

Hot Meals for All Return



Meals on Wheels of Wake County marked a milestone on November 1, 2021. For the first time since March 2020, all home-delivered clients received a hot meal. Prior to that, only the clients living in Raleigh and North Raleigh were receiving the hot meals. Now, all clients in the surrounding Wake County towns are receiving five day per week delivery of hot nutritious meals from a caring volunteer.

Three of our Friendship Cafes are open at St. Saviour's, Redeeming Love, and Five Points Center for Active Adults. The plan is to open the remaining five in the new year.

"The staff, board of directors and volunteers have been waiting with much anticipation to deliver hot meals. We know how important delivering prepared meals and social contact is for our clients. We all consider bringing

back hot meals five days a week a real milestone," explained executive director Alan Winstead.

"One of the main takeaways from the last nineteen months is how vulnerable our senior neighbors are – especially during a pandemic. We learned firsthand that our seniors were often unable to buy food and their reserves were very limited. What we have seen and heard from our participants is consistent with what new research shows."

According to the NC Division of Aging & Adult Services, in their 2021 Report on the State of Senior Hunger in NC, the unprecedented growth in North Carolina's older adult population, combined with the pandemic, has exacerbated the issues of older adult food security and malnutrition. Increased numbers of older adults are seeking food and nutrition services, complicating the ability of existing programs to meet the growing need.

NCDHHS reports that NC ranks 9th in the nation for population aged 65+. 9% of older adults in NC live below the poverty line; 42% live in single person households; 81% have at least one chronic condition; 54% have two or more chronic conditions. 7.5% of NC older adults are food insecure and at risk for malnutrition.

Malnutrition is an under-recognized but growing health crisis for older adults. NCDHHS determined that the annual costs to the State for treating older adults with disease-associated malnutrition is over \$140 million. UNC Hospitals recently conducted a study about older adults and malnutrition. They found that if they screened patients 65+ for malnutrition risk, and intervened with appropriate support, they were able to significantly decrease healthcare costs, reduce hospital readmissions, and improve patient outcomes and the quality of their care.

One intervention that is proven to be highly effective and successful is Meals on Wheels. The daily meal delivery, combined with a visit by a volunteer, provides a healthy safety net for older adults. And with the average cost of a meal between \$8 to \$9, there is a significant savings in healthcare related costs.

How can you help to raise awareness about older adult food insecurity and malnutrition?

You can:

- **Support community partners, like Meals on Wheels, through donations and volunteer efforts**
- **Advocate for funding increases to NC senior nutrition programs and the NC Senior Farmers Market Nutrition Program**
- **Spread the word about the NC Senior Hunger Initiative to your friends and colleagues**

For more information visit www.mowanc.org and look for the NC Senior Hunger Toolkit tab. Together we can provide our senior neighbors with well-nourished and connected lives.

Meals on Wheels of Wake County recognizes these memorial donations given from 7-20-2021 to 10-26-2021

IN HONOR OF

Mr. Thakorbhai Naik & Dr. Harish M. Desai

Margaret Munns

Spencer the Springer Spaniel

Elaine J Williams

Edward Donohue

Charlotte Herring Swart

Lola G. Taylor

Maganlal Lallubhai Naik

Donald Feldman

Sandra Manly

Carl Dahle

Aleksandra Anderson Law

Deborah Harrell Meehan

IN MEMORY OF

Buddy Rudd

Donald Feldman

Mezora Hicks

Braxton Flye

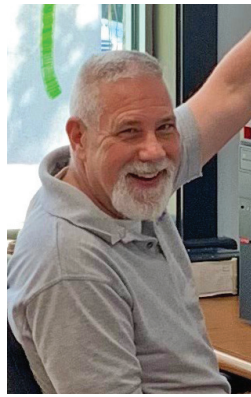
Percy and Naomi Leak

Dannee White

Dennis Gorman

Duane D Riha

Harriet Sloop



A Message of Gratitude from the Executive Director

Alan Winstead

I think we all can agree this is the season for dreaming. Whether we are young and dream about getting many presents or we are a little more mature and wish for

more intangible gifts, most of us ponder all the good possibilities at this time of the year.

The same is true for Meals on Wheels Wake County. We are fortunate to be blessed with amazing participants, dedicated volunteers, and generous donors. We are particularly fortunate to have the resources to return to our pre-pandemic 5 day a week delivery model. While we value today's gifts, we also ponder the possibilities that lie ahead.

We know that going forward we need to be what Peter Senge in his book *The Fifth Discipline* describes as a learning organization. The Aging and Disability Institute highlights three prominent characteristics for organizations to thrive

in the future. We need to give attention to external environments so that we know who we are serving and what their needs are. We need openness to innovation and change, which we discovered over the last nineteen months as we modified our work in response to the pandemic. We, lastly, need to take some calculated risk in order to learn, improve, and grow; we need to build on our past successes in order to continue delivering services that are impactful to today's participants.

