



# FOOD FOR THOUGHT

EAST COOPER MEALS ON WHEELS

FALL 2011

## EAST COOPER MEALS ON WHEELS EARNS NATIONAL RECOGNITION FROM SCORE

From serving meals to eight recipients on its first day of incorporation in 1985, East Cooper Meals on Wheels has evolved into an organization that expects to deliver over 130,000 meals this year. Much like any small business, qualities such as entrepreneurship, integrity and community engagement have influenced the organization's ability to adapt as need increases. For that reason, East Cooper Meals on Wheels was chosen as the 2011 recipient of the Outstanding Socially Progressive Small Business Award, given by The SCORE Foundation and sponsored by the Office Depot Foundation.

In the past five years, meal delivery to homebound seniors in Mount Pleasant, Cainhoy, Wando, Daniel Island, Isle of Palms and



*East Cooper Meals on Wheels was selected as the national SCORE Award winner from hundreds of nominations. Pat Walker, Ram Dachehalli and Asha Dachehalli traveled to Washington, D.C., for the awards ceremony.*

Sullivan's Island has increased by 79%. Strategic partnerships with other local nonprofits and

small businesses have influenced success in every aspect of our organization's work. In addition, Ram Dachehalli, a member of our board of directors and a counselor with the Coastal Chapter of SCORE, has been particularly involved in lending his business expertise to our planning efforts.

"We are so proud to be recognized for our dedication and service to the East Cooper community. Our continued ability to respond to the needs of homebound seniors, without charging for meals and without operating a waiting list, is made possible by the ongoing collaboration of volunteers, businesses and community leaders," said Patricia Walker, President/CEO of East Cooper Meals on Wheels.

## 2011 DAY OF CARING: IMPROVING QUALITY OF LIFE FOR HOMEBOUND SENIORS



*Employees from Roper St. Francis created a stable and level foundation before installing a new set of stairs for Albertha Robinson.*

Albertha Robinson's home was just one of 400 projects scattered throughout the Lowcountry for Trident United Way's Day of Caring, but on Friday, September 9, she was definitely feeling like her home must have been the most important project on the list.

"A landing? I didn't know there would be a landing," exclaimed Ms. Robinson when she stepped outside to see new stairs, installed by volunteers from Roper St. Francis Healthcare, at the back door of her trailer. "I can sit out here and hide from everyone in peace!"

Trident United Way's Day of Caring, held annually in September, is an opportunity for individuals, organizations and businesses to spend one day away from the office making a difference in the community. This year over \$1 million in goods and services were donated by 8,000 volunteers, making this the largest Day of Caring event per capita in the world. For East Cooper Meals on Wheels, the event provides a unique opportunity to respond to recipients' needs that extend beyond our core mission of delivering daily nutrition.

Roper St. Francis Healthcare deployed eight teams totaling 120 employees to recipients' homes for projects such as painting, carpet cleaning and yard work. They also built a life-changing wheelchair ramp for recipient Kathy Burns, who had no way to exit her home without the ramp.

The Town of Mount Pleasant also got involved in the act of giving at 88 year-old Annie Green's home, where every department head came out to lend a hand. Ms. Green is confined to a wheelchair and until September 9 she had to use a removable piece of plywood as a make-shift ramp to leave her home for trips to doctor appointments and church. Day of Caring brought a total transformation as volunteers constructed a safe wheelchair ramp, removed weeds and trimmed shrubs at her home. Police Chief Harry Sewell continued the giving just a few weekends later when he arranged for a group of young people from First United Methodist Church on Isle of Palms to paint her home.

Day of Caring may only happen once a year, but the impact of the time and resources given will certainly have a much more lasting impact for our recipients.

-Contributed by Margaret Lopresti, Recipient Services Manager



*Annie Green poses with town officials and Meals on Wheels staff members as they near completion of a new wheelchair ramp. Pictured from the left are Charlie Potts, Jimmy Lesesne, Christiane Farrell, Jody Peele, Harry Sewell, LeVica Kirvin, Ms. Annie Green, Margaret Lopresti, Pat Walker, Eric DeMoura, Brad Morrison, Herbert Williams and Ken Ayoub.*

# Letter from the President

At East Cooper Meals on Wheels, the act of giving is part of our daily routine. It is what makes our organization thrive on so many levels, and it is what inspires us to continue serving homebound seniors in our community. The giving happens without hesitation, and it occurs in a variety of ways throughout the year.

