

Fall 2022

## Raleigh Area Ranks 2nd Highest Metro for Senior Food Insecurity



**Volunteers prepare to deliver weekend meals provided by Posh Nosh Catering through a partnership with Now Serving.)**

According to Feeding America, the Raleigh metropolitan area is the 2nd highest in the country for senior food insecurity. This means over 11.6% of our senior neighbors in the Raleigh area do not have reliable access to a sufficient quantity of affordable, nutritious food. Over 46% of Wake County's overall population growth in the past ten years is from people aged 55 and older. As our county's population ages, we know that even more of our community members will find themselves facing the impacts of aging, with less of the resources they once relied on to purchase and prepare food for themselves.

As the senior population continues to grow, Meals on Wheels of Wake County has been there to meet the need. In the 2021-2022 fiscal year, we served 3,195 seniors and people with disabilities in Wake County, compared to the 2020-2021 total of 2,410. This is a 32.6% increase in the number of elderly neighbors in need of meals that we have been able to serve.

Since 1974, Meals on Wheels of Wake County has been there to help seniors stay safe, healthy, and connected to their communities in the homes where their lives and histories are rooted. Our deliveries provide our clients with more than a meal- they provide the dignity, respect

and independence that all seniors deserve. With your support, we will continue to be there for seniors for the years to come.

## Help for the Holidays

As we approach the holiday season, the comfort of a warm meal delivered by a friendly neighbor comes with special meaning to our homebound neighbors that may not have friends or family to celebrate the season with. Here's how you can get involved:

### Make a Holiday Donation

Instead of having the typical office/group gift exchange, take up a collection for a donation to Meals on Wheels of Wake County, and send it in honor of the group.

### Volunteer to Deliver Meals

With advance notice, groups can select a day in December to deliver meals to one or more of our delivery routes. Deliver both meals and holiday cheer!

### Purchase Holiday Cards

For a gift of \$20 per holiday card you can let Meals on Wheels take care of your holiday list. Your recipients will receive a holiday card informing them that a gift was made from you to Meals on Wheels in their honor.

### Sponsor a Friendship Cafe Holiday Party

On December 14, 2022 all of our nine Friendship Cafes will host a holiday party. A sponsorship of \$500 will underwrite the costs of the meals served that day. Your group will be invited to attend the party and spread holiday cheer. If you can do more, collect items for gift bags for the clients at the Friendship Cafe using our AmazonSmile Wishlist!

### Donate Gifts

Collect and wrap new gifts for our clients! Purchase gifts using our AmazonSmile Wishlist by searching for Meals on Wheels of Wake County in the Amazon Smile charity directory. With every eligible purchase, AmazonSmile donates 0.5% to our program. The deadline for gifts to be delivered to our office at 1001 Blair Dr., Raleigh is December 2nd!



**Blair Drive Site Managers Josh and Ray are ready to assist volunteers with their deliveries!**

**Meals on Wheels  
of Wake County  
recognizes these  
memorial gifts  
given from  
7-22-22 to 10-12-22**

**IN HONOR OF**

*Carl Dahle  
Charlotte Herring Swart  
Eric Spirulla  
Joseph Caughlan  
Mathilda Tucker  
Tom and Jill McMahon*

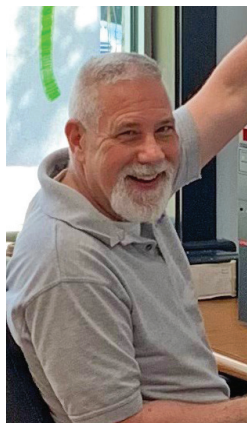
**IN MEMORY OF**

*Allen H. Schultz  
Becky Pleasants  
Carmillo Iacone  
Charles "Charlie" Hart  
Craig Blackmar  
Edward and Jean Harrison  
Fran Swafford Black  
Ira Newton  
James Robert Gardner  
Jerry Hicks  
John & Catherine Gosselin  
Lynne Walker Sorrels  
Marlene  
Mezora Hicks Gill  
Parrish Womble  
Pauline Paisley Peacock  
Percy & Naomi Leak  
Polly Wood Smith  
Robert L. Gordon, Sr.  
Robert Maresk  
Shelby Westbrook Phillips  
Sherri Deaver  
Virginia & Ej Quirk  
Walter James Hogan*

**SELECT MEALS ON WHEELS  
OF WAKE COUNTY AS  
YOUR COMBINED  
GIVING CHARITY**

*State Employees Combined  
Campaign Donor  
Option Number = 1820*

*Federal Employees Combined  
Campaign Donor  
Option Number = 59456*



## A Message of Gratitude from the Executive Director

*Alan Winstead*

Give and gift, according to Merriam-Webster, entered the English language about twelve hundred years ago in the earliest antecedents of our current language. This long history and etymology attests to the importance of the act of giving in our common experience.

As we enter into the final months of 2022 with the entire panoply of holidays, we know first hand the role that giving plays in these days. In the Christian tradition, we encounter the Magi bringing gifts of gold, frankincense, and myrrh as well as the less scriptural Little Drummer Boy giving the only gift he had and playing his drum. We all remember the gifts, whether they were simple or elaborate, we received when we were children; Santa Claus now transcends most traditions.

