

Food for Thought

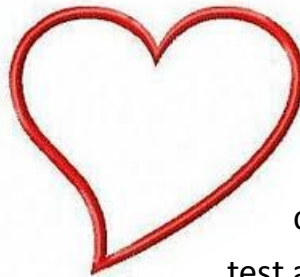
Metro-Erie Meals On Wheels / (814) 452-6930 / www.MealsOnWheelsErie.org

Girl Scouts & Hearts

Clients along our Harborcreek Route today will receive a hand made Valentine's greeting from Troop 36028, Harborcreek, PA. Kristi Holmes, Troop Leader, asked if her Girl Scouts could make some Valentines for our clients. Of course! What a wonderful idea!

But there's more...her husband, Ashley Holmes, former MEMOW Board Member, dropped off the Valentines with a donation check for \$50 **from the Girl Scout Troop**. Wow!

Thanks, Scouts!



Health Literacy

Through a two-year grant award from the U.S. Department of Health and Human Services/National Institute on Aging (DHHS/NIA), a research team from the University of Georgia is working in partnership with MOWAA. The project will develop new, descriptive information about health literacy among rural and urban adults and test a model designed to help homebound seniors better understand health information, so that they can make more informed decisions about the health care they receive.

Welcome New Volunteers!

A hearty welcome to new volunteers who joined us in December and January.

Anita Kaliszewski
Arthur Orcutt
Barbara Brairton
Chris Gdanetz
Chris Noble
Daryl Grimes
George Fillmore

Krista Amon
(Barber Institute Team)
Lauren Hiller
Nicole Franco
Richard Yeaney
Ronald Baumgart
Tom Candia



1128 State Street
Suite 317
Erie, PA 16501
(Citizens Bank building)

8AM to 4PM

p (814) 452-6930

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We Need Your Stories!

We are gearing up to tell our story to Erie in the form of this newsletter, a proposed new Annual Report, blogging on our website, and through our Facebook page.

The best way to get your point across to a reader is to tell **stories**. Not long ones, just stories about how we help our clients, caregivers comments and quotes, and, why our volunteers go out and deliver over **90,000** meals a year.! We have a lot to share.

It's important to chronicle what we do and **share** our stories with Erie and beyond. As we look to the future, communication about who we are and what we do for Erie's homebound elderly and adult disabled residents is critical to our mission.

Can you help? I am looking for:

- **Stories and anecdotes from volunteers**—those things that you see and hear on the road that could be a feel good story for our publications, or, what you have to say about volunteering and delivering meals to homebound seniors and adult disabled persons. Everyone's story is important!
- **What you hear from clients**—have a client with an interesting story that could be featured? I'll go talk with them to get their story—just point me in the right direction. Or, how about a story or even a short quote from a client about how Meals On Wheels helps them? It's all good and will be included.



So, please contribute to the future of Metro-Erie Meals On Wheels by sharing your story today! Call me at 452-3960 or email me at terry@mealsonwheelserie.org and let's talk.

Terry



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Find us on
Facebook

Email us anytime at
info@mealsonwheelserie.org

Terry Pytlarz, Executive Director:
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Wendy Bowen, Volunteer Coordinator:
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