

Senior

Nutrition

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Gifts Make Spirits Bright

Micron Hams

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To protect the health of **everyone** at CDHD, no smoking or other tobacco use is permitted in our facilities or on our property, both indoors and out. **Thank you for your cooperation.**



The Meal Times

Culinary Walk-About 2009

Get Ready for the 12th Annual Culinary Walk-About - April 9, 2009



Chef Chris McDonald

Tickets are on sale now for the 12th Annual Culinary Walk-About, a fundraiser for the Meals On Wheels program in Ada and Elmore counties. The popular event will be held from 6-9 p.m., Thursday, April 9, 2009 at the Boise Centre on the Grove.

The Culinary Walk-About allows guests to “walk about” and enjoy delectable specialties from some of the Treasure Valley’s finest restaurants. Last year’s participating restaurants included Bistro Italia Steakhouse, Chef Lou’s Westside, Dawson Taylor, Blue Moose Café, Goody’s, Arid Club, Tower of Chocolate, Berryhill & Co., Bardenay, Wild West Bakery, Emilio’s at the Grove Hotel, Bungalow, Cucina di Paolo, and Brick 29. The cuisine will range from appetizers, main dishes and salads to desserts and coffee.

Music will be provided by the Boise Straight Ahead Jazz Band. There are also some great silent and live auction items up for bid. Sipping for Diamonds is back by popular demand. Individuals can purchase a glass of champagne for \$10 for a chance to win a diamond. All proceeds will support the Meals On Wheels program that delivers hot, nutritious meals to over 600 homebound senior citizens in Ada and Elmore counties every day.

Tickets are \$50 per person and are on sale now at the Meals On Wheels office at the Central District Health Department. Call 208-327-7460 for pricing information on business tables and corporate sponsorships. Hurry and get your tickets now – only 700 tickets are available.



Silent Auction Table

Our Mission Statement: To prevent and treat disease and disability; to promote healthy lifestyles; and to assure the quality and accessibility of health services for senior citizens.

SENIOR NUTRITION PROGRAM

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707 N Armstrong Pl
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Program Manager
327-8544

Cheryl Johnson
Comm. Meals Services Supervisor
327-8552

Norma Russell
Administrative Assistant
327-7460

Jennifer Bourff
Administrative Assistant
327-7460

DINING SITE LOCATIONS:

(Meals served at noon)

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102 S. Main Street
Star, ID 83669
286-7943

Garden City Senior Center
Wed & Fri
3858 Reed
Garden City, ID 83714
336-8122

Mtn. Home Senior Center
Mon, Wed, Fri
1000 N. 3rd, East
Mt. Home, ID 83647
587-4562

Glenns Ferry Senior Center
Mon, Tue, Thu
510 E. Cleveland
Glenns Ferry, ID 83623
366-2051

Boise Senior Center
Mon thru Fri
690 Robbins Rd.
Boise, ID 83702
345-9921

Kuna Senior Center
Mon, Wed, Fri
299 Avenue B
Kuna, ID 83634
922-9714

Meridian Senior Center
Mon thru Fri
133 Broadway
Meridian, ID 83642
888-5555

Samaritan Village Apts.
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3350 Collister
Boise, ID 83703
343-9504

Northgate Senior Village
Mon thru Fri
5901 Ellens Ferry Way
Boise, ID 83703
853-8448

Eagle Senior Center
Tues & Thurs
312 E. State St.
Eagle, ID 83616
939-0475

Recipient Spotlight

**Connie
Bachman**

Connie Bachman and her dachshund, Big Red, wait patiently for the Meals On Wheels driver to arrive each day. Since Connie is legally blind, trying to cook a meal is a real challenge.

"It's so nice not to worry about preparing a nutritious meal every day," she said. "Since I can hardly see, reading a recipe is very difficult for me. I mostly make sandwiches and a few meals I've committed to memory."

Bachman can read by using a magnification instrument called a VideoEye. "I can see things like what is on the menu for the day, read through my mail, and read small articles, or review a recipe" she said. "When my husband was alive, he did most of the cooking. Now I really rely on Meals On Wheels coming every day."

She also appreciates the drivers who deliver her meals. "They're all so very nice and friendly, and they're extremely patient with Red, who likes to be petted and noticed," Bachman chuckled. "With the cost of gas and food rising, I certainly understand that it's a challenge to continue a program like this. I'm just so glad people are willing to continue to deliver such a valuable service. I sure appreciate it and it's wonderful."



