

# Essential Elements

Providing essential services that improve health, reduce isolation and promote independent living for seniors in our community.

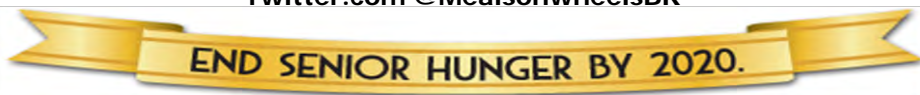
Winter 2011

## *A Season of Giving ~More Than a Meal~*

Through donations of time and money; BMOW staff, families, and volunteers gather together and care for those seniors who are alone during what is supposed to be "the most wonderful time of the year".



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Please visit [www.bmow.org](http://www.bmow.org) or call 954-731-8770 for ways you too can make a difference.

***A Message from Broward Meals On Wheels  
Executive Director, and  
National MOWAA Chair Peggy Miller***



Executive Director, Peggy Miller

**Inside this issue:**

Holiday Activities & Chocolate Extravaganza	P 3-5
Volunteer Spotlight	P 6-7
BMOW in the News Complete Cuisine update	P 8-9
Interns & Community Partnerships	P 10-11
Ask the Nutritionist & Senior Health Now	P 12-13
Hanky Panky & New Building Update	P14-15



*The present and future for BMOW is just so exciting. We are changing and growing to address the future expanding needs of a well run business and the needs of a growing and changing senior population. We purchased a permanent home whose mortgage payment will be less than we currently pay for rent! Our new home will allow us to expand services and become more visible in the community. We are addressing management and staffing changes required during this expansion. Through all our changes, we are still addressing the growing needs of our community. This newsletter exemplifies our commitment to you, this community, and that we are more than a meal.*

*As you plan your year-end giving or estate planning, we ask that you consider naming a room in our new building and support the services we provide to so many.*

*As we welcome 2012, we will continue to be a business with compassion for people and the desire to serve. Thanks to the dedication and generosity of our volunteer and donor family, we are better equipped than ever to meet the growing number in need in our community.*

*Wishing you and yours a safe and joyous holiday season.*

A handwritten signature in black ink that reads "Peggy Miller". The signature is fluid and cursive.

# 23 Years of Holiday Tradition



*BMOW Holiday Box Project*

## ***Thanksgiving Meal Project***

On November 24<sup>th</sup>, Broward Meals on Wheels delivered 500 hot meals along with flowers and placemats made by Broward School children to area seniors and Meals On Wheels clients who were alone on Thanksgiving Day. This annual tradition, in its 23<sup>rd</sup> year, encompasses our mission to end senior hunger by the year 2020. More than 50 BMOW staff and volunteers spent Thanksgiving morning in service to those in need. These meals were made possible through the kind donations from our community, including the Fort Lauderdale Eye Institute doctor's group.



## ***Holiday Gift Box Project***

Broward Meals On Wheels delivered 60 Holiday Gift Boxes with numerous goodies for those clients identified by our social work team as alone and in need of basic necessities, such as soap, combs, wash cloths, toothbrushes, towels, etc.... Our staff and volunteers package and wrap all items along with cards of hope made by Girls Scout Troop 11056 of Pembroke Pines. This tradition is a blessing for both the organization and recipient. The Holiday Box project, is also in its 23<sup>rd</sup> year, is made possible through the generosity of Unitarian Universalist Church of Fort Lauderdale (2<sup>nd</sup> year in a row), Friends of Nancy Flythe, volunteers and BMOW staff.



# Chocolate Extravaganza

Saturday, October 15, 2011/Hugh's Culinary/7pm-11pm



**October , 2011**- Broward Meals on Wheels (BMOW) hosted its 5th Annual Chocolate Extravaganza on Saturday, October 15th, from 7:00 PM to 11:00 PM at Hugh's Culinary, in Oakland Park, FL. Featuring the ever popular "Chef's Challenge" and a new addition this year the Cupcake Challenge. With attendance of over 300 guests the event was a huge success.



