



The Meal Times

MEALS ON WHEELS
WAKE COUNTY

THE OFFICIAL NEWSLETTER FOR MEALS ON WHEELS OF WAKE COUNTY

Summer 24

Grooving for a Good Cause at The 50th Anniversary Golden Disco

The 50th Anniversary Golden Disco was a smashing hit! Supporters of Meals on Wheels of Wake County gathered at The Umstead Hotel & Spa to rewind to 1974 (the year Meals on Wheels of Wake County was founded) to celebrate, dine, and dance the night away- all to support the seniors we serve.



The generosity of our community is what makes our mission of nourishing seniors possible. In the past decade alone people aged 55 and older have made up over 45% of the county's overall population growth. At the same time, Feeding America reports that the Raleigh metropolitan area had the second highest level of senior food insecurity in the country as of 2020. Our donors play a critical role in ensuring that Meals on Wheels can continue to meet the growing need for our services.

Thanks to the collective efforts of everyone involved, we raised over \$160,000 for seniors in Wake County- the equivalent of 16,000 meals, friendly visits, and priceless connections to community for our elderly neighbors. The funds raised will enable us to continue to face the challenges of senior hunger in Wake County, and to make an even greater impact in the community for the next 50 years (and more!) to come.



Pictured from left to right: Paul Santrock, Audrey Edmisten, Leslee Breen, Heather Burkhardt, and Chris Burkhardt cutting loose at the Disco Photo Booth!

The Golden Disco would not have been possible without the help of our sponsors, our donors, and our steadfast community of support. We sincerely thank you all for you do for our seniors! For more photos from the evening, visit: wakemow.org/50th-anniversary-golden-disco

Friendship Cafes Celebrate 50 Years of Meals on Wheels



Each of our eleven Friendship Cafes will be continuing the 50th anniversary celebrations all summer long! Over the summer, each Friendship Cafe will have a special day dedicated to celebrating like it's 1974, complete with food catered from Angie's Restaurant, special activities and games. With activities ranging from Disco Ball volleyball, to prize auctions, and 70's music and dancing, each celebration was a lively experience for all of our seniors! Beyond celebrating our 50 years of service, it is a joy to celebrate our seniors with fun experiences that enrich their days.

In 1989, our first Friendship Cafes (then called Congregate Dining) opened to serve seniors who are able to leave their homes for a social dining experience. Meals on Wheels America reports that in North Carolina, over 600,000 seniors live alone with the state ranking 29th in social isolation. According to our recent survey of Friendship Cafe clients, over 87.5% report benefitting from social activities at Friendship Cafe.



Our Community. Our Seniors. Our Commitment.

**In Recognition of Special
Gifts Given in Tribute from
2/24/24 to 8/2/24**

IN HONOR OF

Ashmead Pipkin
Baba
Capital City Civitan Club
Chris Hall
Connie Grant
Eric Spinella
Florence Anne McLeod
John and Maya Faison
Karen Calhoun
Mary Fletcher
Rosalind Thompson
Saiprabhu Tbmb
Warren Hopson

IN MEMORY OF

Ann Mannino
Beatrice Coats
Betty S Moore
Bob Bolch
Bobby Harrison
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Mrs. Joan Mary Ward
Nancy Fish
Odell Whitted
P V Raju
Percy & Naomi Leak
Robert G Harrison
Robert Harry
Ronnie Marlon Kearney
Stella P. Massey



**A Message of Gratitude
from the Executive Director**

We all know the famous line from Dorothy in the Wizard of Oz, “there’s no place like home.” I open my message to you this way to express how fortunate I am to have taken the helm as your new Executive Director Meals on Wheels of Wake County.

It’s also germane because at the core of what we do each day is to provide support, human contact, and healthy nutrition that support our seniors to stay in their own homes and communities. Whether at our 11 Friendship Café’s or to the door delivery to more than 900 older adults each day, what we do is much more than a meal.

This is personal for me. I have spent more than a 1/3 of my adult life working for Meals on Wheels as the CEO of Meals on Wheels San Francisco. In 2002, I moved back to my home state of North Carolina to be closer to my 82-year-old mom. I was lucky to be here to support her as she unfortunately succumbed to cancer last year. So, I’m very aware of how important it is to have someone you can count on to support you. That’s why coming back to service MOW of Wake County is so meaningful to me. Honoring our elders is not only the right thing to do #RespectYourElders, but also truly the smart thing to do.

There is a bevy of research that confirms that providing healthy nutrition, medically appropriate and supportive nutrition at home reduces re-hospitalization and reduces the need for longer stays in skilled nursing facilities. In fact, for every dollar spent providing nutrition to seniors, we save more than \$9 in healthcare costs. The cost of a full year of meals delivered to seniors is less than half the cost of just one month of nursing home care.

