



Blue Ledge Meals on Wheels

Serving the community, one meal at a time!

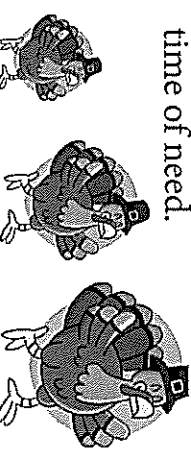
NOV | 2018

Wellness Check Can Prevent Possible Disasters

Not only does Blue Ledge Meals on Wheels provide a service of delivering meals to those in need in Amherst County, the volunteer drivers also provide a wellness check for our clients. We do not leave a meal without first making contact with the client and talking with them about how

their week has been and how they feel. We have a process in place if the volunteer cannot locate the client or feels the client needs additional assistance. A call is placed to our volunteer coordinator who in turn calls the client's advocate to let that person know the information

received from the volunteer. This has helped some of our clients receive additional assistance quickly. We thank our volunteers for being so alert and following through to assist our clients in their time of need.



See page 3 for our Food Drive details!

Client Spotlight: Mrs. Maybelle Hughes

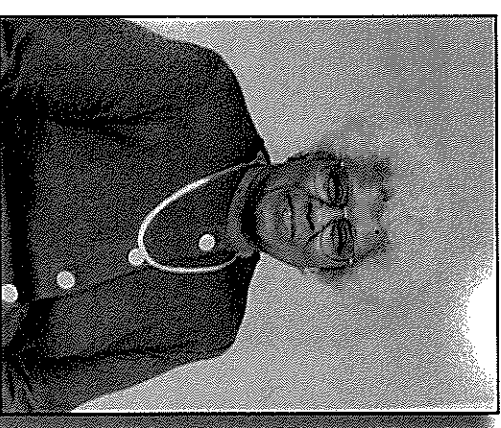
Mike Mazingo - President

Many who have ridden a bus in the Amherst County Public School system have seen the smiling face of Maybelle Hughes, or Mrs. Hughes to most of us. This rainy October afternoon, I sat with Mrs. Hughes for a bit to get to know a little more about this humble, sweet-spirited lady who touched so many over the years.

Born and raised in western Amherst County, she is one of nine children, 5 girls and 4 boys. Segregation was very much a part of Mrs. Hughes' life, but it was evident that she was raised to believe that even though there is a difference in skin tones, everyone's blood was red and they deserved kindness. At age five, she began taking piano lessons from a lady named Mrs. Boxdale, she quickly recalled. As a child and young woman, she and her family attended Timothy Baptist Church,

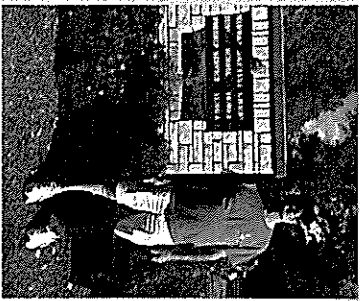
on Buffalo Springs Turnpike. After getting married, she also attended St. Peter's and St. Mark's churches in Clifford. All of these churches were blessed by Mrs. Hughes' musical talent. Looking back, she said she regrets not practicing more than what was required of her. She married in 1950 and had the first of five children in 1951. Her family welcomed a sixth child, five years old at the time, when her husband brought the boy home one day and he simply became part of the family. Mrs. Hughes retired after driving a school bus for about 45 years. When I tried to estimate how many lives she touched over those years, I found it difficult to come up with even a rough guess. However, given she started driving in 1966 and my mom graduated from high

school in 1967, I rode her bus and my children did as well, Mrs. Hughes could have easily transported three generations of students, possibly four. We, at Blue Ledge, are honored to serve this wonderful lady who has herself served so many.



Mrs. Maybelle Hughes - Amherst County Public School Bus Driver

VOLUNTEER RECOGNITION



David Edmondson - Volunteer

David Edmondson cannot remember how long he has been a volunteer driver for Blue Ledge Meals on Wheels but he is one of a few volunteer drivers who can say he delivers for two different Meals on Wheels organizations. David delivers on our Temperance/151/Warrick Barn routes plus delivers 18 meals in about 40 minutes for Meals on Wheels in Buena Vista. Even with Lion's Club activities and learning to play the banjo, volunteering for Meals on Wheels has become an important part of David's day. When asked if he had interesting stories about any clients, he remembers one who was hard of hearing and would never hear the door bell so

it was always a process to try to get a meal to that location. Another client really surprised him by talking about his love for tennis and fishing when the client just did not seem to be the type for those activities. David, like many of our volunteers, feels good about performing acts of kindness for others. During his time with Meals on Wheels he has developed strong relationships with many clients and it is rewarding to know he can help. David has some great advice, given from experience, for new volunteers. "Know when you are to deliver and make sure you remember to deliver". He smiles when he says he has a reminder system in place on his phone to help him remember deliveries.

Thank you David and all our volunteer drivers for giving of your time to help those in need.

MESSAGE FROM THE PRESIDENT

After electing to retire a little early, having worked for 42 plus years at an Amherst County business, I was asked by folks what I planned to do with my time. My reply to this was to involve myself in volunteer work. I did not know at the time what was available in Amherst County, but it did not take long to learn of the opportunities available in the area. Currently I volunteer with 3 organizations in the county that have the common goal of helping people, one being Blue Ledge Meals on Wheels.

