

Remember to Connect with the Seniors in Your Life

As the pandemic continues, it is increasingly important to reach out to the seniors in your life. They can be experiencing extreme isolation and depression. AARP suggests some simple ways to help combat social isolation:

First, it is critical to plan and connect, AARP says, "it's important to talk to family and friends to develop a plan to safely stay in regular touch as we socially distance ourselves, or if we are required to self-quarantine for a possible exposure or are in isolation for a COVID-19 infection. This plan should confirm whom you can reach out to if you need help accessing food, medicine and other medical supplies".

Regularly scheduled contact will help identify anything that might come up! Remaining connected is especially important for people who live alone; regular social contact can be a lifeline for support if they develop symptoms. Regularly scheduled phone calls and video conferences along with texting and emails can help compensate for a lack of in-person contact.

Next, make a list of community organizations you can connect with for help. We suggest that you create a list of community and faith-based organizations that you or the people in your plan can contact in the event you lack access to information, health care services, support and resources. If your neighborhood has a website or social media page and you haven't joined it, consider doing so to stay connected to neighbors, information and resources.

Finally, know who in your life is most at risk for social isolation and make sure to reach out regularly. Those with the highest risk of developing more serious illness from COVID-19 and who should be the most vigilant about social distancing will also be the most at risk of increased social isolation and loneliness. Together we can ensure that we stay safe but also stay connected and get through this pandemic.

Wake County, #LetsDoLunch

A Virtual Fundraiser for Meals on Wheels of Wake County

Learn how to help combat hunger and social isolation for our most vulnerable senior neighbors, together.

With remarks from Dr. Mandy Cohen,
North Carolina Secretary of the
Department of Health and Human
Services.

November 18th, 12pm- 1pm

Attend virtually at:
event.gives/wakemow



Luxury Vacation Raffle

Take a chance on winning a luxurious get-away for two at Pinehurst! Tickets are \$25 each and are on sale until November 18, 2020. Winning ticket will be announced at our virtual Wake County, #LetsDoLunch event on November 18.

Immerse yourself in the timeless elegance of Pinehurst. Package includes a one night stay for two at the luxurious Pinehurst Resort, dinner, breakfast, and a \$300 resort gift certificate to use for golf, the Spa, or other amenities at the resort.

Purchase tickets at <https://event.gives/wakemow>

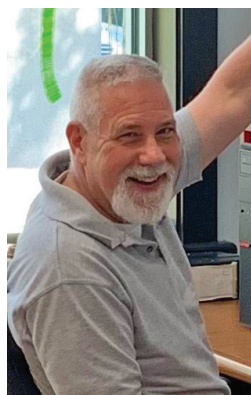
Meals on Wheels of Wake County recognizes these Honorary and Memorial Tributes from July 1 through October 15, 2020

IN HONOR OF:

*Annalee Anderson
Bob and Betty Ann Starkes
Brenda Johnson
Catherine Napolitano and Charles Cicchetti
EnlivenHealth
Jerry Hicks
Lillian Poole
Lottie Jo Sanders
Lynn Lashley
Martha Cooper
PeyBug and Lola Bunny Weatherly
Sai Babaji
Sally and Jim Cameron
Susan Skidmore*

IN MEMORY OF:

*Ada McGee
Augusta Hamilton and Colin Dixon McLeod
Benjamin and Gloria Meritt
Bob & Martha Garrison
Bob Lafater
Bobby Bradley
Carole Nicholson
Cathryn Scott
Charlotte Herring Swart
Conrad James
David A. Dunson
Dorothy Jean Davis
William and Suzanne Learn
Ed Martin
Elizabeth T. Caddle
Ella Mae Coffey
Ellen Maynard
Frances Misner
George Justice
Harry Metzner
Henrietta Schwartz
Iris Atoji
James Louis Freeman, Sr.
John O. Jones
Joseph Resar
Kip Snow
Lee Alan Dworsky
Leon Cochrane
Lola Taylor
Lynn Hughes Tudor
Martha Holt
Mildred Whittlesey
Narenda Tamhane
Patricia Stubenrauch
Percy and Naomi Leak
Polly Flowe
R. E. Winfree, Jr.
Robert Pollard
Rowena Southern
Ruby Kirby
Ruth Honeycutt
Sara Rodden
Sarah Mayer
Skinny Ashworth
Srilal Ariyadasa
Sylvinia "Nana" Collins Wilson
Tracy Carr
Ulhas Lothe
Virginia E. Smith
Virginia Greene
Wilbert Joyner, Sr.
William M. Teague*



A Message of Gratitude from the Executive Director

Alan Winstead

When we made New Year's Resolutions on January 1, 2020, I am pretty certain that nobody included anything about the COVID-19 pandemic. We had hoped for weddings, graduations, family reunions, and so much more. 2020 has been anything except typical.

