



SPRING 2018

NEWSLETTER

Our Mission:

Meals at Home fosters health and contributes to individual well-being and independence by delivering nutritious meals and medically prescribed diets and by providing other supportive services to the home-bound, elderly, disabled, and persons temporarily unable to care for their nutritional needs.

Board of Directors, 2017 - 2018

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Meals at Home

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 847-332-2678 • www.mealsathome.org
 facebook.com/mealsathome.org

50th Anniversary Happenings

The Meals at Home Board of Directors has planned an entire year's worth of celebration activities to mark our fiftieth year. So far we have had Mayor Steve Hagerty declare October 9, 2017, as Meals at Home Day, walked in the North Shore CROP Hunger Walk, held several sessions on Hunger in Evanston with a variety of speakers at the Evanston Public Library, hosted a coffee for past board members, supported Giving Tuesday, had a Community Champions Day, and hosted dinners for donors.

Coming up are the following events: Annual Volunteer Recognition, 2018 benefit *Celebrate! 50 Years*, participation in the Race Against Hate, two more Evanston Public Library discussions, Farm to Table event, and a final 50th Anniversary celebration on October 9, 2018.



Former board members Susan Fischer, Lora Gittleman, Mary Sotir, Carol Gourly, Maggie Gillilan, and Ann Stevens

We hope you will be able to join us for one or more of these events.

Celebrate 50 Years of Serving Neighbors

This year's 2018 benefit *Celebrate! 50 Years* will be held on May 4, 2018, at the Evanston Art Center on Central Street from 6 p.m. to 8 p.m. Honorary Host is Hecky Powell, one of the original group of Meals at Home founders.

Back In The Day...

Memories of the early days of Meals at Home were recalled at a gathering of present and past board members. Here are some things you might not have known about the early days:

- The first and only route was out of St. Francis Hospital.
- Volunteers collected money for the meals from each client.
- No cell phones meant that if the office had to be called volunteers would have to ask to use a client's phone. Conversely, if the office had to call a volunteer they had to call someone on the route to leave a message.
- Before we had an office the board would meet at the president's home and later at Christ Church in Winnetka.



Thekla Metz, Susan Fischer, and Ann Stevens



(Left) Maggie Gillilan, Karen Parsons, and Debi Genthe

President's Letter



Warren Lupel

I have been given the honor and privilege of serving as President of M@H during this Golden Anniversary year. It will be my distinct pleasure to assist our Executive Director, board members and staff in continuing to provide the vital service of supplying meals at home to persons with limited access to healthy meals. We serve people who are unable to shop or prepare their own meals, people who do not have income adequate to pay the cost of specialized or nutritious meals, or people who simply do not have access to healthy food for any other reason. We are hopeful that our friends, volunteers, and generous donors will help us celebrate this auspicious anniversary by attending our many special events, by beginning or continuing to volunteer and by providing even more generous donations. Equally as important, we look to our friends and extended community to cheer us on as we fulfill the task we undertook when the world was different.

Think of it: we were delivering meals when students went to college with notebooks and pens, not computers and cell phones. Children had pet rocks, and we were loading 8-track tapes in our cars and home players. Our nation was erupting in antiwar demonstrations, and we all relied on the daily newspapers and trusted TV anchormen (no women) to deliver the news. As we look forward to our next 50 years we take pride in the accomplishments of our past.

We, too, have changed so that we may help an ever-increasing number of people. We have an informative website, and we deliver "blizzard boxes" to our clients in advance of bad weather so that if deliveries cannot be safely made, our clients will still be able to enjoy a satisfying and healthy meal. We provide newsletters like this one to keep the information flowing to all those who are interested and hopefully to those who may become interested.

We are delivering meals to an increasingly larger client base reaching from Glenview to the lake and from Rogers Park to Lake County. For us the beat goes on, the work continues and the pride and satisfaction of fulfilling our task never ends. Please join us in any way possible so that we may celebrate this Golden Anniversary year by continuing to provide Meals at Home to those in need.

