

# Volunteer with Meals on Wheels of Wake County



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Volunteering with Meals on Wheels of Wake County is an excellent way to spend time this summer! Many recipients tell us the best part about meal delivery is the friendly, caring visitors each weekday. Volunteers can be the only contact that recipients have during the day, and provide an important safety check to help ensure our neighbors' well-being. They are the eyes and ears of Meals on Wheels and can help us extend our outreach beyond mealtime needs.

By becoming a volunteer, you'll deliver a meal, provide a friendly visit, and offer a safety check to seniors who may not have contact with another person all day. It doesn't take much from each of us to improve the lives of so many, and there are many more ways to volunteer. Together, we can make a huge difference for seniors!



## 11 Home Delivered Volunteer Sites Across Wake County

Did you know we have 11 home delivered meal sites across Wake County? Whether it's North Raleigh, Wake Forest or Zebulon, we are always looking to add to our family of volunteers across all of our sites! Check out [www.wakemow.org/volunteer-sites](http://www.wakemow.org/volunteer-sites) to find the location nearest to you, and apply to volunteer with us this summer.

## Volunteering at a Friendship Cafe

Friendship Cafes are a place for any senior age 60 and older to come for a meal and an activity. Volunteer opportunities for the Cafes include help in the kitchen, assisting clients to sign into the kiosk, or running activities.

### 2023 Client Survey Highlights

95%

Have been able to continue living in their own homes because of Meals on Wheels deliveries.

96%

Feel safer knowing someone will call them, or their emergency contact, if they miss a delivery.

98%

Report that their Meals on Wheels meal delivery helps them feel better due to regular, nutritious meals.

## Volunteer as an Organization or Group

Organizations can adopt a route! Organizations would coordinate a rotation of designated employees to deliver meals on a regular basis Monday-Friday. Please make sure to fill out a group application at [wakemow.org](http://wakemow.org).

## Backup Delivery Volunteers

Want to give back but can't make it a regular event? Are you sometimes free for an hour Monday-Friday starting between 10-11:30am? Apply to be a backup driver! Meals on Wheels will contact you and see if you're free for any routes that need a last minute meal delivery volunteer.

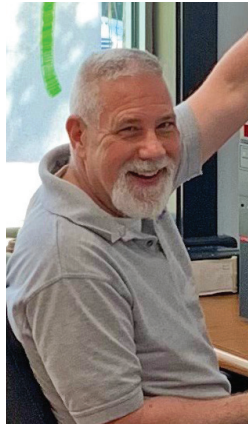
**Meals on Wheels  
of Wake County  
recognizes these  
memorial gifts  
given from  
3/21/2023 to 8/1/2023**

**IN HONOR OF**

*Betsy Payne  
Chad Flower  
Evelyn Cohen  
Hardin Sigmon  
Joann Hardee  
Julie Garrison  
Karen Calhoun  
Lea Devore Groves  
Mathilda Tucker  
Oliva Bond  
Sally Cameron  
The Friday Afternoon Book Club  
The Snelling's*

**IN MEMORY OF**

*Betty Moore  
Bobby Plumley  
Braxton Flye  
Carmen G. Reeve  
Carmillo Iacone  
Carolyn M Edwards  
Dr. Jane Gleason and  
Cathy Rice Allen  
Elizabeth Underwood Parkin  
Eloise Iddings  
Evelyn Davis  
Glenn D. Alston  
Jack Wilson  
James Elmore Carlton, Jr.  
James Marvin Cameron  
John and Dorothy Lovette  
Joyce Massey  
Lee Umphlett  
Les & Lola Taylor  
Marie Winner  
Melvin Blackmon  
Nell Christian Potter Wright  
Padmaja Navaneethkrishnan  
Percy & Naomi Leak  
Richard Sudkamp  
Rick A. Linthurst  
Robert Lee Gordon, Sr.  
Vickie Arnold  
Virginia Jarmond  
Wade Stanley*



## Message from the Executive Director

*Alan Winstead*

The economy often has been in the news these last few months; inflation, rising costs, and economic uncertainty are all common themes. While I will leave those topics to the experts and the pundits, I do know about the Meals on Wheels of Wake County finances.

Our budget this year to serve hot nutritious meals to our senior neighbors is \$4,800,000. We only receive about \$2,500,000 in federal, state, and county funding. We leverage that public support to secure other funds from individual donors, businesses, and grants to raise the remainder of our budget.

We know there is a return on investment for these public dollars and our private contributions. Meals on Wheels America along with the Brown University School of Public Health and the Gary and Mary West Health Foundation found that Meals on Wheels recipients have lower health care costs. They use Emergency Departments less, have fewer hospitalizations, and have reduced nursing home use. The research also determined that the quality of life is better for our participants because they eat healthier, feel safer, and are less lonely.

You can play an important role in the success of our Meals on Wheels Wake County program. As you have the opportunity to interact with your elected officials, please pass along how important the government funding is to our success. Please consider volunteering your time or making a donation at [wakemow.org](http://wakemow.org).

