

Mobile Meals of Trenton/Ewing is a 501(c)(3) tax-exempt organization and all contributions are tax-deductible.



Promoting the dignity and independence of homebound individuals in the Greater Trenton Area.

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Ways You Can Help

- Be ambassadors to spread the word about our services and needs
- Share your gift of creativity/energy with newly formed fund raising committee
- Make financial contributions
- Make a tribute gift in honor of someone or a special occasion
- Adopt a special project to fund (E.g., Newsletter, subsidize one needy client for a week or a month)
- Remember Mobile Meals in your will
- Help write this Newsletter
- Assist in the office
- Take pictures
- Substitute drivers and runners

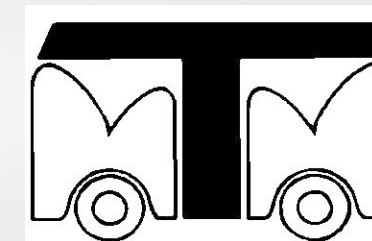
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Mobile News



June 2010

New Board Members



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Mobile Meals welcomed two new Board Members in January 2010, Justin Bilik, a Senior Business Development Executive with DocSite Inc., and Adam Hughes, a state government attorney. They jumped right in with both feet! Both have many talents to share with Mobile Meals and have demonstrated that with their participation on the Publicity Committee and their contributions to the June Golf Outing.



Justin Bilik

A graduate of the Hun School of Princeton and Saint Joseph's University, Justin is a lifelong resident of New Jersey. He currently resides in Chesterfield with his wife, Deborah, and their two children, Jack and Grace. In his free time, Justin's hobbies include, surfing, cooking, and most importantly, spending as much time as possible with Deb and the children. He is thrilled to be a part of Mobile Meals after having lobbied for some time to "find" a board seat. Justin encourages everyone to check out Mobile Meals on the web at MobileMealsTNJ@mmte.org, as well as our new Facebook page.



Adam Hughes

A graduate of the University of Delaware and Rutgers Law School, Adam lives in West Trenton with his wife, AnnMarie, and their son, Charlie. He enjoys spending time with family and friends, going to the beach, reading books and watching films. He enjoys a good laugh! "I am very excited to have this opportunity to work with such caring and talented directors, staff and volunteers dedicated to promoting residents' well being, and I hope I can make but a small contribution to the community."



Message from the Executive Director ...

Thank you for welcoming me as your new Executive Director in January. I am very impressed with every aspect of the mission of Mobile Meals and have thoroughly enjoyed getting to know our clients, staff and volunteers. How blessed I am to be in your midst! As Older Americans month draws to a close, its theme this year, Age Strong! Live Long!, is very apt. Older Americans are living longer and are more active than ever before.

Keeping Older Americans healthy and active will increase the demand for senior services. The extent to which older Americans are supporting one another is remarkable. They are a core component of service delivery to seniors. Their energy and commitment reminds all Americans to do their part to enhance the quality of life for older generations.

We at Mobile Meals are indebted to all our volunteers, especially those who are seniors themselves, for giving so generously of their time and compassion. Our clients look forward to your daily visit as much as the meal you bring!

According to the Center for Disease Control and Prevention, the number of older adults age 80 and above will expand dramatically from 9.3 million in 2000 to 19.5 million in 2030. We see the reality of these projections at Mobile Meals, with 52% of our new clients from January-April 2010 being age 80 and above ... compared to 44% for the same period last year. I marvel at the resiliency of our wisdom figures; we have much to learn from them!

May we all Age Strong! Live Long!
Thank you for all you do for others that they may age strong and live long.

Sister Kay

Volunteering

Try it, you'll like it!

By Michael Schaefer, Director of Volunteers

In 1971, Alka-Seltzer first aired its commercial with the famous line, "Try it, you'll like it." Pearlina Williams, a volunteer, chose this approach as we discussed how to recruit volunteers at her church. She used this line when speaking during a Sunday service at Galilee Baptist Church and afterwards during the fellowship. It was a great idea!

Since I have been the Director of Volunteers, perhaps the biggest surprise I have had is the pleasant demeanor of our homebound clients. Our culture holds a stereotype of the elderly as being grumpy and hard to please. I have had the opposite experience. When I deliver meals, our clients almost always greet me with a smile and/or gratitude.

Regarding our volunteers, one cannot help but be impressed with their loyalty. Nearly 50 of them have been with us at least five years. While I am sure there are many reasons why they stay so long, I believe they realize they are making a difference for our clients and their families. They also appear to thoroughly enjoy one another's company when briefly meeting to count their meals before they start their routes.

Mobile Meals presently has a need for volunteers in Trenton and Ewing. Our volunteers deliver meals typically in pairs for about two hours in the late morning to early afternoon each weekday to 150+ residents of the Trenton and Ewing areas.

If you are considering volunteering, I give you this challenge: Try us just once! I am confident that you will like it and want to volunteer again.

If you work weekdays, perhaps you and a co-worker(s) can get permission from your boss to deliver meals during an early lunch break. One of our weekly Friday volunteers in Ewing works full-time for the Bank of America. You are limited only by your imagination.

Should you have any questions or would like more information about volunteering, please either visit our web site or contact me by phone at (609) 695-3483 or e-mail at volunteer@mmte.org.

2010 Volunteer Luncheon

Wednesday, April 21st at Katmandu



Michael Schaefer, left, Director of Volunteers with Jon Gribbin.

On April 21, 2010, MMTE hosted a Volunteer Recognition Luncheon at KatManDu in Trenton, NJ. Members of the Board of Directors, Volunteers, their families and friends enjoyed a special lunch and the presentation of awards to Jon Gribbin (Volunteer of the Year) and the Easter Seals volunteers (Group of the Year). Long time supporter and former Board Member, Pat Morelli, also was recognized for her service. Sister Kay noted that over 567 hundred years of service, providing meals and smiles to our clients, were represented by the volunteers in the room! She also stated close to 44,000 meals had been delivered in 2009!

After a delicious lunch, numerous door prizes were given out and another wonderful afternoon of sharing and celebration came to an end...with everyone looking forward to a very productive 2010!



Pat Morelli, left, Sister Kay, Executive Director, and Greg D'Adamo, Vice President of the Board.

2010 Annual Golf Outing



The 18th Annual Gold Outing is upon us!! It will be held on **Wednesday, June 16th at Mountain View Golf Course in Ewing**, beginning with registration at 10:30 AM and ending with cocktails and dinner, starting at 6 PM. It's not too late to register for golfing and/or dinner. Call Ed Baker at 609-393-3102 for details and to register.

The 17th Annual Golf Outing, held in June 2009 at the Peddie School Golf Course in Hightstown, raised over \$7,000 to benefit homebound individuals! It was enjoyed by the 86 golfers and the crowd that went to Mastoris for the Awards Dinner. The 2009 Ed & Ellen Baker Awards were given to volunteers Burt Hubert and Stan Griffin, and business, Sterns & Weinroth. The Baker Award is presented each year to the individual(s) and to the business whose efforts during the preceding year reflect the Bakers' spirit and whose contributions have significantly furthered Mobile Meals' ability to accomplish its work in the community.