## Chef's Challenge Winners

The Chef's Challenge portion of the event introduces teams that vie to outdo each other in variety, style, skill and presentation of their individual expression. On the evening of the competition, teams are introduced to a secret ingredient, challenging them to creatively incorporate it in their final dish. The culinary creations are then judged based on taste, presentation, and originality. This year's competition resulted in a "Best Overall Entrée" by Team Gerety, led by BMOW's own Board Chair Michelle Gerety.

## THANK YOU ...

**Helen  
Calvit**

**GOREN  
FAMILY**



The other participating teams were return team BNI West Execs, Community Associations Institute-SE Florida Chapter, Inc. With newcomers Marlin's Community Foundation and The Peninsula.

The Cupcake Challenge winner, chosen by the guests, was My Cupcake Love; owner Michelle Farley was speechless as she received her Gift basket of goodies. Other cupcake challenge participants were: Cupcakes by Erica, Gourmet Cupcakes and Cupcake Boutique. All said they would be ready again next year.



**Cupcake Challenge Winner**

The Chocolate Extravaganza has become a popular event for Broward Meals on Wheels, as the agency seeks to educate the public about the increasing seriousness of senior hunger right here in our community.

Visit our page for more photos and highlights from the event.

[www.facebook.com/browardmealsonwheels](http://www.facebook.com/browardmealsonwheels)



## ....to our SPONSORS!



# Volunteer Spotlight



## Fort Lauderdale—

Every Tuesday morning at 7:15am, Thomas Wilson drives his little red pickup truck to a church parking lot in Dania Beach to load and deliver his Meals On Wheels. A Michigan native, Tom began delivering meals a year ago after he received his PHD in Corporate and Organizational Management with a research specialty in workplace aggression including bullying and harassment. "I was so frustrated at the job market, and all of the rejection letters, I decided I needed to do something to get outside of myself", said Wilson. "I always knew about Meals On Wheels because I would help my parents in Michigan where they volunteered to feed the homeless through their church." Since he has been delivering for BMOW, Tom says his own perspective has improved even though his job situation has not. He is currently living in Fort Lauderdale, teaching part-time at a local university, and enjoying the relationships he has developed with his clients. "They look forward to seeing me and that makes me feel good". Tom encourages anyone who is dealing with personal challenges to do something for someone else.

"It's the best medicine" he says.

Thank you Tom for joining the BMOW family.



## Coral Springs, FL—

Pat Glick begins each week with her Monday morning meet up in a church parking lot in Coral Springs. She loads her car with meals, and begins her deliveries with joy in her heart. "It's the best way to begin a week full of gratitude" she says. After retiring from the insurance business a couple of years ago, Pat thought it would be good to do something for someone else. "In the insurance business we were always asking people for something and I decided in retirement I wanted to give instead". Originally from Connecticut, Pat recalled a gentleman she knew there who had relied on Meals On Wheels and she was impressed by the community service and the commitment the organization made to seniors in her hometown. This memory helped Pat to decide to begin delivering meals with BMOW in September of 2010. She has a personal connection with each of the clients. She looks forward to seeing them and they feel the same. Pat brings much more than a meal. "The need for a human connection is an essential part of life" she said. "I ask about their health, current events, and when appropriate I try to give them a hug. These are things most of us take for granted". In addition to meal delivery, Pat also does grocery shopping. "She brings the outside world to me", her client said with tears in her eyes. "I would be lost without her". Pat Glick is definitely an angel to her clients, and we are grateful to have Pat as a member of our BMOW family.

## Non Profits Need Support

Already slammed by rising demand for services and greater reluctance by givers to give, non-profits are taking a particularly harsh hit from state and local governments. That is the urgent message from the **National Council of Nonprofits**. Despite employing 13.5 million people, providing services like day care and elder care that make it easier for people to get and keep jobs, non-profits, in short, do a lot of the heavy lifting on the symptoms and causes of tough and deep-seated social issues, yet they often are taken for granted. Funds are being cut for basic essential services. Non-profits are indeed indispensable, your support and volunteerism is needed.



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[www.mymealsonheels.org](http://www.mymealsonheels.org)



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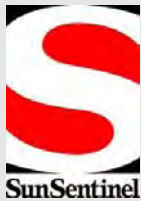
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# BMOW in the News

Recent media coverage sparked an increase in donations. The holidays, lack of jobs, personal finances, and the current economy seems to leave many searching for those who are less fortunate; leaving many looking for messages of hope. They seem to have found it with Meals On Wheels.



