

## What is 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 195 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](mailto: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 MAY 2023

	Total	Daily Average
Meals-On-Wheels	5,708	184
Dining Room Meals	<u>1,941</u>	<u>63</u>
<b>TOTAL MEALS</b>	<b>7,649</b>	<b>247</b>

## 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
Rhonda De Los Santos	Program Manager
Will Allen	Facility Manager
Open Position	Office Manager
Junior De Los Santos	Program Assistant
Makayah Tollow	MOW/Volunteer Coordinator

### PLOWSHARES BOARD OF DIRECTORS

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

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## Our Wish List

Fresh or Canned Fruits

Bread

Butter & Cheese

Coffee (ground or beans)

Juices (fresh or frozen)

Salad Fixings & Dressings

Cream of Mushroom Soup

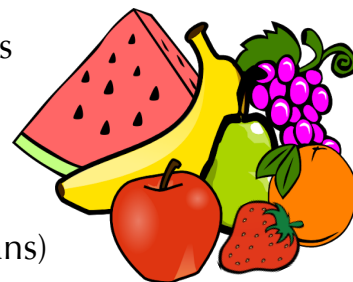
Spices & Olive Oil

Proteins (beef, chicken, pork, turkey)

Fresh or Canned Veggies

Toothbrushes, Razers, Deodorant

Bleach & Cleaning Products



**Market value of donated items is fully tax-deductible.**



**We're still looking for an Office Manager.**



Flexible daytime M-F hours, lunch provided, and a lighthearted, fun & Friendly team environment.

The Office Manager works collaboratively with the Executive Director to support Plowshares programs by maintaining office systems and procedures, and ensuring the office environment is clean, efficient, professional, and welcoming to staff, volunteers, and visitors.

Under the direction of the ED, the Office Manager oversees the administration of financial operations, HR, records, marketing, and payroll. The Office Manager is professional, organized, has excellent communication skills, and is available to work some weekends.

For the full job description, please stop by our office or visit our website, [www.plowsharesfeeds.org/open-positions](http://www.plowsharesfeeds.org/open-positions)

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

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/ZIP: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Card #: \_\_\_\_\_

Expiration Date: \_\_\_\_\_ CVV: \_\_\_\_\_

- I authorize a  \$100  
one-time charge of:  \$50
- Automatically charge  \$25  
my card each month:  other:  
\$ \_\_\_\_\_
- 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](http://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.*

**May In-Kind Donors:**

- Abhayagiri Buddhist Monastery
- Anita McAvoy
- Beverly Harman
- Big Earl's BBQ
- Costco
- Express-it
- Feathers Barber & Beauty Supply
- Feathers Hair Artistry w/Shirley
- Food Maxx
- Fort Bragg Food Bank
- Golden Rule Garden
- Hunger Express
- Judy Lemke
- Judy Waterman
- Krista Savonen
- Lucky Supermarket
- Mendocino County Sheriff Office

- Pleasant View Dairy
- Raley's
- Redwood Empire Food Bank
- Redwood Gospel Mission
- Center For Hope
- Ron & Francine Selim
- Safeway
- The Bottle Shop Deli
- Ukiah Natural Food CoOp
- Ukiah Paper Supply
- Walmart

**May Business Donors:**

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- Anchor Medical Co.
- El Azteca
- Elliott's Christmas Trees
- First Baptist Church - Ukiah
- Fowler Auto Center |Subaru
- Franz Electric
- Frey Vineyards Winery
- George & Ruth Bradford Foundation
- McCarty's Auto Body
- Mendocino Food & Nutrition
- Mendocino Metals Inc.
- Motosports of Ukiah
- Orr Hot Springs
- Ukiah Natural Food CoOp
- West Coast Enterprises





# Plowshares

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## Feedback From Our Meals-On-Wheels Seniors!

We want to share this wonderful feedback we received, regarding our Senior MOW program and our amazing volunteers. This anonymous survey was conducted by NCO's RSVP program.

*"I am grateful for all of you. Everyone who brings my food are angels and have been so kind and helpful. I'm very appreciative."*

*"The folks who come to my home are friends. One volunteered with my husband ... one lady I went to school with & her husband comes too."*

*"I give them all kudos for helping people like me!! Thank you!!"*

*"Thanks to one and all. Stay safe out there!!"*

*"I'm very grateful for MOW, it's hard to feed myself sometimes, as I have to buy cat food too. I get lovely meals and enjoy not being hungry."*

*"I get to see the volunteers!"*

*"There are no words adequate to describe how much of a difference seeing the MOW volunteers weekly x2 make in my lonely life, not to mention the nice meals. Thankful am I."*

*"Thank you! God bless you!"*

*"Wonderful program!"*

*"MOW more than met my expectations. <3"*

*"I had no idea I would so appreciate MOW, thanks so much!"*

*"Thank you! I appreciate your timely and friendly visits. I'm stronger and healthier because of you."*

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