

Historic Site Serving Seniors

We are happy to announce that on Tuesdays and Thursdays, we are operating a Grab & Go site out of Panther Branch Rosenwald School, a site which is owned and operated by Juniper Level Missionary Baptist Church. Seniors can pick up meals provided from Angie's Restaurant at the site. Meals on Wheels is grateful for the ability to increase our outreach through our community of support, especially at this historic school.

In 1912, Booker T. Washington and Julius Rosenwald collaborated to find a way to provide Black and African American children in the South with safe, high quality schools at a time where segregation laws denied investment in the education of children in the rural south. Shortly thereafter, the Rosenwald Fund was created to build 5,000 Rosenwald schools in the south, including Panther Branch Rosenwald School in Garner, which was built in 1926. After the landmark ruling of Brown vs. Board of Education in

1954, the United States Supreme Court ruled that U.S. state laws establishing racial segregation in public schools were unconstitutional, and many Rosenwald schools changed their function, or closed their doors. Of the 20+ Rosenwald Schools built in Wake County prior to 1932, only five, including Panther Branch, are still visible today.

While Panther Branch Rosenwald School operated during segregation, we know that racial inequality is still a major factor that affects senior hunger to this day. According to Meals on Wheels America, food insecurity rates were

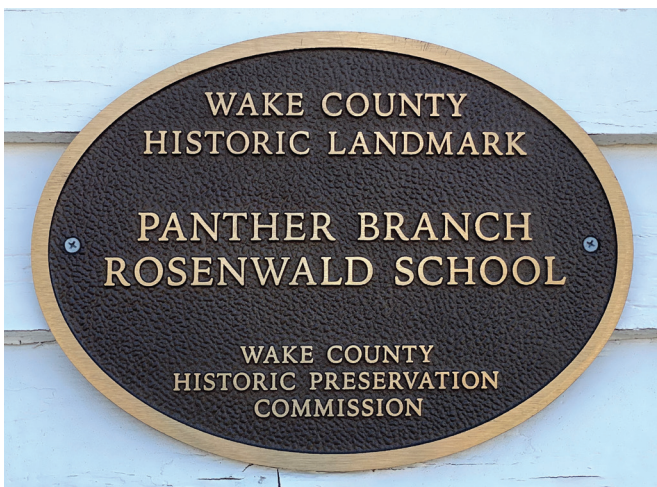
higher for Black and Hispanic seniors, and these disparities have only worsened with COVID-19. Black seniors' risk of food insecurity is more than twice that of white seniors. Over 53% of Meals on Wheels of Wake County clients are Black/African American, which reflects this disparity.

Thanks to a generous grant from Food Lion Feeds and Meals on Wheels of America, we have been able to extend the funding and operation of grab and go meals at Rosenwald through January 2023, with plans to create a Friendship Cafe at the Rosenwald School soon to come.

With your support, Meals on Wheels of Wake County hopes to extend our services at our Rosenwald site, and ultimately serve even more seniors who face food insecurity.



Exterior of the renovated Panther Branch Rosenwald School.



Placard indicating the historic significance of the school.

Meals on Wheels of Wake County recognizes these memorial donations given from 3-13-2022 to 7-26-2022

IN HONOR OF

*Augusta Hamilton and
Colin Dixon McLeod*

Betty Eury

C. Radhakrishnan Nair

Carl L. Rogers, Jr. • Carmelo Iacone

Celia Overby • Connie Grant

David Rockefeller

Desmond Williams • Dixon McLeod

Elizabeth T. Caddle

Emmitt J. Ferrell • Huey Kettere

*Jean Berkstresser and her volunteers
from Christ the King Lutheran Church*

Joann Hardee • John Latz

Karen Calhoun • Katie Miller

Lillian Poole • Liz Scott

Mary Madlon • Mathilda Tucker

IN MEMORY OF

Alan Donaldson

Anne Byerly Allen

Antoinette Giovannielli

Augusta Hamilton McLeod

Barbara Alice Boyd Volk

Beryl Wickard

Betsy Rogers Talley

Bety Maerker • Bob Lee

Charles "Charlie" Hart

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Estelle (Scottie) Dermer

Ethel Dahlquist • Florence Wallace

Fran Swafford Black

Frank Haag • Gloria S. Hinson

James "Jimmy" Robert Gardner

Jesse Stainbrook

Joseph and Velma Hauser

Kurt Anton van Boemmel

Lynn Hales

Manfred Varnhold

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Reverend Robert Poole

Martin Fullington • Milton R. Avery

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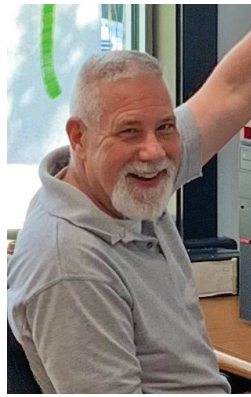
Raymond W Cordts • Roland Lee Pugh

Ronald McDuffy Ragland I

Smt Palakodety Satyavathi Garu

Virginia Mihaliak • Vivian Douglas

William B. and Mildred L. Nivison



A Message of Gratitude from the Executive Director

Alan Winstead

No two days are ever alike at Meals on Wheels. Having worked at Meals on Wheels Wake County for 5844 days, I can share with you that interesting fact.