I pledge to you that we at Meals on Wheels Wake County will always be good stewards of our resources.



## Message from our FY 2023-2024 Board President

*Rachel Findley*

I am truly honored to serve Meals on Wheels of Wake County as the board president for 2023-2024. I began volunteering at MOW in 2002 as an undergraduate student when I was introduced to MOW by my professor, Susan Fisher. Susan is a tireless advocate for nutrition for those that are aging as well as the impact proper nutrition has on overall health. That passion is contagious and I soon became a passionate advocate for nutrition across the lifespan. I have been volunteering or working with MOW since the first day I delivered my first meal, and I have enjoyed getting to know hundreds of participants since.

I look forward to celebrating MOW of Wake County's 50th anniversary next spring with all of you to highlight the important work that MOW continues to deliver to our communities through food and fellowship.

My primary goal for the next year is to further open the doors of communication between MOW staff and the board. We really need to dive deep into what MOW will need to continue to provide outstanding services to our community for the next 50 years and beyond.

# Do You Know a Wake County Senior who could benefit from our services?

Our goal at Meals on Wheels of Wake County is to nourish and enrich our clients' lives through the services we provide. Our Home-Delivered Meals program helps our clients maintain a healthy lifestyle and remain living independently by providing nutritious meals, a weekly safety check, and friendly interaction from a community volunteer.

## How is Eligibility for Home Delivered Meals Determined?

To be eligible for our services, you must be:

- 60 years of age or older
- Living in Wake County
- Additional factors contributing to eligibility may include:
  - Being homebound or needing help leaving your home
  - Unable to prepare meals or shop for yourself
  - Recent hospital stay or ongoing health problems
  - Primarily living alone or with a caregiver



## How Do I Refer Myself or a Prospective Client for Home Delivered Meals?

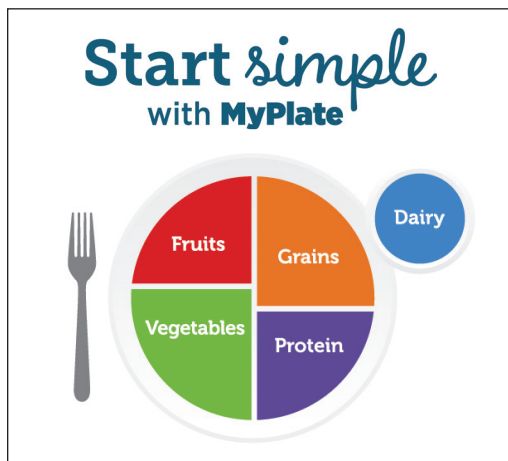
You, a family member or caregiver, should fill out our application online at [wakemow.org/application-services-wakemow](http://wakemow.org/application-services-wakemow). If you cannot fill out the application online, please call 919-833-1749 Monday through Friday between 9:30 to 11:30 am.

## How Do I Refer Myself or a Prospective Client for Friendship Cafe?

Our Friendship Cafes serve anyone who is 60 or older and can get to one of our dining sites located throughout Wake County. We ask that participants contact the site manager of their preferred Friendship Cafe location to make a reservation prior to their meal service.

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## Unique Dietary Needs of People Ages 60+



Making healthy food choices doesn't have to be confusing! Use these tips from [myplate.gov](http://myplate.gov) to create a satisfying diet that is nutritionally enriching for anyone over 60.

- Enjoy a variety of foods from each food group to help reduce the risk of developing chronic diseases such as high blood pressure, diabetes, hypertension, and heart disease.
- Choose foods with little to no added sugar, saturated fats, and sodium.
- Get enough protein during your day to maintain muscle mass.
- Focus on the nutrients you need, including potassium, calcium, vitamin D, dietary fiber, and vitamin B12.
- With age, you may lose some of your sense of thirst. Drink water often. Low- or fat-free milk, including lactose-free options or fortified soy

beverage and 100% juice can also help you stay hydrated. Limit beverages that have lots of added sugars or salt.

- Learn how much to eat from all five food groups and find out how many calories you need each day to help you maintain energy using the MyPlate Plan.
- Try to prevent foodborne illness (food poisoning) by keeping food safe. Learn more about the four steps to safer food choices—Clean, Separate, Cook, and Chill—at [FoodSafety.gov](http://FoodSafety.gov).

Visit <https://www.myplate.gov/life-stages/older-adults> for more information.



**MEALS on WHEELS**  
WAKE COUNTY

Meals on Wheels of Wake County, Inc.  
1001 Blair Drive, Suite 100  
Raleigh, NC 27603-2030  
919-833-1749  
[www.wakemow.org](http://www.wakemow.org)

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**Instagram** @wakemow

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## SAVE THE DATE

THE GOLDEN DISCO

# APRIL 25, 2024

THE UMSTEAD HOTEL



[www.wakemow.org](http://www.wakemow.org)