We know that our senior neighbors, friends, and family need our services now and in the future. We know that Meals on Wheels enjoys the resources necessary to meet those needs now and in the future. We know that we can dream about what a thriving future looks like and, going forward, turn those dreams into reality.

Won't you spend some time dreaming with us this season?

Alan Winstead

Support Meals on Wheels through a Will or Trust

Please consider including Meals on Wheels of Wake County in your estate plans and join our Legacy Society. Your decision to include us in your estate will make a positive impact on our future and our ability to serve our senior neighbors in need.

Here are some easy options to consider:

- Name Meals on Wheels of Wake County a beneficiary through a charitable bequest or life insurance policy. This option reduces the size of your estate and potential death taxes.
- Name Meals on Wheels of Wake County the beneficiary of a retirement-plan account. This option can result in income tax savings for your other beneficiaries.

The following statements 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 \$_____ to be used as its Board of Directors deems advisable for the benefit of seniors in Wake County."

OR

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

Your thoughtful commitment to our mission will provide for the continued home delivery of warm meals and friendly smiles to the next generation of seniors who will need our assistance.

For more information contact Mary Kate Keith, 919-833-1749, marykate@wakemow.org.

State Farmers Market Nutrition Program



Meals on Wheels of Wake County partnered with the Seniors Farmers' Market Nutrition Program to provide low-income older adults with vouchers to purchase fresh produce at their local farmers markets. Seniors received \$36 in vouchers to spend with local participating farmers at The Black Farmers Market, The Downtown Cary Farmers Market, the North Carolina State Farmers Market, and several pop-up locations set up by our program. Over the course of a month and a half, Meals on Wheels distributed over 1,100 vouchers to low income seniors across Wake County.

Through your support of Meals on Wheels, we will continue to ensure that we connect Wake County

seniors with the resources they need to overcome barriers to fresh fruit and vegetable access, to lead healthier and more nourished lives.



Volunteer Spotlight

Volunteers represent the face of our services at Meals on Wheels of Wake County. Those we serve deserve to be treated with dignity and respect, and our over 2,200 volunteers embody that belief daily in service to our older adult and disabled neighbors. 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. Becky and Gene shared their experience volunteering with Meals on Wheels:

How long have you been volunteering with us?

Since September 2017 (almost 4 years!)

What inspired you to start volunteering with Meals on Wheels of Wake County?

Recently retired, it was something my husband and I could do together to give back to our community.

What has been the most impactful part of volunteering during the pandemic?

Most of the clients we deliver to are alone and many times very lonely. The pandemic exacerbated this phenomenon. To some, we were a much needed and appreciated contact with the outside world. We could even see the smiles in their eyes when masks covered their mouths.

What would you say to someone who was considering volunteering with Meals on Wheels?

Seeing the delight on our clients faces when we deliver them much needed meals is invaluable. We love hearing the stories individuals share with us. The elderly in particular have a lifetime of experiences to share. It's been great getting to know them over time. It feels great to be able to address food insecurity in our community. So many folks count on each meal we deliver!





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

Facebook
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Twitter @wakemow
Instagram @wakemow

CHANGE SERVICE REQUESTED

**YOU'RE INVITED TO
WAKE COUNTY,
#LETSDOLUNCH**

A VIRTUAL EVENT BENEFITTING
MEALS ON WHEELS OF WAKE COUNTY

NOVEMBER 18TH 2021, 12-1PM
EVENT.GIVES/WAKEMOW2021

ATTENDANCE IS FREE! WITH OPTIONS
TO DONATE, OR PURCHASE RAFFLE
TICKETS TO SUPPORT OUR SENIORS.

**A holiday wish list for items for our clients
can be found on Amazon Smile!**



When you select Meals on Wheels of Wake County as your charity of choice, Amazon Smile will donate 0.5% to our program with every eligible purchase.

VOLUNTEER WITH US!



We make sure that the people who took care of us can continue to lead the independent, connected, nourished lives they deserve.



