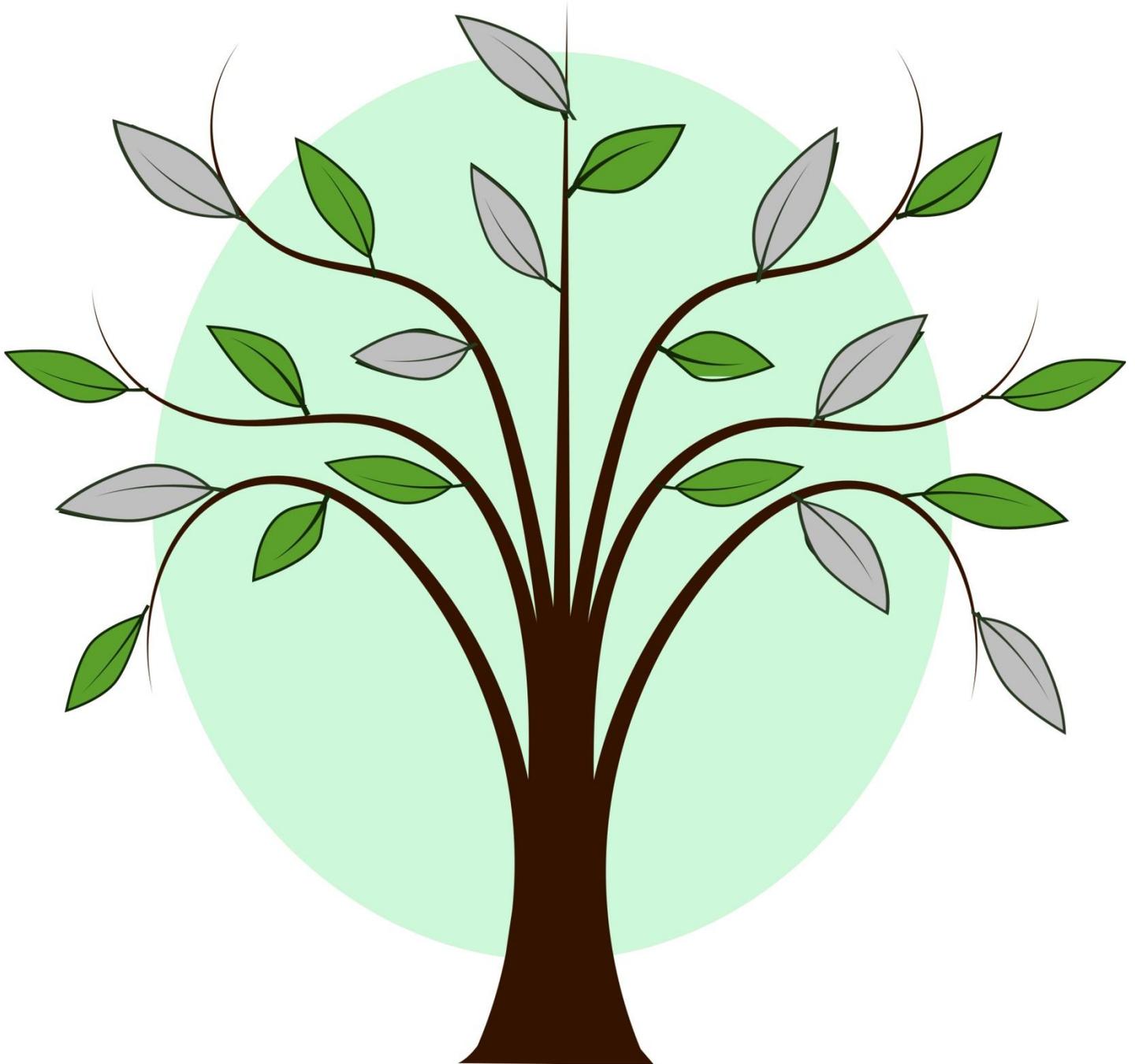


NOVEMBER - MEALS ON WHEELS



Read the Sharing Tree Article Below

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MISSION OUTREACH: NOVEMBER 2020 SHARING TREE



Our local Meals on Wheels program is one of the few in the nation that has no paid staff. Amazingly, even in these stressful times, their volunteers continue to deliver meals Monday-Friday to folks in our community who are 65 or over, recovering from surgery, or are permanently disabled. One of their board members, Les Evans, brought me up to date on how they are able to keep this local program running smoothly to deliver these meals to between 65-75 people per day.

Les shared how he has used his computer skills to develop a program to keep track of expenses, driver's routes, and the special dietary requests of clients, etc. The cost of the meal continues to be only \$3.50 per day, and clients can select which days they want meals delivered. Meals both regular and special diet are prepared daily at our local hospital. The meal consists of a meat/protein, salad, vegetables, a dessert or piece of fruit and a drink.

Each weekday morning a MOW's volunteer arrives at the hospital to pack the meals for each route, and then four volunteer drivers arrive to distribute these meals to clients in Lompoc, Vandenberg Village, Mission Hills, and Mesa Oaks. Their office is open from 10 a.m.-noon daily and their phone # is 805-736-3257.

For the past three years they have been able to offer a meal discount program for seniors that have an income below \$1,400 per month. These seniors are only charged \$2.00 per meal, and the other \$1.50 difference from what the hospital charges is made up by a fund that was established with gifts from two generous donors. Our local MOW's organization appreciates contributions from local churches and others to help them pay their rent at 123 North D St., pay for office supplies, and utilities, etc.

Many of us have loved ones or friends who have benefitted from this service of meal delivery and know what a gift it is to the people of the Lompoc Valley. If you would like to help them deliver this service to our local seniors and others in need, please make your check out to First UMC and on the memo line write "Meals on Wheels."

We appreciate your continued and generous support of our Mission Outreach Sharing Trees.

Ann Picha, Mission Outreach