

The Scoop

From Fresh Meals On Wheels
of Sheboygan County

FALL 2019



Get Involved:



REFER SOMEONE IN
NEED OF MEALS



VOLUNTEER



COLLABORATE
WITH US



SHARE THE BOUNTY
FROM YOUR GARDEN



MAKE A DONATION



TELL YOUR FRIENDS
ABOUT US



HOST AN EVENT



TAKE A TOUR

Follow Us:



Fresh Meals On Wheels: created and sustained by the best of the best in Sheboygan County

Dear Neighbors,
THANK YOU!!!!

So many of the great things
in Sheboygan County can
be found right here at Fresh
Meals On Wheels, and YOU
make that happen.

- Our building is a
showcase for area
manufacturers. From the
faucets and furniture, to the
pots and pans – it was all
made right here (and more
often than not, donated by
those Sheboygan County
businesses).

- Our menu features
locally sourced meats, local
cheeses and fresh produce
from gardens all over the
county.

- Our volunteers come
from virtually every company,
church, civic organization
and service group in the
county to deliver meals, chop
produce, package food, tend
the gardens, stuff envelopes,

work special events, and so
much more!

- We work closely with
medical groups locally and
throughout the state to find
the optimal way to help
people remain in their homes,
where they want to be.

Financial Impact



Meals On Wheels can serve
a senior for an entire year
for about the same cost as
one day in a hospital or
10 days in a nursing home.

community, not forgotten
and alone.

Many groups seeking to
emulate our program have
come in to tour our building
and learn how we do things.
We invite you to take a tour
and experience the great
things that happen when the
best of Sheboygan County
(and beyond) come together.

Warmest Regards,

Kelly Anderson
Meals On Wheels CEO



We'd like to say
THANK YOU
to these generous
supporters!

In Memory of:

Ted Berg

Karen Berg

Ken Cesar

Debbie Cesar & Family

Arlene Entringer

Roland Lee O. Buss

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Network for Good

Sophie Kubiak's 100th Birthday

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North High Class of '64 Reunion

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Concordia University shows up for seniors in a BIG way!

Numerous studies show that keeping seniors in their homes—or “aging in place” as it has come to be called — offers psychological, emotional, social, and financial benefits. Concordia University Wisconsin (CUW) has been helping Sheboygan County seniors find ways to safely age in place through a collaboration with Fresh Meals On Wheels. In early 2018, CUW began offering no-cost, in-home health and lifestyle assessments to Fresh Meals On Wheels seniors. The program involves three visits from a team of Concordia experts including a nurse practitioner, a geriatric pharmacist, a physical therapist, an occupational therapist, and a medical anthropologist. After



Photo Provided

Two of the nursing students who worked with clients this summer were among the Concordia representatives at June-A-Palooza.

“There was one woman recently who started crying when the students came to visit because she said it was the first time since November 2016 that anyone had shared a meal with her at her home.

*~ Sharon Chappy
 Dean, School of Nursing,
 Concordia University*

two home visits, the team returns with recommendations, which can include things such as removing throw rugs to eliminate the risk of falls, talking to doctors about adjusting or eliminating medications, or adding grab bars in the bathroom.

“We’re helping seniors choose to live their lives how they want,” said Sharon Chappy, PhD, RN, CNOR, dean of the School of Nursing, (CUW).

Last fall, Concordia began to involve CUW students in the ef-

fort. The benefits for students are abundant. It takes them beyond the clinic, showing them where patients come from and the limitations they might have in their homes. In addition to checking what recommendations have been initiated, students perform acts of service such as grocery shopping, general cleaning and laundry, and—perhaps most importantly—provide sorely missed companionship.

“For many of the seniors, loneliness has become one of the most dominant obstacles to aging in place,” Chappy said.

