

Plowshares Advocate

“That no one in our community go hungry...”

April 2024 / vol. 41, no. 04

Plowshares’ Senior Meals-On-Wheels Program!

Today, the average life expectancy is at a record high of 79 years. As we get older, even the most independent among us may experience physical declines or financial hardship that strips away our independence. Nearly 7.4 million seniors have incomes below the poverty line. That's an income of \$240 a week or less, which leaves very little for basic needs after housing, utility, and medical expenses. Add to that an increase in geographic mobility of our families, and the result is millions of seniors left behind, hungry, and alone, lacking the financial resources to pay for food.

Plowshares' Meals-On-Wheels program delivers free, freshly prepared meals to the homes of roughly 200 disabled, homebound senior recipients. We provide meals to these seniors seven days a week, for a total of over 70K meals a year! Our hot meals consist of proteins, carbohydrates, and vegetables. We also provide fruits, fresh green salads, breads, treats, and a weekly quart of milk with those meals.

And the value of the Meals-On-Wheels program goes far beyond the nutritious food we supply. Visits from our friendly volunteers are sometimes the only human contact our local seniors receive during the day. Some of them have told us, "You're the reason I get up and get dressed each morning!" or "I don't know how I'd get by without your help!" These welfare checks by our beautiful volunteers help allow seniors to safely remain in their own homes as long as possible, saving significant care-home costs to families, not to mention increased comfort and convenience for our seniors.

Help Ensure No Senior is Left Behind.

If you or your loved one is in need of our services, or for more info on how to get involved, contact: Meals on Wheels Coordinator, Makayah at plowsharesmow@pacific.net or (707) 462-8582.



“Sponsor a Senior”

\$35 provides meals for 1 week!

\$85 provides milk for 1 year!

\$150 provides meals for 1 month!

\$1,800 provides meals for 1 year!

Our Meals-On-Wheels Program has **“Sponsor a Senior”**. Meals-On-Wheels provides a much needed service to home bound seniors in our community. Sponsoring a senior, donating food or supplies, or volunteering are some of the ways you can participate to help us keep this program running and expanding to meet our local community’s needs.

MEALS SERVED IN MARCH 2024

| | Total | Daily Average |
|--------------------|--------------|------------------|
| Meals-On-Wheels | 5,785 | 187 |
| Dining Room Meals | <u>2,249</u> | <u>73</u> |
| TOTAL MEALS | 8,034 | 260 |

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

| | |
|------------------|----------------|
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Our Wish List

Juices (fresh or frozen)

Pet Food

Butter & Cheese

Bread

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, Razors, Deodorant

Bleach & Cleaning Products

Market value of donated items is fully tax-deductible.



***Join us in celebrating,
National Volunteer Week
April 21 – 27 2024!***



We cannot say thank you enough to all our wonderful volunteers!



Without all of you, we would not be able to do what we do. **Thank you!**

Visit our Facebook @PlowsharesUkiah for more fun pictures

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

Name: _____

Address: _____

City/ZIP: _____

Phone: _____

Email: _____

Card #: _____

Expiration Date: _____ CVV: _____

- I authorize a one-time charge of:
 - \$100
 - \$50
 - \$25
 - Other: \$ _____
- Automatically charge my card each month:
- 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: March

- Abhayagiri Buddhist Monastery
- Beverly Harman & Jay McAllister
- Big Earl's BBQ
- Center for Hope
- Costco
- Express-it
- Food Maxx
- Fort Bragg Food Bank
- Geiger's
- Holy Trinity Episcopal Church
- Hopland Market
- Hunger Express
- Lucky Supermarket

- Pleasant View Dairy
- Raley's
- Redwood Empire Food Bank
- Safeway
- Scotrzi Deli
- Sharon
- The Bottle Shop Deli
- Tractor Supply
- Ukiah Natural Food CoOp
- Ukiah Paper Supply
- Walmart

Business Donors: March

- AC&R Heating & Cooling
- El Azteca Mexican Restaurant
- Fowler Auto Center | Subaru
- Frey Vineyards
- Gobbi St Strings
- North Coast Opportunities





Plowshares

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POSTAL CUSTOMER

PLEASE PLANT A ROW FOR PLOWSHARES!

It's that time of year! As you plan and plant your vegetable, fruit, and herb gardens this year, please think of our Meals On Wheels seniors, and hungry guests dining room and how much we appreciate fresh local produce. Then "plant a row" or a veggie bed for us.



The market value of donations is tax-deductible, and we're happy to list and acknowledge your in-kind donation in this newsletter.



Plowshares' Programs... "that no one in our community go hungry."