Sun-Sentinel writer Susannah Bryan covered our Meals for Companion Pets Program in a touching tribute which ran on Thanksgiving Day. Here is an excerpt from her story:

.....There are 5,000 Meals on Wheels programs across the country, all independently operated, said Mark Adler, Associate Executive Director for Broward Meals on Wheels.

"We are one of the few that offers a pet food delivery program," Adler said. The Meals for Companion Pets program was founded in 1999, after social workers noticed that some seniors were sharing their own meals with their pets. The number of people applying for the Meals for Companion Pets program has nearly tripled in the past two years, Adler said. That could change if the agency had more donations and volunteers to help distribute the food,

he added. Adler expects demand to grow as more seniors have trouble paying bills and learn about the program. "For many of the seniors



signed up for the Companion Pets program, their animal is their only companion, said volunteer Rita Martin. "For a lot of people this is the only companionship they have — especially if they don't have family close by," said Martin, an Oakland Park resident who has been a volunteer for Broward Meals on Wheels for the past five years. "This is a great program to help them take care of their pets."



Miami Herald writer Fabian Lyon recognized a local high school senior for his outstanding example and his service to Broward Meals On Wheels on the Friday after Thanksgiving in the sports section.

.....Two hours before a 9 a.m. practice this past Wednesday, Brown was packing a delivery truck, then riding along to assist in the distribution of the meals.

"Volunteering has really opened my eyes to how fortunate I am," Brown said.

"Just to see how some of the people can even smile on a day-to-day basis after all they have gone through, it is very heart-warming for me. It lets me know that any problems I might face can't even compare."



Brown's volunteer work includes organizing pet food drives for clients and stocking the pantry at Calvary Chapel for the homeless and needy. Brown, who sat on the Meals on Wheels teen advisory board as a junior, said the hard-luck stories he has heard while volunteering has brought new perspective. "In the blink of an eye it can all change for anyone," Brown said.



Pelican writer Bill Johnson covered a story published in The Pompano Pelican

about the need for more volunteers to deliver meals and the personal satisfaction gained from service to others...." my mother depended on the meals for 10 years, she loved her delivery man. She looked forward to seeing him" said volunteer Walter Zawislak when asked about how he got involved with Broward Meals On Wheels.

For the complete articles quoted here please log onto [www.bmow.org](http://www.bmow.org)  
If you or anyone you know would like to learn more about the incredible stories of hope and service, you may contact Amber VanBuren, PR & Marketing Coordinator at 954-714-6922  
[avanburen@bmow.org](mailto:avanburen@bmow.org)

# BMOW Goes Gourmet

Anyone can order **Complete Cuisine** to be delivered right to their door. Perfect for those who need a break from the kitchen, those who dislike cooking for one, professionals on the go, or for taking for lunch at work, **Complete Cuisine** offers a huge variety of healthy, great-tasting meals.

Teaming up with Four Star Catering, an experienced, local, high quality catering service, BMOW's **Complete Cuisine** is now offering a gourmet a la carte menu that will tempt even the most selective pallet. Choices range from a mouth watering Mediterranean Shrimp or a Stuffed Veal Breast to a fresh Chicken Caesar Salad or a fruity and light Pineapple Soufflé.

