



Friendship Cafes Now Opening

When the pandemic hit Meals on Wheels of Wake County sadly had to close all of its eight dining rooms. All of the socializing and fun activities that we had in place for our seniors facing social isolation came to an abrupt stop. Our congregate clients were still able to pick up meals from our sites, but gone were the days of gathering as a group

for bingo and sing-alongs. UNTIL NOW!

We are happy to announce that our senior dining rooms began to open this past August. These congregate dining sites will now go by the name of **Friendship Cafe!** Our *Friendship Cafes* will have all the hallmarks of our former dining halls, but with a fresh twist on the meals and activities that nourish our seniors both physically and emotionally.

Seniors will now gather to enjoy a hot meal and will have the opportunity to take home a meal for their dinner. In addition to the hot, nutritious meals our seniors will have at *Friendship Cafe*, they will also enjoy the company of friends. Friendship Cafe will serve as a space

for seniors to dine, socialize with friends, play games, and enjoy experiences together! This reinvention and expansion of our congregate dining services is thanks to the generosity of our donors throughout the challenging times of COVID-19. Our community of supporters stepped up to make certain that while we had to pivot our services, our life changing meal services would not stop.

St. Saviour's on Tucker St. in Raleigh opened on August 2 and the *Friendship Cafes* at The Five Points Center for Active Adults and Redeeming Love Church opened on August 9. The remaining six *Friendship Cafes* will open throughout the fall.



Alvin and Avelina, who first met at our congregate dining hall, are now married and enjoying the food and fun at Friendship Cafe.



Mark Roberts kicks off the Grand Opening of the Saint Saviour's Friendship Cafe location.

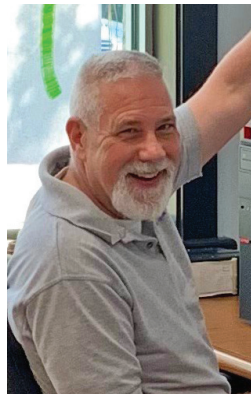
Meals on Wheels of Wake County recognizes these memorial donations given from 2-16-2021 to 6-15-2021

IN HONOR OF

A. Dixon McLeod
 Alan Stephenson
 Amy Massengill
 Bernie Sanders
 Christina Terrell
 Claire Lowery Alford
 Destiney and Chip Cross
 Donna, Jo-Ann, Aunt Grace,
 Mrs. Roberts, u-Willie
 Doug Gill • Dubba Lucas
 Jackie Lemmons
 Jane Brown
 Jim Fairchild
 Julie Garrison
 Katie Miller • Lynne West
 Macaron Day
 Nancy Waggoner
 Nell Coletta
 Roger Corner
 Sheila Blanchard
 Sunrise Class
 Theresa Tate Schevis
 Wayne and Brenda Beavers

IN MEMORY OF

Ann Tylor
 Anne Torchia LaPierre
 Barry Everitt
 Bill Baker • Bob Euker
 Bob Louden
 Bonnie Skinner
 Carmelo Iacone
 Carolyn Owen
 Charlotte Herring Swart
 Chuck Ferebee
 Claire Lowery Alford
 Donald Joseph Gajewski
 Doris Black Walters
 Ed Rogers
 Elsie Tatelbaum
 Ethel Snell
 Hank and Chelsea Wirwicz
 Helen Davis
 James (Jay) and Nancy Camp
 Jane Wands Guerrerri
 Joan Cawthon
 Joann Hardee
 John Maroney
 John William Werner, Jr
 Lakshme Perera
 Late Parul Dastidar
 Lisa Permar Ham
 Marco Rosa
 Margaret LoPresti
 Martha Frances King
 Mary Marrow
 Mezora Hicks • Mike Sanders
 Mildred Whittlesey
 Missy Cotton
 Mrs. Nancy A Camp
 Mrs. Vickey Taylor Whaley
 Nancy Benson
 Narenda Tamhane
 Norma Jean Cox
 Pat Bosquet • Pearl Allen
 Percy and Naomi Leak
 Radhakrishnan & Girija Nair
 Rayetta Newton Rodemaker
 Richard Burton
 Sally Spangler Mazie
 Sarah Mayer • Susan Olson
 Willia Youmans
 William B. and Mildred L. Nivison
 William Bryan
 William Cohen
 William M Teague



A Message of Gratitude from the Executive Director

Alan Winstead

“Tough times never last, but tough people do”, which is attributed to Robert Schuller, is an accurate summation of the last year at Meals on Wheels Wake County.

