

Celebrating the Older Americans Act



Every March, Meals on Wheels programs across the country celebrate the 1972 amendment to the Older Americans Act of 1965 that established a national nutrition program for seniors 60 years and older. For more than 50 years, the Older Americans Act (OAA) has been the primary piece of federal legislation supporting the social and nutritional needs of adults age 60 and older. Simply put, the Older Americans Act helped lay the foundation for Meals on Wheels programs! During this historic month, we celebrate all the ways that the OAA has laid the groundwork for the important work that we do in Wake County.

The Older Americans Act (OAA) is the primary piece of federal legislation supporting the social and nutritional needs of seniors, caregivers and their families.

THE OAA WAS SIGNED INTO LAW IN 1965; it has been amended and reauthorized nearly 20 times since it was first established in an effort to expand access and availability of social services and support for older adults in the community

OAA services, like congregate and home-delivered meals, aim to serve groups of older adults living in the community with the **GREATEST SOCIAL OR ECONOMIC NEED**, such as those who:

- have low income;
- are a racial or ethnic minority;
- live in a rural community;
- have limited English proficiency; and/or
- are put at risk of institutionalization

The OAA Nutrition Program is the only federally supported program designed to meet the nutritional and social needs of older adults.

Established under the OAA 50 years ago, in 1972, the **TITLE III-C NUTRITION PROGRAM** aims to:

- reduce hunger, food insecurity and malnutrition;
- promote socialization; and
- improve the health and well-being of older adults

by assisting them in **GAINING ACCESS TO NUTRITION** and other **DISEASE PREVENTION** and health promotion services and delaying the onset of adverse health conditions

MEALS PROVIDED THROUGH THE OAA NUTRITION PROGRAM ARE DESIGNED TO MEET THE UNIQUE NUTRITION AND HEALTH REQUIREMENTS OF OLDER ADULTS, AND MEALS ARE OFTEN TAILORED TO MEET SPECIFIC MEDICAL NEEDS AND CULTURAL PREFERENCES



Community Champions Week



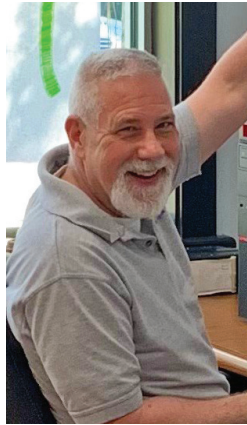
Thank you to the many community leaders who volunteered during Community Champions Week! Pictured here are Jan Shmidt, Tammy Mapula, Jeanette Cooper, Wake County Commissioner Cheryl Stallings, NC Representative Sarah Crawford, and NC Representative Julie Von Haefen.

During Community Champions Week, we invite our community figures to safely deliver meals, speak out for seniors and raise awareness for the power of Meals on Wheels. This special week within March for Meals provides a wonderful opportunity to get involved with Meals on Wheels to help raise public awareness for the nutritional and social needs of seniors. We invite the members of our community to share about the importance of our program to their colleagues, family, friends, faith communities, and neighborhoods. Here are a few highlights of this year's Community Champions Week!

**Meals on Wheels
of Wake County recognizes
these memorial gifts
given from
10/13/2022 to 3/20/2023**

IN HONOR OF

*Alison and Trey Marshall
Annalee Anderson
Annamae Oaks
Augusta Hamilton and
Colin Dixon McLeod
Bill and Brenda Taylor
Bill and Donna Ott • Bob Starkes
Brenda Jane Summers
Cathy Rosebaugh-Jennings
Cliff Minsley and Katerina Dema
Cynthia Hosseini
David A. Dunson
Dottie Thompson
Doug & Bonnie Hall
Earle Pleasants
Edward Strong
Eloise Gilster • Ezra & Zoe Efrid
Hoang Lam • Hugh Keller
Isabel Stratton
Joann & Robert Hardee
Joanna Baitinger • Jody Rentz
Joe & Sara Srebalus
Judith Mangan
Madeline Moyer
Mardi Hack • Marilyn Brodd
Mary Roberts • Marylee Hall
Mike Avery • Mike Ferrante
Mindy Schragger & James Flannery
Mom and Dad Strong
Mr. & Mrs. Jac Cain
Mr. and Mrs. Sam Ewell
Mary Kate Keith • Nancy Blunt
Patty & John Byrne • Peggy Price
Peggy Saunders • Penny & Fulton
Ralph Yeager
Ravenwood Neighborhood
Rebekah and Canaan Lentz
Rosemary L. Ritzman
Sherry Johnson
Sonrise Sunday School Class
Srebalus Holiday Party
Susan Falco • The Ashby's
Trey, Karen and Callie Fussell
Trish Villareal • Virginia Lawler*



