



# 2012 Walk for Meals on Wheels Walker Information

**All money raised by the Walk for Meals on Wheels goes to provide home-delivered food AND a well-being check for homebound elders in 30 towns including all of Franklin County and the North Quabbin.**

**FCHCC is now delivering over 120,000 meals a year.  
Your support makes a difference!**

## **It's Fun & Easy!**

**Date: Saturday, May 5, 2012 – RAIN or SHINE!**

**Time: Walkers can start anytime 8-11 a.m.** (event ends at noon)

**Place: Franklin County Technical School, 82 Industrial Blvd, Turners Falls, MA, 01376**

**Entertainment: Fun includes clowning, balloons, singing, food, and more.**

**Prizes: Every walker gets a free t-shirt. In addition, there will be prizes for those raising the most in these categories: individual walker, high school student, group, church, Senior Center/Meal Site. Also for: the oldest walker, the youngest walker, "The most unique costume or way to get around the Tech School track," and more!**

**Food: Free water, juice, coffee, tea, hot, cocoa, donuts or snacks will be available.**

**Getting There: Driving directions are provided on the back of this sheet. Free FRTA busses will be available from North Quabbin, South County and the Hill Towns. Inquire about pick up locations. Sign up in advance at many Senior Centers or call us at 413-773-5555.**

## **FAQ**

**What should I wear?** Dress for the day! The event will take place rain or shine. Some people come in costume, or use unique ways to travel the track. Be creative and have fun!

**Do I have to walk all 3 miles?** There is no requirement for participation in the Walk for Meals on Wheels. Some people walk all three miles, 12 times around the Tech School track, which takes about an hour. The track is paved and works for people with wheelchairs, scooters, trikes, and strollers.

**Can I bring my dog?** Friendly dogs, on leashes, may accompany you.

**Will restrooms be available?** Yes, handicap-accessible restrooms will be open and available.

**How much money do I need to raise?** Every little bit helps! Some individuals and walking groups have brought in more than \$2,000! Ask anybody and everybody to sponsor you. A sample donation request letter is included on the back for your reference. Most people are willing to donate *something* to this worthwhile cause.

**Can I take checks and cash?** Your sponsors should make their sponsorship gift (*most people give in the range of \$5 to \$25 apiece*) at the time they sign up. We prefer checks made payable to "Meals on Wheels," but cash is fine, too. Please ask sponsors to fill out the pledge sheet fully with names and addresses. Bring your pledge sheet and all donations to the Tech School the morning of the Walk for Meals on Wheels.

**Is there an age limit?** Everyone is welcome to participate. Our eldest walker in 2011 was 96 years young!

## **Driving Directions to the Franklin County Technical School**

*For GPS and online directions, use address: 82 Industrial Blvd, Turners Falls, MA, 01376*

By car:

*From Greenfield and points West:*

- Take Rte. 2 East to Turners Falls and take a right onto Main Road at the four-way traffic light.

*From Orange and points East:*

- Take Rte. 2 West to Turners Falls and take a left onto Main Road at the four-way traffic light.

*then...*

- Proceed on Main Road over Gill-Montague Bridge. (Remember the bridge is currently one-way. We will have alternate return route directions at the walkathon.) Main Road becomes Avenue A.
- At the first light, go left onto 3rd Street. You will stay on this road for just over 2 miles, first heading up a hill, then bearing left at a fork, all the while following signs for "Turners Falls Airport."
- Turn left onto Industrial Boulevard (into the Industrial Park). It is just past a large "Franklin County Technical School" sign on the right and a Hallmark School of Photography Building on the left.
- The Tech School is approximately a half mile on the right after the airport. Look for the balloons!

## **A SAMPLE DONATION REQUEST LETTER**

*(Please put this in your own style!)*

Dear Family and Friends:

If you knew an elderly neighbor was too ill or frail to cook for themselves tonight, would you bring them a meal? Of course you would! You'd simply want to help.

That's why I am organizing a team to take part in the 20<sup>th</sup>-Annual Walk for Meals on Wheels on Saturday, May 5, 2012. **Please join my team as a fellow walker, or simply pledge your financial support as a sponsor.**

With your help we can ensure that our homebound neighbors will get a hot, balanced meal delivered by a compassionate, volunteer driver in a manner that ensures their privacy and dignity. Your pledge means that FCHCC can say "yes" to elders who request their help.

Every penny of your pledge stays in the community. Meals on Wheels now delivers over 120,000 meals a year to elders in 30 towns including all of Franklin County as well as the North Quabbin.

So please, join me in supporting Meals on Wheels. Contact me to join my team, or send a donation to my address below. Please make your check payable to *Meals on Wheels*.

Thank you.

*(Your signature and mailing address)*