has shared his passion for Meals on Wheels with anyone that would listen."

After the meeting adjourned, those assembled enjoyed lunch, provided by Debbie Suggs Catering and a 45<sup>th</sup> Anniversary Cake, baked and decorated by Peggy Fisher, Coyote Trail Cakes.