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*Loren Seay enjoys a hot, nutritious meal at the Edgecliff Neighborhood Senior Center. Lunch is served Monday through Friday from 11:00 AM to 1:00 PM.*

## New Edgecliff Neighborhood Senior Center Open for Business

Edgecliff Neighborhood Senior Center opened its doors on September 15, 2008. In keeping with the goals of the Edgecliff Neighborhood Center, the senior portion will become a hub of activity. While the Edgecliff Neighborhood Center focuses mainly on the youth in the

community, the Senior Center will serve persons 60 and over. The Edgecliff Neighborhood Senior Center will be open Monday through Friday from 10:00 AM to 2:00 PM. Seniors are invited to stop in, have coffee with friends, and stay for lunch, which is served daily between 11:00 AM and 1:00 PM. Activities such as bingo, gentle exercises, and educational speakers will be provided. In addition, the Spokane County Library will be coming to Edgecliff Neighborhood Senior Center monthly with large print books for seniors to check out. We will also be opening a small Food Pantry in conjunction with Spokane Valley Partners.

We know that Seniors who are active within their communities tend to remain healthier longer.

The opening of the Edgecliff Neighborhood Senior Center is one more way that Valley Meals on Wheels is working for the

seniors in our community.

### Edgecliff Neighborhood Senior Center Wish List:

- Comfy Furniture
- Bookcases
- Big Screen TV  
(doesn't need to be HD)
- Wii
- Coffee
- Games
- Bingo Prizes

*Vi Temple enjoys a cup of coffee at the Edgecliff Neighborhood Senior Center. Edgecliff offers a cozy place for seniors to share a cup of coffee and visit with their neighbors.*



## Coeur d’Alene Tribe and Casino Caring for Seniors

Coq au Vin, Roasted Red Potatoes, Roasted Carrots, Peach Pie—not your usual Meals on Wheels fare, but this is what some of our meals recipients received when the Coeur d’Alene Casino catered a gourmet meal for 30 homebound elderly and disabled Valley residents. Patty M. described it as “The best meal I have ever had! That pie was out of this world!”

The Coeur d’Alene Tribe and Casino, in a tradition of honoring elders and giving to the community, is generously donating and delivering meals to seniors in the greater Spokane valley on a quarterly basis. In addition, they are planning a special treat for those seniors who will be alone for Thanksgiving and Christmas by donating a delicious holiday meal with all of the trimmings. Thanks, Coeur d’Alene Tribe and Coeur d’Alene Casino!



*Kathy Foreman with Coeur d’Alene Casino employees as they delivered delicious meals to Valley Meals on Wheels clients.*

## Happenings. . .



*Seniors enjoy ice cream and entertainment at Valley Meals on Wheels Ice Cream Socials in honor of Spokane Valley seniors. We held an Ice Cream Social at each of our 4 valley Senior Lunch Sites..*

The slow growing season did not slow down Valley Meals on Wheels Fresh Produce Program. Annie and Carl Girven (right) prepare to deliver bags of fresh produce to the homebound elderly. Each year through grants from Aging and Long Term Care of Eastern Washington and Greenstone Foundation, Valley Meals on Wheels purchases fresh produce from local farmers which not only improves the nutrition of our elderly neighbors, but also, helps small farms in the area remain viable.



*Volunteers prepare to feast at the Valley Meals on Wheels Volunteer Appreciation Picnic.*



Everett Wagner (left) checks out emergency preparedness kits before delivering them to Valley Meals on Wheels home-bound clients. Each Emergency Kit contains essential supplies to last one person for three days. They include such essentials as food bars, water, and flashlights. Kits were provided in partnership with Aging and Long Term Care of Eastern Washington and American Red Cross. Of course we hope that these kits will never be needed, but it is good to know that our seniors will be prepared if an emergency were to occur.

Everett Wagner (left) checks out emergency preparedness kits before delivering them to Valley Meals on Wheels home-bound clients. Each Emergency Kit contains essential supplies to last one person for three days. They include such essentials as food bars, water, and flashlights. Kits were provided in partnership with Aging and Long Term Care of Eastern Washington and American Red Cross. Of course we hope that these kits will never be needed, but it is good to know that our seniors will be prepared if an emergency were to occur.

## Donors

Our deepest thanks to all of those who have given so generously. . . so no senior goes hungry.

### *Individuals*

Eileen Ahrens  
 Paul & Jenny Anastasi  
 Jayne Auld  
 Richard & Mary Bahnson  
 Elizabeth Barnes  
 Beverly & Jerry Basler  
 John & Jody Beck  
 Ellen Boudewyns  
 Susan & Truman Bradley  
 Jean Brown  
 Roy & Margaret Caldwell  
 Lina Clark  
 Mary Ellen Combs  
 Marion DeGroat  
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 Betty Durrant  
 Henry & Mary Eller  
 Carl & Harriet Erickson  
 Robert Goodnetter  
 James Grant, Jr.  
 John & Janet Gray  
 Lloyd & Jennie Green  
 Don Hansen  
 Dolores & Robert Hanson  
 Mr. & Mrs. Raymond Hanson  
 Donald & Joyce Harper  
 Harry Hixson  
 Audrey Howell  
 Earnestine Hughley  
 Thomas & Linda Hulett  
 Bessie Kallas  
 James Kearney  
 Elizabeth Keck  
 June King  
 Raymond & Helen Lebsack  
 Ione Lopez  
 Ross & Doris Minier  
 Paul Myhre  
 David & Audrey Nemitz  
 Stanley & Margaret Olson  
 John & Kathleen Olsufka  
 J.B. & Joel Osier  
 Jake Parsloe  
 Stephen Peterson  
 Ed & Nancy Pohle  
 James & Dawn Raskell  
 Marc & Tamara Richert  
 Raquel Rodriguez  
 Kenneth Ross

