

What is Plowshares?

Plowshares is a community dining center providing nutritious homemade meals and resources to our local hungry seniors, men, women, and children since 1983. We are supported by Mendocino County’s rich culture of volunteerism and generosity. We rely on this support to operate our Meals-on-Wheels Program, our Community Dining Room program, our Community Garden, and to serve as a hub for connection to community resources.



Plowshares Garden Cloud-Tree

By: Trudy Morgan

Programs and Services

Meals-On-Wheels: Nutritious homemade meals delivered free to homebound seniors, the disabled, and homebound/disabled veterans.

Community Dining Room: Free hot nutritious meals, Monday-Friday 11:30-12:00. Plus Saturday & Sunday meals 3:00-3:30 provided by Seventh-Day Adventist Church, Hunger Express and Interfaith Network of Churches.

Mail, Phone Message, & Personal Care Services: free personal care items, soap, shampoo, toothbrushes, facemasks, rapid COVID-19 tests, Narcan, socks, diapers, pet food, etc.

Out Reach: Consolidated Tribal Health Projects, RCS Building Bridges Day Center, ABC Day Program, AHUV Street Medicine Program, Mendocino County Public Health Adult & Aging Services, MCAHVN, Hospice of Ukiah, and more...

Plowshares’ Community Garden: Garden beds opened to the community, Managed by North Coast Opportunities, Inc., Gardens Project.

Plowshares’ Pet Care Program: Free veterinary services and pet supplies for homeless and low-income pet owners.

Food Share: Surplus food is shared with the Food Bank and other local agencies.

Worksite: For community-service workers sent by the court programs, sheriff’s office, schools, churches, and other programs.

Come Join the Plowshares Family!

Plowshares Community Dining Room is looking for fun, friendly & reliable volunteers to help in all positions. Including the kitchen, service line, mailroom, and senior Meals On Wheels (MOW).

Volunteer positions are available any day of the week. Substitute & on-call positions are needed as well. If you are interested in becoming a volunteer or for more information, please contact Makayah at: plowsharesmow@pacific.net or 707-462-8582.



MEALS SERVED IN FEBRUARY 2024

	Total	Daily Average
Meals-On-Wheels	5,720	197
Dining Room Meals	<u>2,049</u>	<u>71</u>
TOTAL MEALS	7,769	268

Plowshares' Weekend Community Meals!

All are welcome!

Every Saturday 3pm:

Seventh-Day Adventist Church

Every Sunday 3pm:

Hunger Express & Interfaith Network

THE PLOWSHARES ADVOCATE

is published 11 times a year and mailed to supporters of Plowshares, a 501(c)(3) nonprofit corporation (#68-0218781). Donations are gratefully welcomed and fully tax deductible as allowed by law.

PLOWSHARES STAFF

Michelle Shaw	Executive Director
Junior De Los Santos	Program Manager
Will Allen	Facility Manager
Stormy Sergeant	Office Manager
Makayah Tollow	MOW/Volunteer Coordinator
Leonel Valenzuela	Program Assistant

PLOWSHARES BOARD OF DIRECTORS

Sue Ranochak	President
Maria Hunter	Vice-President
Selima Shapiro	Secretary
Bev Williams	Treasurer
Alex Anzilotti	Board Member
Jennifer Brennan	Board Member
Carolyn Brown	Board Member
Jim Ratchford	Board Member
Robert Reveles	Board Member

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Our Wish List

Pet Food

Butter & Cheese

Bread

Juices (fresh or frozen)

Coffee (ground or whole)

Salad Fixings & Dressings

Fresh or Canned Fruits & Veggies

Proteins (beef, chicken, pork, turkey)

Spices & Olive Oil

Cream of Mushroom Soup

Toothbrushes, Razers, Deodorant

Bleach & Cleaning Products

Market value of donated items is fully tax-deductible.



Special Thank You To:

- Thank you, George & Ruth Bradford Foundation, for your continued wonderful support.
- Thank you, Char & Randy, for the generous Jacobs-Woods pet care program grant.
- Thank you, Shoefly & Sox , for donating over 150 pairs of shoes, for our in need guests.
- Thank you, Community Foundation of Mendocino Eva Dunnebeck & Beverly Morby Field of Interest Fund support.
- Thank you to the amazing couple that bought us a new reach-in freezer.



DONATE WITH A CREDIT/DEBIT CARD (VISA, Discover, Master Card or American Express)

Name: _____

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| <input type="checkbox"/> I authorize a <u>one-time</u> charge of: | <input type="checkbox"/> \$100 |
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| <input type="checkbox"/> Please keep this donation anonymous. | |

*Mail this coupon to Plowshares,
PO Box 475, Ukiah, CA 95482-0475
or call (707) 462-8582, or make a safe and easy donation
online at www.plowsharesfeeds.org/donations*

Many thanks to our business and In-Kind (non-cash-item) donors!

For confidentiality purposes, individual cash donors are not listed here except by request.

In-Kind Donors: FEBRUARY

Abhayagiri Buddhist Monastery
Big Earl's BBQ
Center for Hope
Costco
Express-it
Food Maxx
Fort Bragg Food Bank
Full Service Fire Prevention
Geiger's Hopland
Hunger Express
Klotter's – Redwood Valley
Lucky Supermarket
Pleasant View Dairy
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Redwood Empire Food Bank
Safeway
Saint Maries
Scootrz Deli
Sharon
Slam Dunk Pizza
The Bottle Shop Deli
The Hopland Store
Ukiah Natural Food CoOp
Ukiah Paper Supply
Vicky Johnson
Walmart

Business Donors: FEBRUARY

AC&R Heating & Cooling
Community Foundation Mendocino
*Eva Dunnebeck & Beverly Morby
Field of Interest Fund
Fowler Auto Center |Subaru
Franz Electric
Frey Vineyards
George and Ruth Bradford Foundation
Gobbi St Strings
Yokayo School 2nd Graders

THANK YOU!
thank you!



Plowshares

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plowshares@pacific.net
www.plowsharesfeeds.org



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The Impact We make Goes Beyond Addressing Hunger

Dear MOW team,

Amazing food, and program! I am thankful to each and every member of the team. I have seen many people in need benefitting like myself from not only the good food but in all actually, proof of life for many people. Sometimes your runners become the only person we will see that week. That alone tells you the need. So again, thank you to the whole organization top to bottom. A shining star which has been emulated elsewhere.. It is very effective at covering a specific niche that makes all of our society just a little bit better. A little bit happier in a grey World for many. For my physical health recently, it has been critical. I believe you service around half a dozen people in my building alone, for meals everyday of the week. Great job by everyone!

Sincerely and with warm regards, Mark Donegan.



Plowshares' MOW Program... "that no *senior* in our community go hungry."