

The Voices of Senior Hunger

What if food insecurity is a new problem for you and you are unfamiliar with how to access the food you need? What if you were hungry and no one listened?

The Capital Area Food Network (CAFN) wants to give a voice to those seniors that face hunger. Because these seniors are invisible, they are often the seniors living in the home next door, or the elderly person sitting next to you in your place of worship. To shine a light on senior hunger, CAFN is using their grant from Community Food Strategies to create a series of short videos to focus on the needs and stories of food insecure Wake County seniors. Meals on Wheels of Wake County, as co-producer with Inter-Faith Food Shuttle, is working with Will Saunders, project videographer, a Multimedia Consultant with Angel Oak Creative in Raleigh.

The video will bring awareness about elderly struggling with food insecurity.



The project has two goals. One is to recruit people of color, and community elders in particular, for interviews to reflect on the evolution and impact of racial oppression from their early years to today.



A second goal is to recruit elders in both urban and rural or farm environments to understand the different stressors and influencers, including racial inequity, that impact food security. By connecting with this frequently unnoticed population in the county, and amplifying their voices, we can bring attention to the difficulty of senior food access, the county's history of race and age discrimination, and the value seniors add to our community. Through an interview-style storytelling process, seniors throughout Wake County will have an opportunity to highlight their life, their past and current struggles with food insecurity and their hope for the future.

The videos will be shared for advocacy and engagement to shine a light on senior hunger and the need for positive solutions as our aging population is growing in Wake County.



Update from Meals on Wheels Young Professionals

The MOW Young Professionals and four community partners are co-sponsors of a Summer Conversation Series centered around three pressing health-related topics facing Wake County residents. This series includes discussions with community leaders, volunteer organizations, and government representatives on food security, the opioid crisis, and transportation issues. The third and final event in this series will be held on August 23 at 6:30 p.m., at The Cannon Room, 16 West Martin Street in Raleigh.



Meals on Wheels
of Wake County, Inc.
1001 Blair Drive
Suite 100
Raleigh, NC 27603-2030
919-833-1749
www.wakemow.org

Staff

- Alan Winstead, Executive Director
alan@wakemow.org
- Sharon Lawson, Director of
Program Services
sharon@wakemow.org
- Anita Baxter, Director of Finance
and Administration
anita@wakemow.org
- Mary Kate Keith, Director of
Development and Communication
marykate@wakemow.org
- Linda Depo, Development Officer
lindad@wakemow.org
- Lesley Castle, Development Assistant
lesleyc@wakemow.org
- Linda Roan, Assistant Director of
Program Services, Congregate
linda@wakemow.org
- Lesley Richmond, Assistant Director of
Program Services, Home Delivery
Lesley@wakemow.org
- Morgan Arnold
Outreach Specialist
morgan@wakemow.org
- Sally Haile, Outreach Specialist
Sally@wakemow.org
- Martha Cooper, Administrative Assistant
martha@wakemow.org
- Alex Vaughn, Data Entry Specialist
alex@wakemow.org
- Jacqueline Gray,
Accounting Assistant
jacqueline@wakemow.org
- Brenda Johnson, Senior
Site Coordinator
brenda@wakemow.org
- William Cole, Driver
Chava Joyner, Driver

Site Managers

- Five Points Center for Active Adults:
Faith Walters
- St. Saviour's Outreach Center:
Lottie Morgan & Sarah Reed
- Garner Senior Center: Pat Rooks
- Northern Wake Senior Center:
Jessica Holman
- Morrisville: Marie Dunn
- East Wake Senior Center: Ellen White
- Pine Acres: Maggie Thompson
& Debbie Wichmann
- Redeeming Love MBC: Eloise Best

Site Coordinators

- Apex: Julie Roe
- North Raleigh: Katie Turkal
- Garner: Febbie Gordon
- Rolesville: Lesley Richmond
- Knightdale: Pam Hooks
- Wendell: Elizabeth Wiggins
- Zebulon: Cindy Privette
- Cary: Dubba Lucas
- Northern Wake Senior Center:
Sonja Monk

Meals on Wheels of
Wake County, Inc.
is a Triangle United
Way Member Agency.



Message from the Executive Director

Alan Winstead

“Let’s Do Lunch” is more than just a marketing slogan that Meals on Wheels has been using for the past several years to attract new participants, new donors, and new volunteers. Although you might have seen or heard some of the campaigns that try to depict, in a very short time, what actually takes place at Meals on Wheels on a day we serve lunch, I believe it is more meaningful if you have joined us in our mission.

Our participants readily acknowledge the importance of Meals on Wheels. 97% of participants who completed an evaluation indicated that this program is very helpful to them. Every recipient (100%) reported that the volunteers are friendly and courteous; everyone (100%) gave credit to Meals on Wheels for living independently. The majority of our survey responses came from people whom we have served between one year and five years; the majority of responses also indicated that they worry less about having enough food to eat.

