

Older Adults and In-Home Safety

(Excerpt from MOWA Executive Summary released 2/27/18)



More than 10,000 people a day are turning 65 in America. But as old age edges closer, unbidden, our bodies and our homes are often not ready for that new stage. How can we

ensure more healthy older people are living well in healthy homes? It is a huge quality of life issue.

Most people over 50 live independently within their communities, and that actually is true for people over 80. More than 75% live in their own homes. While aging in place may be their preference, it's not always easy. Housing costs keep rising and the aging U.S. housing stock creates obstacles. By age 85 more than two-thirds of individuals have some type of disability no matter what our income, or race/ethnicity.

Falls are the leading cause of injury-related death in all older adults, and most occur at home. On average, an older adult falls every second of every day. Falls at home continue to increase, despite increased attention over the past decade to aging in place, age-friendly communities, and home safety.

In North Carolina alone, for example, there will be more people over 65 next year than there will be 17 and younger. Many older adults also will live longer than previous generations did. One in four adults now 65 is projected to live into his 90's.



On the encouraging side, programs abound to create safer, healthier homes and prevent falls. Non-profit groups, some state governments, corporations and foundations lend financial and human muscle to support efforts across the country to help older adults live more safely and comfortably at home.

Reducing the risk of falls in the first place is the starting place for many programs, such as supervised balance and exercise classes. Programs such as STEADI work from the physician angle to identify at risk patients, risk factors that can be modified and clinical and consumer fall prevention strategies. The National Council on Aging (NCOA) and multiple state agencies and partnerships tackle fall prevention with an emphasis on evidence-based programs.

This collective effort is heartening for health professionals, the aging services community, government, non-profits, businesses and thousands of individuals who see the need first hand. Unless preventative measures take hold more swiftly and pervasively, the human and dollar costs of treating falls will keep burgeoning.

To read the Executive Summary in its entirety go to our website <https://wakemow.org/latest-research>



Saying Goodbye to Millie Dunn Veasey

Millie turned 100 years old in January and was a Meals on Wheels recipient for many, many years. She helped us celebrate several milestones, including the delivery of our 9 Millionth Meal in November 2017. Sadly Millie passed away in March 2018. She lived a remarkable life and her legacy will live on. With the courage of an Army veteran, she inspired us all.

"Step forward now, you soldier, you've borne your burdens well. Walk peacefully on Heaven's streets...." (author unknown, *The Final Inspection*)



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- Northern Wake Senior Center:
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Meals on Wheels of
Wake County, Inc.
is a Triangle United
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Message from the Executive Director

Alan Winstead

What do Halifax Day, National Park Week, High Five Day, and National Volunteer Week have in common? We observe them all in the month of April is the obvious answer.

All of these commemorations are self-explanatory with the possible exception of Halifax Day. Halifax Day is celebrated in North Carolina on April 12 to remember the Halifax Resolves; on April 12, 1776, the colonists in the Fourth Provincial Congress of North Carolina voted to authorize delegates to the Second Continental Congress to vote for independence from Great Britain. This act was important enough to recall because it was the first explicit authorization for separation of the American colonies from Great Britain.

More currently, Meals on Wheels celebrates National Volunteer Week every April. We readily and enthusiastically celebrate all the volunteers who contribute to meeting our mission. The most visible volunteers are the ones who knock on doors and deliver hot, prepared lunches and smiles on 108 routes. These volunteers come in all seasons through the gamut of weather conditions. We also have volunteers who assist in many other ways. Individuals and groups support our congregate dining room program; students and businesses help pack breakfast bags to supplement the lunches we deliver, and several different groups hold fundraisers with the proceeds benefitting our program. WE APPRECIATE THESE VOLUNTEERS AND WHOLEHEARTEDLY THANK ONE AND ALL!

In addition to celebrating our volunteers, we celebrate our donors. They continue to support financially the Meals on Wheels mission. We see more and more donors becoming sustainers by setting up regular donations every month, which help fund our work throughout the year. We see more and more donors making donations online, too.

I think all of us—donors and volunteers—celebrate our participants. We enjoy the privilege of working with and knowing these great people; they are our neighbors, family and friends.

April has many things to commemorate and celebrate. Please know, at Meals on Wheels, we celebrate our priceless volunteers during National Volunteer Week.

Volunteer Appreciation from Seniors Receiving Meals Cheryl

The volunteers are beautiful and wonderful people. They always have a smile, they don't judge you or look down on you for getting a meal. They are doing this from their heart and on their own time. There are now words to really say how grateful I am for the volunteers.

Charles

The volunteers are blessings. They are really nice and check on me, asking me "how am I doing". That brings me a lot of peace to know that someone will come by every day.

Sally

The volunteers are the nicest people, bringing cards and gifts. They mean a lot to me, and when they bring children that really brightens my day.



Meals on Wheels Trivia

Nationally how many Veterans are served annually through Meals on Wheels?

(answer pg 4)

2018 Mardi Gras Fundraising Ball a Major Success

On February 9th, a rocking Mardi Gras Ball benefiting Meals on Wheels was held at the Raleigh Marriott Crabtree Valley featuring *The Embers*. The Ball raised over \$130,000! Thank you to everyone that participated in our signature fundraising event.

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We would like to recognize the following special gifts given from October 27, 2017 to March 9, 2018

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CHANGE SERVICE REQUESTED

*Becoming a **SUSTAINING DONOR** is a great way to help maintain a steady, reliable funding through a monthly or quarterly gift.*

The seniors we serve nutritious lunches to every day depend on the meals and the volunteer visit.

Visit www.wakemow.org and click on Donate Now. The form will walk you through the donation steps.

It's easier to budget and your gift will provide a reliable stream of income to support hungry, home-bound seniors in Wake County.

Dining Room (Congregate) Happenings

Linda Roan, Assistant Director of Program Services, Congregate

March was an exciting month at the Dining Room Sites. Several weekly challenges were going on such as Bring a Friend, Perfect Attendance, March Madness – Sports Week and several other fun activities. Everyone has enjoyed the fun, fierce and high energy competition. We have a new location for the seniors that attended lunch at the former Gathering Place dining room site. We are now at the Redeeming Love Missionary Baptist Church on 3425 Rock Quarry Road in Raleigh. They have made us all feel welcomed and “loved” as our attendance has continued to grow in this new location. It’s a fun place to visit for a rousing game of dominos, jeopardy, bingo and more. Drop by, we enjoy having visitors.

State Employees Combined Campaign donor option number for Meals on Wheels of Wake County — 1820

Combined Federal Campaign donor option number for Meals on Wheels of Wake County — 59456

STEWARDS FUND CHALLENGE

We met the challenge! Thank you to all the donors that made it possible for us to meet the 2018 Stewards Fund Challenge raising an additional \$80,000 for 11,000+ meals for seniors.

**Meals on Wheels
Trivia Answer
500,000 Veterans
are served annually**