As I am sure you remember, the pandemic was rampant during the summer months of 2020. Meals on Wheels was working hard to support our vulnerable recipients as well as keeping our volunteers healthy and safe. We also were planning how to fund the increased expenses we incurred with our modified plans.

At the end of the twelve months that ended on June 30, 2021, Meals on Wheels Wake County set two new records. Thanks to our volunteers, staff and community partners, we served a record 405,585 meals to our senior neighbors. We rallied to meet the critical needs of our recipients by delivering nutritious meals as well as a variety of treats. We heard almost daily from our participants how appreciative they were that we continued to deliver regularly.

Our donors stepped up and supported our mission very generously. Our donors contributed an unprecedented \$1,867,000 over the last twelve months. Because of these donations, we were able to serve every person who requested meals. We were able to cover increased operating costs. We were able to deliver fresh fruits, locally grown vegetables, and even jars of honey to our participants. We are very grateful for these investments in meeting our mission.

In addition, MacKenzie Scott gave \$1,500,000 to Meals on Wheels Wake County as a part of her philanthropic giving in December. This money will be a catalyst for future planning.

We now have turned our sights to delivering hot meals five days a week with a regular cohort of volunteers. We plan to reopen our congregate dining rooms with a brand new FRIENDSHIP CAFE design. The staff is very excited about seeing participants, volunteers, and donors that we have not seen in more than a year.

You may request services, sign up to volunteer, and donate on our website www.wakemow.org.

The last twelve months have been challenging, but a lot of tough people pulled together to make certain that we thrived and were ready to meet our community’s needs in the future.

<p>MOW is grateful to the following foundations and businesses for their recent support</p>	Meals on Wheels America - \$35,300
	Leon Levine Foundation - \$25,000
	4 Others Foundation - \$21,000
	The Stewards Fund - \$15,000
	Howard Perry Walston Foundation - \$11,550
	Genworth Foundation - \$10,000
	GFL - \$5,000

Join us in Preparing for the Next 50 Years

When visionary community leaders established Meals on Wheels of Wake County in 1974, they created an innovative program that met a critical need in our community. The agency has responded to changing conditions and needs throughout the years to deliver vital services to our community. As we approach our 50th anniversary, we again want to reassess our model to make certain that we deliver the best possible services in our community.

Our future plans will incorporate how best to use our \$1,500,000 MacKenzie Scott grant as a catalyst for new and exciting programming that will help us expand our mission to help our senior neighbors in need. We are working now to answer two overarching questions: 1) What are the best services to provide that meet the needs of senior adults throughout Wake County and 2) What organizational changes do we need to make so that we can sustain these changes, including volunteer and staff additions as well as continued funding?

The Meals on Wheels Board of Directors has established a committee of board members, staff, and community members to study new and expanded program services that will benefit our senior clients. The committee is currently exploring additional services, including medically tailored meals and supplemental meals. They are also planning to survey both our recipients and other community supporters to ask them what matters most and receive their valuable input.

At the same time, the staff and board will identify what new funding will be required to sustain any expansion of our program services. Additionally, they will address how to maintain and expand our capacity, including increasing volunteers and donors. This is an ongoing process, and the board and staff hope to make the initial decisions this fall about how to proceed.

All of us affiliated with Meals on Wheels – clients, volunteers, supporters, and staff - are at the beginning of an exciting endeavor that will culminate in our 50th Anniversary in 2024. You are invited to be a partner in this new venture. If you have thoughts about how Meals on Wheels can move forward, please contact Alan Winstead at alan@wakemow.org or at 919-256-3865.

We will continue to update you on our *PREPARING FOR THE NEXT 50 YEARS* plans!

Fresh Produce for Seniors



An abundance of local produce from the Black Farmers Hub

Nothing says summer like fresh produce! Thanks to three generous grants from 4 Others Foundation, the Tom and Pat Gipson Fund of the Triangle Community Foundation, and UNC Rex Foundation, our seniors received an abundance of locally grown produce and other delicious products. Our staff worked with the Black Farmers Hub, The Produce Box, Whitfield Farms, Natures' Cup, and Beehive Yourself to obtain locally produced products.

Fresh produce is a tasty indulgence of the season, and

provides the crucial fiber and nutrients needed in a healthy diet for seniors. According to the CDC, eating a diet rich in fruits and vegetables can help reduce the risk of many leading causes of illness and death. For older adults, cost, limited availability and access, and a lack of ability to prepare food can be barriers to proper fruit and vegetable consumption. Thanks to the generosity of our supporters, we will continue to ensure that our seniors have access to the fresh produce they need to live their healthiest, and most nourished lives.



