



# Blue Ledge Meals on Wheels

*Serving the community, one meal at a time!*

Winter | 2020

## Second Helpings



Dr Joanna Harris receiving donated food from Suny Monk.

Homegrown tomatoes, sweet peppers, cucumbers, greens, apples, peaches, homemade bread and rolls, jellies, and cookies. All these and more were provided to our home bound clients during the last two summers as part of the Second Helping program.

The Second Helping program is a cooperative venture between

## We Need You!

2020 has been a year of chaos and upheavals in so many facets of our lives. Blue Ledge Meals on Wheels has not been immune from those upheavals.

Our clients still need us. We have developed protocols for zero-contact delivery of meals, while maintaining the ability to make sure the clients are home and well. We can't get meals to people without the time and dedication of our wonderful volunteer drivers. We have lost several drivers this year, some due to caution regarding Covid, but also due to moving away, and some of our volunteer drivers have now become clients.

Second Stage and Blue Ledge Meals on Wheels. Thanks to a grant obtained by Second Stage, fresh locally grown food products left unsold at the end of the Thursday farmer's market are purchased and donated to Blue Ledge MOW. Blue Ledge volunteer drivers then distribute the items to our clients along with their regular meal delivery on Fridays.

Meat from the market is passed along to the nine churches preparing MOW meals. The purchase of meat is the church's biggest food expense. This donation is a significant help. The program has been a big hit. It is truly a win-win situation.

Homebound individuals are not able to grow or get out to obtain

**We need volunteer drivers.** Some of our routes receive food at lunch time while others receive their meals at dinner time. We need volunteers for both. We need regular drivers who can commit to an hour a week or an hour every-other week. We also need substitute drivers who can fill in when folks are unable to deliver their regular route.

Please, the need is as great as ever to be able to bring food to the homebound of Amherst County. **Won't you consider becoming part of our team?**

fresh seasonal foods. Our clients really like and benefit from this treat. Churches like getting the free extra meat. Market vendors like selling their goods. Blue Ledge likes giving our meal recipients extra healthy food.

This has been made possible thanks to our generous funders: Centra Foundation, Walmart, Testify Church, Bank of the James, and many generous individuals.

For the first time, the Second Helping program will continue into the winter. This is due to a grant recently received from the Amherst Economic Development Agency (EDA).



Boxes of Girl Scout cookies donated to our clients from Amherst County

**Girl Scout Troop 1315.**

Each client received two boxes during the pandemic with a personal note of encouragement on each box. Girl Scout Troop 1315 called this project "Gift of Caring".



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## Client Spotlight: Mrs. Dawson

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Our featured client is Mrs. Dawson. She lives in the town of Amherst having come here to be closer to her family. Mrs. Dawson is always so pleasant to visit with, always smiling. She is so very appreciative of the meals she receives and of the volunteers who bring them. You always feel good about what is being done when you visit with her.



Mrs. Dawson

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## AEDA Grant \$5,500 Awarded to Blue Ledge Meals on Wheels!

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Blue Ledge Meals on Wheels receives a \$5,500 grant! The Amherst Economic Development Authority (AEDA) sent us the great news in mid-September. The AEDA's Grant Committee oversees the funds granted to Amherst County under the U. S. Government's Coronavirus Economic Aid, Relief, and Security (CARES) Act.

Blue Ledge was awarded the grant based on three factors now affecting us. Some of our partner churches have had to give up providing client meals as they are closed as to prevent the spread the COVID virus. We expect more churches and volunteer groups to opt out for those very reasons.

Secondly, we expect the cost per meal from our commercial vendors to rise as they face hardships in the current economy. Blue Ledge has to plan for these changes in the economy.

Further, we anticipate many more requests from potential clients as government financial safety nets are soon depleted and as people, concerned about their own health and safety, stay home to avoid trips to the store. Greater Lynchburg Meals on Wheels has added over 200 new clients since March, and we expect a similar percentage increase.

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## Our Supporting Vendors

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The year 2020, the COVID-19 year, will definitely be one to remember. Small businesses and non-profit organizations have struggled to stay active during these seven months living through the COVID-19 pandemic. Blue Ledge Meals on Wheels (MOW) has been fortunate to receive support from the community, vendors, and volunteers that has made it possible for us to continue with our mission of providing meals five days a week for our clients. Last spring MOW published a letter reviewing the COVID situation and how MOW was handling the challenges. As always, the Amherst community responded with help in many areas; generous donations, teachers no longer teaching and students no longer in school volunteering to drive, vendors willing to prepare meals on additional days when churches or other vendors were closed, volunteer drivers buying needed limited supplies for clients, and organizations giving encouragement by sending our clients gifts, food, and especially delicious Girl Scout Cookies from Troop 1315.