Connie Bachman

Volunteer Spotlight

**Kevin
Wood**



Kevin Wood

Kevin Wood knows a thing or two about taking care of the elderly. He's the administrator for Advanced Home Health Care. But every Wednesday for the past four years he's put on his volunteer hat and delivered Meals On Wheels.

"My mom was a giver and she taught us children to give back as well," said Wood. He got his start delivering Meals On Wheels when he was asked to fill in one day. "Ever since then, I've been helping out once a week. I look forward to seeing the clients on my route. In fact, I even have a dog on the route who looks forward to my visit," he said.

Besides delivering meals, Wood says he likes the aspect of checking in on each person to make sure they're doing okay. "I had one client that had fallen and wasn't responding when I knocked on the door. But I could hear her calling out from the back room," he said. "I then went to the apartment manager to get a key, but she had changed her lock and we couldn't get in. We finally had to call the fire department and they were able to get inside and help her. She had fallen and had been lying there for a day and half."

Wood encourages others to deliver Meals On Wheels. "It's very rewarding. You get to meet new people, and the clients look forward to you coming every day."

Pets Get Meals On Wheels Too

For many seniors living alone, having a pet is a great comfort. But rising prices are forcing some seniors to make tough choices between feeding their pets and feeding themselves. And seniors aren't alone. The tough economic times have forced some families to take their pets to the Idaho Humane Society because they can't afford to feed them. In response a number of organizations are helping not just Meals On Wheels clients, but the community as a whole.

For a third year in a row, the Meals On Wheels program partnered with **Petsmart** and **Banfield, The Pet Hospital** to collect dog and cat food through the **Season of Suppers™** program during the holiday season. This year **Syringa Bank** joined in the pet food collection partnership. **The Season of Suppers™ collected 2,368 pounds of food**

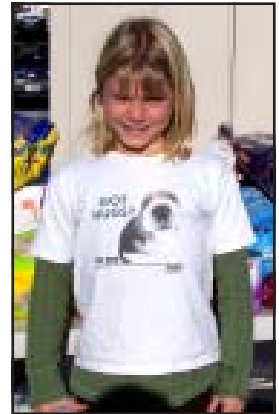
Idaho Humane Society board member and volunteer Vangie Osborn recognized the need for a more sustainable effort to help feed the pets of struggling families. In November she brought together a group of concerned citizens to launch the **Pet Food Pantry** in partnership with **Meals On Wheels** and the **Idaho Foodbank**. The goal is to leverage the existing networks of the three organizations to collect and distribute pet food year-round to those who can't afford to feed their pets. Collection sites have been established all over Ada County. (See the CDHD website for locations) **(The Pet Food Pantry collected 1,684 pounds of food in December.)**

Meals On Wheels surveyed clients in Ada and Elmore counties and found more than 80 seniors needed help feeding their furry friends. There are about 48 dogs and 51 cats. The cat food problem is being addressed, at least in part, by the **Simply Cats Adoption Center**. Like the Humane Society, Simply Cats didn't want people surrendering their pets for lack of being able to feed them. So starting last summer the shelter solicited donations from the community and purchased hundreds of pounds of cat chow. In October Simply Cats Manager Brenda Johnson dropped off a month's supply of cat food for feline friends of Meals On Wheels clients.

The parade of individuals and companies donating pet food or money has been truly heart-warming. For example, Heather Rapoza of **Bark-N-Purr** donated several bags of pet food, and the **Idaho Capital City Kennel Club** hand delivered a check.

One of the cutest donors was 9-year-old Kylie Cline, who showed up at the Meals On Wheels office with her dad, sister and a pickup load of pet food. Some of it was destined for the Idaho Humane Society, but Kylie wanted to make sure the pets of seniors were taken care of first. The Boise youngster started collecting pet food as part of her 4-H Dog Class at Roosevelt Elementary.

Donations of pet food are accepted throughout the year. For more information visit our website or call the Meals On Wheels program at 327-7460. On behalf of our pet-loving seniors, we thank you for the donations.



Nine-year-old Kylie Cline stands in front of some of the pet food she collected.



