



# NEWS ON WHEELS

A Meals on Wheels of Mercer County Publication

Spring 2023

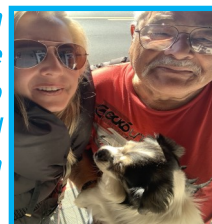


## PAWS FOR OUR CAUSE PET WALK



Imagine you are isolated at home, and the only other living thing in your home is your pet. That pet is your family, and you would do anything to keep that “furry family member” alive. What would you do for your family member if you were on a fixed income and had limited access to food? We all would make sure that family member eats first, of course! Most likely, they will even be fed the meal that was intended for you.

So many of us know firsthand the tremendous value a pet can bring into our lives. This is no different for homebound seniors and their pets, who are especially vulnerable. *Research has shown that pet ownership can provide important forms of social and emotional support for older adults, which can reduce stress, loneliness and improve overall quality of life. One study found that strong attachment to a pet was associated with less depression among older adults. The bond between an elder and their pet positively contributes towards healthy aging in several areas - including mental health (anxiety and depression), stress, Alzheimer's and dementia, and physical health.*



Gabby, Jorge and his pup Selena!

Sharing the only meals they may receive from Meals on Wheels is not good for our elders - or their pets. This is why Meals on Wheels of Mercer County has seen to the needs of these vulnerable elders by providing free pet food twice a month, along with their meal, so neither go hungry! Our Pet Pantry provides an essential service for our homebound neighbors that ensures that they themselves eat their own complete meals.



MOWMC is proud to announce our inaugural Pet Walk, supporting our homebound elders and their furry companions and to coincide with our 50th anniversary!

Our Pet Pantry began in 2014 when we realized a growing number of our elders were sharing meals with their pets. The Paws for Our Cause Pet Walk will be a fun event that will raise essential funds for the growing Pet Pantry we maintain. This pantry enables us, as we do with our elders, to turn no pet away who needs a meal. Over the years we have served cats, dogs, birds, iguanas and more!

Currently, our Pet Pantry is supported by generous pet lovers in our community, current Meals on Wheels volunteers, and the Trenton Animal Shelter. Ann F., a long time meal delivery volunteer and cat lover, stepped up last year to run our pet pantry! She does this completely on her own time, and we are so grateful to Ann!

Our Pet Walk is a family friendly event! Please bring your pets for a beautiful Saturday walk in Rosedale Park, including your child's favorite stuffed animals! All “live” pets are to be on a leash. We are even planning to have adoptable pets on site should you be “petless” and are looking to adopt! There will also be a pet food collection station if you would like to donate pet food. For additional information, and to register, please go to our website! ‘

<https://www.mealsonwheelsmercer.org/annual-pet-walk>

**Our seniors and their furry family members are counting on you!**

Looking for event sponsorship opportunities? Eager to support the Pet Pantry now? Please contact Evett Shulman, Chief Development Officer, at 609-695-3483, x104. <https://www.mealsonwheelsmercer.org/donate-now>



Pet food bags ready for delivery!

### OUR MISSION

ASSIST PARTICIPANTS IN MAINTAINING INDEPENDENCE, DIGNITY, HEALTH & WELL-BEING BY PROVIDING COMPREHENSIVE NUTRITION SERVICES AND HELPING EASE SOCIAL ISOLATION.

## MEMORIAL AND IN HONOR GIVING

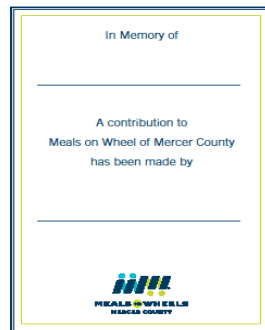
Did you know that you can honor someone you care about (or memorialize someone who has passed) while supporting the Meals on Wheels of Mercer County mission? Making a donation to MOWMC in honor or in memory of someone you care about is a meaningful way to express your thoughts and provide nutritious meals while easing the social isolation of our homebound neighbors.

When you make a memorial or in honor of donation, both you and whomever you designate can receive an acknowledgement that a donation was made. You can either print our online card and send it to the family with your handwritten note, or choose to have MOWMC send a card. Your memorial/in honor donation will be acknowledged in our bi-annual newsletter.