Our vendors, nine churches and eight restaurants, have graciously worked to assure us we could get our clients their meals. We give a shout out to each of them for their continued hard work and dedication. Our church vendors have felt the change with churches closing in March and struggling to comply with all the safety regulations needed to be in place for opening back up. Some have lost volunteers due to health conditions that prevent them from being in contact with others during this time. Even with some church closures and Fairmont Crossing's kitchen closed for a short time, our regular vendors agreed to perform extra duty. Some of our smaller restaurant vendors expressed concern of how they would be able to stay open during this economic stressful time. With all of us working together, we have been able to continue meal delivery and wellness checks for our clients.

May the best continue to come out in all of us. A grateful thanks to all.



# FOOD DRIVE

Please Donate To Our Food Drive!

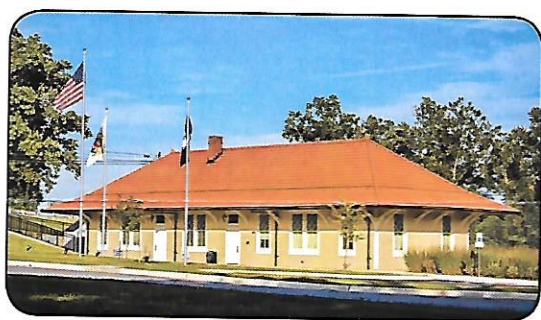


Each November, Blue Ledge Meals on Wheels - in partnership with the Subaru Share the Love Event - organizes a food drive to collect non-perishable food items for its clients. The goal is to collect and distribute enough goods so that clients have food over the winter months in case bad weather prohibits deliveries. Again this year, Amherst Dry Cleaners and the Amherst Chamber of Commerce have generously offered their facilities as the two drop-off locations. Blue Ledge appreciates their support and YOURS!

Please help us by dropping off **non-perishable, shelf-stable, single serve items** to one of these two locations between Nov 19 - Dec 18, 2020. Please feel free to make copies and share this flyer where you can! **PLEASE CHECK the expiration date, as we can not serve food which has expired.**

**Drop off at either location - Thank You!**

**Between  
Nov 19 - Dec 18**



**Amherst County Chamber of Commerce**  
328 Richmond Hwy, Suite A  
Visitor Center Hours:  
Wed - Sat 9am - 5pm  
Sun 1pm - 5pm



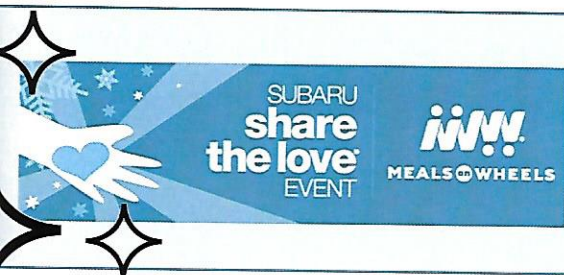
**Amherst Dry Cleaners**  
455 S. Main Street  
Mon - Fri 7am - 5:30pm  
Sat 9am - 1pm



↓ ↓ **Suggested items for our yearly MOW food drive** ↓ ↓

Soup(s)	Crackers/Nabs	Peanut Butter	Cereal	Granola/Energy Bars
Vienna Sausage	Beanie-Weenies	Canned/Pouch Tuna	Small Canned Ham	Canned Corn Beef
Canned beans	Instant Oatmeal	Applesauce	Fruit Cups	Canned pasta
Puddings	Jell-o	Bottled Water	Potted Meat	

*(Cans should be easy open)*



Many thanks to Subaru of America for inviting Meals on Wheels America - for the 13th year in a row - to participate in its annual **Subaru Share the Love Event**. This is one of the greatest revenue-generating opportunities offered to Meals on Wheels America Member programs.

Held at the end of each year, Subaru donates \$250 to a host of charitable partners - including Meals on Wheels America - for every new Subaru purchased or leased, per customer selection, between November 19, 2020 and January 4, 2021. **Please select Meals on Wheels as your charity when purchasing or leasing a new Subaru during this event.**

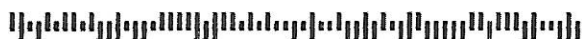


# Blue Ledge, Inc.

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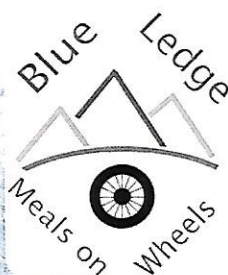
## SUPPORTING VENDORS

### **CHURCHES**

Amherst Baptist Church  
Amherst Presbyterian Church  
Central Baptist Church  
Clifford Baptist Church  
Emmanuel Baptist Church  
Emmanuel United Methodist Church  
Midway Baptist Church  
Mt. Olive Baptist Church  
St. Francis of Assisi Parrish

### **LOCAL VENDORS**

Amherst Corner Restaurant  
Edith's Rt. 60 Diner  
Fairmont Crossing  
Mac's General Store  
Subway Amherst  
Subway Apple Market  
Sweet Briar College  
Winton



## BOARD MEMBERS:

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