Tasty strawberries from Whitfield Farms



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CHANGE SERVICE REQUESTED



SAVE THE DATE!

WAKE COUNTY, #LETSDOLUNCH

NOVEMBER 18TH
11:30AM- 1PM
LOCATION TO BE ANNOUNCED
wakemow.org/upcoming-events

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**

SERVING SMILES, NO MATTER WHAT



Larry, a Meals on Wheels of Wake County Client

Larry lives in Raleigh with his daughter Shauna and her six year old son. Two years ago, Larry began experiencing health and vision issues that made it unsafe for him to continue to cook for himself. With Larry's deteriorated health, Shauna had to care for both her father and her young son by herself, all while working as a nurse. "Dad had a lot of guilt about having me do so much." When Larry's Meals on Wheels deliveries began, the impact for both Larry and Shauna was immediate: "Meals on Wheels provides us with assistance that's really priceless". Larry loves the menu and different types of meals, and says that Meals on Wheels provides him healthier meal options than he could plan for himself. The check-ins from volunteers that Larry receives while he is home by himself provide a reassuring and comforting wellness check to Shauna while she is away at work. Larry always enjoys chatting with the friendly volunteers that come by. Even though he can't always make out faces due to his vision, he says everyone that comes to deliver takes the time to ask him how he is doing, and is always pleasant.

When Meals on Wheels deliveries pivoted to shelf stable and frozen meals due to COVID, Larry and Shauna were both grateful for the accommodations and considerations that were put in place: "I was impressed and pleased with the measures to protect the individuals that received and delivered the meals- you kept everyone safe while still meeting the need." said Shauna. Larry always looked forward to "getting a nice little conversation going" with the volunteers during the otherwise isolating time of the pandemic.

Starting August 2nd, Meals on Wheels clients like Larry who are served through our Blair Drive and North Raleigh locations returned to the hot meals they were served before the pandemic. It means a lot to both Larry and Shauna to go back to hot, nutritious meals that are delivered on a more regular cadence. Going back to hot meal deliveries lessens the storage accommodations and preparation time for the meals that were previously in place. Larry is excited to go back to hot meals too- "It means all I have to do is eat!"

VOLUNTEER SPOTLIGHT

Our volunteers have gone above and beyond this past year to ensure that seniors in our community have had the meals they need, and the check in from a community member they deserve. One of our Blair Drive volunteers, Joe White, shared his experience volunteering with our seniors:

How long have you been volunteering with us? I have been volunteering since November 2016 when I started coordinating Meals on Wheels routes for the NC State University Libraries.

What inspired you to start volunteering with Meals on Wheels of Wake County? As my mom's health declined and she lacked the ability to take care of herself, Meals on Wheels delivered food and checked on her well-being. That experience made me a lifelong fan of Meals on Wheels and motivated me to volunteer.

What has been the most impactful part of volunteering during the pandemic? It has been most impactful seeing people's resilience. Life goes on, at least we hope it can, and I've seen people still express gratitude for every meal, a smile at every open door, and an inner strength to keep going when things are tough.

What would you say to someone who was considering volunteering with Meals on Wheels? Do it. You will not regret devoting your time and effort to our vulnerable citizens who need a little help.



Joe White, Meals on Wheels of Wake County Volunteer

Wake County, #LetsDoLunch November 18, 2021, 11:30 am - 1 pm (Location to be announced)

Meals on Wheels of Wake County invites you to “Do Lunch” at our hybrid in-person and online event.

Join us for lunch if you can or participate from your home or office.

Our guest speaker is Rose Hoban, Founder, Reporter, and Editor of North Carolina Health News.

Check our website for updates on Wake County, #LetsDoLunch details.

Tickets are \$50 per person or \$500 to host a table of eight.

Be a Sponsor:

SPONSORSHIP GUIDE	Presenting \$10,000	Gold \$5,000	Silver \$2,500	Bronze \$1,000
Title sponsorship recognition on all event materials	✓			
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Company promotional table at event	✓	✓		
Option to provide branded materials at event	✓	✓		
Inclusion on all media and press relations	✓	✓	✓	
Logo recognition on website	✓	✓	✓	✓
Recognition on all social media channels	✓	✓	✓	✓
VIP Table for 8 guests	✓	✓	✓	✓

For information on sponsorship opportunities contact Mary Kate Keith at marykate@wakemow.org