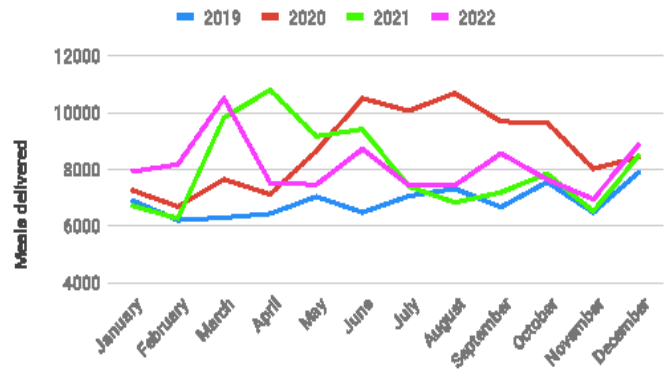
### Make a memorial gift at:

[www.mealsonwheelsmercer.org/donations-ways-to-give-info](http://www.mealsonwheelsmercer.org/donations-ways-to-give-info) or call 609-695-3483, x104. You can also send in a check with the memorial pictured attached. The cards pictured here can be downloaded directly from our website.

THANK YOU!!!



## MEALS DELIVERED BY YEAR



## WELCOME BETH!!!

Beth Englezos is passionate about hunger relief, nutrition security and helping the community. As our first Chief Operations Officer she will design, implement and update policies to promote the vision of MOWMC and will oversee operations to drive the agency forward. She has been working in the Mercer County community for the last two decades, primarily with food insecurity issues and with older adults. Prior to joining MOWMC, Beth served as the Manager of Hunger Prevention and Senior Programs at JFCS of Greater Mercer County. Beth has been a MOW volunteer in the past and knows that a warm, friendly smile can be as filling as a healthy meal. She sits on several food security committees as well as on the Board of the Paul Robeson Charter School in Trenton. Beth is a lover of learning and is continually taking professional courses and seminars. In addition to spending free time with her children when they're home from college, Beth enjoys taking walks with her dog, Cabo, as well as going to the gym. Welcome Beth, to the MOWMC family!

## THE 2023 MARCH FOR MEALS CAMPAIGN PROMISES TO BE THE BEST YET!



2023 will mark 50 years that Meals on Wheels of Mercer County (MOWMC) has provided meals and companionship to our homebound elders. Our goal is to provide nutritious meals to seniors who wish to remain in their homes with dignity, health, and well-being.

Every March, as part of the national Meals on Wheels campaign, we partner with local restaurants to raise awareness around the issue of senior hunger in our community. Last year, we served close to 95,000 meals to the homebound residents in our neighborhoods. We subsidize 85% of those we serve who cannot not afford the \$7 cost of a hot, home-delivered meal - and the demand is increasing.

We are excited to welcome back our faithful restaurant partners such as the Blooming Grove Inn, Café 72, 1911 Smokehouse BBQ, & Leonardo's II. This year we are proud to include many new restaurants to the March for Meals Campaign, including The Patio at Mountainview/Heirloom, with more being added daily. We encourage everyone to support Meals on Wheels and our restaurant friends by having a great lunch or dinner (March 1st - 31st) at one of these amazing restaurants! For a full list of participating restaurants and their special promotions [scan the code:](#)

*As you eat out, think of those who need to eat in!*



## JOHNSON & JOHNSON PARTNERSHIP

Meals on Wheels was selected as a community partner to participate in a 12-week pro bono program known as "Talent for Healthy Communities." Through this program, Johnson & Johnson provided access to a team of experts to address a need at the agency. Our assigned team worked virtually with us 3 - 5 hours/week to streamline the intake & application process and help us to track participant data more efficiently.

In addition to guiding us through this initiative, the J & J team spent a day onsite to gain full perspective and even delivered meals directly to our participants!

Meals on Wheels was one of 30 global agencies selected with J & J professionals from 18 different countries. As a result of this 12-week effort, we will adopt several suggested strategies and transition to an electronic application to expedite the enrollment process.



Pictured are Priynaka & Somalina from J&J, Joe and Stacey MOWMC volunteers, and our CEO Sasa

## CAN YOU SPARE A FEW HOURS A WEEK TO MAKE A BIG DIFFERENCE?

Please consider joining us in delivering nourishment for the body and the soul!