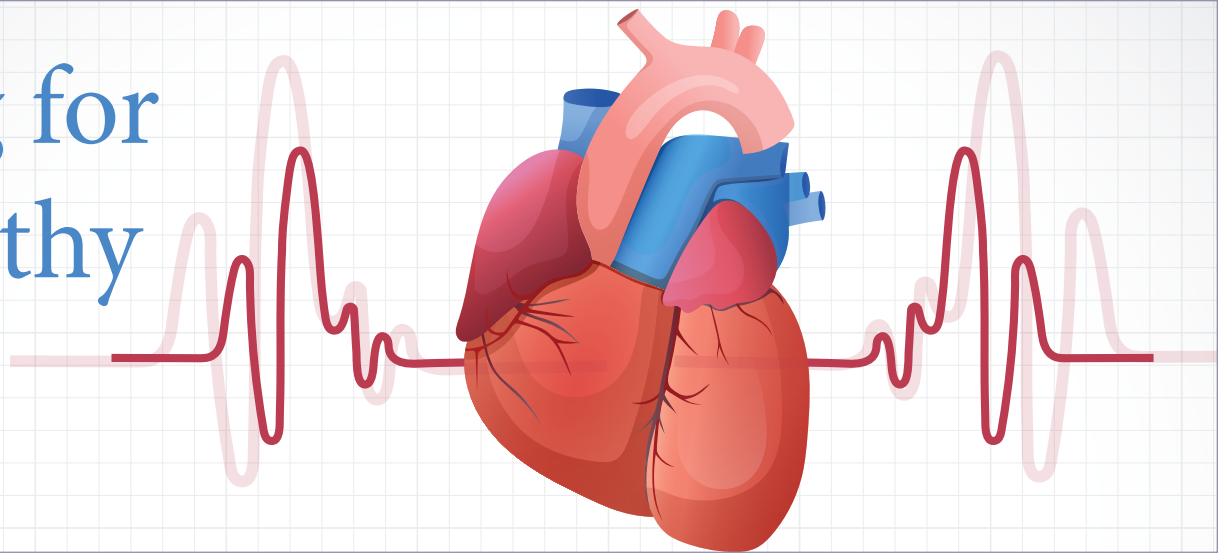
“Fresh Meals On Wheels of Sheboygan County is grateful for this robust and meaningful collaboration with Concordia Wisconsin and thanks them for helping us Drive Wellness Home!” said Kelly Anderson, Fresh Meals On Wheels CEO.

A portion of the Concordia/Fresh Meals On Wheels Wellness Program is funded by a grant from Retirement Research Foundation.

Written in cooperation with Kali Thiel, director of university communications for Concordia University Wisconsin & Ann Arbor.

Donations Received
May 1, 2019-
Sept. 30, 2019

Eating for a Healthy Heart



Heart disease is one of the leading causes of death in the United States. Thankfully, there are simple measures to reduce your risk of this disease including eating a healthy diet that monitors fat, cholesterol and sodium.

USDA guidelines recommend that 20-35% of your total calories come from fat. However, it is crucial to consider what types of fat you are consuming. Saturated fats can raise your LDL cholesterol, which can increase your risk of heart disease and stroke. Based on a 2000-calorie diet, you should not be eating more than 13g of saturated fat per day. Saturated fats are found in fatty meats (where you can see visible fat, marbling or skin) high fat dairy products, many baked goods and fried foods.

Monounsaturated and polyunsaturated fats are considered healthy fats and can actually improve heart health. Monounsaturated fats are anti-inflammatory and can help reduce your overall risk of cardiovascular disease. These healthy fats also help reduce LDL cholesterol, which is the type of cholesterol that will clog your arteries. Polyunsaturated and monounsaturated fats are found in nuts, seeds, olive and canola oils, avocados, and fish.

Eating a diet high in sodium can

result in high blood pressure, heart disease and stroke. The American Heart Association recommends limiting yourself to 1500mg of sodium per day. You can ease into it by starting with 1800mg-2000mg per day.

Reducing your use of salt at the table and while cooking is a great first step. However, most of the salt consumed comes from canned and processed foods such as lunchmeats, frozen dinners and soups. Limit the amount of processed foods you eat by choosing fresh foods whenever possible. If canned foods are still preferred, check the nutrition facts label for sodium and choose items with no added salt or that are low in sodium. Avoid any foods with 20% or more of the daily value of sodium.

While changing your eating habits can sometimes feel like a daunting task, the most important thing is to make healthy food choices most of the time. Change is not easy, but once you create healthy habits, the benefits will last a lifetime.

Carrie DeRocher is a registered dietician who consults with Meals On Wheels of Sheboygan County.

So how can you get more healthy fats in your diet and limit the unhealthy fats?

