

Meals on Wheels of Wake County = Big Impact for Local Seniors

For over 44 years Meals on Wheels of Wake County has been a trusted agency in local senior care. Because of all the people who have joined together to care for our senior neighbors, this powerhouse movement is on the verge of serving its' 9 millionth meal.

But, looking past the number of meals, you will find our wonderful clients who benefit from our impact daily. Among our 1,300 recipients there are veterans of WWII, Korea, and Vietnam, teachers, police officers, homemakers, nurses, musicians, business owners, farmers, church and community volunteers - men and women from all walks of life. They have spent a lifetime helping others. Now, due to frail health and limited resources, they need our help.

Nationally, Meals on Wheels programs rank high among the best agencies in social services. We have "eyes & ears" on our clients daily. We represent food security, better health, and social connections for homebound seniors.

Locally, we provide a means for our community to efficiently and compassionately care for our aging neighbors. At the heart of this community solution are more than 2,000 volunteers who keep the wheels turning throughout

Wake County. Serving up friendship and nutrition in both senior dining rooms and through deliveries directly to seniors' homes, Meals on Wheels is making Wake County stronger, safer, and more senior-friendly.

Right now, nearly one out of every six seniors in this country may not know where their next meal is coming from and millions more are suffering from isolation. Research shows that malnourished, isolated seniors have a higher rate of hospital readmissions, have longer hospital stays, have a higher risk of falls, and a higher risk of substance abuse. Meals on Wheels saves billions in taxpayer spending by keeping seniors healthy and in their homes and out of hospitals and nursing homes. We can provide an entire year of Meals on Wheels service to a client for less than the average cost of one week in a nursing home or one day in a hospital.

In Wake County we are on the cusp of an aging tsunami. Over the next few years we will experience a 152% increase (over 158,000 people) in the 65+ population. It is imperative that we have the necessary resources to care for our vulnerable elderly neighbors. Our critical services promote good health and well-being for our seniors, and provide economic and social benefits for our community.



**# of clients served
in 2016-2017**
2,647



**# of meals served
in 2016-2017**
331,855



**# of meals served
since 1974**
8,810,100

Our Community. Our Seniors. Our Commitment.



Meals on Wheels
of Wake County, Inc.
1001 Blair Drive
Suite 100
Raleigh, NC 27603-2030
919-833-1749
www.wakemow.org

Staff

Alan Winstead, Executive Director
alan@wakemow.org

Sharon Lawson, Director of
Program Services
sharon@wakemow.org

Anita Baxter, Director of Finance
and Administration
anita@wakemow.org

Mary Kate Keith, Director of
Development and Communication
marykate@wakemow.org

Linda Depo, Development Officer
lindad@wakemow.org

Lesley Castle, Development Assistant
lesleyc@wakemow.org

Linda Roan, Assistant Director of
Program Services, Congregate
linda@wakemow.org

Lesley Richmond, Assistant Director of
Program Services, Home Delivery
Lesley@wakemow.org

Morgan Arnold
Outreach Specialist
morgan@wakemow.org

Sally Haile, Outreach Specialist
Sally@wakemow.org

Martha Cooper, Administrative Assistant
martha@wakemow.org

Alex Vaughn, Data Entry Specialist
alex@wakemow.org

Jacqueline Gray,
Accounting Assistant
jacqueline@wakemow.org

Brenda Johnson, Senior
Site Coordinator
brenda@wakemow.org

William Cole, Driver
Chava Joyner, Driver

Site Managers

Five Points Center for Active Adults:
Faith Walters

St. Saviour's Outreach Center:
Lottie Morgan & Sarah Reed

Garner Senior Center: Pat Rooks

Northern Wake Senior Center:
Jessica Holman

Morrisville: Esther Dunnigan

East Wake Senior Center: Ellen White

Pine Acres: Maggie Thompson
& Debbie Wichmann

The Gathering Place: Eloise Best

Northern Wake Senior Center:
Sonja Monk

Site Coordinators

Apex: Julie Roe

North Raleigh: Katie Turkal

Garner: Jean Banks

Rolesville: Lesley Richmond

Knightdale: Pam Hooks

Wendell: Elizabeth Wiggins

Zebulon: Cindy Privette

Cary: Dubba Lucas

Meals on Wheels of
Wake County, Inc.
is a Triangle United
Way Member Agency.



Message from the Executive Director

Alan Winstead

As we progress through the final months of 2017 and the seasons change, I am thinking often about an old proverb: "mighty oaks from little acorns grow". As I rake leaves, I see how easily those acorns literally will take root and sprout into the tiniest of saplings. I also see in history how epochal endings have very ordinary beginnings. Martin Luther, who 500 years ago (on October 31, 1517) nailed his 95 Theses to the door at Wittenberg Castle church, probably only thought that he was beginning a fairly common academic debate rather than starting the Protestant Reformation. In the Christian tradition, likewise, it is the ordinary birth of a small child in inauspicious surroundings that we celebrate this season.

I often see how the simplest deeds produce great results at Meals on Wheels. It only takes about one hour to deliver prepared meals to our homebound neighbors, but the food and the social visit matter tremendously. Meals on Wheels could not operate without the volunteers who give their time.

