Meals on Wheels of Northwest Indiana delivers 325,000 meals annually, with the support of community volunteers, to seniors and others in need in Lake, Porter, Newton, and Jasper counties in northwest Indiana.
RESULTS ARE IN

Thank you for riding with us! Nearly 100 people of all ages and some amazing local businesses participated in this year’s Spinning Spokes Feeding Folks bike ride in August. Marty and Becky Semrau, Jackie Claus, Cindy David, Guy Gallico, Sharon and Karl Koch, Dave Hargens, Jim Weber, worked hard to bring a fun event celebrating health and the Meals mission.

You raised enough to help deliver over 1,600 meals to seniors in need!

THANK YOU TO EVENT SPONSORS:

N.A. Logan, TEAM Industrial Services, CAASH Charity, McColly Real Estate, Mechanical Test and Balance, Inc., Pete & Sons Auto Repair, Marty and Becky Semrau, in memory of Dotzi Rossi and Ed Kowalski, Air Filter Heating and Cooling, Anthony Hirschenberger DDS, Oliver Packaging and Equipment Company, Pleasant View Dairy, Tech Credit Union, and Vidimos

Thank you also to: Calumet Supply, Costco, Eco Services, Jewel-Osco, Strack & Van Til, Target, Walt’s Food Center…and you!

SHINY WHEELS PROVIDE MEALS

Our friends at Pete & Sons Auto Repair held a Classic Car and Bike Show for Meals on Wheels August 25. Pete and Sons is a 4th generation family owned local business, and the event was led by Zach Breuckman. A record number of people brought cars and motorcycles, won awards, listened to live music, and had a great time.

Meals on Wheels provided pork and rice burritos, prepared fresh in our commercial kitchen. The event raised enough to help deliver 1,200 meals. Check out car photos at Facebook.com/MOWWIN.

ANGELA’S STORY

Angela is the kind of person who makes the effort to spread good news—like how much she loves being a client of Meals on Wheels NWI.

“I signed up for Meals because I needed help with eating regularly to manage my diabetes. The friendships I’ve made have been just as important,” said Angela.

Angela cares for her adult son with special needs, which doesn’t leave much time to care for herself. During the pandemic, some of the services her son relies on have shut down, leading to more stress for the whole family.

Meals on Wheels offers Angela a daily bright spot and new friends—like her driver delivery, Pat, and her Phone Pal volunteer, Nancy.

Angela also struggled to eat the regular, healthy meals that help her manage diabetes. Meals on Wheels helps her eat differently, with more vegetables and variety than what she would prepare herself.

“Meals on Wheels gives me an inner sense of worth,” Angela said.

Angela grew up in Glen Park with a large family. Sometimes the family would gather for bunco or to stay up all night on Christmas Eve. Do you remember that song that says, “Fall on your knees?” We were so tired we would fall on our knees literally!” Angela said.

After graduating from Lew Wallace, Angela commuted to Chicago’s Loop for her job at an insurance company. Her husband is a retired volunteer firefighter and now works at a warehouse. She loves crossword puzzles and being taken to visit her granddaughter in Crown Point each Sunday.

Make a Difference for Seniors in Need! Make your gift securely online at WWW.MOWWIN.ORG or use the enclosed envelope.

HEALTHIER, TASTIER, AND PEFFERS – Meals on Wheels Kitchen Enhancements

Keith is a graduate of Purdue University’s Hospitality and Management program. From owning his own restaurant to managing food operations in catering and healthcare, Keith brings his knowledge and passion for scratch-made meals and healthy eating to our kitchen.

With Keith’s leadership, we’ve expanded how we partner with farmers and vendors, using more unprocessed ingredients and fresh fruits and vegetables. We’ve created a frozen meal line so we could make sure seniors who used to go to senior centers for lunch could still get nutrition. We enhanced our safety procedures, too.

The changes make delicious and appealing meals, improve the nutrition of each meal, and give us more control of therapeutic diets for people with medical conditions.

Kudos to Julie Bronisz, Rhonda Robbins, and contract chef William McIroy, who worked together to lead these changes and keeping our kitchen running without a glitch during these stressful times.

