



NEWS ON WHEELS

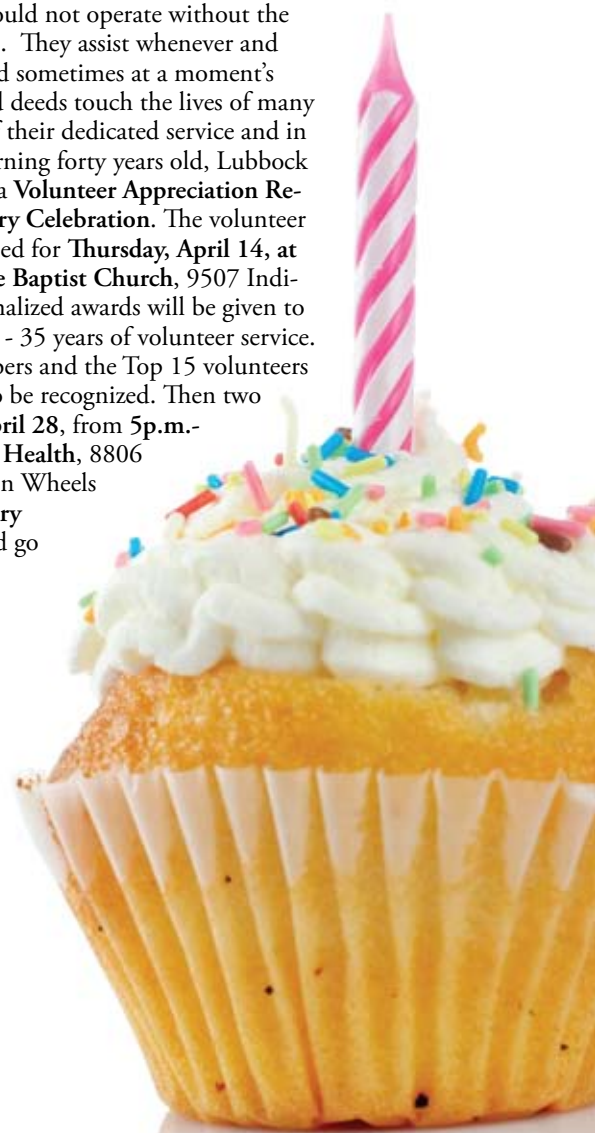
A QUARTERLY PUBLICATION OF LUBBOCK MEALS ON WHEELS
VOLUME 32, NUMBER 2 • APRIL 2011 • WWW.LUBBOCKMEALSONWHEELS.ORG

40 Fabulous Years!

In April of 1971, Richard Nixon was President; gasoline was 36 cents a gallon; bread was 25 cents a loaf; and Lubbock Meals on Wheels made its first delivery. Twenty-nine meals were delivered that day in large contrast to the over 550 meals delivered daily today. The agency has come a long way over the past 40 years, now serving the communities of Lubbock, Idalou, and Abernathy with the help of over 1000 volunteers. Lubbock Meals on Wheels also provides meals to the Adult Day Activity Center and the La Paloma P.A.C.E. program. Meals on Wheels, which once contracted with foodservice providers such as restaurants and schools, now has a full service kitchen on site. Special programs, such as the Weekend Meals, Emergency Meals, Frozen Meals, and Pet Food Program now enhance the services offered. Other unique benefits include: fresh flowers, birthday treats, reading materials, and the Twelve Days of Christmas Project. Though many changes and improvements have been made over the years, the mission of providing and delivering hot, nutritious meals to the homebound has remained the same. The focus remains on providing the best possible services while easing the social isolation of our recipients.

In order to carry out this important mission, Lubbock Meals on Wheels relies on volunteers. 45 volunteers are needed each and every day to deliver the routes. Volunteers

are utilized in other areas as well, in the office, kitchen, fundraisers, and serving on the Advisory Council and Board of Directors. Meals on Wheels currently has 1051 volunteers. The program simply could not operate without the help of these valuable people. They assist whenever and wherever they are needed and sometimes at a moment's notice. Their kind words and deeds touch the lives of many people everyday. In honor of their dedicated service and in recognition of the agency turning forty years old, Lubbock Meals on Wheels is holding a **Volunteer Appreciation Reception & a 40th Anniversary Celebration**. The volunteer appreciation event is scheduled for **Thursday, April 14, at 7:00 p.m. at Indiana Avenue Baptist Church, 9507 Indiana Avenue**. Beautiful personalized awards will be given to those who have completed 5 - 35 years of volunteer service. The Advisory Council members and the Top 15 volunteers with the most hours will also be recognized. Then two weeks later, on **Thursday, April 28, from 5p.m.-6:30p.m. at Caprock Home Health, 8806 University, Lubbock Meals on Wheels will host the 40th Anniversary Celebration** with a come and go reception and refreshments.



