

Meals  
on  
Wheels  
of  
Greenville



Meals on Wheels of Greenville

• Winter 2016



## PROVIDING HOPE THROUGHOUT THE YEAR

On October 16, 2016, Meals on Wheels celebrated its 48<sup>th</sup> birthday. It was a terrific celebration of the many meals and smiles delivered since 1968. This milestone is possible due to the generosity of many individuals, businesses and organizations in our community. On behalf of the Meals on Wheels staff, board of directors and most importantly—our clients, thank you for your commitment and dedication to our mission of serving the homebound in Greenville County.

Meals on Wheels is currently serving approximately 1,500 clients across Greenville County with a hot meal each weekday. The meal is a vital part of our mission, but just as critical is what we deliver in addition to nourishment. Meals on Wheels, with the help of our volunteers, goes above and beyond to make sure our clients are cared for and safe. We follow up with emergency contacts if a client does not answer the door for meal delivery, we connect clients and family members to additional community resources and during the winter months we provide an emergency kit that includes two shelf-stable meals and bottled water. Thank you for allowing us to deliver hope and independence to the homebound.

This holiday season, you can help Meals on Wheels serve our community.

- Make a year-end gift. A donation of \$1,200 will feed one client for an entire year.
- Sign up to deliver lunch and a smile to someone in need.
- Check on a neighbor during inclement weather.

Together, we can care for our neighbors and make our community a great place to live and work! Many blessings to you and your family for the holiday season.

*Catriona*

Catriona Carlisle, *Executive Director*



## CONGRATULATIONS, UPS®!

Congratulations to our Corporate Route Partner UPS Inside Sales for receiving the Workplace Agency/Association Award at the 2016 South Carolina Governor's Volunteer Awards in September. UPS has proven to be an extremely dedicated partner to Meals on Wheels, delivering meals every week, packaging meals every month and filling in routinely to cover open routes. We are grateful for all they do for the homebound and throughout our community.



# INTRODUCING THE REBECCA B. HARTNESS GIVING SOCIETY

Becky Hartness began volunteering at Meals on Wheels of Greenville in 1969. In addition to her dedication as a volunteer, Becky is a faithful donor and has served on the board of directors, continuously giving of her time and resources to benefit our homebound neighbors. Becky has made a lasting impact through her service and generosity to the Greenville community, which is why Meals on Wheels has established the Rebecca B. Hartness Giving Society in her honor. The Rebecca B. Hartness Giving Society recognizes and honors annual gifts to Meals on Wheels of \$5,000 or more.

## A Giving Society donor will:

- Be recognized in the annual honor roll of donors as a member of the Rebecca B. Hartness Giving Society.
- Be recognized as a Giving Society member and honored guest at the annual donor appreciation reception.
- Be kept informed through an exclusive, annual communication to Giving Society members from the board of directors.
- Receive a personal invitation to tour the Meals on Wheels facility and have lunch with the board chairman and executive director.
- Receive two (2) tickets to the annual Sweetheart Charity Ball with seats at the Meals on Wheels honored guests' table.

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*I would recommend Meals on Wheels to anyone who is looking to invest in an organization dedicated to serving the elderly and homebound people of our community.”*

BECKY HARTNESS



For questions regarding gift designations, fund designations or planned giving support, please contact Lorain at 864.233.6565 or [lcrowl@mowgvl.org](mailto:lcrowl@mowgvl.org).

## BRUNSWICK STEW RECIPE

### INGREDIENTS

<b>1 whole chicken, fully cooked and shredded</b>	<b>2 (4 oz.) cans tomato paste</b>
<b>1 lb. pulled pork barbecue</b>	<b>1/4 cup apple cider vinegar</b>
<b>1 (32 oz.) bag frozen succotash</b>	<b>1/4 cup Texas Pete hot sauce</b>
<b>4 medium potatoes, diced</b>	<b>1 tablespoon Worcestershire sauce</b>
<b>1 (8 oz.) can tomato sauce</b>	<b>1 teaspoon black pepper</b>
	<b>1 teaspoon salt</b>

### INSTRUCTIONS

1. Place the frozen succotash in a colander. Rinse well.
2. Place the succotash and potatoes in a large stock pot.
3. Add enough water to cover the ingredients by about two inches.
4. Cook over medium heat, stirring often, until vegetables are tender—about one hour.
5. When vegetables are done, remove and set aside any excess liquid, leaving just enough to reach top of vegetables.
6. Add tomato sauce, apple cider vinegar, black pepper, salt, tomato paste, Texas Pete hot sauce and Worcestershire sauce. Stir well.
7. Add shredded chicken and pork to the tomato and vegetable mixture.
8. Return to stove top and simmer on medium, stirring often, until warm.
9. Extra liquid from vegetables may be added if needed to obtain desired consistency.

### WHAT'S NEW ON OUR MENU

In October, we introduced a new menu at Meals on Wheels. Seasonal features include Brunswick stew and a sliced turkey dinner, just in time for the holidays. As always, our menu items are crafted to incorporate low sodium products and we offer specialty meals to cater to our clients' healthcare needs.

TRY OUR NEW BRUNSWICK STEW RECIPE!





**Meals on Wheels Greenville County**  
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2017

**FEBRUARY 4, 2017**

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

*Join us for  
volunteer orientation  
every Thursday  
at 9:30 am!*

Call 864.233.6565 or email  
[volunteer@mowgvl.org](mailto:volunteer@mowgvl.org)  
for more information.