

Meals and More

“We Deliver”

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Winter 2010

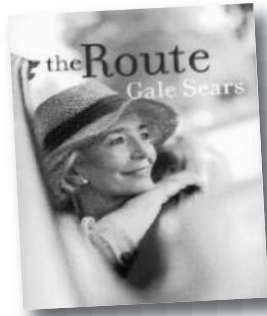
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The Route: A Life-Changing Delivery

Author Arriving for Luncheon

Gale Sears, author of the vibrant and funny novel “The Route” that relates stories of delivering Meals-on-Wheels, will arrive in Midland on April 22 for Community & Senior Services’ fundraising luncheon at Green Tree Country Club. Her appearance coincides with National Volunteer Week and is apropos as the fundraiser speaker for Midland’s Meals-on-Wheels program.

Central character in the novel is Carol Nimitz, a middle-aged wife and mother who is pondering the meaning of life. On a trip to the grocery store she sees a sign asking for volunteers to deliver meals to the elderly. She signs up and thus begins her journey. Every Thursday Carol’s delivery route brings her into the world of wacky and fascinating people whose backgrounds, good and bad decisions, and startling experiences have created strong personalities and opinions. Through her clients’ diverse lives, Carol comes to see that there are many good reasons to savor one’s later years.

Gale Sears grew up in the wonder and magic of Lake Tahoe, CA., where she tromped around among the pine trees, swam in the icy waters of the lake, and rode her bike on dirt roads. During high school, she lived in Honolulu, Hawaii, where she tromped around among the palm trees, swam in warm ocean water, and rode the bus down busy city streets. She earned a bachelor’s degree in playwriting from Brigham Young University, and a master’s degree in Theater Arts from the University of Minnesota.

At the CSS luncheon, Ms. Sears will share special stories regarding her experiences as a Meals-on-Wheels volunteer and how they led to her best-selling book, “The Route.”

Midland’s Meals-on-Wheels program is made possible through the generous community support and 1,500 volunteers who deliver more than 120,000 hot meals each year. The April 22 luncheon will acknowledge these volunteers for their service and their impact in the lives of thousands of people.

For sponsorship opportunities, contact Kobi Nix, 689-6693.



Gale Sears
Author to speak at Luncheon, April 22, Green Tree Country Club

CSS MISSION

To improve the quality of life of Midlanders by providing an array of services to help them maintain health, dignity, and independence as they grow older.

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Meals and More is a quarterly newsletter published by Community & Senior Services. For more information, call 689-6693. Office hours are 8 a.m. to 5 p.m. Monday – Friday. CSS is an Equal Opportunity Employer.

MEALS-ON-WHEELS NEWS

Get Ready For A Rockin' Sock Hop At The Fabulous 50s Gourmet Gala!

Benefiting Meals-on-Wheels
Thursday, March 11, 7 to 10 p.m.
Midland Center

Remember the days when soda shops and sock hops were the place to be? Take a Blast to the Past at this year's Gourmet Gala and sample some of the area's best cuisine while supporting Meals-on-Wheels. And you can have a rockin' and rollin' good time!

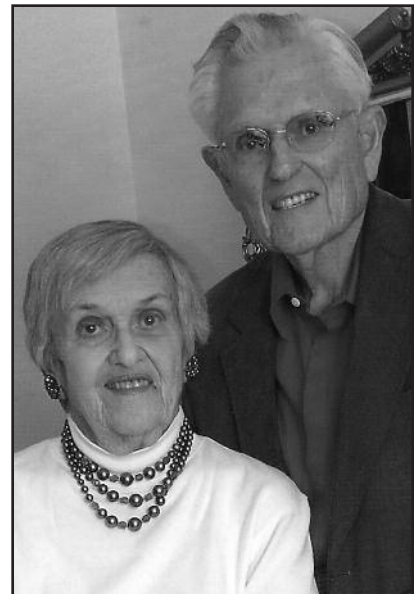
The event is sponsored by Community & Senior Services, which provides more than 450 meals a day to seniors in the community. Price is \$350 for a reserved table for 10.

Call Kobi Nix at 689-6693 to reserve your spot or to talk about sponsorship opportunities. Check the back page of this newsletter for sponsorship information. And we'll see you at the Rockin' Sock Hop!

B'nai B'rith Honors Longtime Volunteers

"B'nai B'rith of the Permian Basin honors long time volunteers for Meals-on-Wheels for their dedicated service. **Dr. Norman Gould** and his wife **Evelyn** have been volunteers for Meals-on-Wheels for many years and have encouraged members of the Lodge to support the program financially for more than 30 years. In appreciation of their service, we donated monies to support two persons for a year's supply of meals. In addition, we honor the late **Dave and Ruth Hoff** who passed away last year and were also dedicated volunteers. We hope that with this honor we will be able to continue the wonderful works of Meals-on-Wheels and provide meals for those in need in the Permian Basin."