- Enjoy a small handful of nuts and piece of fruit in exchange for chips
- Choose baked salmon or grilled chicken instead of a cheeseburger
- Cook with olive oil instead of butter
- Choose lean meats/protein, and low fat dairy products
- Eat five servings of fresh fruits and vegetables daily

CALL Fresh Meals On Wheels, and let us handle it!

Fresh Meals On Wheels offers seven medically tailored diets including a heart-healthy diet. All diets are low in sodium, averaging no more than 1500mg of sodium per day.



Shovels, buckets, hoses...so many garden tools, and now a place to keep them!

Thanks to the planning, coordination and hard work of Sheboygan North student Ben Hanson of Boy Scout Troop 801, Fresh Meals On Wheels has an aesthetically pleasing, yet totally practical, custom-built shed. The addition was added to the Wildwood Gardens (another successful Eagle Scout project) located on the Wisconsin Public Service property.

"To see Ben's confidence grow throughout the yearlong process was incredible," said Jane Nauschultz, Meals On Wheels produce and horticulture manager.

Ben is quick to thank his family, Meals On Wheels, and everyone who donated time, talent, materials and money to the project including: Taylor Ready Mix, Buteyn Peterson Construction, Dan Lindow from Ken Klemme Masonry, Rick Klunk and Brock Kramer from Quality Concrete, Oostburg Lumber, Precision Roofing, Oostburg Seamless Gutters, Pat



Photo provided.

Celebrating the completion of the shed with a ribbon cutting are (L-R) Bryce Mathes, Connor Mueller, Joseph Trevino, Sean Thuemmler, Evan Thuemmler, Ben Hanson and Phil Hanson.

Eirich, Miesfeld's Meat Market, Dick and T.C. McCarty, Dave and Sandy Sachse, Tim and Carol Stielow, Tim Winkel from Lakeshore Properties, the Corman Company, Andy Diehl, Wally Waldhart, Donna Wendlandt, Randy Diehl, Joy Johnston, Tom Schnettler Jim Van Engen, and especially Al Lutterman from Jos. Schmitt Construction.

MOW  Eagle Scout Projects!

Juggling can get exhausting! Meals On Wheels can help.



Fresh Meals On Wheels offers **peace of mind**, that is what caregivers and family members tell us.

We know that juggling work, kids and home is challenging; and when you throw in taking care of a parent or other loved one, balls can get dropped. With the help of Meals On Wheels, you don't have to worry about losing control.

We will provide your loved one tasty, fresh, medically tailored meals, along with a daily wellness check and social interaction.

We will provide you with peace of mind and a little breathing room.

To help your peace of mind, call us at 920-451-7011 or visit FreshMealsOnWheels.org.

The Scoop

Meals On Wheels of Sheboygan County, Inc.

1004 S. Taylor Drive
Sheboygan, WI 53081

920-451-7011

www.FreshMealsOnWheels.org



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4-H is so much more than animals and county fairs!

Many people think 4-H is all about raising livestock. That can be part of it, but at its heart, 4-H is about developing citizenship, leadership, responsibility and life skills through hands-on learning. Members practice skills such as public speaking and organization through programs focused on health, science, civic engagement, agriculture and more. Some take what they have learned to 4-H gatherings across the U.S.

"It's not all about farmers, our 4-H is about helping people, and that makes me feel like a better person," said Wise Wizards mem-

ber Thomas Jesinski.

Meals On Wheels has been the beneficiary of so much hardwork and generosity from local 4-H groups over the years including the Herman Cheerios, Luma Lites, Mosel Farm & Home, Willing Workers, and Wise Wizards. Groups have held meetings at MOW, taken tours, decorated meal bags, made cards, and more. Every fall, the Willing Workers decorate 300 Christmas cookie boxes for clients, and each spring, the Wise Wizards host a brat fry at Miesfeld's with the proceeds going to area non-profits, including

Meals On Wheels.

"We want to thank the wonderful 4-H members for everything they do to brighten the lives of our clients," said MOW CEO Kelly Anderson.



Members of the Sheboygan Wise Wizards 4-H Club (above) presented checks to five Sheboygan area charities, including Meals On Wheels, at their summer picnic. The group holds a brat fry at Meisfeld's every year with the proceeds going to local non-profits.

The Plymouth Willing Workers 4-H Club (shown at left after a meeting at Meals On Wheels) decorate 300 Christmas cookie boxes for our clients every year. Clients appreciate the beautiful art work as much as the cookies!