Giving is when our volunteers pack over 350 meals starting at 8 a.m. each day.

Giving is when a little girl donates the money she raised at a lemonade stand over the summer to help feed homebound seniors.

Giving is when our drivers pause to have a conversation or share a hug with one of our recipients.

Giving is when people stop by our office to donate canned goods, nutritional drinks and pet food.

Giving is when six new individuals make a commitment to serve on our board of directors.

Giving is when a recipient takes time to send a note that says how much Meals on Wheels has impacted her life.

As we approach a season in which we celebrate all that we have, know that we will pause to give thanks for all that you have given to East Cooper Meals on Wheels. Whether you give your time, your talent or your treasure, know that we appreciate each and every way that you support our work in the community.

Warmest regards,



Patricia S. Walker  
President/CEO

## 2011 DRIVING TO EXCELLENCE ANNUAL FUND

Last year, 923 individuals  
contributed over  
\$150,000 to feed homebound  
seniors in our community  
through our Annual Fund.



Look for more information from us soon on how you can support our recipients, 100% of whom receive meals at no charge.

We are driving to *excellence* with our community-based nonprofit model that relies on the generosity of volunteers, numerous community partners and donors like you.

***Will you provide the next meal?***

Review our financial information filed with the South Carolina Secretary of State at [www.scsos.com/Public\\_Charities/Search\\_Charities](http://www.scsos.com/Public_Charities/Search_Charities).

## WELCOME AND FAREWELL

In September, the following six community leaders made a commitment to serve on the East Cooper Meals on Wheels Board of Directors:

Richard Garcia  
*O'Brien & Gere/Lindberg & Associates, LLC*

Jenny Lynn Hanzel  
*East Cooper Medical Center*

Dr. John Maize  
*Maize Center for Dermatopathology*

Rev. John Randolph  
*Greater Goodwill AME Church*

Kristie Santora Rasheed  
*Wild Dunes Resort*

Andrea Ulmer  
*Carolina One Real Estate*

We also extend a very special thank you to the following individuals who recently culminated their service on the board:

Midge Moran  
*Charleston County School District*

Monica Mutter  
*Blackbaud*

Rev. Arthur Pinckney  
*Retired*

*"If your actions inspire others to dream more, learn more, do more and become more, you are a leader."  
— John Quincy Adams*

## FILL THE CELLAR FOR MEALS ON WHEELS!

Piggly Wiggly at Seaside Farms  
November 1 – December 31

For every 750 mL bottle of Beringer Founder's Estate wine purchased, \$1 will be donated to East Cooper Meals on Wheels.



# 2011 Volunteer Appreciation Lunch



*Rich & Judy Snyder, Tim & Anne Cline*



*Pat Walker, Eddie Williams & Liz Shanaman*



*Lisa Cottingham, Mary Katsibas & Pat Walker*

East Cooper Meals on Wheels has the best volunteers and they love to party! For the 4th year in a row, General Manager Mark Welker and his wonderful staff at Carrabba's Italian Grill prepared a delicious meal to celebrate the accomplishments of our volunteers. The incredible wait staff attended to our every need and served almost 200 people in an hour. They were awesome!

Thanks to a grant from Banfield Charitable Trust, we were able to give away gas gift cards to 16 volunteers who deliver pet food to our recipients' furry friends. We also recognized three volunteers with The Walter Notton Award for Superior Volunteer Service. Liz Shanaman, Day Coordinator on Friday, Eddie Williams, Route 9 driver on Monday, and Mary Katsibas, Recipient Interviewer, were all honored for their service.

Liz Shanaman began packing meals in 2001 when our current facility was a small satellite site preparing and delivering just 75 meals to 5 routes. Her crew leader at the time was Walter Notton so she learned from the best. She has the job of overseeing 17 volunteers every Friday who pack over 500 meals in less than two hours. She is extremely organized and always stays calm, cool and collected on those busy Friday mornings. She is truly a beautiful person inside and outside.

