



**MEALS on WHEELS**  
WAKE COUNTY

# The Meal Times

THE OFFICIAL NEWSLETTER FOR MEALS ON WHEELS OF WAKE COUNTY

Fall 24

## For Seniors like Barry, Meals on Wheels Makes a Difference

When the door opens for volunteers at Barry's home, they are greeted with a warm smile and a flower. "I always give my volunteers a flower when they come, because I appreciate it so much. I just love them. It's important to me to give them some kindness too."

With a robust history of travel and art collecting, Barry's home is filled with beautiful art, amazing artifacts from his past travels, and loving portraits of his two daughters and grandson- the pride and joys of his life. Barry's home is a true wonderland, and his cheerful disposition is evidence of a happy, well lived life.

Barry has been a Meals on Wheels client for almost six years after his doctor referred him to the program. While Barry finds that the meals and the check ins help him to continue living independently, the best part of his Meals on Wheels experience is by far the connections and friendships he has built with his volunteers. "They brighten my day! They come in and put the lunch on my table. They're all my friends."



*Barry greets every volunteer with a friendly smile and a flower.*



*Meals delivered by volunteers help seniors maintain independence in their homes and connection to their communities.*

Barry's warmth and kindness is matched by the volunteers that visit him each weekday. Whether it's Audrey and Ann, who go above and beyond meal deliveries by helping take up Barry's recycling for him, or Ron who gives friendly visits with his granddaughters- Barry has so much love and gratitude for all of his volunteers, and looks forward to their deliveries each day.

Meals on Wheels provides nourishment for seniors, both body and soul. Your support of our program sustains seniors, and keeps them connected to others in their communities. As Barry puts it:

"If you're considering being a volunteer or receiving meals, you should go for it- you'll meet wonderful people."

## Local Food and Produce for Seniors from Ripe for Revival

Thanks to a generous grant from RTI International, four of our Friendship Cafes were visited this fall by the Ripe for Revival produce truck to shop fresh food and produce with free vouchers. This partnership benefits the nutrition of our seniors by providing healthy food access- all while supporting local farms.

According to National Coalition on Aging, eating enough fruits and vegetables is essential for seniors to stay healthy, active, and independent. This is because our nutrition needs change as we age. If older adults don't get the nutrients they need, they're more susceptible to malnutrition, vitamin deficiencies, and chronic diseases.

Thanks to the partnership of RTI International and Ripe for Revival, we will continue to provide fresh, local foods to benefit the health and well being of our senior neighbors.



**Our Community. Our Seniors. Our Commitment.**

**In Recognition of Special  
Gifts Given in Tribute from  
8/3/24 to 10/21/24**

**IN HONOR OF**

Ashley McCumber & Craig Davini  
Betsy & Jack Payne  
Betty Eury  
David & Kinko Spencer  
Eric Spirulla  
J.H. Snyder  
Joann Phillips  
Maria Bleier  
Odell Whitted  
Ron Ayotte

**IN MEMORY OF**

Anne Dulick  
Beryl Wickard  
Brian Clement  
Carmen Reeve  
Charlotte Swart  
Dot Chamblee  
Eliza Chipley Douglass  
Francois Bouthiller  
Ginger Perry Neville  
Harold Lloyd Wetzel  
James & Doris Johnson  
Joan Ward  
Joanne Webb Bas  
Judy Setliff's Mother  
Kevin Shreve Waters  
Louise Bell  
Maganlal Naik  
Mary Mainwaring  
Nancy Borngesser  
Odell Whitted  
Parrish Womble  
Polly Flowe  
Rose Evelyn Whitney  
Sherri Deaver  
Sylvia Smith  
Tina Smith



**A Message from the Executive Director**

*Ashley C. McCumber*

A few weeks ago, I was on my back deck in Raleigh and was captured by the beauty of this tree and the announcement that it gives that Fall had certainly arrived. I know we're all experiencing the speed at which the end of 2024 approaches. There are so many things that harken the season – Halloween, The World Series, the Election, Veterans Day, and the very short weeks to Thanksgiving, Hanukkah, Kwanzaa, Christmas and New Years!

It's during this time of year that I'm sure we're all wondering how we'll get everything done and see all those we wish to see. But for me, as someone who has supported homebound seniors and other seniors for almost two decades, I am reminded that too many of our seniors live alone and without broad networks to support them. Many live in isolation and with loneliness.

It's important to know the difference between isolation and loneliness. Isolation is an objective state of having few social contacts, while loneliness is a subjective feeling of being disconnected or alone. Many individuals, including me, don't mind periods of isolation, but very few of us would wish to feel alone or live with loneliness.

