



November, 2011



Dear Friends,

When you ask Mary, how do you feel about Meals On Wheels, she will quickly say, *"I like all of the volunteers who visit and deliver my meals. They always have a smile on their face as they say, How are you, Mary?"*

Mary, who is 78 years old, started receiving Meals On Wheels six years ago when she returned home from a 45 day stay in the hospital, recovering from a stroke. Since she is unable to use her right hand, she can no longer safely prepare meals. She is so grateful to be able to remain in her own home in Northampton where she has lived for 48 years. She says, *"If I didn't get Meals On Wheels, I suppose I would have to depend on someone else for meals or (with a smile and a twinkle in her eye), perhaps I would resort to eating junk food."*

Mary's late husband worked as a railroad car inspector for the Jersey Central Railroad. She and her husband were married for 41 years. *"Back then railroad workers didn't make the money that they earn today."* In order to supplement their income, Mary worked in a sewing factory as a Presser for 25 years, before retiring in 1981.

Despite the fact that all of Mary's relatives have passed away, she feels very fortunate to have a wonderful daughter, living in Virginia, who looks out for her welfare. Every other week and sometimes more often, her daughter drives the four hour trip to spend the weekend with her mother. With a deep sense of gratitude, Mary says, *"She does so much for me...without her, I don't know where I would be...maybe living in a nursing home."*

Mary raves about the meals that she receives every day. *"The food is really good...just like a home cooked meal. My favorite is pork and sauerkraut. I like everything except for the stuffed shells, but after I told them, I don't get stuffed shells anymore."*

Your continued support of Meals On Wheels is very much appreciated so that we can serve seniors, like Mary who enjoy nutritious and tasty meals and, most especially, appreciate the opportunity to continue living in their own home.

May you and yours enjoy a very healthy and happy holiday season!

Sincerely,

A handwritten signature in blue ink that reads "JoAnn B. Nenor".

JoAnn Bergeron Nenor
Executive Director

WE ARE
Meals On Wheels
So no senior goes hungry.