At Meals on Wheels of Wake County recently, we have been reflecting on our Core Values. Giving consistently is one of those fundamental tenets. Our volunteers certainly have earned a reputation for being generous with their time and talent. Our donors, likewise, are equally unselfish with their treasure. Our participants give of themselves by welcoming us in to their homes and lives. Our community regularly practices gift giving to benefit Meals on Wheels Wake County.

In the hustle and bustle of the remaining weeks of this year, I encourage us to pause and celebrate our abundance. Thank you for giving meaningful gifts to our community, our neighbors, and our mission.

## White Oak Friendship Cafe Grand Opening



October 3rd marked the Grand Opening of the Friendship Cafe at the White Oak Foundation! For seniors who are not homebound, Friendship Cafe is a space to eat with their peers, and enjoy experiences together. Friendship Cafe provides the much-needed social connections that are proven to improve both health and wellness in seniors. Meals at Friendship Cafe are provided by local food purveyors, with additional meal options for those who need them. All Friendship Cafe locations across Wake County are open Monday through Friday from 9:30am-12pm. White Oak is officially our 9th Friendship Cafe location we've opened thanks to your support!

# Meet Ella, A Storyteller and MOW Client



**Ella with framed photos of her parents**

Food and community- these are two intertwined things to Meals on Wheels client, Ella. Growing up in Kinston as the daughter of sharecroppers, Ella fondly remembers riding on the vegetable truck with her father. He would call out what vegetables he had on his truck that day to folks who would gather around from the neighborhood. They would trade their own food, belongings or food stamps for his vegetables. As her father sold and traded his vegetables, he would greet new faces, and catch up with familiar ones. Remembering these exchanges made Ella reflect about how important community care is when it comes to making sure that everyone is fed. "We assume in America that everybody eats, and has plenty, but it's not really true."

As an adult, Ella became a professional storyteller and published playwright. She is part of both the National and North Carolina Black Storytellers Associations- the very organizations that inspired her start as a professional storyteller. Ella remembers the first time she saw a performance from the National Black Storytellers Association "It was the most mesmerizing experience- it changed my whole life. There were all these wonderful Black storytellers, telling stories from Paul Laurence Dunbar, Langston Hughes, African folktales, and animal trickster tales- just a whole variety of people

and stories." Ella went on to become an active member of the NC Humanities Council, traveling across the state and beyond with the NC State Arts Council's Artist-in-residence & Artist Touring rosters. Ella's stories largely focus on family, community, and North Carolina's agricultural past.

In spite of a lifetime of incredible health, a diagnosis of rheumatoid arthritis began to seriously affect Ella's mobility. When it got to a point that she could not reliably cook or prepare food due to her mobility limitations, a friend recommended Meals on Wheels to her. "It really comes in handy- to always have a meal, a piece of fruit, and milk on hand." Ella enjoys the regular visits from her volunteers, like with Doug who she likes to discuss the TV show "The Masked Singer" with.



**Ella's headshot from her storytelling days**

Ella and her family spent a lifetime feeding their neighbors, and sharing with their community. Whether it was the vegetables from her fathers truck, or the tales of family, food, and community that Ella would share with the world. It is up to us to do what we can for the thousands of seniors in Wake County who will benefit from a nutritious meal, and a friendly visit. Together, with the help of everyday people like you, Meals on Wheels of Wake County aims to combine the power of community with the comfort of food for all of our elderly neighbors.

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## Estate Gifts and Planned Giving

Estate Gifts allow you to continue your support of vital programs for older adults in Wake County in perpetuity. No matter the size of your estate, there are options to support Meals on Wheels through Planned Giving. Bequests, Retirement Plan contributions, and giving through a will or trust are all options to support our senior neighbors in need in Wake County.

The following statement may be helpful in directing a future gift to Meals on Wheels:

"I hereby give to Meals on Wheels of Wake County, Inc., Federal Tax I.D. # 56-1061085, located at 1001 Blair Drive, Raleigh, NC, (the sum of \$\_\_\_\_\_ OR \_\_\_\_\_ % of my estate) to be used as its Board of Directors deems advisable for the benefit of seniors in Wake County."

Visit [wakemow.org/estate-gifts](http://wakemow.org/estate-gifts) for details or contact Mary Kate Keith at [marykate@wakemow.org](mailto:marykate@wakemow.org). It is advisable to consult an attorney when preparing estate documents.



**MEALS on WHEELS**  
WAKE COUNTY

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1001 Blair Drive, Suite 100  
Raleigh, NC 27603-2030  
919-833-1749  
[www.wakemow.org](http://www.wakemow.org)

**Facebook**  
[www.facebook.com/wakemow](http://www.facebook.com/wakemow)

**Twitter** @wakemow

**Instagram** @wakemow

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

CHANGE SERVICE REQUESTED



**MEALS on WHEELS**  
WAKE COUNTY



## 'Tis the Season to Give Back

Deliver comforting meals to homebound seniors this holiday season. With advance notice, groups can select a day to deliver meals to one or more of our delivery routes. Volunteer to deliver meals and holiday cheer this year!

Meals on Wheels is the only nationwide, community-based network of support dedicated to making sure that no senior is ever left isolated or hungry. Meals on Wheels of Wake County serves prepared meals to vulnerable populations throughout the county and relies heavily on volunteers for distribution.