These same volunteers, whether they deliver once or repeatedly over decades, benefit from the contact they have with our participants. Our participants, who have contributed much over their lifetimes, continue to enrich us. They remind us that something as ordinary as opening the door and being available can be the start of a great friendship.

Our donors support our mission generously. All gifts matter regardless of the amount. By combining thousands of individual donations, we are able to fund our budget. This season, these gifts will matter two times; The Stewards Fund will donate an \$80,000 Challenge Grant if our donors will make an initial gift or increase a previous gift that total cumulatively \$80,000.

By pulling together multiple small acts on a daily basis, Meals on Wheels is achieving great results. You will hear much about the celebrated delivery of our 9,000,000th meal before the end of year.

As the calendar year winds down and our holiday activities increase, I hope that you find the opportunity to discover what is extraordinary about the ordinary around us and that you too will appreciate the little acorns as well as the mighty oaks.

Stewards Fund Challenge Grant

We need your help to reach the Stewards Fund Challenge Grant. If we raise \$80,000 from new donors, increased donations from existing donors, or donations from a lapsed donors the Stewards Fund will match it dollar for dollar. That means another \$80,000 (11,000+ meals) for Meals on Wheels. Donations must be received between November 1, 2017 and February 28, 2018. The challenge is on – help us reach the goal.



Members of the Meals on Wheels Young Professional's Board held their 2nd Annual Pints for a Purpose fundraiser on October 15th at Trophy Brewing. The fun, successful event highlighted the pervasiveness of senior hunger which is often considered "hidden" as many people do not realize their senior neighbor may actually be alone, and hungry.



A small army of volunteers packed over 700 bags of produce at the State Farmers Market on September 29th. These bags were distributed to homebound seniors throughout Wake County. Homebound seniors often find it difficult, if not impossible, to access fresh fruits and vegetables on a regular basis.

We would like to recognize the following special gifts given from August 1, 2017- October 26, 2017

MEMORIALS:

- Bob Blackmon**
- Inez Maiden**
- Honeycutt Brannan**
- Douglas Chamblee**
- Ernest McCoy Davis**
- Mary Jane Davis**
- Ed DiCambio**
- Harriette Finch**
- Evelyn Flowers**
- Shirley O'Dell Murray**
- Lloyd Owens**
- Betty Schluchter**
- Sandy Simmons**
- Oma Taylor**
- Earl Thompson**
- John Wandle**

Dining Room (Congregate) Happenings

Linda Roan, Assistant Director of Program Services, Congregate

December Holiday Celebrations are coming up, including the dining rooms on December 13th. Staff, Volunteers and Board members join our clients for lunch and the festivities. With your generous help, each senior receives a gift. Once again, we are requesting donations of small items for the dining room participants. We are fortunate to have a Sunday school class from Hayes Barton UMC wrap the donated items. Drop your donations off at 1001 Blair Drive, Raleigh by December 4. We appreciate your effort and generosity. Suggested holiday gift items: coffee, teas, hot chocolate, cookies, soft candy, large crossword puzzle books, gloves, mittens, scarves, for both men and women.

Other items needed are: NEW plastic T-shirt carry out bags and BREAKFAST BAG ITEMS - small brown lunch bags should include juice box, pack of oatmeal, soft granola bar, & pop top small can of fruit.

HONORARY:

- Martin Hines**
- Kristina Weatherly**



Capital Ford employees enjoyed their October team building day. They delivered meals to clients on 10 routes in Raleigh.

Meals on Wheels Trivia
What percentage of seniors age 65+ in the US live alone?
 (answer pg 4)



Subaru Share the Love Event

Over the past nine years, Subaru and its retailers have helped the Meals on Wheels network deliver more than 1.7 MILLION MEALS to homebound seniors across the country. You can help that number grow when you buy or lease a new Subaru during the Share the Love Event, November 16, 2017, through January 2, 2018. During this year-end sales event, Subaru of America will donate \$250 to your selected charity. Sharing means caring for our senior neighbors and we hope you'll choose Meals on Wheels.

LEARN MORE AT WWW.MEALSONWHEELSAMERICA.ORG/SHARETHELOVE.

Save the Date

Rudolph Food Truck Rodeo

**December 3 at
Knightdale Station Park
12 noon to 4 pm.
(Benefits MOW)**

Laissez Les Bon Temps Rouler!



Thank you to our current Mardi Gras Ball Sponsors! There is still time to be a sponsor and support our annual signature fundraising event. For more information, call Mary Kate Keith, Development Director, at 919-833-1749.

Queen Sponsor- \$5,000 King Sponsor- \$2,500

Concord Hospitality Poyner Spruill
Goodberry's Creamery US Foods
Bill Smith
Genworth Financial

Krewe Sponsor-\$1,000

Jackson Lewis
Kelly Eye Center
Cunningham Financial
Blue Cross and Blue Shield of North Carolina
Foundry Commercial



HOLIDAY SHOPPING BONUS

If your holiday shopping brings you to Amazon, be sure to select Meals on Wheels of Wake County as your preferred charity with AmazonSmile. Amazon donates 0.5% of the price of your eligible AmazonSmile purchases to the charitable organization of your choice. Happy Shopping.

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**

**Meals on Wheels
Trivia Answer**
**28% or 11 million
Americans
65+ live alone**