

Meals on Wheels of Greenville



Summer To Do List:

- ☐ Deliver #MoreThanMeals with Meals on Wheels of Greenville!



Wish Emmanuel
Happy Birthday!



We ♥ our volunteers!

- Grocery List:
- milk
 - eggs
 - bread

Summer 2023



Catriona Carlisle
Catriona Carlisle
 Executive Director



Laurie
Dr. Laurie Theriot Roley
 2023 Board Member

Dear Friends.

Summertime provides the perfect setting for human connection. People are more inclined to get up and out to participate in outdoor events, like backyard barbecues, or activities, like biking along The Swamp Rabbit Trail. While you're out enjoying the summer sun with family and friends, most of our homebound clients will be isolated indoors; patiently awaiting their daily meal and volunteer visit.

While our services provide much needed daily nutrition, they also create meaningful connections for homebound individuals who are unable to go out and find for themselves. These reliable, daily interactions can lead to a reduction in the psychological causes of malnutrition—mainly depression—which many of our clients are fighting every day.

Whether you volunteer your time by delivering daily check ins, donate financial resources to fight malnutrition, or refer homebound individuals in need of service, you are changing lives every day.

Keep your homebound neighbors in mind this summer. Whenever you find yourself away from the pool or beach, consider using your down time to help make someone else's life a little easier. Learn more at MealsonWheelsGreenville.org.



Learn More

Random Acts of Kindness

Meals on Wheels of Greenville Young Professional and Corporate Route Partner, Thomas Wilson, and his wife, Megan, had a great idea for their daughter's kindergarten class. *"They were doing a unit on "Love" and were wanting a K-5 appropriate project to educate the kids on ways they could spread love and cheer to those in need around us,"* said Megan. *"We immediately knew Meals on Wheels would be perfect for this."*

Two kindergarten classes at Paris Elementary School partnered to create colorful, handmade placemats. The unexpected gifts, along with a meal and volunteer visit, left our clients beaming. *"The kids had a blast making them and loved seeing the photos of clients with them,"* said Megan. *"Seeing the clients' excitement, along with the kids' excitement, was a true full circle moment."*

Join these kindergarteners and give #MoreThanMeals this summer. Visit MealsonWheelsGreenville.org/Donate



Give #MoreThanMeals

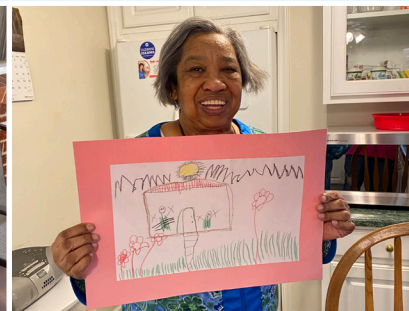
Do you want to join Table Setters?

By committing to a monthly contribution, you are making a profound impact on the lives of the homebound men and women we serve.

Learn more at
MealsonWheelsGreenville.org/Donate



Become a Table Setter



Fundraising Ideas for Summer

Three fun-in-the-sun ideas to benefit your homebound neighbors!

1. Lemonade stand 🍋

Entice your neighborhood joggers and dog walkers with fresh lemonade or baked goods. Meals on Wheels of Greenville Board Member Lucas Marchant participated in our Mealed It! Giving Tuesday fundraiser last year and his daughters, Kate and Caroline, held a bake sale to support. *"I am extremely proud of my girls for learning the value of giving back as they challenged themselves to find creative ways to help provide meals and more,"* said Lucas.

2. Sports League ⚽

Pickleball anyone? If you and your friends are starting a sports league this summer, consider requiring a donation as the registration fee. Or, if you're planning a fantasy draft league (US Open, Tour de France, Women's World Cup), opt to put your joining fees towards helping the homebound.

3. Birthday Party 🍰

Encourage charitable donations instead of gifts. For their yearly birthday oyster roast, Meals on Wheels of Greenville Young Professional member Boykin Aughtry, and his brother-in-law, Kevin Wallace, encouraged attendees to make a donation to our mission. *"Meals on Wheels is now a permanent fixture of our oyster roast and we'd like to do more of them throughout the year,"* said Boykin. **They raised \$520!**

Turn your favorite summer activities into opportunities to give back.
Donate your fundraising funds to MealsonWheelsGreenville.org/Donate



Make a
Donation



Summer To Do List: Volunteer

Do you have teens who need service hours? Looking for a group activity for your family? Maybe you just want to get more involved in your community. Well, volunteering with us this summer is just what you're looking for.

"As many of our regular volunteers enjoy vacation time, we need additional volunteers to fill in for them," says Muriel Taylor, Director of Volunteer Services and Community Engagement. We rely on our volunteers to help with our day-to-day operations: meal packing, distribution, and delivery.

To get started, you must first complete an online application then sign up for orientation. *"We're thrilled to be back to offering in-person orientations on a quarterly basis,"* says Muriel. *"We've missed chatting face-to-face with our new volunteers."* **Volunteer orientation is also offered via Zoom every Thursday at 9:30 a.m.** You'll learn everything you need to know about volunteering with us, like utilizing our Mobile Meals app for delivery. It's easy to download, provides turn-by-turn directions, and supplies real-time data to our staff.

Check off becoming a volunteer from your summer to do list, today.
Sign up at MealsonWheelsGreenville.org/Volunteer



Become a
Volunteer





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www.MealsOnWheelsGreenville.org

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Thank you for delivering #MoreThanMeals



Monday, October 2, 2023
Holly Tree Country Club

**REGISTER
TO PLAY**



MEALS ON WHEELS OF GREENVILLE

**YOUNG
PROFESSIONALS**



**BECOME
A MEMBER**

Meals on Wheels of Greenville Young Professionals connects individuals between the ages of 21 and 39 through volunteerism, advocacy, and fundraising to support the mission of Meals on Wheels.

Join today at MealsOnWheelsGreenville.org/YP