

## FALL/WINTER 2011-2012

Please take part in one of our upcoming events. If you'd like to schedule an event to benefit our clients, please call 713-595-8178.



	DEC	DEC
	<b>Congregation Brith Shalom Chanukah Food Drive!</b>	<b>Remember to COUNT YOUR BLESSINGS this Thanksgiving!</b>



### Thanksgiving looked a little different this year at the ERJCC Meals on Wheels!

On Sunday, November 13, families from Congregation Emanu El, visited 17 meal clients they had adopted for the holiday. As this event was being planned, we found that we had over 100 Meals on Wheels clients who were going to be alone on Thanksgiving Day. Rather than just delivering a meal as we've done in the past, we asked volunteers to adopt three or more of our seniors this holiday. All of our clients received a traditional Thanksgiving meal, including apple pie, on Wednesday, November 23. In adopting seniors, we asked volunteers to visit them in their homes to share a tradition of their own, just as serving our clients on Thanksgiving Day is a tradition here at the ERJCC. Adopted seniors were included in counts for holiday baking or remembered with a basket of favorite things.

We asked a lot of our volunteers this Thanksgiving. More than in most. With recent federal and state budget cuts we're focusing on maintaining our core meal delivery service, which has grown considerably over the last few years. Being creative in continuing to provide supplemental services, like Thanksgiving Day meals, allows us to continue weekday services with no interruptions.

**Thanks so much to your family for joining ours again this holiday!**

# Thank you! **TODA!**

From the ERJCC Community Meals on Wheels!

FALL/WINTER 2011-2012

## You've planted the seed and helped so many!



**Your contributions this Spring and Summer provided over 3,650 meals to our clients. Four asked to thank you personally —**

*"There is not a day [that goes] by that you bless so many. Most elderly people don't get this type of treatment. I pray that G-d will put in the mind of some blessed person and they will make my last days send sunshine. I thank G-d for those beautiful people who get out in all kinds of weather to bless us. I really like the food. I wish you would send some fruit, canned fruit, it's so much better, and when you send Jell-o and pudding it is like Christmas! (Smile) My favorite is the hot dog (smile). Just a note to say thank you and pray that G\_d will*

*continue to bless every one of you...Forever, H. Barnes" (March, 2011)*

*"Dear Meals on Wheels, thank you so much for bringing me meals every day, this is a blessing from G-d. Without you all making my day, I don't know what I could do. Again, I thank you so, and may G\_d bless you. Sincerely, G. Milstead" (March 2011)*

*"Meals on Wheels'...There is no doubt to me, that the people involved in producing and delivering the meals, go above and beyond any human's regular call. Don't think for a second that it goes unnoticed and or unappreciated. I do thank you. G\_d Bless, C.Fiego (July, 2011)*

*"I really appreciate Meals on Wheels. It really helps me out as I am handicapped and can't cook vegetables and other food that I need. I think the Meals on Wheels are very good. Thank you so much. D. Connell (October, 2011)*

We're always happy to discuss the impact of your contributions to our clients! Feel free to call us Mon-Fri, 9 am – 4 pm, at 713-595-8178!

### It just takes a can or a box of something...

**...to build the foundation for a nutritious supplemental meal for our clients.** Thanks for thinking of us during the High Holidays and October's Jewish Social Action Month. At press time, we had collected 1,834 pounds of canned food for our pantry during our annual October 'A Soup and a Sandwich' food drive. Nearly 500 pounds of pet food was donated during the High Holidays and many volunteers signed up for our Thanksgiving mitzvah projects. Please think of us while shopping or stocking your own pantry this winter. We always need small-sized nut butters, canned meats, fish, fruit, and vegetables, and snack items (cereal bars, crackers, etc.) Please consider our clients' dogs and cats, as well!





**L'Shana Tovah, ERJCC Meals on Wheels Family!**

As Rosh Hashanah has passed, allow me to wish you all a sweet New Year on behalf of the Evelyn Rubenstein Jewish Community Center of Houston.

Taking stock of our successes and lessons learned is not a task taken lightly. It is commendable how well each of us is weathering recent budgetary storms as we see the potential for darker clouds on the horizon. I know I can't be the only one who wants to turn the proverbial dial down a notch when some colleagues begin kvetching and be-

2010-2011		
Contribution	Kosher Meals Served	Standard American Meals Served
\$18-36	2-4	7-14
\$96-216	12-27	37-84
\$250-500	31-63	97-194
\$750-1,000	94-125	291-388
\$2,500	313	969
\$5,000	625	1,938
\$10,000	1,250	3,876
\$25,000	3,125	9,690
\$50,000	6,250	19,380

moaning in reaction to bleak forecasts. Being proactive is the best means to battle our respective and collective challenges. One of our most proactive collective successes we can all point to is our volunteerism and other forms of community support. Your dollars go so far in feeding frail, elderly members of our community.

