Meals on Wheels of Mercer County is a comprehensive nutrition program committed to providing nutritious meals and related services which are designed to promote the independence, dignity, health and well-being of our homebound participants.

SO MUCH MORE THAN A MEAL...

Meals on Wheels primarily serves an older adult population that has become homebound due to illness, age or disability. As a result, this population often remains “invisible” to the community, and many live alone and isolated. Equally as important as the daily meal that is delivered by the loving hands of our many volunteers, is that daily interaction that lets our participants know that they are not alone; that someone out there knows they are there, and that we still care about them.

The vast majority of our caring volunteers are 65 and older; young retirees, many who are “paying it forward”. They are the ones who have the time during the day to make the meal deliveries, while the rest of us keep work or school hours. They are also the ones who most personally feel the plight of the 60% of those we serve who live alone.

In an effort to help others understand that we are “so much more than a meal”, Meals on Wheels of Mercer County has made deliberate efforts over the past few years to build relationships with a younger group of volunteers: college students. We hope to build an awareness of the pervasiveness and severity of senior hunger in our community in a group of young people where this issue may be the farthest thing from their minds. As many of our volunteers are drawn to Meals on Wheels due to personal experiences like delivering with their grandparents, or because their family members who received meals, we also hope to grow these students into future volunteers in whatever community they end up in!

Meals on Wheels of Mercer County now works closely with students from all four local colleges and universities; Mercer County Community College, Rider University, Princeton University and The College of New Jersey (TCNJ). Two universities in particular, Rider and TCNJ, have given us institutional support beyond just student volunteers. They have fully embraced the “town/gown” relationship and all it brings to both the campus and surrounding community!

Last year, Rider University through Gourmet Dining, LLC became our caterer, and as a result, our daily partner. Not only have they helped us step up our game regarding healthier food options for our participants, but Rider provides us with regular volunteers, from students, to faculty, to staff! They have paired us with academic classes to do research and make recommendations on our operations, and they have gone out of their way to accommodate our volunteers and staff to insure seamless delivery of all our services.

TCNJ, through their Bonner program, has provided daily student volunteers to deliver meals and initiate special projects over the last three years. Besides deliveries, students have done friendly visiting and phone calls, and even shoveled snow!

The relationships that are forged between these college students and our seniors are priceless. Needless to say, our seniors love interacting with young people, as they rarely see them. And the college students learn a lot from their wisdom, which they share often! These are the bonds we like to nurture; the ones that reinforce our common humanity, made in brief moments, but that last for a lifetime.
**ZippyMeals**

At Meals on Wheels of Mercer County, we are always looking for ways to improve our efficiency in the delivery of meals. It is imperative, with only four full time employees and two part-timers. Internally, we must operate in the world of advanced technology to make us as efficient and productive as possible. Externally, we work with a population (and a few volunteers) who do not utilize advanced technology and/or digital forms of communication. This is an assumed part of our work, but one that sometimes necessitates extra time and steps.

Part of bridging this divide is the constant search for digital packages to make our internal operations even more efficient. So when staff discovered ZippyMeals at the annual MOW conference last year, it was the solution we were looking for. Founded by volunteers who saw a need, ZippyMeals is an all-in-one system designed specifically for MOW programs to improve the volunteer experience and increase staff efficiency.

Since being implemented this January, the software has not only saved countless staff hours, but has also streamlined driving directions for volunteers. It has also facilitated the transition to our new caterer, Gourmet Dining at Rider University in terms of tracking daily meals and the printing of meal labels. All these direct benefits mean that MOWMC can focus more on the well-being of our homebound participants, and further maximize the impact of your donations!

---

**OLD FRIENDS**

Respiratory issues, she can't walk far
Window sign says 'No fumar'.

Dementia patient, cognition poor,
We let the cat back in the door.

Bespectacled lady, gray hair in whirls,
Likes to watch the birds and squirrels.

Congenial lady, the friendliest sort
Offers chocolate and the weather report.

A client's dog with so much knowledge
He is bilingual and 'went to college'.

Shayla lady, I've often missed her
Blesses me and calls me sister.

A timid woman, so quiet, so shy,
She barely looks you in the eye.

Elderly man in his native tongue,
Affirms youth is wasted on the young.

We see the wisdom that infirmity brings
They care no more for earthly things.

Esteem old friends, the reason, thus:
Because one day this will be us.

---

**THE IMPORTANCE OF SOCIALIZATION**

Home delivered meals has become a cottage industry. However, the Meals on Wheels model is unique in the industry of senior feeding. What sets us apart from all others is the daily visit and well-check on our participants; the care and concern of our volunteers for those they serve; and the meticulous follow-up by staff with family members should something not be quite right. Our visits have brightened the day of an isolated senior, and gone as far as saved lives.

“Research has shown that social integration and increased opportunities for socialization can delay memory loss among older adults (Ertel et al. 2008); reduce the risk of obesity, hypertension, and metabolic dysregulation (Yang et al. 2013; Cheng et al. 2014; Snee and Cohen 2014); and lower mortality (Holt-Lunstad et al. 2015; Barger 2013).”