That's why Meals on Wheels programs are so critical and so "much more than a meal." According to a study by Meals on Wheels America in June of 2023, the negative consequences of social isolation include anxiety, depression, cardiovascular disease, cognitive decline, a lower quality of life and increased use of healthcare services.

Homebound older adults are particularly vulnerable to social isolation and loneliness. Depending on what study you find, between 20 to 25% of people over 60 consider themselves socially isolated and experience loneliness. Some studies have shown that the health impact of loneliness is as harmful to health as smoking 15 cigarettes per day.

If you spend any time at a Meals on Wheels program, with a Meals on Wheels client or volunteer, you'll immediately see the value of Meals on Wheels in our communities. As you seek to balance your commitments this Season, please know that Wake MOW invites you to volunteer, donate, visit a senior on our program or just an older neighbor that you know. For those who do, they receive far more than they give.

**Are you a State or Federal Employee? Support us through Combined Giving Campaigns!**  
**State Employees Combined Campaign – 1820; Combined Federal Campaign – 59456**

**Fostering Connection at Friendship Cafe**

Leith GMC generously supported our final 50th Anniversary Friendship Cafe celebration at Redeeming Love Friendship Cafe. Thanks to their partnership, seniors can continue to create community together over a nutritious meal.

Our 11 Friendship Cafe locations across Wake County provide the much-needed social connections that are proven to improve both health and wellness in seniors. In addition to meals and socialization, there is regular programming tailored to the interests and needs of seniors. The impact that our Cafes have had on the lives of the seniors we serve is felt beyond mealtime. "I absolutely love it." said Debbie, an attendee of Redeeming Love Friendship Cafe. "I try to encourage other people my age to come because we not only fellowship together and care about each other, we learn together."

**Learn more at [wakemow.org/friendship-cafe](http://wakemow.org/friendship-cafe)**







Redeeming Love Friendship Cafe danced, dined, and shared about their gratitude for Friendship Cafe.



Very groovy! Seniors at Wendell Friendship Cafe celebrated in 70's style!



A super 70's bash with dancing for Saint Saviour's 50th celebration!



Aloha! It was a rocking luau at the Garner Friendship Cafe to celebrate 50 years.



Wake Forest Friendship Cafe seniors celebrated with a formal party!



Seniors boogied down to disco tunes at Pine Acres Friendship Cafe!

## Risk Less, Do More.

No matter who you are, understanding the risks that flu, COVID-19, and RSV pose is key to staying healthy. That is exactly why Meals on Wheels of Wake County has partnered with the U.S. Department of Health and Human Services (HHS) Risk Less. Do More. campaign, which aims to increase awareness of vaccines that reduce the risk of serious illness from flu, COVID-19, and RSV and to limit the spread of these viruses among all Americans. We have held vaccine clinics for our seniors, distributed vaccine information and COVID tests, and so much more- all to ensure that our seniors and the community around them stay healthier through preventative measures.

**Flu, COVID-19, and RSV Vaccines: Reasons to Get Vaccinated This Season**  
Respiratory viruses like flu, COVID-19, and RSV can spread quickly in your community, especially during the fall and winter seasons. Some people are at higher risk of getting seriously sick or ending up in the hospital if they get infected with one of these viruses. The good news is that flu, COVID-19, and RSV vaccines boost your protection against severe illness and hospitalization.

Who's at high risk for a severe case of flu or COVID-19? People 65 years and older, people with certain medical conditions, and people with weakened immune systems.

Who's at high risk for a severe case of RSV? People 75 years and older, people 60 and older who live in nursing homes, and people 60 and older with certain medical conditions.

What if I'm pregnant? Vaccinating against flu and COVID-19 during your pregnancy can help keep you from getting very sick and can even help protect your baby. A doctor may also recommend that you get an RSV vaccine while pregnant to help protect your baby from serious RSV disease.

One way to protect yourself from severe flu, COVID-19, or RSV illness is to get vaccinated. Don't wait! Talk to a doctor about what vaccines are right for you, so you can make a vaccine appointment today.

**Get started at [vaccines.gov](https://vaccines.gov)**



MOWW held four clinics at our Friendship Cafes to ensure easy access to vaccines.

**RISK LESS.  
DO MORE.**  
Get this season's vaccines



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*Change service requested*

## Help for the Holidays

Looking for ways to help your neighbors while celebrating the season of giving? Support seniors with Meals on Wheels of Wake County!

- Collect Holiday Gifts
- Deliver Holiday meals
- Purchase our Holiday Cards
- Donate Holiday Meals
- Sponsor Friendship Cafe Holiday Parties

**Learn more at:**  
**wakemow.org/help-holidays**



*"I love my volunteers, they are all lovely, wonderful, giving, and loving people."*

*"The meals have been a real blessing. I appreciate everything that Meals on Wheels does for me!"*