

# **MEALS WHEELS<sup>®</sup>**

## **WESTERN SOUTH DAKOTA**

# **QUARTERLY**



### **READY, SET, SNOW!**

**THE FIRST FLAKES HIT  
THE HILLS**

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### **THE POWER OF A PETAL**

**LOCAL FLOWER DONATION  
BRIGHTENS EVERYONES DAY**

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### **PRESIDENTIALLY AMAZING**

**STAR VOLUNTEERS  
RECEIVE OUTSTANDING  
ACCOLADES**

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### **IN SEARCH OF: HEROES**

**EDITH NEEDS YOUR HELP**



# READY, SET, SNOW!

Areas of the north and central Black Hills saw their first few inches on Thursday Oct. 13, making it the **first official snowfall** of the season!

Thanks to your support, all of the emergency blizzard supplies have been distributed - just in case of a severe weather emergency. But luckily, the dusting did not impact our courageous staff and volunteers during delivery. **Thanks to you, every senior is warm, safe, and ready for a real storm!**



IMAGE COURTESY OF RAPID CITY JOURNAL, DARSHA DODGE



## DID YOU KNOW?

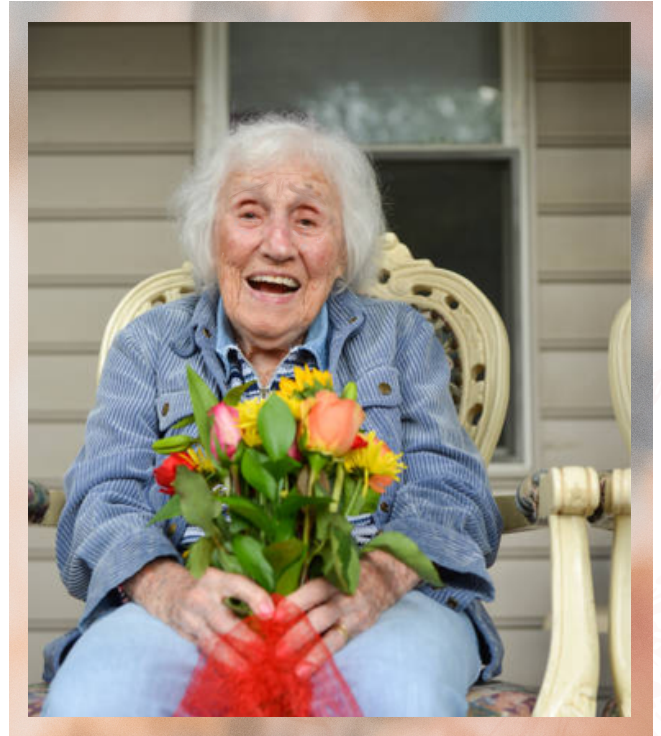
Every senior we serve receives an emergency blizzard bag. This bag contains days of shelf stable foods and resources. They ensure that in the event of an emergency - such as a blizzard - everyone has something to eat until we can deliver again



# THE POWER OF A PETAL

A fresh vase of flowers can be a kind and thoughtful gesture, but for some, fresh flowers can mean everything in the world. That's how Elaine (age 87) felt when she received a bouquet **for the first time in 29 years.**

Flowers by LeRoy in partnership with Koehler & Dramm Wholesale Florist donated over 450 bouquets of flowers. This gesture meant that every single Rapid City home delivery senior received a bundle of fresh flowers. "The day was just full of emotion and joy" says Noreen Hanzel, Meals on Wheels Rapid City Home Delivery Coordinator.



For some seniors, this beautiful gesture meant more than just a gift. Elaine, a senior participant of Meals on Wheels, has been isolated in her home for the past 9 years. Only leaving for emergencies and without close friends or family, Elaine shared the story of the last time she received flowers - **over 29 years ago...**



Weeping while she held her vase, this wasn't just the first time she's received flowers in the past 3 decades, it was also the first time *since she has touched a flower.*

**Her endless tears told her story.**

Elaine, and many other deeply touched seniors like her, send their sincerest thanks to Flowers by LeRoy and Koehler & Dramm Wholesale Florist for this amazing and powerful gift.