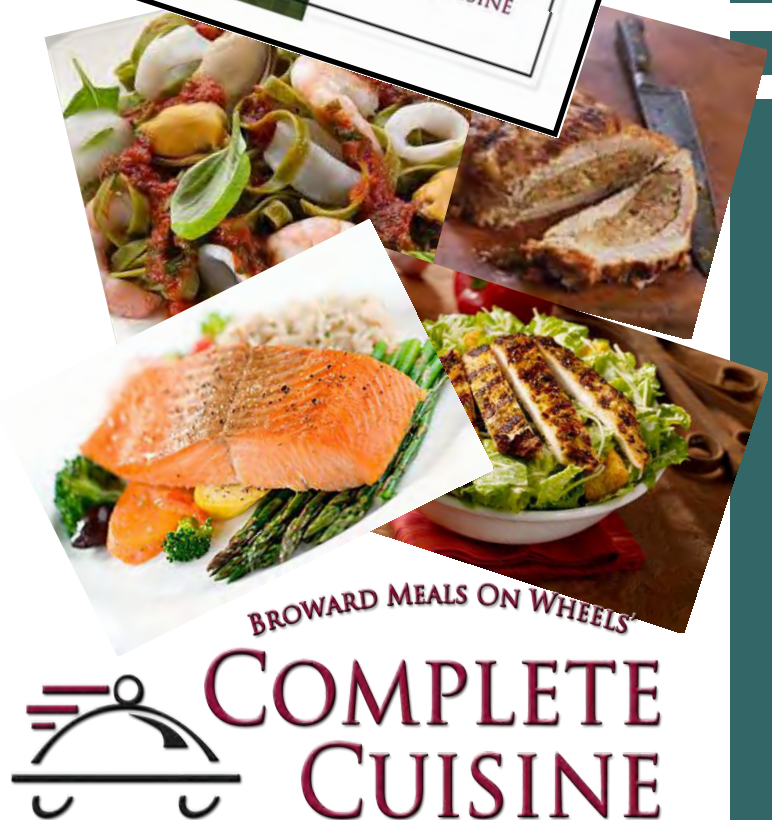
**Complete Cuisine** entrees and side dishes are all ordered a la carte, so the combinations of menu items available are virtually endless.

A 5 day supply of meals, each meal can easily feed 2 people, is only \$33.50, including delivery.

To view the entire **Complete Cuisine** menu, visit [www.bmow.org](http://www.bmow.org) and click on '**Complete Cuisine**'.

Coming soon.... Online ordering!

**Order NOW**  
**954-731-8770**



## *Interns leave their mark at BMOW*

**Nutrition Education Counseling gets a helping hand**—Broward Meals on Wheels has mentored over 90 Dietetic Interns since 1994. The Interns are from Florida International University, Pascoe County Health Department and the newest partnership with Keiser University. Under the supervision of our Licensed, Registered Dietitian, Ann Chickowski, these students gain experience in the field of Community Dietetics, helping them transition from class work to real world. Many of the students will graduate and work in hospitals without really knowing what environment their patients face after being discharged. “Our” Interns have been a part of our family and advanced in their profession and impact the community with the BMOW message that we are more than a meal.



*Emanuela Dames*

*Amanda Amigo*



“The interns not only learn the regulations pertaining to a feeding program but see the commitment and dedication of so many helping those in need” said FIU Program Director Dona Greenwood. “Not only do the Congregate Meal sites offer the interns an opportunity to teach the clients about the subject the interns love but the clients also share their stories with the interns – from a laugh to tear – the interns grow to ‘love’ those at Meals on Wheels.

Our program is unique because the time, energy and expertise Ann shares with each intern exposing them to the “real world” lives of seniors. I have not had an intern complete a rotation at Meals on Wheels and not encourage others to experience this very caring organization. My words of *thank you* cannot express my true appreciation for all that the team does and shares to assist the interns grow in their community rotation.” The intern portion of the rotation is just before they begin their “clinical” experience, and receive

their Masters Degree certification. The interns will then be able to sit for the Registration Exam and become Registered Licensed Dietitians. Current FIU interns Amanda Amigo and Emanuela Dames, (pictured) are both seeking masters’ degrees in dietetics and nutrition.

These ladies became a part of the BMOW family in mid October 2011. When asked about a personal impact of their internship at BMOW, Ms. Amigo said, “Observing the living situation of some local older adults has truly affected my outlook on senior nutrition and we appreciate the opportunity”. Both aspire to work as clinical dieticians in a hospital or nursing home environment. Their official term ended in 7 weeks, but they take away the experience which lasts a lifetime.

# Community Partnerships

## SFHC intern has personal connection to Meals On Wheels—

Desmond Granger (pictured) joined the BMOW family in September 2011 as an AmeriCorps Volunteer with the South Florida Hunger Coalition (SFHC). AmeriCorps is a national community service program run by the federal government and VISTA is one of its sub-programs.