While we always pursue our mission to nourish, enrich, and strengthen the lives of older adults through daily meal delivery and human connections, the people and activities never combine exactly the same. That doesn't even account for what is going on

in the world around us in which we operate.

We have earned our reputation by delivering more than 10,000,000 meals throughout Wake County since 1974. We, though, have expanded our original service to meet the changing seniors of the senior adults in our community. We rebranded our onsite dining option so that seniors now enjoy options in the Friendship Cafes, including meals prepared by community partners. We have piloted a new service that allows participants to order heart healthy, Latin inspired, and Asian inspired boxes of foods. We are helping discharged patients from local hospitals to have meals when they arrive home.

Meals on Wheels is able to thrive because of our generous donors. Businesses, faith communities, foundations, and donors continue to support our mission through the best of times and the worst of times. Their confidence in our ability to respond to the growing needs in our community is humbling.

Meals on Wheels has always valued our volunteers, but the past three years have demonstrated the commitment that these folks bring to the mission. As we adapt and change, our volunteers keep pace. As gas prices rise, like in recent weeks, our volunteers remain faithful.

Every day at Meals on Wheels undoubtedly is unique. I have treasured the last 5844 days as the Executive Director. I look forward to working alongside our participants, donors, and volunteers for many more tomorrows.

Partnership for Healthy and Culturally Tailored Food

Meals on Wheels of Wake County has partnered with Tangelo to provide more meal resources to seniors in our community! Through this partnership, seniors with the ability to prepare their own meals at home can receive a box of fresh produce and pantry items every other week for 6 months. Seniors can utilize the program through a mobile application that allows them to order their boxes, access nutrition education and a variety of recipe suggestions. The platform is available in a variety of different languages, and seniors have a choice of healthy and culturally relevant food boxes to choose from, including Latin-inspired, Indian-inspired, Kosher and heart healthy boxes.

A fresh box of produce delivered to a client from Tangelo.



Canine Camraderie



Our 100 year old client, James, was thrilled to spend time with the dogs.

Four legged companions brightened the lunch service at our Five Points Friendship Cafe this summer! So Fetch K9 is a dog training organization, and the puppies that they bring to our Friendship Cafes are learning to socialize by experiencing different activities, sights, sounds, and people. The socialization that these puppies experience not only benefits them, but it benefits the seniors they are visiting as well! There's nothing quite like the friendliness that puppies have to offer- and for many of the seniors Meals on Wheels serves, affection may be in shorter supply due to social isolation. In North Carolina, 24.8% of seniors live alone, and as a state, North Carolina ranks 28th in the nation for risk of social isolation in seniors. Our



James and a pooch named Raleigh became fast friends!

Friendship Cafes provide more than a meal- they also provide a much needed reprieve from loneliness as seniors are able to dine with their peers and enjoy experiences together. Social enrichment programs at Friendship Cafe, such as the services provided by So Fetch K9, further enhance the Friendship Cafe social experience for seniors.

Meet John, a Friendship Cafe Client



John has been attending the Five Points Friendship Cafe since 2014.

Meals on Wheels of Wake County operates 8 Friendship Cafe locations across the county for seniors who are able to leave their homes. Our Friendship Cafes provide a space for seniors to eat with their peers, and enjoy experiences together. When you enter the Five Points Friendship Cafe, one of the first warm welcomes you are likely to receive is from John. John has been attending Meals on Wheels for years, and is a warm and friendly presence to all that attend! When John was born two months prematurely, complications with his birth caused a lack of oxygen that impaired his vision. Due to his impaired vision, John uses a cane to navigate while he is on foot, and is fluent in reading braille to decipher text- he also has an application on his phone that deciphers text to voice. John first learned to read braille at the Louisville School for the Blind in 1961. When his father's job relocated his family to Raleigh in 1963, he began attending Morehead School for the Blind shortly thereafter. As a longtime resident of Raleigh, John began attending our Friendship Cafe at Five Points in 2014, and is particularly fond of the social experience it provides him. One of John's favorite Friendship Cafe activities is bingo, an activity where he utilizes large print braille bingo cards. Another favorite activity of John's at Friendship Cafe is Cornhole, where he uses an ingenious modification to play the game with a vision impairment. A beeping key finder is placed in the hole to beep so that John can have

a better audiological sense of where to aim the sandbag. With this simple modification, John can make the goal from over 15 feet away! One of John's favorite meals served is spaghetti with meat sauce with milk and a roll, and he is very appreciative of the caterers and staff who make his Friendship Cafe experience so pleasant. **"The people who put it together, it's great. It's a great service to have. I like the people, and I like the atmosphere!"**

Friendship Cafe provides the much-needed social connections that are proven to improve both health and wellness in seniors. John would like to meet even more people at Friendship Cafe, and encourages seniors to look into attending. "We'd like to have more people to come, this is a nice place to be."

Give Meals Today





MEALS on WHEELS
WAKE COUNTY

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Our network of meal delivery volunteers is comprised of everyday people, just like you. Since 1974 we have delivered over 10 million meals to homebound seniors in need of a reliable meal, and a reprieve from isolation.

JOIN OUR COMMUNITY OF VOLUNTEERS



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Meals on Wheels of Wake County — 1820

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