

**Blue Ledge, Inc.**  
PO Box 1332  
Amherst, VA 24521

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# Blue Ledge Meals on Wheels

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

**NOV | 2019**

## Sweet Briar College Prepares Meals for Amherst Homebound



Sweet Briar College Prepares Meals for Amherst Homebound

As we enter the beautiful campus of Sweet Briar College, we are reminded how fortunate Amherst residents are to have this institution of higher educational in the area. Not only does Sweet Briar offer many opportunities and facilities for those in town and surrounding counties,

they also support several local non-profit organizations. Blue Ledge Meals on Wheels (MOW) has been receiving meals from the school dining facility for our clients since January 2015. In 2017, the boutique food service provider, Meriwether Godsey, was asked to provide a change in the dining service to offer the students a better dining experience.

Marlene Delledera, Director of Dining and 1981 alumna of Sweet Briar, and Wray Warner, Executive Chef, said this change has taken place and they will continue to strive for improvement. When asked their philosophy on serving MOW clients as well as advice to other

vendors who might be interested in providing food for delivery, Chef Wray said to approach meal preparation as if the client were a guest. And to prepare as you would for diabetics: a balanced meal with green vegetables and protein with little starch and sugar. Marlene suggested as many fresh veggies and fruits as possible, and adding with a smile, went on to say all food must have flavor and be appealing. MOW clients are blessed to receive these nutritious and delicious meals prepared by the employees of Meriwether Godsey at Sweet Briar College. We thank them for supporting our organization and look forward to continuing to work with them.

### BOARD MEMBERS:

- President:** Mike Mozingo  
**Treasurer:** Amanda Hall  
**Secretary:** Kelli Hollowell  
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Joanna Harris  
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**Founder:** Sam Price  
**Coordinator:** Tammy Martin



**Blue Ledge, Inc. - PO Box 1332 - Amherst, VA 24521**

Call: (434) 942-4864

Website: [www.blueledge.org](http://www.blueledge.org)

## We are Thankful for New Volunteer Drivers!

Several of our volunteers have been delivering meals faithfully for years, while others have had to leave us due to scheduling conflicts, health issues, and moves. Occasionally our volunteers even become clients. 2019 blessed us with several new volunteer drivers.

Here is a brief spotlight on some of the people that make it all possible:

Cathy DiCenza joined us as an opportunity to give back to the community in a way that was meaningful to her and fit with her schedule.

She enjoys connecting with the community and the time she spends visiting with the clients.

Judy Hutter has lived in the area a few years and has a neighbor who was receiving meals through us. She loves being a part of Blue Ledge and meeting super nice people and helping wherever she can.

Paul Moran is retired and wanted a way to give back to the community so he sought out his local Meals

on Wheels chapter so he could volunteer.

Theresa Smith moved to the area 6 years ago and started volunteering with us for one of our lunchtime routes. She felt like she needed a break from volunteering and stopped, but found she missed the clients and being connected to the community so she came back to us this year.

Whitney Gregory grew up in this

## Client Spotlight: Mr. Bob Langstaff

Our very own local radio celebrity, Bob Langstaff of WAMV 1420AM is a client of Blue Ledge Meals on Wheels. He's a great conversationalist and a thoughtful, devout, friendly member of our community. Mr. Langstaff grew up in Southern California. His uncle worked at WBET out of Reno and would send Bob the old castoff records from the station. This engendered an interest in broadcasting. In the late 1980's Mr. Langstaff was managing a station in Fresno, but had dreamed of owning his own station. His mother had prayed about it and told him that he would own a station in Virginia. Mr. Langstaff began working with a media broker looking for a station for sale. He had very little luck with the media broker and spent some time praying for guidance. He contacted transmitter salesmen, figuring they would know the folks at the



Bob Langstaff

stations better than any media broker would. The National Association of Broadcasters held their convention in Anaheim. Bob attended the convention. He spoke with the representative from Harris for the Virginia area who told him about WAMV in Amherst. He felt that this was what he was looking for. He had hoped to find a small town community to be part of. The moment that clinched the knowledge that Amherst was meant to be where Mr. Langstaff would live happened when he came out to see the station. He flew into DC and rented a car to drive down to Amherst. On his journey he stopped at Walton's store on Highway 29 and found out that Walton Mountain was so close to Amherst. Having been a huge fan of the show, he knew being so close to the Walton house was meant to be.

## Volunteers continued Blue Ledge is always in need of volunteer drivers!

area but moved away after college. She returned to the area to help care for aging parents. Other family of hers had used Meals on Wheels in other areas. She volunteers with us because she knows the power of keeping folks in their own homes for as long as possible and wanted to help keep that going.

**Bob Chase** is retired and he also volunteers with Neighbors Helping Neighbors. He wanted to volunteer with us as a way to be able to get more food to more members of the community. He is glad to meet and talk with the clients when he delivers the meals.

Other volunteers we gained this year are: **Betty and Lee Bryant, Jenny Walker, Michelle Hansen, Penny Horner and Wayne Watts.** While we are grateful for so many new volunteers, we still have vacancies to fill. Please consider volunteering 2-4 hours per month helping your neighbors receive hot nutritious meals. See our website [www.blueledge.org](http://www.blueledge.org) or call 434-942-4864.



Volunteer Michelle Hansen and daughter Brooke pickup meals at Amherst Baptist

## 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 18 - Dec 16, 2019. 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!**



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

**Between  
Nov 18 - Dec 16**



**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)*



Over the past ten years, Subaru and its retailers have helped the Meals on Wheels network deliver more than **2.2 MILLION MEALS** to seniors in need across the country.

You can help that number grow when you buy or lease a new Subaru during the 2019 Subaru Share the Love Event, November 14, 2019, to January 2, 2020. Through this year this year-end sales event, Subaru of America will donate \$250 to your selected charity — and we hope you'll choose Meals on Wheels.



LEARN MORE AT [WWW.MEALSONWHEELSAMERICA.ORG/SHARETHELOVE](http://WWW.MEALSONWHEELSAMERICA.ORG/SHARETHELOVE).