*Angela Spain accepts a check for the purchase of pet food from Sarah Nott of the **Idaho Capital City Kennel Club**.*



*Boise City Councilman David Eberlee at the kick-off event for the Idaho Humane Society's **Pet Food Pantry** program.*

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 Robert J Zweifel

Purchase Morningside Products and Help Meals On Wheels

Morningside Products, a Boise-based distributor of bath and body products, named the Meals On Wheels program among the recipients of a new charitable giving program called "Shop and Share." Through Valentine's Day 2009, online shoppers can designate one of 6 local charities, Meals On Wheels among them, to receive 30% of the purchase price when they select popular Morningside products. We received a check for \$135 for Christmas sales in December.

With Valentine's Day just around the corner, this is a great way to purchase some lovely gifts and make a difference in the lives of Meals On Wheels clients. To participate in the program visit the Morningside website and select products with the Meals On Wheels logo:

<http://www.morningsideproducts.bigcartel.com/category/shop-share-product-specials>

"We are acutely aware of the felt needs in our local community," said Deborah Harris, Sales Associate with Morningside Products LLC. "We just wanted to make an impact in the areas of greatest need!"

Morningside LLC is a certified woman-owned business located in Garden City, Idaho. The 4 year old company was created by Hollis Brookover. Morningside sells four product lines nationally and in Canada. This is the first year the company has offered its products online.



Flowers Lift Senior Spirits

Filigreen, Flowers with a Twist partnered with Meals On Wheels to provide a visual feast of seasonal flowers along with a hot, nutritious meal during the weeks leading up to the Christmas holiday. The arrangements were delivered in festive and fully recyclable containers.

"We all know, and studies show, that flowers provide an emotional boost to their recipient. This could not be more needed than during these challenging economic times, when we are forced to be so focused on the daily necessities," says Gina Bessire, owner of Filigreen.

Filigreen is a locally owned and operated business pioneering sustainable floristry. Filigreen helps individuals and small businesses celebrate special occasions and the everyday with unique floral creations made with respect for our natural environment.

Alpha Delta Kappa Mu

The Alpha Delta Kappa Mu Chapter (Professional Women Educators) donated over 90 individually decorated, large chocolate candy bars for distribution to Meals On Wheels on Thanksgiving. Sheila Larson, Altruism Chair, (pictured) said their organization is "always looking for ways we can help serve in our community."



Ada County Helps Meals On Wheels

On Thursday October 23, 2008 Ada County Commissioners Paul Woods and Rick Yzaguirre presented the Meals On Wheels program with a check at the Bannock Arms Apartments, 330 E Bannock St, Boise and then assisted in delivering meals to the clients at the apartment complex. Each year, Ada County provides substantial assistance to the Meals On Wheels program.

Gifts Make Spirits Bright

Sometimes it's the little things that make all the difference, especially during the holidays. The week before Christmas, volunteers assembled small gift bags and delivered them to every Meals On Wheels client.

Donations from the community included such items as sample- and hotel-size hand lotion, shampoo and conditioner; postage stamps, stationary and cards, lip balm, small travel-size packages of tissue, candies, ornaments, packages of tea and hot cocoa, and food items like oatmeal, soup, fruit cups, and granola bars.



Lake Hazel Elementary First Graders

"The Treasure Valley community responded generously, allowing us to provide each of our seniors with a special gift bag right before Christmas," said Angela Spain, Program Manager.

The white paper gift bags were decorated by Lake Hazel Elementary first grade students in Kathy Connell's and Kara Falash's class, Brownie Troop #50 led by troop leader Jennifer Bourff, Troop #284 led by troop leaders Kimberlee Rothwell and Diane Overall, Junior Troop #48 and Cadet Troop #236 led by troop leaders Kathy Berggren and Cassandra Thompson.

"It's gratifying to see so many people coming together to bring a little cheer into the lives of seniors in our area. Thanks for making this holiday season special," said Spain.



Senior Nutrition Program Manager Angela Spain receives a ham from Kami Faylor, Micron Employee.

Micron Hams

Every year Micron employees are given holiday hams and each employee has the choice of taking the ham home or giving it to a charitable organization. With the encouragement of Meals On Wheels board member Steve Suarez who works at Micron, a lot of employees decided their hams should help feed homebound seniors.

Hams totaling over 200 pounds were donated to Meals On Wheels and were incorporated into delicious ham meals that were served to seniors during the holiday season. We want to thank the generous spirit of the Micron employees who made this holiday season just a little brighter for seniors in Ada and Elmore counties.