As much as some things have changed since March, we have much to be grateful for at Meals on Wheels. The support from our donors has remained very strong. Generous people in our community responded to the need to feed vulnerable senior adults during a pandemic. Individuals have contributed in record numbers, and businesses have also donated generously. In addition to monetary donations, people in our community have given us hand sewn cloth face covers that we have distributed to our participants. The community, most recently, supported our Puzzle Book Giveaway by buying books to accompany the meals. Our donors and their donations made our work possible this year.

Our volunteers have also remained faithful. Our delivery method has changed. We now equip volunteers with masks, gloves, and hand sanitizer. Meals are loaded directly into the vehicles of volunteers. Despite these many changes, we continue to see people willing, and eager, to come and take the food the last step to our homebound participants. Our volunteers and their efforts made our work possible this year.

Our participants remain important to Meals on Wheels. We have always worked hard to make health and safety of paramount importance since March. We understand that many of our participants took seriously the stay at home message, and many new people requested our service. We have tried to supplement the delivered food with fresh produce this summer as well as other items that they might need. We have been in very regular contact through telephone calls to check on this special group of people and have offered advice and assistance throughout the entire time to the people in our program. We always are here for our participants, but we really have been here for them in 2020.

As we wind down this year and we look forward to a new year, join me in remembering the sorrow of this year and being grateful for our blessings. Let us resolve to remain dedicated to the Meals on Wheels mission in the new year.

Holiday Gift Ideas for Our Clients:

The Holidays are coming and we certainly want to provide our clients with a treat. We are looking for NEW knitted hats (unisex), shower and hand towels, washcloths, coloring books and pencils, and fleece lap blankets. You can bring them to our office at 1001 Blair Dr. in Raleigh by December 11.



Choose to Share the Love with Vulnerable Seniors

Exciting news! For the 13th year running, the Meals on Wheels network is participating in the 2020 Subaru Share the Love Event. Over the past 12 years, Subaru and its

retailers have helped Meals on Wheels to deliver more than 2.3 million meals nationwide to seniors in need.

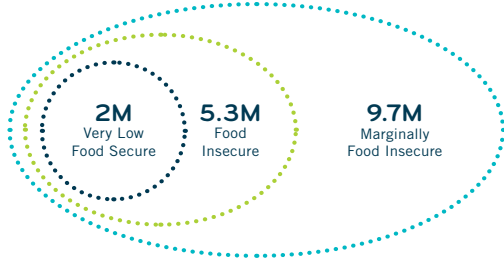
Why does Subaru support Meals on Wheels? Too many seniors are struggling to stay independent and healthy. **One in four seniors lives alone in isolation and one in seven seniors might not know from where their next meal is coming.**

Here's how the 2020 Share the Love Event works:

This November 19 through January 4, 2021, 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.

Learn more at www.mealsonwheelsamerica.org/sharethelove or subaru.com/share

BEFORE THE CORONAVIRUS PANDEMIC, NEARLY 9.7 MILLION SENIORS WERE THREATENED BY HUNGER. 5.3M OF WHOM WERE FOOD INSECURE OR VERY LOW FOOD SECURE.



1 IN 4 SENIORS LIVES ALONE



1 IN 4 FEELS LONELY

Due to COVID-19, we know that an even greater number of older adults are experiencing food insecurity, and many seniors are lonelier than before the pandemic.

AND WHILE HUNGER AND ISOLATION CAN AFFECT ANYONE WITH LIMITED MOBILITY AND DECLINING HEALTH, FINANCIAL STRAIN MAKES THEM MUCH WORSE



NEARLY 7.4 MILLION SENIORS HAVE INCOMES BELOW THE POVERTY LINE

THAT'S AN INCOME OF \$240 A WEEK OR LESS, which, after housing, utility and medical expenses, leaves very little for food



HALF OF SENIORS LIVING ALONE lack the financial resources to pay for **basic needs**.



Older adults living in poverty are **nearly twice as likely** as those living above poverty level to have limitations in their ability to live independently.

Information data sources available at www.mealsonwheelsamerica.org/facts. © September 2020 Meals on Wheels America



October 6 was the Great Word Search Puzzle Book Give-Away! We distributed several thousand books to our clients, along with a note of encouragement. Pictured – MOW Board member, Caroline Mackie, delivers a book to a client. Thank you to all of you who so generously donated the books. They will provide lots of fun for our clients and help to pass the time!

Fresh produce delivery was a big hit this summer and fall. We were able to provide our clients with well over 5,000 bags of delicious, farm fresh produce. Juicy tomatoes, peaches, cucumbers, and sweet potatoes provided an extra boost of nutrition.





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Can you Volunteer to deliver meals?

Volunteers are always needed. We are currently delivering a box of shelf-stable items every Tuesday morning. It takes just a few quick hours to help a senior neighbor in need. Please fill-out an application at <https://www.wakemow.org/volunteer-application-mow-wake-county>



Don't Stop Volunteering.

A simple meal delivery can make a huge impact on the life of a senior.

Put a Smile on a Senior's Face:

A **holiday wish list** for items for our clients can be found on **AmazonSmile**. Search for Meals on Wheels of Wake County in the Amazon Smile charity directory. With every eligible purchase, **AmazonSmile donates 0.5%** to the charity.



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**