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

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

MOW is grateful for generous donations from the following foundations and corporations from July 1 through November 1:

**Meals on Wheels
America \$24,000**

**4 Others Foundation
\$21,000**

**Yardi Systems
\$20,000**

**The Stewards Fund
\$20,000**

**ENACT (formerly
Genworth Foundation)
\$10,000**

**Waste Industries
\$5,000**

**Centrex Properties
\$2,500**

**National Power
\$2,500**

**Hogan Family Foundation
\$2,500**

**MEG Foundation
\$2,500**

**We Work for Health
Foundation
\$2,500**

A Great Thanksgiving To All

When our first three Friendship Cafes opened this summer, the seniors who dined with us were able to enjoy camaraderie and nourishing food in a social setting. We received this note of thanks from one of our Friendship Cafe clients highlighting her favorite parts of Friendship Cafe:

Dear MOW staff and volunteers,
Words cannot express how much appreciation I have for all the wonderful things MOW, Wake County has brought into my life → besides good food. The volunteers are a delight. The MOW staff from Elizabeth, Stephanie, Sally, Morgan and all the others who have been so kind and informative with all my changing circumstances. Even receiving my birthday card was a wonderful surprise.
Now with Friendship Cafe open MOW brings alot of goodness and good to us at Glenwood South.
Great thanksgiving to all of you!

Share the Love this Holiday Season!



Many thanks to Subaru of America for inviting Meals on Wheels – for the 14th year in a row – to participate in its annual Subaru Share the Love Event. This is one of the greatest revenue-generating opportunities for Meals on Wheels!

This November 18 through January 3, 2022, for every new Subaru vehicle purchased or leased, Subaru will donate \$250 to the customer's choice of participating charities. Meals on Wheels is one of four national participating charities and has been since the inception of the event. Through this event, as a member of Meals on Wheels America, Meals on Wheels of Wake County will receive a share of the donation from Subaru vehicles sold at participating Subaru Retailers.

Subaru's support of Meals on Wheels is crucial to addressing the growing issue of senior hunger. Our nation's senior population is growing exponentially, leaving more elderly neighbors at risk of hunger and isolation. While hunger and isolation can affect anyone with limited mobility and declining health, financial strain can make their situation much more difficult. With Subaru's financial support, we will ensure that seniors have the resources they need this Holiday season and beyond.

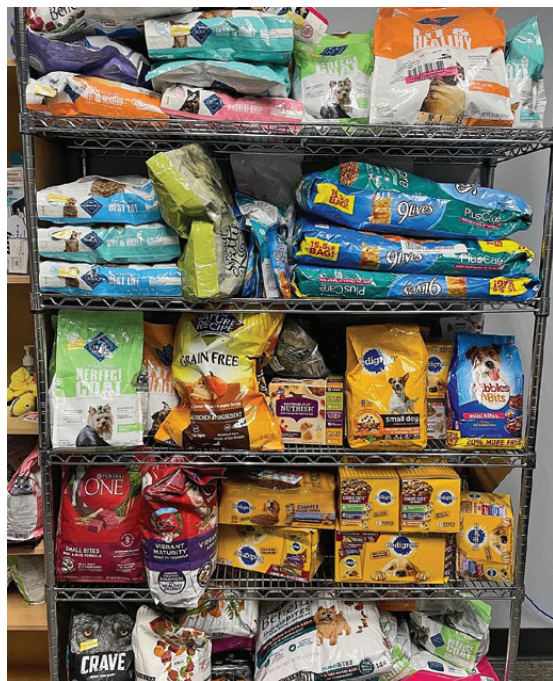
Medicine Distribution with NC MedAssist



Meals on Wheels of Wake County has partnered with NC MedAssist for a series of events to distribute free over-the-counter medicines to those in need! These events are open to all ages, and an ID or proof of insurance is not required. Those interested in receiving free over-the-counter medicines have the option to go online and pre-register if there are specific medications they need, or they can show up to the events to receive a generic bag of over-the-counter medications. Medications are available for both adults and children, so anyone can pick up medicine for those who are unable to attend the event. For our homebound clients who are unable to pick up medicines, Meals on Wheels provides a form from MedAssist so that medicine orders can be delivered along with their meals. Keep an eye out for our next event with NC MedAssist!

Chair Yoga at Friendship Cafe

Every Monday is Chair Yoga Day at our Saint Saviour's Friendship Cafe location! Thanks to Anjana Rathore with "You Call this Yoga", our Friendship Cafe clients can experience the joy of mindful movement. Physical activity is essential to healthy aging, and improves your physical and mental health. We appreciate all our volunteers, like Anjana, who offer their time to enrich the lives of the seniors we serve. If you are interested in volunteering at a Friendship Cafe location, please visit www.wakemow.org/friendship-cafe.



Feasts for Friends

Pet food from SPCA of Wake County is ready to feed our clients companions this Holiday season, and beyond! Over 317 of our senior clients have pets that need meals too. Pets can often be the only companion that a homebound senior has- through our pet food distribution, we make sure that barriers to accessing pet food do not stop our senior neighbors from feeding their loving companions. Prior to our pet food delivery program, many seniors would even share their meals with their pets so they wouldn't go without. Through our partnership with SPCA of Wake County, we make sure our client's can rest assured that their pets are also delivered a nice meal!