In Honor of

Stella Kloss

Stephen and Vivian Schrader

Irene Jeske

Virginia Neil
Robert and Marcia Ross

David O. Carter

Diana James

Brent and Pat Brocksome

Christopher and Cynda Beeson

Dennis and Lorraine Kane

P. and Sally Kane

Geri Williams

Robert Williams

Onder O. Mayes

Aletha Durtsche

June Carley

Sean and Lisa Cafferty

Joe Berenter

Gail Bow

Mollee Lou Hecht

Gary and Joelene Peck

Cheryl Peck

Kirk and Tracy Erb

Larry and Janice Erb

Margaret McIntosh

Gordon McIntosh

Vi McAllister

Keith and Lisa Albi

Tim and Laurie Wallace

The Employees At Westside
Body Works

John and Caryl Ann Nelson

Arlen and Susan Planting

Marcella Dunn's

100th Birthday

James Dunn

Charlotte Quesnell

Marilyn Bullock

Frank Caballero

Sandra Borbonus

Olive Coolidge

Barbara Keenan

Anna Horner

Helen McLaughlin

Wilda Van Patten

Jim and Jacquie Classen

Edward Logan

Stephen and Debbie Miller

Alma Schmidt

David and Joan Moore

Jon Woodall

Sandra Woodall

Alta DeBord

Williard and Jeannie Swenson

In Memory of

Leonard Kolojechick-Kotch

George and Karen Kotch

Roy Kent

Jack Kent



Central District Health Department
Senior Nutrition
707 N. Armstrong Pl.
Boise, ID 83704-0825

PRSRT STD
U.S. POSTAGE
PAID
PERMIT NO. 1
BOISE, ID

In Memory of

Memorials for October to December 2008

Ethel Kidwell

Chris Jameson

Kathleen Smith

Jo Ann Northup

Keith Hug

CDHD McCall Office Staff

Beth Landis

Lila June Schoenmehl

Thomas and Lori Weigel

Nancy Petersen

Don Brady

Sally Schmelzer

Jack Gillespie

Joyce Gillespie

Eunice E. Grey

Lisa Chaney

Myra Kelley

Magdalena Morris

Jean Rathbun Conningham

Eloise Lewis

Soren Jacobsen

Phyllis Clifford

Peggy

Elda Rees

Karla Hall

Mr. and Mrs. Mits Kuwana

Leona Kuwana

June Petek

Ginger Newton

Pat Stedman

Heidi Svahn

George L. Wilson

Dr. John Wilson

Emma...Ruth...Evie....Edna

William R. and Bernice Larson

Joe Terrell

Teresa Paige

Barbara Cristobal

Teresa Paige

Don Brady

Sally Schmelzer

Bernadine Haber-Solov

Lauren Haber

Kathleen Smith

Claire Lowrie

Maria Minicucci

Clarice Engleman

Tony Engleman

Mary Lucachick

Alma Bizallion

Donald Bizallion

Geraldine Yasvac

John Yasvac

Bob Hooper

Roger Graham

Mildred Smith

Carol Smith

Dorothy Boyce

Gayla Boyce

Our Mothers

Lorraine Aden

Tom and Mitzi Aden

Fredna

Sarah Allman

Bert Colwell

Marjorie Ewing

Marie Courtright

John Courtright

Pearl Gillespie

Michael and Marie Gillespie

Fern Burton

Gaylene Yergenson

Louis & Celesta Mitchell

Mark and Dorrine Johnston

Daniel F. Archabal

Diana Archabal

George Sabinc

Rick and Leah Wright

August Weigand

Teisha Hohn

Theodore R. Petersen

Margaret Anderson

Rick L. Hanna

Monte and Doris Fry

Marilyn Joan Barrett

Laura Shockley

Millie Vogel

Richard and Lynette Link

Robert S. Wartenbe

(Grandpa Duck)

Robert and Denise Wartenbe

Serena Alberta Stewart

Janet Stone

Jim and Coralee Nord

The Rutledge Family

James and Sandra Lancaster

Dennis and Martha Suihkonen

Irene Counce

Frances Lynch

Jeffrey and Molly Prengaman

Todd and Terri Kuwana

Glenn and Tresha Griffiths