

# SPRING 2021

## 50TH ANNIVERSARY EDITION



### The Mission of Natrona County Meals On Wheels

To assist the elderly and homebound of Natrona County maintain their independence and integrity, as well as their physical and mental health, in the dignity of their own homes and environments, Natrona County Meals On wheels prepares and delivers nutritionally tailored meals via caring community volunteers.

## MEET OUR MEALS ON WHEELS RECIPIENTS



**Floyd Lightfoot  
and daughter Debra Zeigafuse**

Floyd Lightfoot was born in Dubuque, Iowa in 1931 and was the youngest of 8 siblings. He is veteran and served in the Korean War. In 1958, Floyd moved from Iowa to Colorado to find work. Floyd had many different jobs over the years. He drove a truck and forklift at Odds & Ends Lumber Company in Denver where he worked for over 20 years until the company was sold—this was his favorite job. He remained in Colorado until 2008 when he moved to Casper. Floyd was married for 54 years before losing his wife.

Camping, hunting, and fishing were always a big part of Floyd's life. When the weather was nice, you would find him at the lake with a fishing pole in hand. Going on nature walks in the mountains of Colorado was also something he loved doing.

Due to Floyd's declining health, his daughter, Debra Zeigafuse, reached out to Meals on Wheels for some assistance to ensure her father could remain independent in his home. Debra is his caregiver, but also was working full-time at the time. She stated, "Because of Meals on Wheels, I was comforted knowing dad was receiving a hot nutritious meal and seeing a friendly face daily." A few years later, Debra developed COPD which made it difficult for her to work, shop, cook and stand for long periods of time. Seeing the improvement in her father's health, in part due to Meals on Wheels, Debra decided to start receiving meals. She said that she noticed her overall health and immunity improved and has allowed her and her father to remain in their home.

"I moved here from Missouri when I was 25 in 1955. I have 4 children—2 boys and 2 girls. My husband passed away in 2003. I attend the Church of Christ. For my past time, when I could use my hands, I drew pictures. In July of 2019, I had fallen and broke my femur. I couldn't get to the phone and didn't have my life alert on. A gentleman from MOW was a little late on delivering my lunch that day because of confusion of address. I thank God for him because when he knocked I was yelling for help! He came in and called the ambulance and waited with me until they got here and loaded me in. I will forever be grateful for him. He was the kindest man. I don't know his name. He was tall and thin and he still delivers for MOW. I have been receiving MOW for about 3 years I believe. I am 90 years old and born July 14<sup>th</sup>, 1930." Ada Church



**Ada Church**

### **A message from Katrina Lorenzen, Meals on Wheels Foundation Development Director:**

Happy Spring! Ada is one of the hundreds of meal recipients Natrona County Meals on Wheels serves. In the fall of 2020, I had the pleasure of interviewing many of the wonderful recipients and learning so much about their lives. After gathering all the information, a 50<sup>th</sup> anniversary celebration calendar featuring these amazing people was designed "celebrating those we serve."

Your gifts to the Foundation make it possible to continue the long-term success of Natrona County Meals on Wheels for Ada, Floyd and all of our meal recipients. The Board of Directors for the Foundation and I would like to sincerely thank all of our donors. You have made a tremendous impact this year and we can't thank you enough! Katrina Lorenzen-Development Director





## ORGANIZATION BOARD

Jim Brownlee, President

Joe Moss, Vice President

Don Smith, Secretary

Vickie Ujvary, Treasurer

Ed Chase

Bob Thunselle

Stacia Hill

Paul Rhodes

Wendy Elmer

Jennifer Deurloo

Dan Grace

CJ Lovato

Peggy Porter

Kelli Carmichael



## FOUNDATION BOARD

Dawn Force, President

Nancy Keeran, Vice President

Susan Russell, Treasurer

Pam Meihak

Pete Greiner

Carol Tarantola

Bret Ladenburger

Tom Mosley

Charlene Canada

Carol Nelson

Sandy Seinkiewicz

Laura Driscoll

Dick Williams

Bryan Smith

Katrina Beckman

## Office Staff

Jamie Loveall, Executive Director

Katrina Lorenzen, Foundation

Development Director

Mariah Bokhari, HR / Finance Manager

Andrea Trout, Route Coordinator /  
Executive Assistant

Debbie Cardinal, Receptionist /  
Volunteer Coordinator

Ashley Woodward, Client Services  
Coordinator



## Kitchen Staff



Shelley Blake, Kitchen Manager

Pat Geldien, Asst. Kitchen Manager

Selena Gabriel

Susan Kearns

Amber Harris

Ben Johnson

Kim Muckley

David Brattis

Lorraine Booth

Ryan Rude

## *FOCUS ON FRUITS*

Eating fruit provides health benefits. People who eat more vegetables and fruits as part of an overall healthy eating style are likely to have a reduced risk of some chronic diseases. Fruits provide nutrients vital for health, such as potassium, dietary fiber, vitamin C, and folate. Focus on whole fruits—fresh, canned, frozen, or dried—instead of juice. The sugar naturally found in fruit does not count as added sugar.