Eddie Williams has been referred to as Mr. Meals on Wheels. He has not only driven a weekly route for five years, but also substitutes for other drivers whenever he is

needed. He starts his week by picking up sweets from Starbucks every Monday before he arrives to drive his route. He has appeared on the Volunteer Spotlight on Channel 4 and has attended volunteer fairs as a spokesperson for Meals on Wheels. He and his friends at East Cooper Fishing Club catch and cook fish dinners for each of our recipients every summer. Eddie is an amazing man and we are blessed to have him as a volunteer.

Mary Katsibas is one of the people who goes to the home of each recipient to complete the interview process and to gather information that helps our drivers. She is the first person our recipients meet before they receive their first meal. She does a wonderful job of welcoming them to the East Cooper Meals on Wheels family. She cares about each person she meets and believes each one is the most interesting and sweetest person she has ever interviewed—until she meets her next new recipient. She is a caring person and we appreciate all she does for our recipients.

Thank you to all of our amazing volunteers for your time and dedication. Last year you packed and delivered nearly 127,000 meals to 453 recipients. Together we are making sure that no senior in our community goes hungry.

*--Contributed by Cecilia Eaton, Program and Volunteer Manager*



*Amy Rich & Lisa Marie Gibbs*



*Ann & Harry Douty, Jr. with Cathy & Mark Kleber.*



*Kelly Armstrong with Imari & Chantel*



*Kitty & Lee Gordy with Gail & Frank Costa*



*Bruce & Derna Conklin, Warren & Sandra Tawes, Mickey & Betty McMahon*



*McKenna & Darla Justice*



*Rudy & Maggie Rudes*



*Les & Brenda Allred, Angela Shilling, Miriam & Joe Wait*



*Dwight & Louise Meyer*

# EAST COOPER MEALS ON WHEELS 13TH ANNUAL OUTBACK STEAKHOUSE CHARITY GOLF CLASSIC

September 20, 2011

The East Cooper Meals on Wheels 13th Annual Outback Steakhouse Charity Golf Classic, presented by Nucor, was a huge success. Golfers, volunteers and staff enjoyed a beautiful, rain-free day at RiverTowne Country Club. We appreciate everyone who helped us "drive away senior hunger" through their support of this year's event, especially our Tournament Chairman Jim DeLaney!  
*Please save the date for September 18, 2012, when we'll host our 14th Annual Charity Golf Classic.*



First Federal Beverage Cart



Amy Zborowski from Raising Cane's serves up chicken fingers to Paul Gawrych & Jim Merrill



Jenny Lynn Hanzel & Leesa Still



John Carroll, Bishop David Thompson, John Hyland & Phil Dalpiaz



Pat Walker & Larry McKay



Kelly Hodges & Jo Ann DeLaney

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Debbie Rose & Sarah Garner

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- Heritage Trust Federal Credit Union
- Kids Teeth
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- Miller Cadillac
- Mount Pleasant Seafood
- New York Life: Kurtis Kendle & Steve Neff
- Point Hope United Methodist Church
- Publix
- Raising Cane's
- Sandpiper Premier Senior Living
- Sea Ray - Scout of Charleston
- Sonitrol
- Taylor Agency Insurance
- Taziki's Mediterranean Cafe
- Winkler Group



David Terry, Tom Sottile & Jeff Cain



Dianne Smith, Laura Harris & Mary Sudzina

2011 CHARITY GOLF CLASSIC CHAMPIONS

- 1st Place - Low Gross: Town of Mount Pleasant
- 1st Place - Low Net: Harper James Finucan
- Longest Drive: Bill Hart & Lisa Still
- Longest Putt: Jason Alexander & Jessica Miller
- Closest to the Pin: Scott Moreland & Matt Story



