

## Troy Volunteer Brings Food & Friendship to Seniors

"He's a 'mega volunteer,'" says Emerald Food Services Vice President Operation Steve Haveranek, in describing Jim Forrer and the work he does in the community and for Meals on Wheels.

**You can find volunteer** Forrer, a Troy resident and president of Media Marketing in Troy, preparing meals in Emerald Food Services' kitchen at the Troy Community Center every Thursday

Knights of Columbus provided residents with a Thanksgiving meal and Forrer secured donations from family, friends and other local businesses and personally delivered food to local seniors who he knows are in need.

Jim is also a member of the AAA 1-B Advisory Council and a volunteer for CASA, the Salvation Army, and the Red Cross.

friendship and compassion."

**If Gazette readers** are interested in supporting Holiday Meals on Wheels by making a donation they can visit the Area Agency on Aging 1-B's website at [www.aaa1b.com](http://www.aaa1b.com), or call at (800) 852-7795. They can also call Emerald Food Service at 248-689-0001 to support meal delivery Monday through Friday.

If Gazette readers are interested in



**EMERALD FOOD SERVICES Vice President Operations Steve Haveranek, center, smiles as he watches volunteers assemble meals for Meals on Wheels at the Troy Community Center. The volunteers, l-r, are: Ken Burgess of Berkley, Kirk Morgan of Roseville, Brandon Hoerle of Troy and Jim Forrer of Troy. Forrer wants us all to volunteer.**

and then delivering the meals to local homebound older adults.

Forrer, who has been in sales and marketing for 40 years, also stocks up on Lean Cuisine and KCF meals and spends his weekend personally delivering them to 10 or 15 local seniors who he knows would spend the weekend in hunger without his visit.

**"The experience** of delivering home delivered meals to older adults over the past seven years has opened my eyes to how many seniors are truly suffering in our community, which is one of the richest counties in southeastern Michigan," Forrer observes. "I visit seniors and people with disabilities every week who are sitting in dark rooms alone with little or nothing to eat and they are so grateful. If we all just do a little, we can truly make a difference."

One of Haveranek's and Forrer's current goals is to get every politician in Lansing to make a Meals on Wheels run before they cut more money from the program. Cuts are slated for 15 percent this year and 25 percent next year. Haveranek notes those cuts will that new people will not be added and some on the program may be cut.

**For the past two years** Forrer has secured donations from companies and restaurants to provide a festive Thanksgiving celebration for residents at Clawson Manor, an independent living, affordable housing complex for people age 62 and older. This year, past sponsors were unable to contribute due to the economy and having to lay off their own employees. Instead the

**The Holiday Meals** on Wheels (HMOW) program provides a warm, nutritious meal on the holidays to the most vulnerable individuals - homebound seniors who are no longer able to drive to the grocery store, have limited mobility, and are unable to cook their own meal. More than 37 percent of the program's recipients are over age 84, and over 53 percent live alone.

"These people are poor and lonely and it's common that the only human contact they have in a day is with the Meals on Wheels volunteer," Forrer points out knowingly.

That visit often represents more than just food, but is a gift of friendship and compassion. "We have to care for our seniors," Forrer stresses.

**Traditional government funding** does not cover the cost of providing a home-delivered meal on holidays. The Area Agency on Aging 1-B raises funds to provide Holiday Meals on Wheels on Thanksgiving Day, Hanukkah, Christmas, New Year's Day, Easter and Passover. The average cost of a holiday meal is \$6.00. There are over a thousand seniors getting meals just through the programs Emerald Kitchens runs in 16 local communities!!!

"The AAA 1-B relies on financial support from the public to fund these holiday deliveries and ensure that seniors do not spend these holidays hungry or alone," said Abbate Marzolf, the Agency's chief executive officer. "The volunteers spend time visiting with each of these seniors, sharing the spirit of the holiday season and delivering warmth,

volunteering, they can call Emerald Food Service at 248-689-0001. They need volunteers who will be there consistently, as our seniors are counting on them.

"A rainy day is the perfect time for a walk in the woods." — Rachel Carson

"Where does the white go when the snow melts?" — Author Unknown

*Morton's for the Holidays...*



### HOLIDAY LUNCH

Morton's will open for lunch on December 10, 11, 17, 18, 21 & 22.

Select from three special holiday menus, our signature a la carte menu, or enjoy Morton's limited-time, three-course Prime Lunch for \$25 per person.



888 West Big Beaver Road  
Troy

Call 248-404-9845 or visit [mortons.com](http://mortons.com) for more information, reservations, private dining and more!

# STEVEN MICHAELS

## SALON

- Color
- Highlights
- Extensions
- Thermal Straightening
- Haircuts
- Waxing
- Salon for Men & Women



L'ORÉAL  
PROFESSIONNEL

# 50% OFF ANY SERVICE

Limit one offer per client. With ad.  
Expires 1-18-10

# 30% OFF ALL PRODUCTS

Limit one offer per client. With ad.  
Expires 1-18-10

**248-688-9071**  
**3499 Rochester Road • Troy**  
(Next to Caribou Coffee)

[www.stevenmichaelsalon.com](http://www.stevenmichaelsalon.com)