1971

- Cost of a new home: \$28,300.00
- Cost of a new car: \$2,700.00
- Median Household Income \$9,028.00
- Cost of a first class stamp \$0.06
- Cost of a gallon of gas \$0.36
- Cost of a dozen eggs \$0.53
- Cost of a gallon of milk \$1.18
- Cost of a loaf of bread \$0.25
- Cigarette advertising is banned from television
- "All in the Family" is America's favorite television show
- "You've Got a Friend" is the Song of the Year
- 26th Amendment is passed lowering the voting age to 18
- The first VCR is launched by Philips
- Walt Disney World opens in Florida
- The French Connection wins the Best Picture Academy Award
- Baltimore defeats Dallas 16-13 in Super Bowl V
- Lubbock Meals on Wheels makes first meal delivery
- Lubbock Meals on Wheels' Executive Director graduates from high school

PARTY GRAS!

Lubbock Meals on Wheels held the twelfth annual **Mardi Gras** fundraiser on March 8. Fortunately, the weather cooperated resulting in one of our largest crowds and a very successful event raising **over \$68,000**. The guests were treated to delicious food from 38 local restaurants, live jazz music by the **Shinn Turner Dixieland Band featuring Hayley Burton**, a large silent auction, spectacular balloon arrangements, a sparkling ice sculpture, and various entertainers including dancers, clowns, and magicians. Younger guests had a great time jumping on the inflatable bouncers, climbing the rock wall, making crafts or having their hair and faces painted in the children's activity area. The crowd, adorned in festive beads and masks, was greeted by the Mardi Gras King and Queen (Matt Laubhan of KLBK and Emily Leonard of KAMC) who reigned over the evening in regal attire. Plans are already underway for Mardi Gras 2012 in the Civic Center Exhibit Hall.



Event Sponsors

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April Weems, Event Chairperson
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DeAnn Britton
Judy Davis
Johnny Franklin
Sue Franklin
Larry Gilliland
Lisa Gilliland
Carrie Monje
Becky Postar
Camille Powe
Daniela Hernandez-Salas

Silent Auction Committee

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Lorrie Bellair
DeAnn Britton
James Bulen
Lisa Gilliland
Kristi Lowe
Michelle Maxson
Candy Merritt
Pam Staples
April Weems

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Marlise Boyd
Steve Braselton
Herb Craghead
Jay Dial
Brent Guinn
Fred Harvey
Charles Jacks
Mike McKaskle

Entertainers/Artists

Terry Caldwell's Students
Christmann Dance Academy
Crossfire
Tommy Ferrell
Sandra Garcia
Adale Hudson
Itty Bitty's
Jane Prince Jones
David Lewis
Sylvia Rodriguez
Miss Lubbock
Miss Teen Lubbock
Little Bit Country
Shinn Turner Dixieland Band
Viola Wilcox

Volunteer Groups

Boy Scout Troop #505
Chi Rho
City Bank
Girl Scout Troop #6446
Lubbock 4-H
Society of Petroleum Engineers
WSO
Fashion Board
HOSA
Junior League of Lubbock



Congratulations to **Cowamongus** for winning the first place award for the “Best Decorated Booth.” **Popeyes Louisiana Kitchen** and **The Cakery** received second and third place, respectively. Thank you to King Matt Laubhan and Queen Emily Leonard for judging this challenging contest. Congratulations to the benefit drawing winner Brenda Turner, who won the Southwest Airline tickets!

Finally, thank you to the many silent auction item donors, volunteers, Lubbock Meals on Wheels’ staff and board members, and Civic Center staff for all of their efforts and assistance to make this event an incredible success.

Sincere thanks to the following for making this spectacular event possible:

- Apple Country
- Applebee’s
- Aunt Nories
- Bahama Bucks
- Beef O’Brady’s
- Carino’s
- Casa Ole
- Chick-fil-A
- Chilli’s Grill & Bar
- COWamongus
- Danny’s Fins and Hens
- Einstein Bros. Bagels
- Fat Tony’s
- Folger’s
- Fuddruckers
- Furr’s
- Gandy’s
- Gator’s Bayou
- Gorditos
- Harrigan’s
- Holiday Inn Hotel and Towers
- Holiday Inn Park Plaza
- Holly Hop Ice Cream Shoppe
- Honeychild Catering
- Hooter’s
- Moose Magoo’s
- Ozarka Water
- Pecan Ridge
- Popeyes Louisiana Kitchen
- Quizno’s Classic Subs
- River Smith’s
- Rock Fish
- Rudy’s
- Salvation Army
- Shrimp Galley
- Starbucks
- Sun Harvest
- The Cakery