Beth Heenan & Kevin Heenan

# 2011 TOURNAMENT TEAMS

## EXECUTIVE TEAMS



*Cottingham Law Firm*



*Detyens Shipyard*



*East Cooper Medical Center*



*Elms Digestive Disease Specialists*



*Environmental Express II*



*McElveen Chevrolet*



*Roper St. Francis Healthcare*



*The Fabulous Foursome*

**THANK YOU!**

Berkeley Electric Cooperative  
 Captain Eddie & Sandra Williams  
 Christ Church  
 Cottingham Law  
 Detyens Shipyard  
 Drivin' Divas  
 Dunkin' Donuts  
 East Cooper Meals on Wheels  
 East Cooper Medical Center  
 Elms Digestive Disease Specialists  
 Environmental Express I  
 Environmental Express II  
 Harper James Finucan  
 Hyland, Ruddy & Garbett, CPAs  
 Kelley's Heroes  
 Lowcountry Food Bank  
 McElveen Chevrolet  
 Motley Rice  
 Nucor  
 Outback Steakhouse  
 Piggly Wiggly  
 Roper St. Francis Healthcare  
 SCE&G  
 The Bank of South Carolina  
 The Big Wheels  
 The Fabulous Foursome  
 The Town of Mount Pleasant



*Environmental Express I*



*Lowcountry Food Bank*



*Piggly Wiggly*



*The Bank of South Carolina*



*Town of Mount Pleasant*

*Additional Executive Team Sponsor: Motley Rice, Attorneys at Law*

## CULINARY COMMUNITY CONTINUES SUPPORT FOR HOMEBOUND SENIORS



*Kevin Gates dropped off the meal from Skoogie's.*



*Noisy Oyster delivers a meal in 2009.*



*The Whole Foods Team packs meals.*



*The team from Poe's Tavern helped out in September.*

The local culinary community has been the shining star in the media lately, but mostly for expressing creativity in the kitchen, launching innovative concepts and representing unique culinary points of view. What you may not know is how vital those local chefs, restaurateurs and food purveyors have been in our ability to continue delivering meals at no charge to recipients and without operating a waiting list. It is their willingness to give of their notable culinary skills that helps us continue to thrive.

Support comes from restaurants like Noisy Oyster, a long-term partner of East Cooper Meals on Wheels. Like clockwork on the first Tuesday of each month, the restaurant delivers a fully prepared meal to be packed for delivery. Our recipients really look forward to it, and some even call our office that morning to see what is on the menu.

Others donate specific items for us to use as opposed to entire meals. The New York Butcher Shoppe donates specialty meats, which are cooked by Outback Steakhouse and then paired with vegetables from our pantry to make complete meals. Several bakeries donate bread regularly, and Starbucks contributes pastries several times a week. We also receive popcorn, nuts, fresh vegetables and canned goods from a variety of food-focused businesses throughout the year.

Then there are entire programs like Charleston Chefs Feed the Need, which has impacted East Cooper Meals on Wheels in many ways. When the idea first emerged about two and a half years ago, Mickey Bakst was simply focused on getting the culinary community to help him feed hungry people in our community. Fast forward to today and that basic idea has turned into a nationally-recognized nonprofit organization that continues to put hunger in the spotlight.

As a result, East Cooper Meals on Wheels can count on a different local restaurant to cook a meal once a month. Downtown restaurants supported

the program in the beginning, but it has recently expanded to include many East Cooper restaurants. Recipients have enjoyed meals prepared by local hamburger and hot dog gurus, like Poe's Tavern and Skoogie's, all the way up to James Beard Award Winner Sean Brock, Executive Chef of McCrady's and HUSK.

"What really makes the experience complete is when restaurants send their staff to pack the meals that they have prepared," said Pat Walker, President/CEO of East Cooper Meals on Wheels. "Working side-by-side with our regular volunteers lets them experience our mission first hand, and they see how their work makes a difference."

Charleston Chefs Feed the Need was recognized earlier this year by the National Restaurant Association with a Restaurant Neighbor Award, and Bakst will be honored at the Giving Back Awards on November 18 as the 2011 Community Catalyst. In addition, Feed the Need was recently announced as the Signature Charity for the 2012 BB&T Charleston Wine + Food Festival. The increased awareness has been accompanied by monetary awards, which Bakst eagerly shares with East Cooper Meals on Wheels and the other three charities that participate in Feed the Need.

Beyond all this, we have more wonderful culinary crews that support our two largest fundraising events, the annual gala and auction and the annual charity golf classic. From serving up signature dishes at events to donating gift certificates to be used as auction items and prizes, the contributions made by restaurants have a clear impact on our success.

