



OCTOBER 2021 NEWSLETTER

Rocky River-Lakewood Kitchen West Shore Meals On Wheels

'GIVING TUESDAY' FOOD DRIVE

As we all know, food costs have been rising steadily over the past year, taking a toll on our MOW food budget and depleting our pantry. You can help!

Please mark your calendar for Tuesday, November 30, 2021, when we will once again call for your support of our annual 'Giving Tuesday' Food Drive. We're developing a list of needed food and non-consumable items, which we'll publish in advance so you can select items you may want to purchase and bring to our kitchen. We will email a reminder in November, or you can check our website's Blog that month for details. Stay tuned!

ARRIVALS . . .

Since our April newsletter, a number of new volunteers have joined our ranks in the kitchen and on the road, including: **John Becker, Cindy Dugan, John Gannon, Mary Del Heron, Mary Holtz, Mary Kresge, Nancy McMillan, Sandy Norris, Ruth Pangrace, Holly Pattison, Connie Squire, Carol Tompkins and Paulette Ziegfeld.** We welcome you to our extraordinary cohort of volunteers.

Our RRLW Board is excited to announce that **Mary Conway** has agreed to serve on our Board as our new Recording Secretary. Mary has helped us out as a kitchen volunteer and was instrumental in organizing the help of her employer, Insight2Profit, for the creation of our new website. Welcome "aBoard," Mary!

. . . AND DEPARTURES

Many thanks to **Steve Jurak**, our retired pediatrician, who stepped down from our RRLW Board in September after serving as our Recording Secretary. In addition to doing a great job keeping our meeting minutes, Steve contributed his valuable time and good counsel to a variety of projects and issues. Fortunately, we're not saying goodbye to Steve; he will continue volunteering as a driver, which he has been doing all along.

IN SYMPATHY

We are saddened by the death of former RRLW Board member **Kent Spelman**, who passed on August 17, 2021. Kent served as our Recording Secretary, and among many other contributions, wrote the loveliest thank-you notes to donors and others who supported our mission. All of us who were fortunate enough to work with Kent appreciated his warmth and kindness, his quiet sense of humor, and his gentle spirit. We offer our sincere condolences to his family and friends.

We also extend our deepest sympathies to **Chris Polomsky**, Chair of West Shore's Fairview Park Kitchen, whose husband **Peter** passed away on August 25, 2021. Married 49 years, Chris and Peter raised two children together and have six grandchildren. Our hearts and prayers go out to Chris and her family.

THANK YOU!

Messiah Lutheran (Fairview Park) and **Good Soil Lutheran (Rocky River)** made generous contributions in July, supporting of our program for lower-income meal recipients.

Although the cost of our meal service is affordable for many in our community, those who must rely on government assistance for their well-being can find it difficult to pay \$40 per week for nutritious food. Our subsidized-meals program provides qualified low-income recipients with meal deliveries at half price. This program is only possible thanks to the generosity of community donors.

We are deeply grateful to **Pastor Jerry Burce** and his congregation at Messiah, and to **Pastor Marissa Harrison** and her congregation at Good Soil, for their open-hearted giving to our neighbors in need.

RRLW Board members pitched in to conduct our annual kitchen deep-clean on May 12. Although our kitchen gets a good cleaning every week, the annual cleaning addresses every nook and cranny of our kitchen to ensure that we continue to meet and exceed Health Department requirements.

Terry Winfield and **Donna Winfield** came through for us once again, designing and printing 500 postcards to announce our new website at www.WestShoreMOW.org. The postcards were mailed in June to community contacts in Rocky River, Lakewood and Fairview Park. On numerous occasions over the years, Terry has gifted us beautiful designs for our logo, letterhead, brochures and online content, while Donna has arranged for our publications to be printed free of charge. Thank you Winfields!

Matthew Molnar, son of our Head Cook Andrea Molnar, stepped up a few months ago to thoroughly clean our chest freezer (a deep dive!). When in the kitchen, he also pitches in removing trash and recycling, answering our door when the bell rings, and willingly helping out with other tasks that need attention. Well done, Matthew!

All our thoughtful donors deserve a huge round of applause for their many contributions – making monetary gifts, filling our pantry with food staples, bringing in fresh vegetables and baked goods, and much more. We are awed by your generosity.

TALK ABOUT COMMITMENT!

Our kitchen has so many volunteers who simply don't know the meaning of the word "quit." We honor the service of all the volunteers who support our mission and here give special recognition to those who have been with us a decade or more:

Helen Wetzler 43 years

Emil Girod 38 years

Dotty Dimmick 26 years

Betsy Hutchinson 25 years

Denise Tompkins 23 years

Andrea Molnar 21 years

Anne Anagnostis 20 years

Kathy Walsh 19 years

Lou Ann Buckley 16 years

Sharon Waffen 16 years

Kate Frisch 14 years

Mary Haggard 12 years

Mary Ann Jira 12 years

Lauren Walsh 12 years

Sharon Hosek 10 years

Barb McGraw 10 years

Carol Poley 10 years

Nikki Salupo 10 years

If we've missed you on our Decades Of Dedication list, please know that we are deeply grateful for your service – we've just lost track of your start date!



VOLUNTEER SPOTLIGHT: LAUREN WALSH

Lauren Walsh has been volunteering with our RRLW Kitchen for 12 years, doing just about every volunteer job along the way. She took on the demanding task of being our Board Chair from 2013 through 2018 and served as Co-Chair from 2011-2013. Our petite dynamo Lauren is a long-time kitchen volunteer and has pitched in numerous times to substitute as Volunteer Coordinator, deliver meals when we've had a driver shortage, represent our Kitchen at community events, recruit new volunteers and Board members, interface with community organizations, organize bake sales and special events, and help with countless other needs. She also took on the role of being our grant writer, bringing in tens of thousands of dollars in much-needed funding from local organizations. It's no stretch to say that we couldn't have accomplished our mission without her!

"I love working in the kitchen," says Lauren. "We turn out beautiful meals and have fun doing it! Andrea creates a very welcoming atmosphere, and I consider my fellow volunteers my friends. Volunteering can be fun!" She extends her thanks to all our volunteers.

Lauren and her husband Jim, who recently began volunteering as a driver, have been married more than 50 years. Together they have four children and nine grandchildren. When not at our Kitchen, Lauren enjoys spending time with her family and friends, taking the grandkids on special birthday trips, traveling with her lady friends, and attending live events, especially when they involve music.

Thank you, Lauren, for your remarkable commitment, hard work, generosity and bright spirit!

RRLW BOARD OF DIRECTORS 2021

Laurie Rokakis
Chairperson

Louann Buckley
Vice Chairperson
Sunshine Committee

Mary Conway
Recording Secretary

Tom Esposito
Executive
Board Representative

Cheri Gardiner
Co-Biller

Andrea Dora-Molnar
Head Cook

Kathy Blackwell
Volunteer & Administrative
Coordinator

Deb Denney
Newsletters, Technology

Frank Grey
Board Member

Mary Haggard
Interviewer

Linda Lewis
Board Member

Kathryn Rieg
Safety Officer

Candace Vincent
Board Member

Lauren Walsh
Grant Writer