★ ★ ★ ★ **REMEMBER** ★ ★ ★ ★

You can make donations online at lubbockmealsonwheels.org

mission statement

Respecting the dignity of every human being, no matter their need or physical condition, Lubbock Meals on Wheels will provide nutritious, home delivered meals to those who are homebound, elderly or disabled. We shall seek to break the social isolation experienced by the homebound by providing warm, caring, friendly contact through our volunteers.

TREASURE HUNTERS WANTED

The **annual garage sale** that benefits Lubbock Meals on Wheels and Metropolitan Rotary is fast approaching. The sale is scheduled for **April 15th & 16th, from 7:30a.m.-5p.m. at 5002-50th** (50th & Wayne). As always, there will be a large variety of treasures for sale so no one need go home empty handed. Please come by and do some shopping and help Lubbock Meals on Wheels and Metropolitan Rotary at the same time!

ECONOMIC AND ELECTRONIC MAIL

Due to the constant increases in postage, Lubbock Meals on Wheels would like to offer our newsletter via e-mail. If you would prefer to receive our newsletter in a pdf format (Adobe Acrobat) through your e-mail, please call our office at (806) 792-7971 to sign up!



Many dogs and cats are still benefiting from the Pet Food Program. Dry dog and cat food is sent out to these four-legged companions every other Tuesday. Donations of pet food are always needed and welcomed. Currently, this program feeds 83 dogs and 52 cats.

Pet Memorials:

Bandit, beloved dog of Wanza & Sammy Brewer

Boomer, beloved dog of Camille Powe

Fergus, beloved dog of Jim & Stephanie Cloninger

Fluffy, beloved cat of Sheryl Hight

Jake, beloved dog of Larry & Lisa Gilliland

Lil' Bit, beloved cat of Patt Allgood & Kathy Hinson

Miss Prissy, beloved dog of Mary Lynn & Bobby Malone

Donated By:

Steph Starkovich

Tammy Stegall, Barb & Salty Bulen

Sue & Johnny Franklin, A-way with Pets

Roberta Schroyer

Harold Love, Sue & Johnny Franklin, A-way with Pets, Kara Henslee, Sheryl Hight, DeAnn & Charles Britton, Barb & Salty Bulen, Camille Powe, Roberta Schroyer, Tammy Stegall

Friends

Barbara Bulen

Thank you
to the following for their help with this special program (January 8 – March 25, 2011)
Andria & Craig Cooley
Robin Shephard
Mr. & Mrs. Eugene Stalnaker



Squeaky Clean

Thank you to our friends at **Xstream Autoclean** for donating monthly car washes for our Lubbock Meals on Wheels' vans. We truly appreciate them keeping our small fleet neat!



**EXTRA! EXTRA!
READ ALL ABOUT IT!**

Lubbock Avalanche Journal continues to provide 180 newspapers per day (Monday – Friday) to be distributed free of charge to clients in Lubbock, the Adult Day Activity Center, and in Idalou. **AJ Readers** are generously sponsoring this special project. Lubbock Meals on Wheels is very excited to continue this partnership and looks forward to providing yet another "extra" to our meal recipients.

Great Grant

Thank you to the **South Plains Foundation** for approving the grant for our **Holiday Frozen Meal Program**. This grant will fund all the frozen meals that our recipients will receive whenever we are closed for a holiday this year. The meals are cooked in our kitchen, frozen, and sent out in advance of the holiday closure and can then be easily reheated in an oven or microwave. Over 4000 meals a year are needed for this program so we are very grateful for this incredible gift.



Executive Director
Corrie Lushnat Bellair

Today there is greater pressure on non-profits to deliver more services to those in need. That means there are many more people to serve. Successful non-profits must create innovative fundraising projects to continue to fund their programs and meet increasing client needs. Lubbock Meals on Wheels has taken the initiative to secure creative new means of funding to support our mission which is to provide a nutritious home-delivered meal to those who are homebound, elderly, or disabled.

LMOW is a private non-profit – we operate with no government or United Way funding. Thus, to be self-sustaining we have taken the opportunity over the years to develop fundraising projects associated with food.

- Our largest fundraiser is the Mardi Gras event started in 2000, this year we had 38 restaurants participate by preparing samples of their best recipes.
- Several years ago, we developed our own line of frozen, ready-to-bake quiche and five varieties are now prepared and packaged onsite in our kitchen.