Because of these combined efforts, East Cooper Meals on Wheels has delivered over 16,634 meals at no cost to the organization. The ongoing collaboration has nourished our recipients and provided opportunities to form new community partnerships for the benefit of our mission.

## CORNHOLE TOURNAMENT SUPPORTS MEALS ON WHEELS FOR 3RD YEAR



*Participants in the 3rd Annual East Coast AP Marketing Cornhole Classic, including WCBD News 2's Brendan Clark (3rd from left), play in the opening rounds of the tournament.*

Some people arrived an hour early to practice, some people played barefoot and some took a deep breath before tossing their bag. No matter what the strategy was, it seems that everyone enjoyed the 3rd Annual East Coast AP Marketing Cornhole Classic, benefiting East Cooper Meals on Wheels. Held this year for the first time in conjunction with Oktoberfest at Blackbaud Stadium, the teams of two enjoyed a picture perfect day with great food and good company, all for a wonderful cause. Teams with names like Cornspiracy Theory, Long Shots and The Great Cornholios, played three times vying for a spot in the Top 16 single elimination round, and in the end team Los Amigos went home with the win. Thanks to East Coast AP Marketing for hosting this event.



*East Coast AP Marketing, which organizes the cornhole classic, selected East Cooper Meals on Wheels as the event's beneficiary for the third year in a row.*

# NIBBLES & NODS

The East Cooper community consistently provides generous in-kind support of our service to its homebound residents. Throughout the year, we receive one-time, weekly and monthly donations of prepared meals, canned goods, fresh produce and baked goods from local restaurants and businesses, supermarkets, professional and social organizations, schools, church groups and individuals. A leading example of this is the huge donation of over 1,250 complete weekend meals provided to us each month from Christ Episcopal Church.

Since July 8, 2011, 25 individuals and 26 local organizations donated groceries and food staples valued at over \$26,058. Notable donors include the following local organizations, businesses and school groups who brought in at least \$200 in food items:

- **Atlanta Bread Company** ~ baked goods valued at \$310
- **Charleston Nut Company** ~ assorted nuts and popcorn valued at \$273
- **East Cooper Fishing Club** ~ prepared food valued at \$615
- **Fish Restaurant** ~ prepared meals valued at \$934
- **Franke at Seaside** ~ groceries valued at \$1,030
- **Group Week of Hope** ~ canned goods valued at \$250
- **Hilton Head Popcorn** ~ groceries valued at \$346
- **New York Butcher Shoppe** ~ groceries valued at \$645
- **Noisy Oyster Restaurant** ~ prepared meals valued at \$2,000
- **Poe's Tavern** ~ prepared meals valued at \$738
- **Skogies** ~ prepared meals valued at \$675
- **St. Vincent de Paul Society** ~ nutritional drinks valued at \$350
- **Starbuck's, Mount Pleasant** ~ baked goods valued at \$7,500
- **Whole Foods Market** ~ prepared meals valued at \$677

Behind-the-scenes support is just as vital to our work as the food donations that walk through the door. In addition to the pet food from the Charleston Dog Training Club, All is Well, Superpetz, and Happy to See Me Pet Care so recipients don't worry about keeping their beloved pets fed, we received the following donations:

- birthday cards for our recipients from **Old Salt Collections**
- grocery bags from **Whole Foods Market**
- grocery bags from **Publix Supermarket**
- storage space from **Stockade Storage**

**Thank you for helping us keep the wheels turning and the meals moving to East Cooper's homebound residents!**

## TED'S BUTCHERBLOCK PAYS IT FORWARD

As a child, Ted Dombrowski saw his parents embody the idea of paying it forward through their restaurant in New Jersey, so it comes as no surprise that this local business owner has chosen to do the same in the Charleston area. His shop, Ted's Butcherblock, has given over \$20,000 to local charities since it opened six years ago.

Friday nights feature a weekly wine tasting for \$5, with all the proceeds going to a charity of the quarter. By capturing votes in a Facebook competition coordinated by Dombrowski, East Cooper Meals on Wheels earned the spotlight for July, August and September. Thanks to the generosity of Dombrowski and his customers, the shop made a donation of \$750 to support the delivery of daily nutrition to homebound seniors. Though our time has ended as the featured charity, Dombrowski and his staff remain committed to supporting the community that supports them.