I was first approached by an old friend, Nancy Banton, to serve as a volunteer to deliver meals. After getting my feet wet doing this, Nancy asked if I would be interested in serving on the Board of Directors. I met with the Board, liked what I saw and agreed to serve. Nancy and the rest of the Board members are truly dedicated to helping others. They are concerned about the well-being of our clients, determined to give each the best meals

possible. Did I mention our volunteers that deliver the meals? They are an awesome group of people. They give up a portion of their evening, or midday for our Temperance/151 route, when scheduled to deliver meals to not only deliver a meal but to visit for a few minutes with the clients, and check on their well-being. This few minutes is sometimes the only contact that some of our clients have with the outside world. We are also blessed to have a coordinator that not only organizes everything from the clients to the volunteers that deliver meals. She is a client as well, so she has an inside track on how good the meals are. Our vendors do a great job in supplying a wholesome meal for our clients, and are also great to deal with.

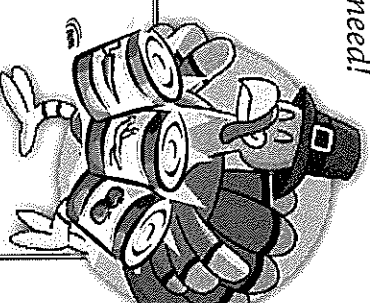
If you are looking for a way to serve others, I would ask that you look into serving as a volunteer delivering meals. Each of our routes have 5 to 8 clients, it usually takes 30 minutes to an hour to cover a route, and you will find that it is one of the most rewarding minutes of your time you could ever give. If you can't give of

MESSAGE FROM THE PRESIDENT CONT.

our time, we welcome your donations to help pay for these meals. Whether or not our clients can pay for the meals that are provided, we don't turn down these folks. We are an all-volunteer organization - no one is paid. So approximately 73 cents of every

dollar donated goes directly to providing meals to our clients. Not only is this a worth-while cause, we need your donations to help out those in need!

- Mike Mozingo - President



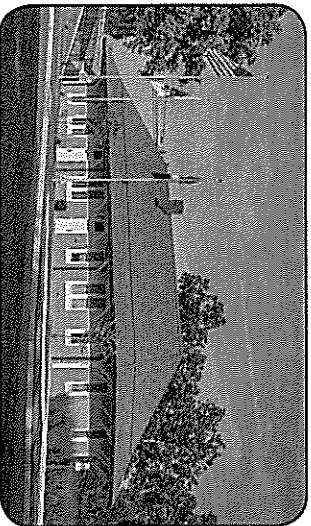
FOOD DRIVE

Please Donate To Our Food Drive!

Each November, Blue Ledge Meals on Wheels organizes a Food Drive to collect non-perishable food items for its clients. The goal is to collect and distribute enough goods so that clients have food over the winter months in case bad weather prohibits deliveries. Again this year, Amherst Dry Cleaners and the Amherst Chamber of Commerce have generously offered their facilities as the two drop-off locations. Blue Ledge appreciates their support and **YOURS!**

Please help us by dropping off *non-perishable, shelf-stable, single serve items* to one of these two locations between Nov 19 and Dec 14, 2018. Please feel free to make copies and share this flyer where you can! **PLEASE CHECK** the expiration date, as we can not serve food which has expired.

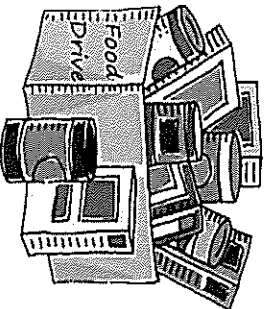
Drop off at either location - Thank You!



Amherst County Chamber of Commerce
328 Richmond Hwy, Suite A

Visitor Center Hours:
Wed - Sat 9am - 5pm
Sun 1pm - 5pm

Between
11/19 - 12/14



Amherst Dry Cleaners
455 S. Main Street

Mon - Fri 7am - 5:30pm
Sat 9am - 1pm

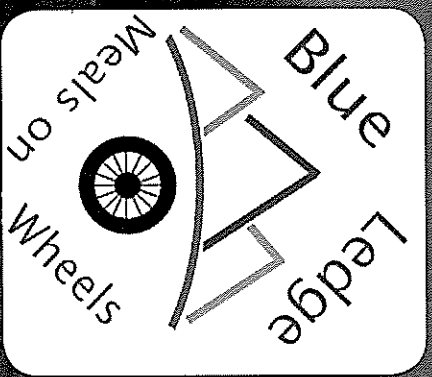
↵ ↵ Suggested items for our yearly MOW food drive ↵ ↵

Soup(s)	Crackers/Nabs	Peanut Butter	Cereal	Granola/Energy Bars
Vienna Sausage	Beanie-Weenies	Canned/Pouch Tuna	Small Canned Ham	Canned Corn Beef
Canned beans	Instant Oatmeal	Applesauce	Fruit Cups	Canned pasta
Puddings	Jell-o	Bottled Water	Potted Meat	

(Cans should be easy open)

Blue Ledge, Inc.
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Amherst, VA 24521

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