*Desmond Granger*



A newly formed nonprofit, SFHC's mission was born out of the local "Million Meals" committee formed by area leaders to eradicate hunger. They serve as a network and support agency for emergency food providers and community gardens in Broward County. Broward Meals on Wheels welcomed SFHC to their office and hosts the young non-profit as its fiscal and administrative agent.

Grangers' responsibilities include neighborhood awareness and creation of information presentations on for the Supplemental Nutrition Assistance Program or SNAP, (formerly known as the government food stamp program). "This work relationship is not the only connection I have to Meals on Wheels" said Grainger, whose internship ends in January of 2012.

He said, "My Grandmother, Florence McClain (we call her Mimi) was a client of Meals on Wheels in Farmington Hills, Michigan until she had a bad fall, and now she is living in an assisted living facility. Mimi has lived by herself since my Grandfather died years ago, and our family is spread out all over the country, so the Meals on Wheels personnel were the only people who saw her on a daily basis. When she fell,

## Broward Coalition On Aging (BCOA) honors longtime BMOW employee-

Vickie Ginton, BMOW Programs Coordinator and 14 yr BMOW Veteran, was chosen BCOA Outreach Committee Chairperson. BCOA is a countywide networking group of business professionals and service providers



*Vickie Ginton*



who work with the senior population. The outreach committee is responsible for collection of funds and food for donation. They identify projects for low-income senior communities and non-profit organizations. They also collect donations such as toiletries or hurricane supplies, then deliver them to selected locations. "I get to network closely with other agencies...compare what's available out there as it relates to the needs of our clients" said Ginton. The office term is for one year and ends in October 2012.

and she was unable to get up. It was the Meals on Wheels personnel that noticed she didn't come to the door like she usually did and notified my uncle who found her and was able to get her help. Who knows what would have happened to Mimi if not for Meals on Wheels? Meals on Wheels personnel probably saved my Grandmother's life. My family is extremely grateful for this organization and the wonderful work that they do."

## Ask the Nutritionist



**Question:**

We used to use Honey to stop a cough. Is this really effective or is it a myth?

**Answer:**

A Pennsylvania study of 100 people found just one spoonful of honey can help quite a nighttime cough better than some over the counter cough syrups. Honey coats and soothes the throat to help calm coughing. It is generally safe and can be used repeatedly as needed. Make sure your cough is caused by a cold and not a more serious condition. Honey does have a high sugar content and should not be used by diabetics.

**Question:**

Is cranberry juice good for me?

**Answer:**

Cranberry juice is a great source of fluid. It is also high in vitamin C. But beware—cranberry juice does have calories, around 120 calories for 1 cup. Drinking several glasses a day can provide extra calories that you do not need and might make you gain weight. Cranberry juice that is sweetened with low-calorie sweeteners has fewer calories. Look for the lower-calorie version at your grocery store, located next to the other cranberry juice.

Be careful if you are taking a blood thinning medication such as Warfarin/Coumadin or Plavix for a possible interaction that may lead to bleeding. This reaction is rarely found if you drink 4-6 oz. cranberry juice per day but can occur when taking cranberry extract pills which can contain 500 mg. cranberry extract.

**Question:**

Is it true that Ginger can help reduce nausea?

**Answer:**

A large national cancer institute funded study found that taking as little as one-quarter of a teaspoon of ginger daily for three days before chemo cut their nausea by 40 percent. A small amount of fresh or powdered ginger works better than larger doses and ginger taken with anti-vomiting drugs works better to control nausea than drugs alone. Do not go above 2 grams of ginger which can be in the form of ginger extract capsules and purchased in most grocery stores. The higher amount may actually cause your stomach to be upset.

**Question:**

Can cranberry juice cure urinary tract infections?

**Answer:**

No. Research does not say that cranberry juice, capsules, or concentrate can help treat UTIs. If you have a UTI, see a doctor to get a prescription for an antibiotic and take the medicine as instructed. Cranberry juice has been recommended as a way to prevent urinary tract infections (UTIs). Cranberry juice keeps bacteria from attaching to the walls of the urinary tract preventing infection. Cranberry juice provides additional fluids, which is possibly another reason it helps prevent recurrent UTIs. It appears that cranberry juice or capsules may decrease the number of UTIs over a year, especially for women who have UTIs frequently. However, the exact amount or form of cranberries (juice vs. capsule) that is needed is not clear.