Warren Lupel, *Board President*

Executive Director's Report



Debi Genthe

What luck to be the Executive Director while Meals at Home celebrates its 50th year of deliveries! It's an exciting time filled with special events – special thanks to Meals at Home Development Director, Jennifer Shreve, for her very, very busy year! Meanwhile, the meal delivery show goes on. Our growth continues.

We are happy to serve more community members than ever before. As we project this continued growth, we are keeping our eye on the limited number of meals we can provide under our organization's current structure. For this reason, a feasibility study is being conducted to determine which of our possible solutions will best meet the community's needs in the future. We are grateful to the Evanston Community Foundation, Retirement Research Foundation, and WinTrust for funding this very important study.

Stay tuned as the excitement continues. I encourage all who are interested in the struggles of food security to become active in the current and future conversations regarding this important topic, and I thank all of you who are already working to help. Please find Meals at Home on Facebook to stay up to date on these discussions and all other events.

Debi Genthe, *Executive Director*

Did You Know...



1 IN 6 seniors struggles with hunger

VOLUNTEER your time or skills

DONATE a meal for a day

REFER a family member or friend

Meals at Home, a Meals on Wheels member, has been providing meals for nearly 50 years to seniors, veterans, persons with cognitive and physical disabilities, and anyone who struggles to access food.

Learn more at: www.mealsathome.org or call (847) 332-2678

**Phoebe R. and
John D. Lewis
Foundation**



THANK YOU!

**Special thanks to the following sponsors of
the 50th Anniversary Benefit:**

**Phoebe R. & John Lewis Foundation,
First Bank and Trust, Northern Trust, and
Romano Brothers and Co. Wealth Management.**



Sponsor Spotlight: First Bank & Trust

Michael Yohanen, Vice President and Marketing Director for First Bank & Trust (FB&T), is proud of the bank's commitment to the Evanston community. In fact, the bank received the Federal Reserve Bank's highest rating for their performance under the Community Reinvestment Act (CRA). This "Outstanding" rating is based on the bank's involvement in four main areas: staff volunteer involvement in community service organizations; numerous grants and donations to nonprofit organizations; investments in education programs and affordable housing; and, community development loans.



Michael Yohanen

With such high standards, Meals at Home is proud to be one of the organizations supported by FB&T. We sat down with Michael and talked with him about what makes FB&T special in our community, their support of Meals at Home, and what the future holds.

MaH: What was FB&T's goal when it started, and have you achieved this goal?

MY: When the bank started in 1995, the goal was to be a truly community bank, serving families, and helping to grow small business and nonprofits in the area. We want to be both responsive and responsible to this great community. We do feel like we're constantly working to achieve this goal. We do as much as we can to help businesses and nonprofits who are working here. In fact, last year, the bank donated almost \$200,000 to 215 non-profits in the Chicagoland area. These are primarily organizations serving low-income populations, as well as arts, education and health care.

MaH: In 2017, FB&T provided a grant to Meals at Home that funded our "Blizzard Boxes"—emergency food rations for each client in case of a blizzard – and supported our largest event of the year, our gala last May. How does Meals at Home's work fit into FB&T community support, particularly as we celebrate our 50th anniversary?

MY: Because Meals at Home provides services to traditional underserved individuals in Evanston and the surrounding area, this fits right into our commitment to this community. In particular, as the Marketing Director, I am pleased to see how much more active Meals at Home has been in the past year to raise awareness about the organization, and how much growth we've seen in reaching out to the community as a whole. It's also great to be able to physically see the work you're doing, such as the Blizzard Boxes.



Meals at Home "Blizzard Boxes"

MaH: What does the future hold for FB&T?

MY: In April, FB&T is expected to merge under the Byline Bank brand. We're really excited about this, as FB&T has grown so much over the years and this will give us room for even more growth. Byline is a great fit with FB&T. They have a similar approach to supporting their communities. Right now, Byline has 50 branches in the Chicagoland area and FB&T has 10 branches, and there's almost no overlap between them. And best of all, the people who work in the Evanston branches will still be here - all of our customers will still be served by the same familiar faces.