Heartland Title Services, A to Z Storage Center, Affordable Distinctive Luxury Homes of Northwest Indiana, D&D NAPA, Al’s Fire, McMahon and Associates CPAs, Johnson & Mikulski Diesel & Automotive, William and Terry Bish, and USA Tools

Special thanks to Zach, Pete, Joe, and Lisa Breuckman; Frank Ruvoli for providing music; Crown Point Printing for merchandise; Wayne Creative Services; Local 219 for promotional videos; Legacy Team Sports for winners’ trophies; and all the businesses that donated prizes.
COMMUNITY COMES TOGETHER TO NOURISH SENIORS DURING GLOBAL PANDEMIC

We never imagined how the Coronavirus pandemic would test all of us. But our community is resilient. The kindness and generosity coming from so many businesses, volunteers, and donors is truly incredible. THANKS TO YOU, WE’VE NEVER STOPPED DELIVERING ON OUR MISSION.

To meet the additional needs of our community, MOWNWI began creating our own frozen meals. Special volunteers pack the meals and deliver them weekly.

We delivered weekend frozen meals free to all clients in June to provide extra nutrition, and clients can order continued service.

We’ve partnered with senior centers and Northwest Community Action Agency to deliver meals to seniors stuck at home with no access to meals at senior centers closed during the pandemic.

We’re distributing meals to people in need in partnership with an anonymous donor, 219 Health Network, faith organizations, Salvation Army, Gary senior high rises, and the leadership of Gary, East Chicago, and Porter County. MOWNWI also delivered three meals a day to homeless COVID patients discharged from the hospital, helping them regain their health.

Blueprint Foods and WG Provisions delivered pallets of fresh food through the new USDA Farmers to Families Food Box program. Our friends at Dawn Foods and the Food Bank of NWI loaned their freezers for storage.

Horseshoe Casino and Valparaiso University donated fresh food when they closed their kitchens during the pandemic, and MOWNWI quickly adapted menus to deliver it to clients.

The new Phone Pal program launched during COVID supports seniors’ needs beyond food. Volunteers bring the connection and heart that makes MOWNWI so much more than a meal. From the bottom of our hearts, thank you for caring.

DUE TO COVID-19, AN EVEN GREATER NUMBER OF OLDER ADULTS ARE HUNGRY, AND MANY SENIORS ARE LONELIER THAN BEFORE THE PANDEMIC.

Loneliness and social isolation increases the risk of cardiovascular disease, type 2 diabetes, immune and respiratory illnesses, cognitive decline, dementia, Alzheimer’s, depression, suicidality, and addiction and causes an extra $6.7B in Medicare spending annually.

1 in 3 seniors are LONELY

Loneliness and isolation increases earlier death by 32%

The negative effects of loneliness on health are similar to smoking up to 15 CIGARETTES A DAY

Sources: Meals on Wheels America, National Social Isolation Summit

SUPPORT US WHILE YOU SHOP THIS HOLIDAY

Visit bit.ly/mealsnwi

amazonsmile

Amazon donates when you shop!
GINA-CAROL JONES - PLANTING THE SEEDS

“The seed was planted into my family, so I’m just planting the seed back into someone else’s,” said new donor Gina-Carol Jones, Gary resident.

Even though Gina-Carol is furloughed from her job leading some of Chicago’s top hotels, she’s committed to tithing 10% of her income to different ministries, organizations, and people in need.

“Everybody has a purpose. I’m not sure what I’m supposed to do next, but I believe God will make sure yours and more than that is taken care of when we take care of His kingdom and the need of others.”

Gina-Carol visited the Meals on Wheels website and saw the demand for Meals is stronger than ever. She felt called to give by her faith, and to choose Meals on Wheels because somebody she loves benefitted from Meals.

Gina-Carol lost her father to lung cancer on April 1, 2015. He was a veteran and a retired educator. Her grandmother passed away just after 9/11 when she was 90. Meals on Wheels helped both of them.

“It feels good to give, and takes me out of my worry and myself,” Gina-Carol said.

Since COVID-19 started, Gina-Carol has made 16 gifts to Meals on Wheels! Gina-Carol’s acts of love and service have helped deliver 235 meals to help other seniors like her father and grandmother.

ELDEN AND MARY ANNE LAHAYNE’S LOVE – CHANGING THE WORLD

The LaHaynes love a good party. It’s a chance to celebrate with the friends and family who mean everything to them, and who have been the cornerstone of 50 years of marriage.

