

A Meals on Wheels of Mercer County Publication May 2024

OLDER AMERICANS MONTH



POWERED BY CONNECTION: MAY 2024

May is Older Americans Month!

Every May, the Administration for Community Living leads the nation's observance of Older Americans Month (OAM).

The 2024 theme is **Powered by Connection**, which **recognizes the profound impact that meaningful relationships and social connections have on our health and well-being.**

MOWMC strives to achieve this by delivering more than a meal. The daily connection and relationships our volunteers and participants develop help foster positive emotional, and physical, health.

To learn more about what you can do for OAM, visit our website:

<https://www.mealsonwheelsmercer.org/older-americans-month>

Special Recognition

A special THANK YOU! to **Jessica Damanski**, a TCNJ Bonner Scholar who has worked with our participants over the course of the last three years.

Jess showed up without fail for meal delivery every week - which eventually led up to her organizing a TCNJ van for Monday through Friday meal delivery, along with providing training to other Bonner Scholars.

Jess also provided invaluable program support. She quickly showed a unique sensitivity and ability for connecting with our participants, which led to her assisting with well-checks and nutrition risk assessments.

During Jess' senior year, she modeled her legacy project after the "Music and Memory" program that is proven to benefit those coping with dementia, and led to her designing a music therapy program for our participants. She helped acquire a community partner grant for the program, which funded MP3 players based on direct feedback from participants and their families.

Ruth Todd, MOWMC Director of Program Services, was recently able to present Jess with an award honoring her dedicated service. She noted:

*"I am grateful for the opportunity to tell Jess in this public way that **you have made a difference.**" Your natural approach and genuine compassion put our participants at immediate ease. Your thoughtfulness and efforts have had, and will continue to have, a lasting effect.*



As graduation approaches and you move on to the next leg of your ambitious academic journey, it is our hope that the time spent helping us to fulfill the mission of Meals on Wheels has encouraged you to embrace a lifetime of service."

The Staff at MOWMC thank Jessica immensely for her dedication to our community.

Participant Meals



The talented Dietetic Team at Gourmet Dining LLC/Rider University often provide meals addressing a variety of healthy menus. All of our participants enjoy being introduced to new foods!

Information sent along with these meals describes the many health benefits and beneficial nutrition of the meals.

May's themed meal was 'Mediterranean Day', where participants enjoyed Lemon Oregano Grilled Chicken, Oven Bake Pita, Chickpea Hummus, Tzatziki Sauce & Roasted Vegetables!



Volunteer Recognition

In recognition of Volunteer Appreciation Month, we wanted to highlight one of our longtime volunteers for his service for almost three decades! **Dwight Wilkinson** is one of our volunteers who has two weekly permanent routes, and has volunteered for over 25 years!

We thank him for his service - and the smile he shares with us every day he comes to Rider.

April was **Volunteer Appreciation Month** and we wanted volunteers to know how much we appreciate their support and commitment. In early April we had a morning bagel breakfast surprise at Rider and other special acknowledgements throughout the month.

We are always looking for meal delivery volunteers!
If you are interested, please click [HERE](#) to fill out an application.



MOWMC in Our Community

We are excited to announce that Mercer Street Friends is providing grant funding for emergency meals to our homebound and food insecure older adults. These meals are shelf stable for when we are unable to deliver our daily meals during weather situations, power outages or other emergency situations.

Mercer Street Friends has also generously allocated funding to expand our capacity allowing MOWMC meet the growing demand for nutrition service.

We thank Mercer Street Friends for their continued partnership and support.



The **Coldwell Banker Real Estate** team joined Meals on Wheels of Mercer County (MOWMC) for a team-building morning delivering meals to homebound seniors in Mercer County. MOWMC is grateful for the unique community partnerships that help raise awareness, provide funding, and assist with deliveries. We were honored to have the talented **Coldwell Banker Realty** sales team with us! After the deliveries were completed, one Coldwell team member said:

"I'm absolutely honored to have been part of this wonderful initiative alongside the amazing team at Coldwell Banker Realty! Delivering meals with Meals on Wheels of Mercer County was not only rewarding but also a fantastic team-building experience. Let's keep the spirit of community alive and continue making a difference together!"



MOWMC Update

In April, we recognized **Jeannie Weakliem**, our Administrative Services Manager, for **Administrative Professionals Day!**

Jeannie joined MOWMC with a wealth of expertise and experience gained from her prior roles in the community - including marketing, operations, and relationship-building. Jeannie helps keep the day running smoothly. She is the friendly voice on the phone - so if you hear her voice when you call in, be sure to join us in saying...

Thank you Jeannie!

Now Accepting Sponsors & Vendors

If you would like to be on the **Event Planning Committee**,
Participate as an **Event Sponsor**, or **Event Vendor**
please contact:

Evet Shulman at 609-695-3483
OR
eshulman@mealsonwheelsmercer.org



PAWS FOR OUR CAUSE WALK



FAMILY WELLNESS FAIR

OCTOBER 19, 2024 • 1-3 PM
ROSEDALE PARK, PENNINGTON, NJ

Raising critical funding for **Senior Nutritional Services** as well as the Meals on Wheels of Mercer County **Pet Pantry**— keeping our homebound seniors and their pets healthy, happy & together.

FEATURING:

- Exercise demonstrations.
- Food, nutrition and wellness exhibits.
- Pet Adoption
- Pet Costume Contest
- Food Truck Rally
- Basket Auction
- Give-Aways & More



SPONSORSHIPS AVAILABLE

eshulman@mealsonwheelsmercer.org
609.695.3483 • www.mealsonwheelsmercer.org



Donations

If you would like to make a donation **In Memory or In Honor** of someone, you may do so **HERE** and select 'Tribute Donation' in the drop down.

Please leave details regarding names and acknowledgement in the notes box.

You may also set up **recurring monthly or quarterly giving** via our [website](#).

Contact Us: (609) 695-3483 or Email at info@mealsonwheelsmercer.org



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