- The daily leftover meals are packaged into three compartment tray and frozen to be sent out on Fridays for recipients on the Weekend Meal Program who have no other way to obtain food when we are closed. Other individually packaged snacks are sent, too.
- A Pet Program was started by one of our employees to feed the furry friends of our homebound clients so that they are not sharing their meal with their pet. Donated food is packaged every two weeks for delivery.
- Locally grown pecans are donated to LMOW and packaged to sell.

These projects along with many others have helped to fund Lubbock Meals on Wheels for the past forty years and hopefully with your support will continue to do so long into the future.

upcoming events

(Please mark your calendar for these opportunities to support Lubbock Meals on Wheels)

April 14, 2011

Volunteer Appreciation Reception
Indiana Avenue Baptist Church,
9507 Indiana Avenue - 7:00 p.m.

April 15 & 16, 2011

Annual Garage Sale
5002-50th (50th & Wayne)
Friday 7:00a.m.-6:00p.m.,
Saturday 7:00a.m.-2:00p.m.

April 28, 2011

40th Anniversary Celebration
Caprock Home Health
8806 University – 5:00-6:30p.m.

June 17, 2011

Big Wheels Deliver Meals Promotion



Thanks a lot! I love the chicken fried steak. It is the best anywhere!

– Heidi

I wish I could help more but I am a 92 year old widow on a

very low income. Thanks for your help.
Sincerely

– Lucille

I would just like to thank the one who delivers to our mother. She had her children with her when I was visiting and it was so awesome to see those smiling faces to my mom. I can certainly see why she looks forward to her meals as well as smiling faces!

– Louise's daughter

The meals were very helpful when I was on a walker. I can now fix myself something to eat. I will miss the sweet little lady that delivers flowers on Fridays.
Thank you

– Gordon

MEMORIALS & HONORARIUM GIFTS

A DONATION TO LUBBOCK MEALS ON WHEELS IS A GREAT TRIBUTE FOR A:
Birthday • Anniversary • Holiday • Special Event

DONATIONS MAY ALSO BE MADE IN MEMORY OF A LOVED ONE

With any tribute or memorial donation, an acknowledgment card will be sent to the person or persons you indicate. For tribute and memorial contributions, please cut out card below, complete, and send to:
Lubbock Meals on Wheels | 2304 34th Street, Lubbock Texas 79411

YOU CAN ALSO HELP OUR PROGRAM IN THE COMING YEARS BY:

- Remembering Lubbock Meals on Wheels in your will.
- Giving monthly by bank draft.

PLEASE SEND AN ACKNOWLEDGMENT CARD TO: (please print clearly)

Name _____

Address _____

City _____ State _____ Zip _____

This gift is from _____

Address _____ Phone _____ / _____ - _____

City _____ State _____ Zip _____

Payment: MasterCard VISA Discover

Card #: _____

Expiration Date: ____ / ____ Security Code: _____ Authorized Amount: \$ _____ OR

Check is enclosed for the amount of \$ _____

Special Occasion (Specify the occasion) _____

Memorial (Name of person to be remembered) _____

IN LOVING MEMORY {MEMORIALS FOR JANUARY 10, 2011 - MARCH 22, 2011}

MEMORY OF • Donor(s)

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{JANUARY 10, - MARCH 22}

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The Outstanding MOW Staff • Jane Burns

Ed and Connye Teal • Ralph and Ann Wolf

Dwayne and Beverly West • Virginia and Choc Hutcheson

Lubbock Meals on Wheels introduced a new article to our newsletter last year. The Business Spotlight features a local business that generously supports our agency. We encourage you to support these businesses that truly have our community's best interest at heart.

We are very pleased to spotlight our friends at **United Supermarkets**. Everyone in Lubbock is surely aware of United's incredible community involvement but perhaps do not realize all they do for Lubbock Meals on Wheels. United's office staff began delivering meals in 2002 and continues to deliver a route one time per week. Members of their U-Crew have also helped with some of our fundraising events. Many of their staff collect and contribute items for one of the days of the 12 Days of Christmas Project, and their controller, Mandy Tomlin, recently joined our Board of Directors.

In addition to volunteering, United also supports our programs in other ways. One of the stores donates pet food to our pet program when they have broken or damaged bags of dog or cat food. Another important donation is that of fresh fruit which United donates six times a year for us to distribute to our recipients when we are closed for holidays. Finally, one of our longest partnerships with United is for the Easy as Pie Fundraiser. This year will mark the 20th anniversary of the event which allows customers to receive a coupon for a free pie from United when they make a five dollar donation to Lubbock Meals on Wheels. Easy as Pie has grown over the years into one of our organization's largest fundraisers. As you can see, United Supermarkets supports our mission in so many ways and for that we are indeed grateful. Thank you, **United**, for making Lubbock a better place to live.