– Letter from **Frank Kasman, Treasurer**
B'nai B'rith of the Permian Basin



Dr. and Mrs. Norman Gould



Elizabeth and Herb Blankinship
Texas-Size Garage Sale Chairmen



Key Energy provided a grill and staff to treat the Garage Sale volunteers to a hamburger cook-out, photo above. Board President Eric Griffin, left, and daughter Delaney enjoy volunteering as cashiers at the Garage Sale.

a season of food, fun, & shopping



CSS Board Member and H-E-B Store Manager Bob Murphy speaks at the H-E-B Feast of Sharing press conference at the CSS office. H-E-B sponsored a day of meals for Meals-on-Wheels clients.



Thousands of shoppers bagged the best deals in the Permian Basin at the Texas-Size Garage Sale in November. The event generated more than \$100,000 for Meals-on-Wheels.

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August 1, 2009 through December 31, 2009

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SENIOR OPPORTUNITIES

Hang Out at the Busiest Places in Town

Are you 55 or older and looking for a place that offers active seniors an opportunity to make new friends, participate in social events or other activities and enjoy a hot daily lunch?

Managed by Community and Senior Services, the Senior Centers are hubs of activity for seniors with a variety of interests. You can become a member of Kingsway Center located at 3301 West Illinois #18 or Southeast Senior Center, 1801 East Indiana.

Consider the following reasons to join:

Transportation: Transportation is provided to and from the center upon request. Routes are driven daily.

Meals: A tasty and nutritious lunch is provided five days a week. Special occasion luncheons for holidays, birthdays, anniversaries and recognition of volunteers are served throughout the year.

Special Services: Special resource, referral and educational programs are offered. Blood pressure checks, glucose testing and immunizations are also provided as part of health-related services.

Center Programs: The centers have a variety of activities from which to choose, including exercise programs; table games, cards and dominoes; billiards/pool; sewing room; professionally instructed arts and crafts; reading and resource library; computer lab; active singing and dance groups AND MUCH MORE!

For more information call:

- Nita Capell, Midland Senior Center Director at 681-7636;
- Ellen Smith, Southeast Senior Center Director at 685-7231.



Senior Companion Cookbook Order Form

Need a quick and easy Christmas gift? The Senior Companion Program is selling a **"Healthy Snacks & Treats"** cookbook for only **\$10.50!** Senior Companions are limited income seniors who provide friendship and service to homebound seniors in the community! With everyone trying to eat better these days, what a great gift idea! Order several and you will always have a gift on hand ready to brighten someone's day.

NAME _____ PHONE _____
 ADDRESS _____
 QUANTITY _____ E-MAIL ADDRESS _____
 CREDIT CARD NUMBER _____ EXP. DATE _____
 SIGNATURE FOR CREDIT CARD _____

Please return this form
 and your check
 or credit card information to:
Community & Senior Services
 3301 Sinclair
 Midland, TX 79707

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Mr. & Mrs. Robert M. Jackson

Norman Ramon
Mr. Craig A. Campbell

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It's Going to Be a Rockin' Sock Hop at the Fabulous 50s Gourmet Gala

We're going to take a Blast to the Past at Gourmet Gala and re-create the days when soda shops and sock hops were the place to be. Plan to have a rockin' and rollin' good time while sampling some of the area restaurants' best cuisine. Do you miss those days with fabulous singing and music stars? Pick your favorite star and sign up to be a sponsor! For more information, contact Kobi Nix at 689-6693.

\$5,000 ELVIS PRESLEY:

Two tables for 10 in a location of your choosing, recognition in all publicity and promotional materials, 2 personal servers for the evening, an area to display your company's story, 6 p.m. Sponsor Tasting Preview, and table centerpiece.

\$3,000 MARILYN MONROE:

Two tables for 10 in a priority location, recognition in all publicity and promotional materials, 2 personal servers for the evening, 6 p.m. Sponsor Tasting Preview, and table centerpiece.

\$1,000 JAMES DEAN:

One table for 10, recognition in all publicity and promotional materials, one personal server for the evening, 6 p.m. Sponsor Tasting Preview.

A check or credit card information for \$_____ to CSS is enclosed.

NAME _____ PHONE _____
 ADDRESS _____
 CREDIT CARD NUMBER _____ EXPIRATION DATE _____
 SIGNATURE FOR CREDIT CARD _____ E-MAIL ADDRESS _____

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Please remember Community & Senior Services in your wills and trusts.



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