**If your business or organization is interested in making a difference in your community, please contact our office at: (605) 394-6002**

# PRESIDENTIALLY AMAZING

The President's Volunteer Service Award, bestowed by the President of the United States, honors the service of exceptional volunteers making a positive impact. Now joining these few distinguished individuals in receiving this award are Meals on Wheels Western SD star volunteers Myron and Darlayne Buchli. As of September 2023, the Buchlis have logged more than 4,100 hours of service - each!

**“My mother, her theme to us children was ‘have a purpose to your day’ and this is it for us.”**



They were each honored with the official President's Volunteer Service Award medallion, a personalized certificate of achievement and letter signed by the President of the United States.

“I'm at a loss for words. I guess we didn't expect this, we thought this is just what Americans do.” Myron says.

Starting their work with Meals on Wheels over a decade ago, Myron shared their inspiration for their commitment with the program,

**“There are so many needs out there in the community and we are seeing more because our town is growing quite fast.”**

The West River population, seniors especially, are currently facing “A lot of health issues, health concerns, a lot of financial concerns”, Darlyane says. These concerns are what keep them engaged and motivated to serve. They encourage others to do the same. “Do it. Just do it. It's so fulfilling.”

**If you would like to learn about volunteer opportunities, please give our coordinator, Tim, a call at: (605) 381-2129 OR visit our website:**

**[www.mealsprogram.com](http://www.mealsprogram.com)**



# IN SEARCH OF: HEROES

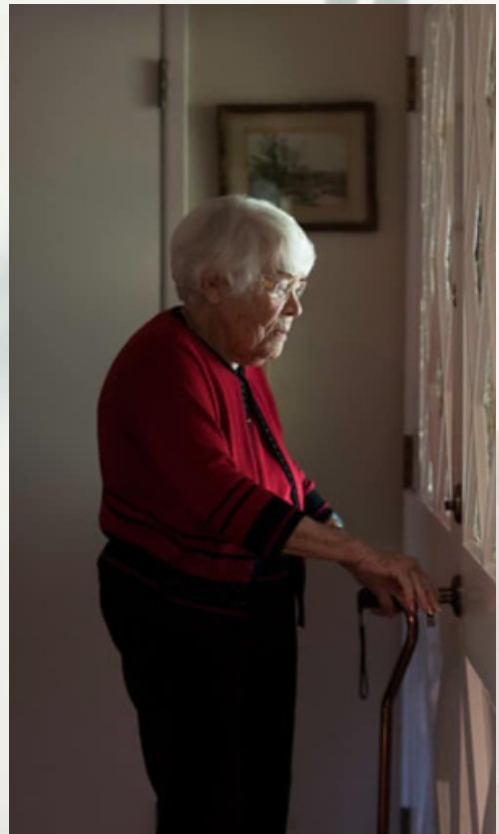
**Your senior neighbors are in distress.** The demand for affordable housing and nursing staff hit historical heights and West River seniors are struggling more and more every day. **Every day** they are fighting isolation, malnutrition, and the constant threat of homelessness. **Every day** it becomes harder to buy and cook a meal. **Every day** they have to wonder “**How am I going to support myself next month**”. There are currently over 2,000 of these struggling seniors participating in the program and the numbers are growing **every day**.

A hot and hearty meal, a smile from a friend, and a “How are you doing today, Edith” can make all the difference. By Adopting-A-Senior you are ensuring that seniors like Edith don’t have to wonder about tomorrow. She can have something to look forward to - a hot meal and a hug from a friend. Her family doesn’t have to worry anymore because she’s been adopted by a local hero like you.

**There are over 2,000 ‘Edith’s that need a hero. For just \$110 a month, you can save someone from these heartbreaking circumstances.**

**YOU** can be their **HERO**.

Are you up for it?





# YOU CAN BE A HERO

Learn how you or your business can  
become a HERO in your community



## **Adopt-A-Senior - \$110/Month**

Covers all meals and services for a senior in  
your community



## **Adopt-A-Route - \$110/Month x 15 Seniors**

Covers all meals and services for an entire  
community

## **Volunteer Opportunities - Contact for More Information**

Meal Delivery

Kitchen Assistance

Group Projects

Corporate + Team Friendly

**(605) 394 - 6002**

**WWW.MEALSPROGRAM.COM**



**MEALS on WHEELS**  
WESTERN SOUTH DAKOTA