# Honor your Mother or Father on Mother's Day or Father's Day



Let Meals On Wheels suggest a thoughtful way to honor your mother and father or another special man or woman in your life this Mother's Day, May 9th or Father's Day, June 20th. You can give a gift that reflects your love for them and your care and concern for others-the very qualities that make "mom" or "dad" proud.

They will know that they made a difference in your life when you make a difference in someone else's. Send a **Lets Do Lunch** gift to Meals On Wheels in their honor. We'll send a card to let mom or dad know of your gift to honor them in a way that helps those in need.

A large number of Meals On Wheels clients are elderly women who live alone. Often they don't "do lunch" ...at least not without help. Often, they aren't able to fix their own meals, to leave home to "do lunch" out, to grocery shop, or to pay for their own sustenance. Just think of what your gift can mean to them.

**Will you consider helping someone else's mother or father "do lunch" as you honor yours?** Will you consider providing meals for someone in need for a week, a month, a year, or for as long as you can comfortably help? The cost to donate someone's lunch, through Meals On Wheels is:

- 1 week.....\$35.00
- 1 month.....\$140.00
- 3 months ..... \$420.00
- 6 month ..... \$840.00
- 1 year.....\$1,680.00

If you can find it in your heart and your budget to help, when you're thinking of the special woman or man in your life on Mother's Day or Father's Day, you'll know that another woman or man will enjoy nutritious meals because of your thoughtfulness.

Meals on Wheels would like to thank our donors for their generosity!!

MEALS ON WHEELS  
FOUNDATION

# Spring Plant Sale

DESIGNED BY JOHNNY APPLESEED



*Flower Garden-\$40*

*Pizza Garden-\$40*

*Salsa Garden- \$40*

*Herb Garden-\$40*



*Order Deadline: April 15th*  
*Order at*  
*Meals on Wheels Foundation Facebook,*  
*Eventbrite*  
*or call Katrina at 265-8659*

*Plant Pick up: 1760 E. 12th*  
*May 21st: 2:00pm-4:30pm*  
*May 22nd: 9:30am-12:00pm*



Flowers can be purchased by finding the link on the Meals on Wheels Foundation's Facebook page, by mailing a check to 1760 E. 12th St, Casper, WY 82601, or by calling (307)265-8659.

Please call with any questions!

Plant Gardens are \$40/each

Flower Garden	
Salsa Garden	
Pizza Garden	
Herb Garden	



**THANK YOU**  
FOR YOUR  
**SUPPORT!**

LEGACY GIVING  
NATRONA COUNTY  
MEALS ON WHEELS FOUNDATION

You are the Reflection that can radiate giving.  
Join our group of legacy donors who, like you, believe that no Natrona County Senior Citizen deserves to go hungry.

Your gift will support the Foundation to work towards its goal of supporting Natrona County Meals on Wheels long into the future.  
For more information on Legacy Giving or to make a gift call Katrina at 265-8659



## UPCOMING EVENTS



- \* April 15th—Foundation's Plant Sale Deadline
- \* May 21st & 22nd—Plant Sale Pick Up at MOW
- \* June 19th—50th Anniversary party at Meals on Wheels
- \* July 13th—Central Wyoming Fair & Rodeo Parade
- \* July 17th—4-H Livestock Auction at the Central Wyoming Fairgrounds
- \* July 31st—Casper Boat Club Poker Run benefiting Meals On Wheels
- \* September TBD—MOW Foundation's Funkana
- \* January 28, 2022—Bubbles, Baubles, and Beans

With the help of our caring volunteers, in 2020, Natrona County Meals on Wheels was able to deliver over 650 meals each Monday thru Thursday, and over 1550 meals on Fridays, totaling 206,894 meals were served to 847 unduplicated clients.

### ADD MORE VEGETABLES TO YOUR DAY!

It's easy to eat more vegetables! Eating vegetables is important because they provide vitamins and minerals and most are low in calories.

To fit more vegetables in your day, try them as snacks or add them to your meals.



Meals On Wheels is a  
United Way Agency

1760 East 12th Street  
Casper, Wyoming 82601  
Phone: (307)265-8659  
Fax: (307)234-1872  
Website: [www.mealswheels.com](http://www.mealswheels.com)

Our need for drivers to deliver meals grows daily. One hour of volunteer time is all it takes to deliver meals and touch the lives of many people. One lunch hour per week helps Meals On Wheels accomplish our goal. Businesses, by establishing a team of drivers, can also deliver meals to the elderly and disabled.

The rewards are fabulous! You will be thanked endlessly, have fun, make new friends, feel needed, loved and appreciated, and know you're really *making a difference*.

For more information on how to become a part of our team, please call:  
307-265-8659



**Want to make a difference?**

Call today....and touch people's lives with food and friendship.