Kay Mabie

We are pleased to have earned the trust of a wonderful friend, Kay Mabie. Kay has run a *Meals on Wheels* program out of Glenbrook Hospital for decades but has decided it is time to pass the baton. She has entrusted Meals at Home with this honor.



The Glenbrook program is a 501c3 organization that began in the 70's after studying the Meals at Home program. We are happy to carry on the important work of caring for their clients, which began November 1, 2017. We are thrilled to have her Glenbrook area volunteers join us as well.

This increases Meals at Home's footprint to the west, covering the area between 294 and 94 from Lake Cook Road to Golf Road. Their meals are delivered Monday through Friday, but will eventually include Saturdays as well. The majority of the program will remain as it has been while we transition the bookkeeping to the Meals at Home office.

Kay, we honor you and your amazing work in the Glenview area. We certainly know it is not easy but it is extremely important. We hope you know you are a part of the Meals at Home family.

Four Types of Foods to Help Boost Your Memory

If you're feeling forgetful, it could be due to a lack of sleep or a number of other reasons, including genetics, level of physical activity and lifestyle and environmental factors. However, there's no doubt that diet plays a major role in brain health.

The best menu for boosting memory and brain function encourages good blood flow to the brain — much like what you'd eat to nourish and protect your heart. Research found the Mediterranean Diet helps keep aging brains sharp, and a growing body of evidence links foods such as those in the Mediterranean diet with better cognitive function, memory and alertness.

Eat your veggies. You're not likely to forget this message. Getting adequate vegetables, especially cruciferous ones including broccoli, cabbage and dark leafy greens, may help improve memory. Try a kale salad or substitute collard greens for a tortilla in your next sandwich wrap. Broccoli stir-fry also is an excellent option for lunch or dinner.

Be sweet on berries and cherries. Berries — especially dark ones such as blackberries, blueberries and cherries — are a rich source of anthocyanins and other flavonoids that may boost memory function. Enjoy a handful of berries for a snack, mixed into cereal or baked into an antioxidant-rich dessert. You can reap these benefits from fresh, frozen or dried berries and cherries.

Get adequate omega-3 fatty acids. Essential for good brain health, omega-3 fatty acids, docosahexaenoic acid, or DHA,

in particular, may help improve memory in healthy young adults. Seafood, algae and fatty fish — including salmon, bluefin tuna, sardines and herring — are some of the best sources of omega-3 fatty acids. Substitute fish for meat a couple times each week to get a healthy dose. Grill, bake or broil fish for ultimate flavor and nutrition. Try salmon tacos

with red cabbage slaw, snack on sardines or enjoy seared tuna on salad greens for dinner. If you don't eat fish, discuss other food options and supplementation with your doctor or registered dietitian nutritionist. You can get omega-3 fatty acids from fish oil, seaweed or microalgae supplements.

Work in walnuts. Well known for a positive impact on heart health, walnuts also may improve cognitive function. Snack on a handful

of walnuts to satisfy midday hunger, add them to oatmeal or a salad for crunch or mix them into a vegetable stir-fry for extra protein.

These foods are not just good for the brain, they sustain a healthy heart and all parts of the body. While there's no guarantee that these foods will help you remember where you put your keys tomorrow, over time they can support lifelong good health.

By Marisa Moore, MBA, RDN, LD, is an Atlanta-based registered dietitian nutritionist.

