



**SERVING**  
*companionship • comfort • connections*

*Meals on Wheels of Greenville • Summer 2019*

# Reflecting on what it truly means to Disconnect

Dear Friends,



Summer is here, which means warmer, longer days, time with family and friends, fun at the pool, beach vacations and more. The summers at Meals on Wheels are filled with volunteers from every walk of life, enjoying their summer vacation by giving back to their community.

Earlier this year, Meals on Wheels challenged the community to “Disconnect to Connect” by disconnecting from their phone and social media for 24 hours. This challenge focused on what our homebound neighbors feel each day—loneliness and isolation. While this challenge was just a small glimpse of what our clients experience on a daily basis, we hope it brought a greater sense of awareness about our mission and how we provide “More Than Meals.”

I took the challenge and honestly was not sure how it would go. What would happen if I missed texts, calls or that post on social media? Ultimately, I spent that Saturday in Charleston with my family and friends with NO distractions. Yes, I missed a lot—15 phone calls, over 40 texts and numerous Facebook posts—but I gained a lot as well. I had 24 hours that reminded me of how fortunate I am to have a support system of family and friends, even when I’m virtually “disconnected.” But for the majority of our clients, that’s not the case. Many are living alone and depend on us to be their support system. Whether you donate your time or your financial resources, you are part of their support system too. Thank you for serving More Than Meals to our homebound neighbors in need!

Have a great summer!

*Catriona Carlisle*

**Catriona Carlisle, Executive Director**

## PLEASE CONSIDER CONTINUING TO SUPPORT MEALS ON WHEELS BY:

- Making a donation to provide the next hot meal, friendly smile, or birthday cake to one of our clients. A donation of only \$25 can feed one of our homebound clients for an entire **week**.
- Delivering a route and seeing the smile on our clients face when they open the door.
- Letting us know if you have someone who may need our service. We are here to help.

MAKE A DIFFERENCE AT  
[WWW.MEALSONWHEELSGREENVILLE.ORG](http://WWW.MEALSONWHEELSGREENVILLE.ORG)

## DISCONNECT to CONNECT

### BY THE NUMBERS

#### TIME SPENT DISCONNECTED:

1,916 HOURS  
84,960 MINUTES  
5,097,600 SECONDS

### Did you know?

More than 42 Million Americans identify as being lonely. Those that suffer from isolation are **29%** more likely to develop coronary heart disease and **32%** more likely to have a stroke; **isolation** is on par with **smoking and obesity risks**.

GET INVOLVED TO COMBAT EVERY DAY ISOLATION.

## With your help, we're serving #MORETHANMEALS

**CLIENT:** Steve DeLaet, a Meals on Wheels client since 2018, relies on a hot meal and volunteer visit each day. Steve is an Ohio native, and his immediate family still resides there. Without family nearby, the connections that Meals on Wheels volunteers provide are so important to him. “Before I moved to this home, I lived alone. I was experiencing some muscle loss and weakness and often found it hard to walk. After a fall that led to an ER visit, I moved to my current home with some additional support. Through it all, Meals on Wheels has been there to bring lunch and check on me,” Steve shared.



**VOLUNTEER:** The smiling faces of Wanda, Kay and Barbara greet the clients of route 9001 every Monday. The three of them have delivered meals to the homebound for a collective 20+ years, and they love doing it. Barbara specifically remembers meeting Steve DeLaet, a route 9001 client, for the very first time. “He was so friendly and wanted to show me his new home,” she glows. That first visit was the beginning of a connection that Steve, along with the three volunteers, holds dearly.

**FAMILY:** MJ Abell is the younger sister of Steve DeLaet. Though she lives in Ohio and he lives in South Carolina, she is his closest family member and emergency contact. MJ is so grateful to Meals on Wheels for the meals they’ve provided, but most of all, she is grateful for the daily check-ins. It gives her peace of mind to know that someone is checking on Steve every day to make sure that he is okay. “The volunteers that serve Steve have gone above and beyond. He’s received clothing, extra groceries and other help from time to time. Those volunteers make a difference—to Steve and to me.”



CONSIDER A GIFT TO PROVIDE A MEAL AND A VISIT FOR STEVE AND THE 1,500 OTHER CLIENTS THAT NEED YOUR SUPPORT.

Meals on Wheels is proud to not only serve the nutritional needs of our clients, but also to provide the opportunity of connection for our volunteers and peace of mind for our client’s family. Serving nearly 1,500 men and women daily throughout Greenville County, we’re delivering more than a hot meal. Our volunteers deliver that friendly check-in, smiling face and personal connection the isolated need the most.

YOU CAN USE THE ENCLOSED ENVELOPE OR VISIT [WWW.MEALSONWHEELSGREENVILLE.ORG/DONATE](http://WWW.MEALSONWHEELSGREENVILLE.ORG/DONATE) TO MAKE A DONATION. WITH YOUR CONTRIBUTION, YOU CAN MAKE A DIFFERENCE IN THE LIFE OF A HOMEBOUND NEIGHBOR.



Meals on Wheels Greenville County  
15 Oregon Street | Greenville, SC 29605  
Phone: 864.233.6565 | Fax: 864.235.1264  
[www.MealsonWheelsGreenville.org](http://www.MealsonWheelsGreenville.org)



Community Partner

## Getting involved is simple

Volunteering at Meals on Wheels is a great way to get family, friends, and coworkers involved in giving back to the community. Orientation is held every **Thursday at 9:30 am** at our office located at **15 Oregon Street, Greenville, SC 29605**.

We also offer evening orientation several times a year; the next evening orientation is scheduled for **September 25 at 5:30 pm**. If these times don't work for you, or if you have a group who would like an orientation, please email [volunteer@mowgvl.org](mailto:volunteer@mowgvl.org) or call us at **864.233.6565**.

## Volunteer Appreciation Event at the Drive

Thank you to everyone who joined us for the Volunteer Appreciation Event at the Greenville Drive! Over 220 volunteers and supporters gathered to celebrate all we accomplish together for the homebound. See pictures from the event on our Facebook page!

## MEALS ON WHEELS OF GREENVILLE YOUNG PROFESSIONALS



### Join Meals on Wheels of Greenville Young Professionals

Meals on Wheels of Greenville Young Professionals is designed to engage individuals between the ages of 21 and 39 through volunteerism, advocacy and fundraising to support the mission of Meals on Wheels. For more information, visit us online at:

[www.MealsonWheelsGreenville.org/YP](http://www.MealsonWheelsGreenville.org/YP)