Keeping our elders fed and socially connected is essential. Just as I join you all in being grateful to the volunteers who support our collective efforts, let's also be thankful this season for the strength and results of our collective efforts. So, next time you cheer on your winning team, remember to throw out a, 'Boo Yah!', or, 'Bazinga!', to OUR winning team!

Sincerely,  
Timothy Stewart  
Director, Community Meals

**MANY THANKS TO ALL WHO CONTRIBUTED ON OCTOBER 30TH!!!**

**HOUSTON KOSHER CHILI COOK-OFF**

Benefitting: Joshua and Robin Berry Children's Trust, Houston Millal, JFS Alexander Institute, ERJCC Houston Meals on Wheels

**AT THE ERJCC HOUSTON OCTOBER 30, 2011 11:30 AM - 3:00 PM**

JUST \$10 ADULTS / \$5 CHILDREN • ALL THE CHILI YOU CAN TASTE!

Call 713.666.0257 or email KoshChiliCookoff@gmail.com for Sponsors, Vendor Tables, Cooking Teams or Information

Receive a 20% Discount Coupon to the Jewish Book & Arts Fair Bookstore with your \$10 Kosher Chili Cookoff Entry Fee

**AND THROUGHOUT OCTOBER, Join us for our 4th annual Soup and a Sandwich Canned Food Drive**

More than 350 meals are delivered daily to eligible homebound, frail, elderly women and men in kosher and non-kosher homes all over Southwest Houston by over 150 committed ERJCC volunteers. Collected items are distributed to clients in addition to regular meal delivery. Bins will be conveniently located throughout the ERJCC.

For more information, to volunteer, or to make a kosher client referral, contact 713.595.8178 or email tstewart@erjcc-houston.org or vmeaton@erjcc-houston.org

**MEALS ON WHEELS**

<b>Entree</b> Canned/Vacuum Tuna Canned Chicken Canned Spaghetti Peanut Butter	<b>Soup</b> Tomato or Vegetable Chicken Noodle/Rice Mushroom Make a Meal Soup	<b>Vegetables</b> Peas Green Beans Asparagus Mixed Veggies	<b>Fruit-Canned or Dry</b> Applesauce Fruit Cocktail Peaches and Pears Apricots and Raisins
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For more information, please visit [erjcc-houston.org](http://erjcc-houston.org)

You'll find us under 'Seniors' then 'Senior Community Services' then 'Meals-on-Wheels'. The ERJCC Meals-on-Wheels is funded in part by the Harris County Area Agency on Aging, the Jewish Federation of Greater Houston, and United Way of Greater Houston

**VOLUNTEERS OF THE MONTH—2011**

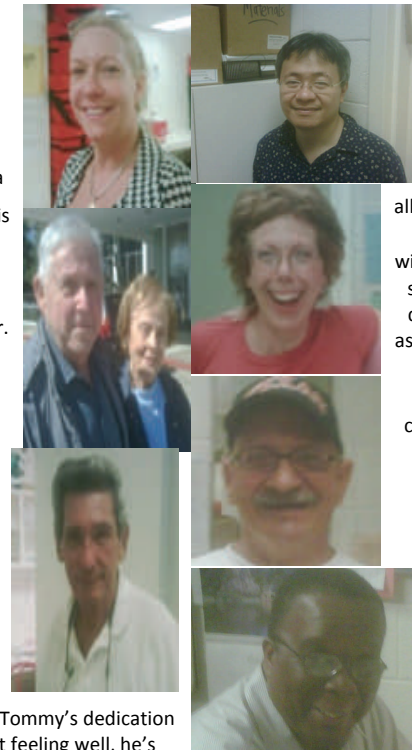
**MAY— Dana Starinsky** has volunteered with Meals for over two years. "Doing this is just a wonderful experience," she said when congratulated. "I love all my people and look forward to seeing them every Tuesday if not more often."

One of the best – and hardest – parts of the service for Dana is bei0g with those clients who leave us too soon. "Mrs. Doris and Mrs. Edril," she added, "were truly blessings to know. They and others we've lost have really touched my life."

Dana has made a lasting impact upon her clients, as well. Mr. and Mrs. H both say they, "...just love that blonde girl!" Mr. and Mrs. M say she couldn't be sweeter. THANKS, DANA!

**JUNE—The Rosens** have volunteered with Meals for over 13 years. "Toby goes out of her way to find caregivers, help our people with other referrals, and provide snacks and other favorite foods...she and Lester just do so much," said Kelly Hoover, ERJCC Community Meals Packing Coordinator. THANKS Lester and Toby!

**JULY — Tommy Booth** has served our clients three days a week for over nine years. One of his clients, Mr. Jones, summed up the consensus, "We all appreciate so much Mr. Tommy's dedication and love of us in his work. Even when he's down himself, not feeling well, he's here most of the week, making sure we have what we need. He's a blessing, just like the JCC." THANKS Tommy!



**AUGUST — Geoffrey Yip** has helped in the packing room every morning for over four years. If you've ever been downstairs about 10:15 am and heard someone yelling, "DONE!DONE!DONE!," followed by the slam of cooler lids, you've heard Geoffrey. We appreciate so much his contributions to our clients. THANKS, Geoffrey!