<http://www.eatright.org/resource/health/wellness/healthy-aging/memory-boosting-foods> • Published 11/15/2017

Photo- Tijana87/iStock/Thinkstock



Gifts with Impact and Vision: Giving in 2018

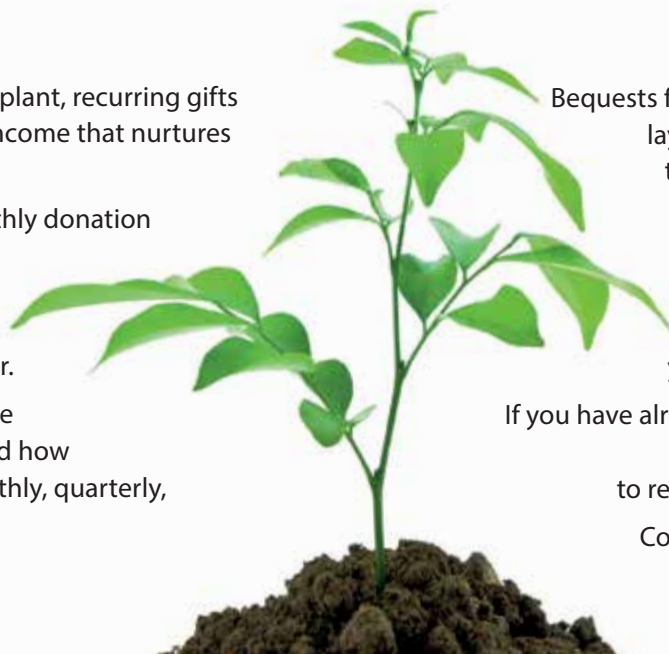
Recurring Monthly Gifts:

Like raindrops watering a plant, recurring gifts provide a steady flow of income that nurtures our organization.

Start the year with a monthly donation and see how it grows.

A gift of \$10/month equals \$120 for providing meals throughout the year.

Make your donation online and chose the amount and how often to be charged (monthly, quarterly, or annually).



Legacy Gifts:

Bequests from wills are like planting trees in a garden, laying down strong roots for our organization to grow and your legacy to be remembered.

Please consider leaving a gift to Meals at Home in your will. These gifts help ensure our work in the future and create a legacy of caring in our community. Check with your financial planner for more information.

If you have already planned for a bequest to made, please let us know. Meals at Home would like to recognize our legacy donors moving forward.

Contact development@mealsathome.org to ensure that you are added to our list of legacy donors.

Thank You 2017 Volunteers - You Are The Best!