A Message from the Executive Director

Alan Winstead

We all probably are familiar with the Internal Revenue Service’s annual April 15th deadline for filing our income tax returns. It is a reckoning and accounting of our financial activity each year. Meals on Wheels has this same sort of annual assessment.

Meals on Wheels Wake County incorporated as a public charity in North Carolina in 1973 and received tax -exempt status under section 501(c) (3) of the Internal Revenue Code. Even though Meals on Wheels is not required to pay federal taxes, we are required annually to file Form 990 to record both our revenue and expenses with the IRS. In

addition, we are required to make the Form 990 available for public inspection.

Because we operate for the public good, we have other stakeholders together with the IRS. We also conduct an independent financial audit with external accountants to examine our financial records. As a recipient of federal funding through the Older Americans Act that exceeds the \$750,000 threshold, we submit a Single Audit to the Federal Audit Clearinghouse on behalf of the Office of Management and Budget. A Single Audit tests that the financial statements are presented fairly and accurately, the internal controls exist and are followed, and there is compliance for the Older Americans Act program requirements.

The Triangle J Council of Governments Area Agency on Aging also conducts an audit on behalf of the North Carolina Department of Health and Human Services to ensure compliance with the Older Americans Act program requirements, which is also shared with Wake County. Wake County Human Services also audits our programs.

We also annually renew our Charitable Solicitation license with the North Carolina Secretary of State after a review of our fundraising practices and results.

While all of this information is available for inspection, we summarize this information and publish an Annual Report that is available on our website.

We perform all of these reviews and undergo this monitoring to demonstrate that we are providing a public good effectively. Whether you are a participant, a volunteer, or a donor, you can feel confident that Meals on Wheels of Wake County is doing the right things in the right ways.

THANK YOU TO THE FOLLOWING DONORS FOR THEIR GENEROUS GRANTS:

Lutheran Services Carolinas/Searstone - \$55,000

WakeMed Foundation - \$50,000

Food Lion Feeds/MOWA - \$35,700

Clay Foundation East - \$30,000

Yardi Systems - \$25,000

Enact Foundation - \$10,000

Nivison Family Foundation - \$5,000 • Seby B. Jones Family Foundation - \$5,000

White Memorial Presbyterian Church - \$5,000 • Wyrick Robbins Ponton - \$5,000

Thank you to The Produce Box

For seniors, eating enough fruits and veggies is essential to staying healthy, active, and independent. Your donation of a Feeding Families box to Meals on Wheels of Wake County will give the gift of local fruits and vegetables to the seniors we serve. Thanks to The Produce Box and our community of support, we have raised \$3,200 to purchase fresh produce for our clients! More produce will be packed and out for delivery soon thanks to your generosity!



Lutheran Family Services



The Searstone/Lutheran Services Carolinas Community Benefit Committee recently announced \$352,620 in grants to 14 organizations in Wake County, including a \$55,000 grant to Meals on Wheels of Wake County. Since 2014, the committee has directed five percent of revenues from the operation of Searstone, an independent living community in Cary, to Wake County nonprofit organizations serving seniors, and

other vulnerable populations. We are so grateful for their steadfast support of those in need in Wake County! Pictured from left to right: Derrick Moore, Mary Kate Keith, Erin Kidd, Joan DeBruin, Alan Winstead, Dave Wolf.