Ted's Butcherblock, located at 334 East Bay Street, offers international meats, artisanal cheeses and gourmet prepared foods. The shop hosts special events throughout the year, such as beer dinners and block parties, and they also offer catering services. In addition to wine tasting on Fridays, the shop also offers a unique \$12 dinner and dessert, prepared by Chef Eva Keilty. Visit [www.tedsbutcherblock.com](http://www.tedsbutcherblock.com) for more details about the shop and special events.

We sincerely thank the organizations and businesses who have provided funding for our mission from July 8, 2011 through October 10, 2011, including...

- Aetna Foundation, Inc.
- Alcoa
- All Saints Lutheran Church
- Bank of America Charitable Foundation
- Bi-Lo Boostersplus
- Church of the Holy Cross
- Combined Federal Campaign
- Daniel Island Community Fund
- East Cooper Newcomers Club
- Emergency Food and Shelter National Board Program
- Feed the Need
- First United Methodist Church - United Methodist Women
- Friendship AME Church
- Jackie Wirszyła CPA, LLC
- Meals on Wheels Association of America
- Mt. Pleasant Presbyterian Church
- O'Brien & Gere Engineers, Inc.
- Rotary Club of Daniel Island
- Rotary Club of Mount Pleasant
- Royall Ace Hardware, Inc.
- Sandpiper Village Residents Church Fund
- Senior Loving Care, LLC
- St. Benedict Catholic Church
- State Farm - Billy Swails
- The Gleaners Class
- Trident United Way
- Wade Surveying
- Wells Fargo Foundation

...and 218 generous individuals who supported our service to the community with \$85,632 in contributions.

### IN REMEMBRANCE

The following East Cooper Meals on Wheels family members have died since July 7, 2011. Each of them will be deeply missed.

- Anna Mae Boykin .....Route 1
- Dot Coakley .....Route D
- Eddie Hunneycutt.....Route 2
- Evalyn Igoe.....Route F
- Carole Irving .....Route B
- Margaret Middleton.....Route 2
- Caroline Mize .....Route A
- Laverne Ward.....Route C
- Rosalee Washington .....Route D
- Cynthia McNair .....Volunteer

## MISSION STATEMENT

East Cooper Meals on Wheels delivers daily nutrition to residents within our service area who are homebound or unable to provide their own meals. We also advocate on behalf of recipients whose needs exceed the scope of our program.

## SAVE THE DATE

Knife Sharpening at  
**The Coastal Cupboard**  
**November 4-6**

to benefit  
**East Cooper Meals on Wheels**  
\$1 per knife

Visit <http://thecoastalcupboard.com>  
for full event details.

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## 3rd Annual Royall Hardware Holiday Open Car, Truck & Bike Show

**Saturday, November 5, 10 a.m. to 2 p.m.**

Mount Pleasant Towne Centre  
\$10 per vehicle

**Coastal Carolina Corvette Club will donate 100%  
of the proceeds to East Cooper Meals on Wheels**

More details available at [www.4cccc.org](http://www.4cccc.org).

### STAFF

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### BOARD OF DIRECTORS

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## Meals on Wheels Elves

This year, as always,  
our volunteers will  
spread holiday  
cheer by delivering  
a gift to each East  
Cooper Meals on



Wheels recipient. If you would like to make a contribution,  
please consider donating one of the following items:

Blankets  
Bath Products  
Bath Towels  
Flannel Shirts  
Kitchen Towels  
Lap Throws  
Nightgowns

Pajamas  
Robes  
Socks  
Space Heaters  
Sweatshirts  
Gift cards—let us do  
the shopping!



### Have You Met Margaret?

Margaret Lopresti began working as our Recipient Services Manager on August 1, so by now many of you have had the opportunity to interact with her. She stays busy helping our volunteers fine tune driving directions and connecting with our recipients. Though this role is very different from her previous one, Margaret has enjoyed meeting each recipient. She says, "This is a highly satisfying job. I know I'm exactly where I'm supposed to be." Margaret, we're glad to have you on board!