Our volunteers experience for themselves that Meals on Wheels is more than a meal. Along with a prepared lunch, volunteers might deliver a breakfast bag, information that pertains to our homebound seniors, and special handwritten notes. They greet our participants, and our participants welcome them into their homes.

Others are beginning to appreciate how important Meals on Wheels is to our community. For example, the Capital Area Food Network singles out seniors who are food insecure and works to provide resources to address their need. Health insurance companies are trying to decide how to remake healthcare so that it includes access to nutritious food because access to quality food does improve health outcomes. Other programs want to partner with Meals on Wheels to get even more food, especially fresh fruits and vegetables, into the homes of our participants.

What began as knocking on a door and passing over a lunch really has evolved into much more. Our participants benefit from the nutritious meals and the social connectivity. Our volunteers come away with new friends and nourished souls. As healthcare, more and more, includes nutrition and other social determinants, we continue to grow the impact of our program in achieving better health outcomes. Meals on Wheels is working hard to redefine what it means when we say “Let’s Do Lunch”.

Taking Extra Time to Spread Cheer



The Kadampa Center for the Practice of Tibetan Buddhism in Raleigh has been delivering Love Notes to our office for delivery to our clients for the past year. The grand total of Love Notes was 1,990. The volunteers ranged from children to older adults. The Love Notes made for quite a few brightened days and smiles.

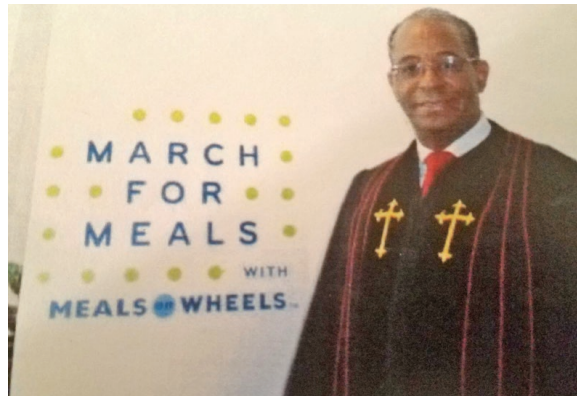


Meals on Wheels Trivia

What is the median hourly wage for caregivers in NC? (answer pg 4)

Celebration of Our Volunteers

Volunteers are the backbone of our organization. Day in and day out, month after month and year after year these dedicated volunteers ensure that hot, nutritious lunches are delivered to our senior neighbors who cannot provide meals for themselves. *We thank you for your dedication!*



Red Hat donates 40 breakfast bags to help our frailest homebound seniors.

We would like to recognize the following special gifts given from March 24 – July 25, 2018

MEMORIALS:

Clifford and Mary Lee Andrews

Gurney Benton

Betty Booker

Mary H Carroll

Mary Jo Cercy

Mattie Davis

Henry Dixon

June Fultz

Bob & Martha Garrison

June Goodoff

Sylvia Goulding

Katie Honeycutt

Dot Hoover

George R Hughes

Joe Jim Ingram

Harvey Keschull

Margie Maples

Joan B. Martin

Daniel McMillin

Connie Meehan

Jim Mitchell

Jewel Molten

Thakorbhai Naik

Norman Lynn Pendleton, Jr

Sharrona Rock

Grandma Shirley

William Stewart

Thomas Towns

Parrish Womble

Yusaf Ali and Menuda Girnay

HONORARIUMS:

Brian Batchelor

Alice Both

Jimmie Butts

Milton and Jean Gupton

Barbara Huggins

Subhashini Kalvakota

Harv and Georgia Keschull

E. T. May

Rowena Southern



Non-Profit
U.S. Postage
PAID
Permit No. 2420
Raleigh, NC

Meals on Wheels of Wake County, Inc.
1001 Blair Drive, Suite 100
Raleigh, NC 27603-2030
919-833-1749
www.wakemow.org

CHANGE SERVICE REQUESTED

Save the Dates

Nov. 5, 2018

**Meals on Wheels Charity
Golf Tournament at Brier
Creek Country Club**

Mar. 1, 2019

**Mardi Gras Ball at Raleigh
Marriott Crabtree Valley**

Dining Room (Congregate) Happenings

Linda Roan, Assistant Director of Program Services, Congregate

The seniors attending the Congregate Dining Room sites are excited to be receiving their Farmers Market Vouchers from the USDA program. Each qualified senior will receive \$3 each. Field trips are being scheduled and many of the sites enjoy a bag lunch at the market.

WISH LIST

Bottled water for volunteer drivers

Bingo prizes: small bags of chips, toiletry items, cans of ensure, bottles of juice, boxes of Kleenex, soap (dish and bars), soft snack foods such as cookies and crackers

Position Open

Meals on Wheels is looking to hire a site Manager at the East Wake Senior Center in Wendell. Please contact Linda Roan at 919-833-1749 or linda@wakemow.org for more information about the position.

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**

Meals on Wheels Trivia Answer

The median hourly wage in NC for caregivers is \$10 compared to the \$15 an hour median wage for other occupations.