Pat Aaron	Ray Demartini	Richard Harris	Geri Langballe	Kyle Nakazawa	Emily Sharpe
Ellen Abrahamson	Laura Deremo	James Hartman	Cindy Langendorf	Kathryn Needham	Michaela Shaw
Robert Acton	Emily DeStefano	Patricia Hauser	Chris Larkin	Janet Negronida	Leo Shen
Beata Adamczyk	Mary Ann Diehl	Sue Heimlich	Kelly Larson	Donna Nelson	Sandy Sinyard
Mary Adams	Louise Dixon	Adrienne Helfand	Mary Larson	Sheila Newman	Gail Slamar
Cynthia Alberts	Scott Doniger	Eileen Henning	Jennifer Latimer	Phyllis Nickel	Barbara T Smith
Aaron Alexander	Janice Dreis	Chris Hernandez	William Lee	Arthur Noparstak	Mary Sotir
Sarah Alexander	Maury Dubin	Joseph Hicken	Margaret Lenhart	Frances OConnell	Heidi Sparacino
Edward Alpert	Susan Duffey	Leslie Hicken	Genevieve Levinson	Marci Kraft Orloff	Cathleen Staley
Heather Amro	Jonathan Dunmore	Roland Jack Hinz	Ellen Leydon	Sandy Orlovski	Shirley Stang
Anngail Anglum	Joseph Durley	Joan Horberg	Cherie Lindskog	Hsien Ouyang	Sheila Steger
Anna Anrod	Nancy Edler	Kelly Horne	Judy Linklater	Bonnie Pacelli	Tara Steinschneider
Donna Argentin	Michael Ekizian	Jeanne Husain	James Long	Joseph Page	Albert Stemwedel
Sil Argentin	Lorraine Elias	Shanike Hutchinson	Helen Loughran	Betsy Paquin	Ellen Stern
Cathy Atkins	Julie Engelman	Kate Jackiw	Kathleen Lubawski	Karen Parsons	Marsha Stern
Caroline Bahr	Martha Erpelding	Tom Jackson	Marilyn Lucas	Anne Pattee	Nancy Stern
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Jennifer Bellis	Catherine Flanagan	Alexander Johannsson	Kay Mabie	Pat Peterson	Hannah Tahara
Pam Benz	Beth Flintoft	Lynn Johnson	Eileen Madden	Michelle Petrini-Poli	Maria Talana
Patricia Berron	Marion Flynn	Sylvia Jones	Joan Madden	Wendy Phillips	Diane Thurnblad
Sandy Bosshart	Judith Foggi	Leonora Jordan	Maya Mahoney	Kim Polan	Verna Todd
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Frank Chiaro	Doris Gilbert	Anupana Khan	Barb Meyer	Janusz Romanowski	Katherine White
Verne Churchill	Leticia Gomez	Eileen Kilroy	Bob Meyer	Laura Romanowski	Ellen Whittingham
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Catherine Compennolle	Carol Gourley	John Kim	Marc Michelotti	Robert Roth	Warren Wiggins
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Elise Covey	John Greene	Mark Kraemer	Paul Mohling	Sharon Sachse	Barry Winkler
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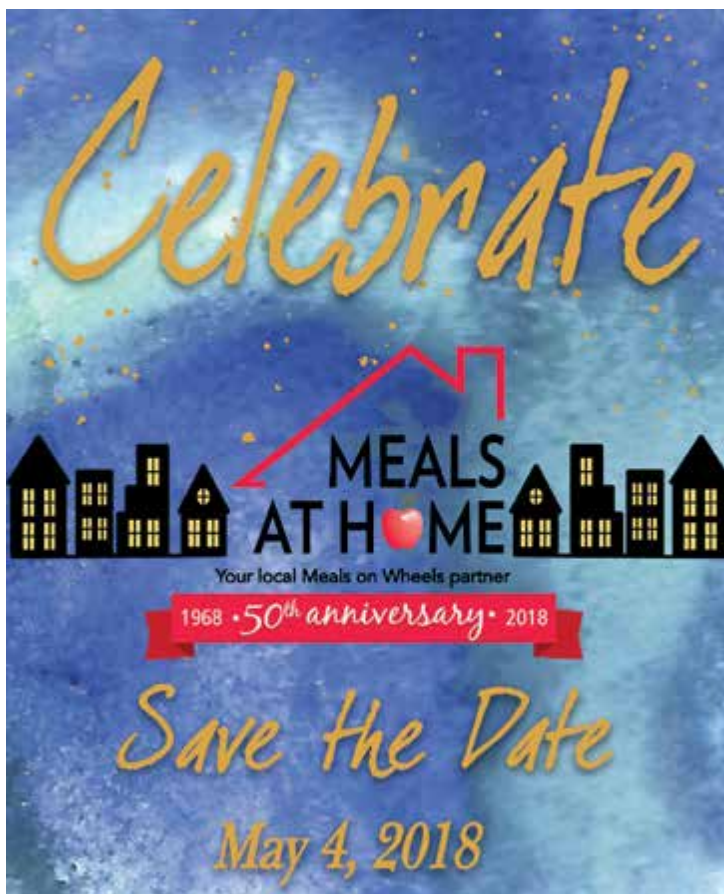


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**Please join us for the 2018 Benefit:
Celebrate! 50 Years.**

Founding member Hecky Powell will be the Honorary Chair on Friday, May 4 from 6:00 – 9:00pm at the Evanston Art Center, 1717 Central Street. For more information and to purchase tickets, please visit our website www.mealsathome.org

Meals at Home Office Hours

Monday – Friday 9 a.m. to 5 p.m.
Closed Saturdays and Sundays • 847.332.2678

Meals at Home will maintain these hours throughout the holiday season, closing only for Memorial Day, Independence Day, Labor Day, Thanksgiving, Christmas Day, and New Year's Day. Meal deliveries, however, will occur on these holidays.



For the most up to date information about all that is happening at Meals at Home, please like our Facebook page:

facebook.com/mealsathome.org



Follow us on Twitter