

Blue Ledge, Inc.
PO Box 1332
Amherst, VA 24521

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Blue Ledge Meals on Wheels

Serving the community, one meal at a time!

Winter | 2021

More Than A Meal by Kelli Hollowell



What do we mean when we say that we offer our clients more than a meal? In our rural setting the most important thing we offer are wellness checks. We are a small, volunteer-only organization. We deliver to the same clients week after week, we get to know the people in our community who need our services. We are in a unique position to be able to tell when 'something isn't quite right'. We have a policy within our organization that we never leave a meal on a doorstep or patio, we deliver hot meals to our clients, often engaging in conversation for a bit and making sure they're ok.

What happens when they're not ok? Our first action is to notify our coordinator and she calls the emergency contact for the client. Often

they will be a neighbor or friend nearby who has a key to the client's home and can come out and check on them. If that route is unsuccessful we call emergency services. We have worked with the police department, sheriff's office, fire, and rescue all over the northern half of the county to get our clients the help they need.

Just this year we have used emergency services at least three times. One afternoon a volunteer was delivering a meal. She knocked on the door and could hear the client yelling that they'd fallen and couldn't get to the door. After several unsuccessful phone calls, we called 911. The police arrived and were able to gain access and get our client up off the floor. Another day a volunteer was delivering the evening meal and she heard our client fall while trying to get to the door. Unfortunately, the client fell in such a way that the door couldn't be opened. Emergency contacts were unreachable, our volunteer garnered the assistance

of a neighbor who was able to help gently scoot the client just far enough to squeeze in and offer assistance. Emergency services were called, and the client agreed to go to the hospital to get checked out. Luckily, only bumps and bruises were the result. I was delivering the evening meal one day and a client who is generally very cheerful and full of life was behaving very 'off'. He kept saying 'I just don't feel right'. I called our coordinator, but she was unable to get ahold of his emergency contact. I called 911 and waited with him until the ambulance arrived. I was able to give the EMT's his name and address and emergency contact's information.

All of these stories and many more could have ended much worse had we not been there to check on folks, and maintain our policy of not leaving meals on the porch without checking on our clients. Blue Ledge meals on wheels certainly delivers more than a meal.

Every Little Bit Helps

The ever-changing landscape of life in these trying times continues to present challenges. We were able to meet every challenge that 2020 threw at us head-on. However, 2021 is proving to be a bit more daunting. The supply chain interruptions, employee shortages, and attempts to return to anything resembling normal have offered new hurdles for our program.

In 2020 we saw a drop in client need. Family members working from home and being available to assist their elderly relatives seems to be the top reason for this. In 2021, we have

seen folks returning to in-person work environments, and this has led to their loved-one's needing more of our services. With this rise in need, we've also seen a rise in need for volunteer drivers to deliver these meals and perform wellness checks.

Our top challenge this year has been securing food vendors and supplies. Costs are going up at an unprecedented rate in 2021. We are now paying more for the food containers, more for our operating costs, and more to our non-church food vendors. Less than half of our

clients pay for their meals, and of those clients, only a handful pay the full cost of the meal. We don't turn people away because of a lack of funds. We are here to serve the community. However, these increases in costs have the potential to affect our ability to continue with this mission.

Please know that if you donate funds, or your time to Blue Ledge Meals on Wheels, every little bit helps.

- Thank you!

SUPPORTING VENDORS

CHURCHES

Amherst Baptist Church
Amherst Presbyterian Church
Ascension Episcopal Church
Central Baptist Church
Clifford Baptist Church
Emmanuel Baptist Church
Emmanuel United Methodist Church
Midway Baptist Church
Mt. Moriah Baptist Church
Mt. Olive Baptist Church
St. Francis of Assisi Parrish

LOCAL VENDORS

Amherst Corner Restaurant
Dogwood Café
Edith's Rt. 60 Diner
Mac's General Store
Subway Amherst
Subway Apple Market
Sweet Briar College
Winton



BOARD MEMBERS:

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Call: (434) 942-4864

Website: www.blueledge.org

Client Spotlight: Melvin Campbell

Melvin (Connie) Campbell started receiving meals from us in July of this year, triggered by an injury. Falling off his steps and breaking his foot/leg he lay outdoors all night. Stephen, his great-nephew came by in the morning and took him to the ER. Several operations followed and the last stitches are due to be removed soon.

Melvin has retained his sense of humor and good spirits all through the ordeal – with many funny stories such as how he stole a friend’s girlfriend!

Stephen stops by often to visit Melvin and his cats and does any odd jobs to help out his uncle. Amherst residents will recognize Stephen’s great-grandfather, Vernon Drummond.

Melvin was born in 1937 in a mountain cabin to the southeast of the big bend in Warrick Barn Rd. His mother declared: “Melvin, I’m going to call you Connie.” No reason was ever given, and the nickname remains.

A couple of weeks ago he was trying out a new bullhorn he ordered online. Turns out one of Melvin’s careers in addition to his cattle ranching, is as an auctioneer. His skills are still in demand at real estate and cattle auctions. The bullhorn is a necessity!



Melvin Campbell

Written by: Bob Chase

Delivering Smiles



Two of Michelle Hansen's children, Gino and Brooke, picking up MOW meals at Amherst Baptist Church. Brooke dressed as a deer much to the delight of our clients

Chef Wray Warner (Meriwether Godsey) distributing MOW meals at Sweet Briar to Jenny Walker and her children, Silas, Selah, Aviah, and River.

This is five year old Sawyer Gilbert, grandson of Lee and Betty Bryant, helping deliver MOW meals.

This is five year old Sawyer Gilbert, grandson of Lee and Betty Bryant, helping deliver MOW meals.

OUR MISSION is to support the rural communities of Amherst County by delivering prepared meals to seniors and disabled individuals.



FOOD DRIVE

Please Donate To Our Food Drive!



Each November, Blue Ledge Meals on Wheels - in partnership with the Subaru Share the Love Event - 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. 18 - Dec. 16, 2021. 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
Nov. 18 - Dec. 19



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)
Vienna Sausage
Canned beans
Puddings

Crackers/Nabs
Beanie-Weenies
Instant Oatmeal
Jell-o

Peanut Butter
Canned/Pouch Tuna
Applesauce
Bottled Water

Cereal
Small Canned Ham
Fruit Cups
Potted Meat

Granola/Energy Bars
Canned Corn Beef
Canned pasta

(Cans should be easy open)



Many thanks to Subaru of America for inviting Meals on Wheels America – for the 14th year in a row – to participate in its annual **Subaru Share the Love Event**. This is one of the greatest revenue-generating opportunities offered to Meals on Wheels America Member programs.

Held at the end of each year, Subaru donates \$250 to a host of charitable partners – including Meals on Wheels America – for every new Subaru purchased or leased, per customer selection, between November 18, 2021 and January 3, 2022. **Please select Meals on Wheels as your charity when purchasing or leasing a new Subaru during this event.**