10th Friendship Cafe Now Open

January 31st marked the Grand Opening of our 10th Friendship Cafe! Thanks to the support of Food Lion Feeds and Meals on Wheels America, what started as a Grab and Go program at the historic Panther Branch Rosenwald School, has become a space for seniors to sit, dine, and create community with friends. We are thrilled to extend our services, and look forward to feeding even more seniors here in the years to come.



Valentine's Flowers



It's always a treat when we can deliver something special with our nutritious meals to homebound seniors! A special thank you to Mission Flowers for partnering with us for their Buy One Give One Valentine's bouquet special. For every Valentine's bouquet purchased at Mission Flowers, they donated a bouquet to Meals on Wheels clients. Thank you to all who purchased these bouquets, and for our wonderful volunteers who delivered the flowers!

Protect Seniors from Scams

Many of us are familiar with receiving scam calls. However, many seniors sadly fall victim to predatory scammers and their deceptive tactics. The Social Security Administration Office of the Inspector General urges everyone to be cautious of any contact supposedly from a government agency telling you about a problem you don't recognize and provides the following tips. Real government officials will NEVER:

- Threaten arrest or legal action against you unless you immediately send money;
 - Promise to increase your benefits or resolve a problem if you pay a fee or move your money into a protected account;
 - Require payment with gift cards, prepaid debit cards, wire transfer, Internet currency, or by mailing cash; or
- try to gain your trust by providing fake "documentation," false "evidence," or the name of a real government official.

Meals on Wheels of Wake County recognizes these memorial gifts given from 10/13/2022 to 3/20/2023

IN MEMORY OF

- Barbara Harris
- Barbara Smiley
- Becky Pleasants • Beryl Wickard
- Bessie Gray • Betty R. Beasley
- Bill Duncan • Brigitte Thurackal
- Carmello Iacone
- Betty R. Beasley
- Carmen Gardner Reeve
- Catherine Kelly Kinsella Corleto
- Charles Hart • Charlotte Swart
- Conrad James • David Permar
- Diane Dare • Dolores Firenzi
- Doris Moses • Doris Whitaker
- Dot Hoover • Douglas David Hall
- Edward Kent Dunn Jr. • Edwin Fuller
- Edwin Keiser • Frank E. Haag
- Fred Langenbach • Gail Haddad
- Gary Songer
- Girija Radhakrishnan Nair
- Harold & Dorothy Pitta
- Hugh Campbell
- Ira Brantley Newton
- James "Jimmy" Ragan
- James Marvin Cameron
- James JablonskiJanel Maples
- Jean Ball Bryan
- Jeannette Sloan • Jerry McLamb
- Jettie Morrison Lee
- Joan Cawthon
- Joann Tullberg • Kathleen Rost
- Kathleen Suski
- Kemper and Roberta Watson
- Lee Witcher • Lois Goodwin
- Louise Farrar • Lucille Lamb
- Margaret K Shields
- Marguerite McKenna
- Marie Vassallo • Mary French
- Maryann Jackson
- Mattie Jane Davis • Mezora Hicks Gill
- Mrs. Sadie G. Seabrook
- Ms. Rosa Daves
- Narendra Tamhane
- Officer Gabriel Jesus Torres
- Percy and Naomi Leak
- Polly Smith
- Rebekah "Becky" Murphy
- Richard P Kennedy II
- Rick A. Linthurst
- Rick Enlow • Ronald Griffin
- Rosemary and Budd Filippo
- Sandra Willis Barkley
- Sarah Juaneil Brewer King
- Sgt. Nicholas "Nick" Dickhutt
- Shelby Westbrook Phillips
- Shennelle Scott
- Stella Phillips Massey
- Stephen Cochran
- Susan Carney • Teresa Jones
- Terry LeGrand Edge
- Virginia Darmond
- Watson Family
- William Wayne Duncan
- Ziyad Asfari



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CHANGE SERVICE REQUESTED



SAVE THE DATE

APRIL 25, 2024

THE UMSTEAD HOTEL



www.wakemow.org