Visit our website to sign up,  
or for more information:  
call: 609-695-3483

email: [volunteerservices@mealsonwheelsmercer.org](mailto:volunteerservices@mealsonwheelsmercer.org)

**VOLUNTEERS URGENTLY NEEDED!!!**

## MEMORIAL DONATIONS

(received Sept 1, 2022 through January 31, 2023)

**Eileen K. Brown,**  
*former MOWMC Volunteer*  
By Barbara Cerne Katona &  
Gae Santiago

**Allan Drake**  
By Dale Jones

**Louis Farina**  
By Robert Brooks, Carol Fowler,  
Carmen & Gloria Katona  
and  
Patricia Yorkus

**Margaret Fleming**  
By Patricia Hice

**Sue Gaines**  
By Margaret Fox-Tully

**Bettie Hance**  
By Linda Montervino

**Paul Francis Hayden**  
By Elaine Mattheus, Andrea Sutyak,  
& Margaret Tattersall

**Vicki Tryer**  
By Donald & Maria  
Kosul

**Thomas M. Hughes**  
By Karen Dauphin,  
Cynthia & Milan Earl,  
Helen Hughes Patterson,  
Charles LaFerrara &  
Gilbert Lugossy

**Kevin Hwang**  
By Jeanne Varga

**Herr Issacs**  
By Albert Stark

**Joseph & Margaret Malczan and  
Fred & Dolores Herpel**  
By Wayne & Margaret Herpel

**Thomas A. Malloy**  
By Ida Malloy

**Gale Richard "Sandy" Schwilk**  
By Alicia Filidore &  
Josephine Jean Thompson

**Mary Serinese**  
By Theresa L. & K.R. Beam

## IN HONOR DONATIONS

(received Sept 1, 2022 through January 31, 2023)

**Annette's 86th Birthday**  
By her sister, Dr. Marcia Steinhauer

**John & Debbie Castellana**  
By Cynthia Castellana

**Julie Chamberlain,**  
*Social Worker Extraordinaire!*  
By Sara Organic

**Subir Chatterjee, Rich Gelinas,  
Tony Mitchell & Jim Moretti**  
By TPGHR Services

**MOWMC Volunteers**  
**Carol Clark & Marie DeBlasio**  
By Debra Burd

**MOWMC Volunteer**  
**Nick Hegedus**  
By Wendy Merkowitz

**Linda Powner & John Boros**  
By Joseph Contardo

**Richard Roman**  
By Pamela & M. Adamczyk

**Carol Satz's 75th Birthday**  
By Frances & John O'Brien

**MOWMC Volunteer**  
**Mary Beth Wood**  
By Mary Lou Davall

**Volunteer Pam Zeifman**  
By Scott & Helene Dubin





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www.mealsonwheelsmercer.org



info@mealsonwheelsmercer.org

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Meals on Wheels of Mercer County is a 501(c)(3) tax-exempt organization. All contributions are tax deductible.

### BOARD OF TRUSTEES

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Paul Kalish  
Giridhar Katkuri  
Karin Morse  
Helen Hughes Patterson  
Mary Smith  
Marguerite Vera

Your generous donations make it all happen! You can donate now by scanning this code!

### STAFF

**Sasa Olessi Montaña**  
Chief Executive Officer

**Lara Livne**  
Chief Program Officer

**Eveit Shulman**  
Chief Development Officer

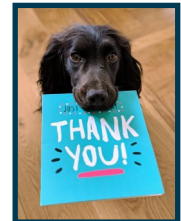
**Beth S. Englezos**  
Chief Operating Officer

**Lisa Kasabach**  
Director of Volunteer Services

**Ruth Todd**  
Director of Program Services

**Jabeen Obaray**  
Project Manager

**A HEARTFELT  
THANK YOU!!**



...to all of the generous individuals, civic groups, houses of worship, schools, corporations, foundations, and our tireless volunteers

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ASSIST PARTICIPANTS IN MAINTAINING INDEPENDENCE, DIGNITY, HEALTH & WELL-BEING BY PROVIDING COMPREHENSIVE NUTRITION SERVICES AND HELPING EASE SOCIAL ISOLATION.