Their love story began with a party when Elden crashed Mary Anne’s Sweet 16. Mary Anne then asked Elden to the high school turnabout dance. Their wedding had 630 friends in attendance! “I had to get a parade permit for the wedding party,” Elden said.

Elden started working at his parents’ funeral home, which they later bought and expanded to LaHayne Funeral Homes. Mary Anne was a med tech and helped run the business. They retired and moved to Schererville. Mary Anne is a key leader on Meals on Wheels’ Dine with the Chefs event committee for 19 years.

For their 50th anniversary, Elden and Mary Anne hosted family and friends for a Western-themed Hoedown and requested donations to their favorite charities.

“We love Meals on Wheels because people shouldn’t have to choose between medicine and food,” said Mary Anne and Elden.

The LaHaynes’ loving network raised more than $2,200 – which Elden and Mary Anne will match, doubling their impact to help deliver 800 meals!

If you’re inspired by the LaHaynes to make your special celebration even more meaningful, contact Rachel Hurst, Director of Development, at 219-756-3663 or rachel@mownwi.org.

LOOK BEYOND YOUR WINDOW WITH KRISTIAN PRUITT

Kristian Pruitt, Chesterton resident and Meal delivery volunteer, says, “Meals on Wheels is the safety net for this community. It’s more than just making do – but actually being taken care of every day.”

“When the shutdown happened, I could just feel the shared fear of ‘If I can’t be there, who’s going to take care of the people I care about?’ Not everyone has family nearby. People rely on the community to step in – the village needs to take care of our elders,” Kristian said.

She thought, too, of her elderly aunt, blind and living alone in Texas. She sounded fine on the phone, but “people can be in a lot more need than family and friends realize,” Kristian said. It wasn’t until someone went to her aunt’s home that they discovered the food she had been eating was riddled with ants.

Kristian is a bookkeeper and owner of My Staff, and an avid potter with a studio in her garage. Meal delivery feeds Kristian’s spirit. “If you’re depressed, isolated, or hopeless, go out and find a way to make a difference,” she said. “In a time where we’ve all gotten insulated into our own problems, we need to look out beyond our own window.”

Kristian needs 8 more friends to be the good in the world and make the Portage route possible! Join her for orientation and training – contact rachel@mownwi.org or 219-756-3663

THANKS TO YOUR SUPPORT, IN 2019, THOUSANDS OF SENIORS RECEIVED NOURISHING MEALS, WELLNESS CHECKS, AND MORE!

- 328,000 meals delivered
- 206,195 wellness checks
- 2,276 clients served
- 45,911 pounds of food delivered – that’s the same weight as 12 ½ cars
- 4 counties served: Lake, Porter, Newton, Jasper

Volunteers contributed 17,227 HOURS
AND 198,277 miles, valued at over a quarter million dollars!
INSIDE THIS ISSUE OF GENERATIONS:

- Angela’s story
- Healthier, Tastier, and Peppers – Meals on Wheels Kitchen Enhancements
- Get Ready to Light the Night
- Northwest Indiana Coming Together During COVID-19
- How your support is combating senior hunger and isolation more than ever
- Meals on Wheels Supporters – Profiles in Faith, Service, and Love

COMING UP:

DECEMBER 3, 2020  5:00PM - 5:30PM – OUTDOOR HOLIDAY PARTY AND KICKOFF LIGHTING CEREMONY FOR LIGHT THE NIGHT 2020
Join us for a brief outdoor holiday party with social distancing. We’ll light the Trees of Hope for the first time, which glow with gifts made throughout the season, symbols of the generosity of the community in caring for our seniors. Refreshments and lights provided. Dress warmly!

DECEMBER 1, 2020 – #GIVINGTUESDAY NATIONAL DAY OF GIVING
Every year on Giving Tuesday, people rally together to make a world of difference. Participate online at www.mownwi.org.

NOV 19, 2020 – JAN 4, 2021 I SUBARU SHARE THE LOVE
Buy or lease a new Subaru and choose Meals on Wheels as your charity, and Subaru will donate $250 to Meals on Wheels.

MARCH 7-13, 2021 – DINE WITH THE CHEFS
Save the week for 2021’s version of Dine with the Chefs, still featuring the top restaurants in the Region. Details to be announced via email and Facebook.