Arlene Schlosser  
 Julie Tabish  
 Vada Toombs

### *Foundations & Corporations*

Bowdish R.V.Storage  
 Broadway Court Estates  
 Buck's Pizza Company  
 Casa de Oro  
 Cuppa Joe's Café  
 Evergreen Fountains  
 Fairwinds Retirement  
 Fiesta Grande Restaurant  
 Greenstone Foundation  
 Hennessey-Smith Funeral Homes  
 Inland Empire Ceramic Association  
 Inland NW Community Foundation  
 Iron Horse Restaurant  
 Jaremko Nissan Saab  
 Market Equipment Company  
 MOWAA  
 O'Doherty's Irish Pub  
 PAML  
 Quizno's  
 San Francisco Sourdough Co.  
 T.W. Clark Construction  
 Thrivent Financial for Lutherans  
 Tokyo Teriyaki

### *Church & Civic Groups*

Church World Service  
 Episcopal Church of the Resurrection  
 Millwood Pres. Navigators Club  
 Peace Lutheran Church  
 Redeemer Lutheran Church  
 River City V.W. Club  
 S.C.O.P.E. Trentwood  
 S.C.O.P.E. West Valley  
 St. John Vianney Catholic Church  
 Spokane Valley Newcomers Club

### *In Kind Donations*

ABC Storage  
 Arbor Crest  
 Chips  
 Clark Stephens Golf  
 Cuda Buffalo  
 Barber Joe  
 Brighton Court  
 Gable Box Gifts  
 Holiday Inn Express

Interim Health Care  
 Inland Power  
 Latah Creek Winery  
 Marjoni Marketing  
 Molina Medicare  
 PowerPartners  
 Starbucks  
 Sterling Carpet Cleaning  
 United Data Security  
 Vino! A Wine Shop

### *In Honor Of*

Joyce Feuersinger  
*Mike Feuersinger*  
 McGuire Monson  
*R.D. & Lois Banta*  
 Elaine Peplinski  
*John & Karla Littlefield*  
 Bob & Doris Swehla  
*David Swehla*

### *In Memory Of*

Barbara Allen  
*Glenn Allen*  
 Ruth Bolser  
*Naomi Tuttle*  
 Lillian Davis  
*I.O.O.F. Wilford Lodge #269*  
*Clint & Kathy Kalich*  
 Everett Dobson  
*Catherine Dobson*  
 Gilbert Gander  
*Andrea Hart*  
 Gerhard Kempff  
*Betty Kempff*  
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*Frances Luden*  
*Lonnie Crone*  
 Lawrence Schucker  
*Cecelia Schucker*  
 Bill & Joyce Walker  
*Marc & Rebecca Whitney*  
 Harold & Jim Warren  
*Mary Ann Warren*

### *Circle of Giving*

Anonymus  
 Don & Elvira Felgenhauer  
 Hugh & Anita Smith

Donations received through 8/31/2008

## Valley Newcomers Auction to Benefit Valley Meals on Wheels

The Spokane Valley Newcomer’s Club will be holding their Annual Benefit Auction on Thursday, November 20<sup>th</sup> at Mirabeau Park Hotel, 1100 N. Sullivan. Doors open at 10:00 AM and Lunch will be served at 12:30 PM. The proceeds from this auction will benefit Valley Meals on Wheels and the YWCA Alternatives to Domestic Violence Shelter.

The Spokane Valley Newcomer’s Club has been a supporter of Valley Meals on Wheels for many years. Not only are they financial supporters, but members also deliver meals two times per week. Valley Meals on Wheels is very grateful to the Spokane Valley Newcomer’s Club for their commitment to insuring that no senior goes hungry.

The Senior Nutrition Program of the Spokane Regional Health District subsidizes a portion of the cost of noon meals for low income senior citizens through a grant from the Area Agency on Aging and Long Term Care. Funds for the subsidy are made available by the Older Americans Act and the Senior Services Act of Washington State. Valley Meals on Wheels also receives funds from a Community Development Block Grant through HUD.



## An Opportunity to Give

The Spokane Valley Mall’s 2008 Giving Spree is offering you the opportunity to give to Valley Meals on Wheels and receive discounts from participating merchants. Starting October 15, go to [www.TheGivingSpree.com](http://www.TheGivingSpree.com) and make a donation of \$5 or more to Valley Meals on Wheels and receive special discounts at participating merchants on November 15th.

## Other Ways to Give Online

- \* Donate online at [www.ValleyMOW.org](http://www.ValleyMOW.org)
- \* Go to [www.FirstGiving.com](http://www.FirstGiving.com) and build a fundraising site for Valley Meals on Wheels.
- \* Make [www.SearchandGive.com](http://www.SearchandGive.com) your search engine and designate Valley Meals on Wheels.

*Our Mission is to prolong the ability of elderly and disabled persons to remain living in their own homes by providing nutritious meals.*

Visit us at:  
[www.ValleyMOW.org](http://www.ValleyMOW.org)

... SO NO SENIOR GOES HUNGRY



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