## *BMOW Program offers FREE assessment classes*



The Senior Health NOW! Grant completed its first cycle of Nutrition Classes in November 2011. With the guidance of BMOW's nutritionist, Ann Chickowski, and with the assistance of our Partnership with FLIPANY, we provided 12 classes of 10+ students throughout Broward County. At the beginning of each session, each student received a one-on-one Nutrition Assessment completed by a Registered Dietitian, plus a follow up done after 90 days. At graduation, each student received recognition with a SHN Medallion, a gift certificate to Publix, and an invitation to attend SHN's Annual Chef's Cook Off. Classes are free and are held in Churches, Condo Clubhouses, Community Recreation Centers, and Senior Centers. We also offer free medical assessments to those who need it. The current curriculum consists of focusing on eating more fruits and vegetables and healthy cooking. All of the participants were grateful for the "Eat Smart, Live Strong" program, including BMOW employees Joan LaSharr, and Gloria Weiss. We received glowing reports from graduates of the class and look forward to the 2012 Nutrition Year!

**If you would like to know more about the nutrition services and demonstrations offered through Senior Health Now!**

**Please contact Monica Pavlik, Project Manager  
954-714-6942 or email: [Mpavlik@bmow.org](mailto:Mpavlik@bmow.org)**

# ***BMOW and a lil "Hanky Panky"***

**Local Business  
Partner for BMOW's Meals for  
Companion Pets Program  
Pompano Beach, FL**

For the past 7 years, Henrietta Phillips (aka: "Hank") has been collecting needed items and donating them to Broward Meals On Wheels clients through her consignment store in Pompano named "Hanky Panky". Hank has been in the consignment and estate buying business for 33 years. Hanky Panky, located at 2301 W. Sample Road, Pompano Beach, offers a variety of furniture, accessories, household merchandise, lots of clothing, purses and all varieties of gifts. Hank prominently displays several posters and baskets in her store that encourage patrons of her store to donate dog and cat food to BMOW's Meals for Companion Pets program.



This year, as in previous years, Hank is donating assorted pet-related consignment items to our client's pets for the Holidays. The connection between Hank and BMOW came about through one of Hanks long-time customers Bobbi Arnold. Bobbi has volunteered for our ***Meals for Companion Pets Program*** for almost 12 years and is an advocate for

the organization in all her affairs. During her many years of volunteering, Bobbi has developed relationships with her clients and can identify when they have needs outside the scope of meals and pet food. These ladies exemplify another BMOW community partnership that truly enables us to provide our clients in need with "More Than a Meal".

*Hanky Panky is open Monday to Saturday from 10 a.m. to 5 p.m. Visit the web site at [hankypankys.com](http://hankypankys.com) or Call 954-973-2882.*



***Serving Broward County with:***

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- **7,000 Hours of in home Assessments**
- **200 Meals For Companion Pets**
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- **Emergency Meals**

# New Building Update



December 2011-

Our new home is beginning to take shape!

Walls, wiring and ductwork are well under way and we will be moving to our new home in the Spring of 2012.

We have a million ideas on all the great services and programs we will be able to offer in our new space and we welcome and encourage you to share your time, talent and treasure in making these and more ideas come to life.

We are seeking BMOW supporters who believe in this bright future to join in building the vision by naming and sponsoring rooms, the computer lab, community center, pet food warehouse, demonstration kitchen and more!

Working together, we can and will continue to improve health, reduce isolation, promote independent living and provide More Than a Meal to our seniors for many years to come.



Want to come check it out? Call Mark Adler at 954-714-6940 to set up a tour or to see how you can be a part of building a strong BMOW future.



Broward Meals on Wheels  
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Tripp Harrison was raised in South Florida and has developed a love for the tropical beauty of the warmer climate. Through his eyes and through his brush, you will feel the peacefulness with slight nuances of light.

***MORE than a  
MEAL***  
***Volunteer Appreciation  
and Awards ceremony***  
**March 23rd, 2012**  
**5-8pm**  
**Garden Plaza at Inverrary**

***6th Annual  
Chocolate  
Extravaganza***  
***October 20, 2012***