With each delivery, our volunteers and participants become familiar with one another, building rapport and caring relationships. This connection is extremely important for all our participants who are homebound, especially the 60% of them who live alone. Another reason we are “so much more than a meal”!

---

**MEMORIAL & IN HONOR DONATIONS**

In Honor of Diane Goettler & Donald Sayres
Jack & Jane Hochman

In Honor of Ede Schaertel
B.J. Schaertel

In Honor of George & Zofia Feulner
Richard & Deborah Feulner

In Honor of Ruth Ober
Gladys Alsop

In Honor of S.F.C. William S. Kam
Gisela Kam & Rodolfo Aiello

In Honor of Konstantin Kalenitchenko
Veronica Nagorny

In Honor of Michela Mangiaracina
on her birthday
Susan Boyle

In Honor of Nancy O’Dennis-Bliszcz, Kitty Blissit, Bruce Guilbault & Kim McKeown
Susan Boyle & Bruce Biences

In Honor of Cathy Cruthers
Her Neighbors

In Memory of Albert Hochschild
Sandra Hochschild

In Memory of Gloria Else
Ann Gumbinger

In Memory of Janet & Vera
Patricia Knapsack

In Memory of Tim Murphy
of Boca Raton, FL
John Gacos

In Memory of Stella Wszelek
Donald Sayre

In Memory of Gary Sbrilli
Lynne & Stanley Chin

In Memory of Gary Sbrilli
Francis & Susan Oleskiewicz

In Memory of Pepetsa Agourides
Louise Colanduoni

In Memory of Their Aunt
Rita Fidanza
Judy & Maria Paul

In Memory of Pepetsa Agourides
Ruth Ann Gribbin

In Memory of Eleanor M. Grimm
Ardis DeCamp

In Memory of Carl J. Carter
Art & Mary Arena
# Dine Out to Stamp Out Senior Hunger

## March for Meals 2019

Come out and support Meals on Wheels of Mercer County as we raise awareness about senior hunger in our community! Dine at one or ALL of these local establishments during the month of March, and a percentage of your bill will be donated to Meals on Wheels of Mercer County.

### Participating Restaurants

<table>
<thead>
<tr>
<th>Week of March 4th - 10th</th>
<th>Monday, March 4</th>
<th>Agricola</th>
<th>11 Witherspoon St.</th>
<th>Princeton</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>Tuesday, March 5</td>
<td>Cargot Brasserie</td>
<td>98 University Pl.</td>
<td>Princeton</td>
</tr>
<tr>
<td></td>
<td>Wednesday, March 6</td>
<td>Blooming Grove Inn</td>
<td>234 West Upper Ferry Rd</td>
<td>Ewing</td>
</tr>
<tr>
<td></td>
<td>Thursday, March 7</td>
<td>Masa Sushi</td>
<td>415 Nassau Park Blvd</td>
<td>Princeton</td>
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</tbody>
</table>

| Week of March 11th - 17th | Tuesday, March 12 | Cattani Catering & Kitchen | 1569 Parkway Avenue | Ewing |
|                          | Wednesday, March 13 | Leonardo’s II | 2021 Brunswick Avenue | Lawrenceville |
|                          | Thursday, March 14 | Revere Ristorante | 802 River Rd. | Ewing |

| Week of March 18th - 24th | Tuesday, March 19 | Café 72 by Cugino’s | 72 West Upper Ferry Road | Ewing & Princeton |
|                          | Yankee Doodle Tap Room | 10 Palmer Square | Princeton |
|                          | Wednesday, March 20 | 12 Farms | 120 North Main St. | Hightstown |
|                          | Thursday, March 21 | Mama Flora’s | 1750 N. Olden Ave | Ewing |

| Week of March 25th - 30th | Tuesday, March 26 | PJ’s Pancake House | 938 Bear Tavern Rd. | Ewing |
|                          | Wednesday, March 27 | Marsilio’s Kitchen | 71 West Upper Ferry Rd. | Ewing |
|                          | Thursday, March 28 | Metro Grill | 172 Scotch Rd. | Ewing |
|                          | Friday, March 29 | Lion Dog | 1942 Pennington Rd. | Ewing |

All this month, 1911 Smokehouse BBQ will donate proceeds from their pineapple upside-down cake!

11 West Front St, Trenton

No flyer needed! All proceeds go towards providing meals to seniors in Mercer County. Please thank your hosts for supporting us!

**Make Your Meal Matter!**

For more information: call (609) 695-3483 or visit our website.
Meals on Wheels of Mercer County is a 501(c)(3) tax-exempt organization. All contributions are tax-deductible.

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THANK YOU!!
...to all of the generous individuals, civic groups, houses of worship, schools, corporations and foundations who continue to support us with generous contributions.
You help us turn no one away who needs a meal!

...to those who have provided thoughtful and creative gifts for our participants throughout the year - they are a wonderful addition to our meals!

....and of course, to all of our volunteers!
We could not do what we do without you!!!!