**SEPTEMBER—Suzy Shapiro** has been a great asset, allowing her to make an impact on many residents along various routes. They just love her! Thanks, Suzy, we couldn't do it without you! THANKS, Suzy! **OCTOBER — Lloyd Lanier** who's served our clients for over two years as part of the AARP Foundation's elder employment services programming. He's a great asset to the team and is the jolt of caffeine that gets the packing room rolling each morning! THANKS, Lloyd! **NOVEMBER — Buddy Hooper** mans our phone trees and making sure our clients are okay and eating each day. Buddy's has adopted [and been adopted by] at least 15 families who love him dearly. THANKS, Buddy!

*We can't thank them enough but we sure can highlight those who take time for us weekly! With over 200 volunteers each year, we draw from a big hat!*

**PROGRAM HIGHLIGHTS**

- ⇒ Highest rate of food delivery ever recorded since program began as volunteer effort in 1982
- ⇒ Eighteen new full-time volunteers
- ⇒ Over one ton of girl scout cookies donated
- ⇒ Highest-rating review by our primary funder, the Harris County Area Agency on Aging (HCAA)
- ⇒ Our program was selected to join the Board of Directors of the Meals on Wheels Association of Texas [MOWAT]
- ⇒ We're currently serving over 8,000 units monthly
- ⇒ We've received over 5.5 tons of food in donations since February 1, 2011
- ⇒ As part of our contributions to the Area Planning Advisory Committee of the Harris County Area Agency on Aging, we act as the 'bank' for all funds donated to their annual Thanksgiving HoME Project. Last year, the partnership with fellow providers delivered over 4,000 traditional holiday meals!

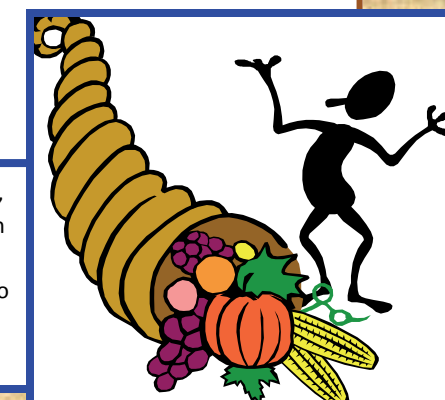
**AWESOME VOLUNTEERS**



**CONGRATULATIONS!**  
THANKS, VOLUNTEERS!!!  
LOOK WHAT YOU'VE DONE OVER THE LAST FIVE YEARS!!!

**Total meals served Sept. 1, 2006-Aug. 31, 2011: 528,029**

- Sept. 1, 2006-Aug. 31, 2007: 69,721 meals
- Sept. 1, 2007-Aug. 31, 2008: 84,870 meals
- Sept. 1, 2008-Aug. 31, 2009: 108,472 meals
- Sept. 1, 2009-Aug. 31, 2010: 102,995 meals
- Sept. 1, 2010-Aug. 31, 2011: 161,971 meals\*



**This Hanukkah we again invite you to *Count Your Blessings!***

So, take a minute, brew a cup of tea, put your feet up, think about your life and blessings, and make a contribution to the ERJCC Community Meals on Wheels program in gratitude for all it does to allow our seniors to age in place.

Please count a blessing and choose a suggested gift below:

- Avoiding Burnout \$18 Being Able to do Mitzvoh \$18
- Love of my Family \$12 The Health of my Children/Grandchildren \$10
- Good Neighbors \$5 My good health \$5 Winning at Mah Jong \$5 Being Able to Travel \$5
- Working Utilities \$10 Watching the Sunrise \$5 Holidays with the Family \$5
- The Love of Pet(s) \$5 Accomplishing My Goals \$5 Food in the Pantry \$5
- Making a 'Hole in One' \$5
- The Whole Mitzvah \$118**

May you and your family have another year full of blessings, love, happiness and good health. We count your continued support of the ERJCC Community Meals Program among our blessings. Thank you.

Please donate online at [www.erjcc-houston.org](http://www.erjcc-houston.org) or send your contribution to:

Evelyn Rubenstein Jewish Community Center of Houston \* Count Your Blessings\*, ATTN: T. Stewart, 5601 S. Braeswood Blvd., Houston, TX, 77096

**DONATED MEALS/FOODS SERVED [year to date] :** Margolin Foundation—5,000 meals; Toomin Foundation, 3,900 meals; Amado Foundation, 3,900 meals; 2010 Houston Kosher Chili Cook-off, First Annual, 1,260 meals; Zinn Petroleum, 500 meals; Tri-Kids Camps, 388 meals; Turk Investments, 150 meals; Congregation Beth Israel/The Schlenker School, 97 meals; Congregation Brith Shalom, over 1,500 pounds of canned and dry food [contributing to 283 client bags]; HEB, South Braeswood location, apples and honey for Rosh Hashanah.