Hot Meals Need Cool Wheels

Every June, Lubbock Meals on Wheels, in an attempt to raise public awareness of our mission, holds the Big Wheels Deliver Meals promotion in conjunction with Sonic Drive-Ins. On Friday June 17th, local celebrities, chauffeured in classic cars, will deliver a meal of burgers and fries to all Lubbock Meals on Wheels' recipients. It is a treat for our recipients to be visited by these important people, see these nostalgic cars, and enjoy a special lunch. All celebrities and drivers are invited to return to the Lubbock Meals on Wheels' office for lunch (also provided by Sonic). Forty-four classic cars and drivers are needed to accommodate all the routes. It is always a challenge to round up enough cars for the event so if you own a classic or unique car and would like to participate in this very special promotion, please call Lisa or DeAnn at 792-7971.

Fun Fish Fry with Friends



The **Annie's Chat & Chew** event was held at the **Mae Simmons Senior Center** on Saturday, April 2nd from 11a.m.-2p.m. This fundraiser was started over twenty years ago by long time volunteer **Annie Sanders** and continued as a memorial once again this year. Guests enjoyed plenty of great food, visiting with friends, and remembering Annie Sanders, a very generous woman. Donations were accepted at the door to help fund the purchase of meals for the homebound community served by Lubbock Meals on Wheels. Thank you to everyone who helped to make this event a success.



Please bring recyclable aluminum cans to Lubbock Meals on Wheels. Regular trips are made to recycle these materials, and the money received provides funds for programs. You can help the environment and Lubbock Meals on Wheels by bringing your aluminum cans to 2304-34th Street during office hours, Monday – Friday, 8a.m.-4:30p.m.

NEWS ON WHEELS

LUBBOCK MEALS ON WHEELS, INC.
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LUBBOCK, TEXAS 79411
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Accountant
Kara Henslee

Assistant Director
Lisa Gilliland

Editor (Volunteer)
Sunny Shaver

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Jamie Thomason
Mandy Tomlin

Food Service Staff
Sheryl Hight
Thelma Robinson
Jerry Billington
Janie Sanchez

We Make it; You Bake it - Available All Year!

The frozen quiche project was hugely successful during the holidays, but please remember that our quiches are also available throughout the year. We also offer quiche gift certificates which allow the recipient to select their favorite and pick it up whenever convenient. These delicious, cheesy quiches are perfect for bridal or baby showers, a special Valentine meal, a weekend brunch, or just whenever you want a great and simple meal for your family. All you do is place your order; pick it up at our office; pop it into the oven and enjoy! These 10-inch, frozen, ready-to bake quiches come in five varieties: **Quiche Mexicana** (vegetarian), **Ham & Cheese Quiche**, **Spinach & Mushroom** (vegetarian), **Italian Sausage Quiche**, and **Quiche Florentine** (spinach and bacon). Quiches are \$12.99 plus tax or two for \$25.00 plus tax and can be ordered by phone, fax, mail, or in person at our office. Keep us in mind when planning your next party, special occasion, or quiet evening at home and order one (or more) of these fabulous quiches. You'll know that your purchase is not only feeding your family and friends but also the homebound, elderly, and disabled in your community as all proceeds from the sale go to Lubbock Meals on Wheels.

To place an order:

Call our office at (806) 792-7971 • Fax order to: (806) 791-1835 if paying by credit card • Mail completed form below with check or credit card number to:

Lubbock Meals on Wheels | 2304 34th Street | Lubbock, Texas 79411

ORDER FORM (Please Print Clearly)

Quiche - \$12.99 + tax each
or 2 for \$25.00 + tax

___ Spinach and Mushroom (vegetarian)

___ Quiche Mexicana (vegetarian)

___ Ham & Cheese Quiche

___ Italian Sausage Quiche

___ Quiche Florentine (spinach & bacon)

Total # of Quiches: _____ \$ _____

Tax (8.25%) \$ _____

Total \$ _____

Name: _____

Address: _____

Daytime Phone: _____

E-mail address: _____

___ My check is enclosed

___ Credit Card: VISA, MasterCard, Discover

Credit Card Number: _____

Exp. Date: _____ Security Code _____

Orders will be available for pick up by special appointment at Lubbock Meals on Wheels. Please call to make arrangements. Thank you