But the most important thing to remember is that we have the opportunity to ensure that no senior goes hungry and has the opportunity remain in their own homes independently with dignity. I look forward to making Meals on Wheels Wake County the best it can be for our seniors.

-Executive Director, Ashley C. McCumber

THANK YOU TO OUR TOP DONORS

WakeMed Foundation
The Leon Levine Foundation
Clay Foundation East
Francis & Bette McRackan Trust
Yardi Systems Inc.
NC State Employees Combined Camp
Meals on Wheels America
Enact Foundation
Nivison Foundation
UNC Rex Healthcare

Combined Campaign Giving

Federal and state employees have a unique opportunity to support Meals on Wheels programs through the Combined Federal Campaign (CFC) and State Employees Combined Campaign (SECC). These campaigns allow employees to contribute to charitable organizations directly from their paychecks, making it convenient to support vital services like Meals on Wheels of Wake County.

CFC donor option number — 59456

SECC donor option number: — 1820 2

WakeMed Connected Community

Our mission at Meals on Wheels of Wake County is to nourish, enrich, and strengthen the lives of older adults through daily meal delivery and human connections. Our staff delivery drivers are a crucial part of this mission, and deliver to clients on the outskirts of our service area. Now, thanks to a partnership with WakeMed, our staff drivers are able to expand our mission even further.

Meals on Wheels of Wake County's partnership with WakeMed Connected Community is a 12 week program that delivers meals from Meals on Wheels to WakeMed patients facing food insecurity, alongside congestive heart failure or diabetes. The goal of the program is that through better nutrition delivered right to their door, that these patients will have reduced hospital visits, and greater health outcomes. WakeMed has generously provided us with the funding to purchase, prepare, and deliver these meals directly to their patients and members of their household.

Not only does this program provide benefits to the physical health of the patients, but it also provides a reprieve to their families and caregivers who can focus on the care of their loved one instead of diligently researching and preparing healthy meals for them. In addition to the prepared meals delivered to the patients by Meals on Wheels, Interfaith Food Shuttle provides fresh produce, and The Food Bank provides shelf stable food boxes. After a year and a half of partnering with WakeMed, Meals on Wheels of Wake County has served over 85 individuals, with at least 50 more to come. Thanks to the generosity of WakeMed, we can be more than a meal for even more of our Wake County community.



WakeMed Case Manager Nay Pate and Social Worker Tara Claudio-Rivera partner with our staff through the Connected Community Program.

Addressing Senior Summer Heat with Cool for Wake Partnership

High temperatures in Wake County this summer have left many of us reaching to dial up the air conditioning- but there are many seniors we serve who do not have air conditioning in their own homes. Summertime heat can be especially dangerous for seniors- according to the Centers for Disease Control, older adults can't adjust to sudden temperature changes as fast as younger people. This may happen because of certain medicines they take or chronic illnesses that affect their ability to regulate body temperature.

In an effort to keep our senior clients without air conditioning cool and safe from the summer heat, Meals on Wheels of Wake County has partnered with the Wake County Government's Cool for Wake Program for the past 5 years. Cool for Wake is a seasonal weather relief program that provides free fans to vulnerable residents who are adversely affected by extreme summer temperatures between May and September.



Our Outreach team works diligently to ensure that we identify all of our clients without air conditioning in their homes so that they can receive a fan from the Cool for Wake program. Fans are delivered to these clients by our volunteers, staff drivers, and Outreach team. So far this year, we have delivered over 40 fans, and are projected to deliver at least 30 more!

Thanks to partnerships like Cool for Wake, Meals on Wheels of Wake County can address the health needs of our clients that extend beyond their plate.

Fans donated by Cool for Wake are ready for delivery to our homebound seniors.






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facebook.com/wakemow
 @wakemow

Change service requested

Hear from Your Homebound Neighbors

Every year, we survey our home delivered meals clients to see how Meals on Wheels services affect their lives. These are the highlights from our 2024 survey:

-  97% Feel better due to regular, nutritious meals.
-  98% Say deliveries allow them to continue living in their own homes, where they want to be.
-  98% Feel more secure at home knowing they will have regular visits from staff or volunteers.



“Everyone is great, I love talking to my volunteers, they make my day. Thank you Meals on Wheels for all that you do!”




“I so appreciate all your efforts in preparing and delivering the meals. They are so good and nutritious! And the deliverers are always so kind and delightful. Thank you all so much!”

“The meals I receive from MOW provides me with the nutrients I need to be healthy and to provide the care my wife requires with her medical problems. Thanks to all involved with MOW!”

