



TOGETHER, WE
CAN DELIVER®

MEALS ON WHEELS MERCER COUNTY
ANNUAL REPORT 2023-2024

TABLE OF CONTENTS



MEALS on WHEELS
MERCER COUNTY

- 1 A MESSAGE FROM OUR CEO
- 2 PEOPLE NEED PEOPLE, END THE WAIT
& GROUP VOLUNTEER OPPORTUNITIES
- 3 FOOD IS MEDICINE & DID YOU KNOW
- 4 THANK YOU & SPOTLIGHT ON GIVING
- 5 BOARD OF TRUSTEES & STAFF
- 6 PET PANTRY, WALK & WELLNESS FAIR



A MESSAGE FROM OUR CEO

In the past year, MOWMC has experienced significant growth serving more of our neighbors in need than ever before. We are so grateful to all those who helped make that possible – Thank you!



As I reflect on the past 10 months serving as CEO of Meals on Wheels of Mercer County, the theme that has emerged from the collective work of our board, staff, volunteers and supporters is “Collaboration”. In this Annual Report, we are proud to showcase some of these collaborations and illustrate the impact that our work together has had in the lives of our senior and disabled neighbors this past year.

As proud as we are of that impact, we know there is still much more work to be done. The epidemic of food insecurity and social isolation in Mercer County is a growing community issue - one that demands a responsive partnership in service. The need is great.

All across Mercer County, this hidden epidemic is quietly growing, one that impacts the elderly, homebound, displaced, and disabled who face the twin challenges of food insecurity and social isolation. It is easy to overlook the struggles facing those whose lives may not be visible to us because of their circumstances.

This largely unseen crisis is not just a matter of hunger; it is a problem that threatens the well-being of thousands across our county. Even amid our region’s prosperity, there are those who are confined to their homes and often in need of social contact as well as nutritional support to ensure their health and safety. With a growing aging population along with the rising costs of living, the number of Mercer County residents who are unable to access nourishing food or maintain regular social interactions is on the rise. So many people are WAITING for our help!

In response to that need, I am excited to share that Meals on Wheels of Mercer County has embarked on a 3-year Strategic Plan and is working alongside other local meal delivery programs and Meals on Wheels America to help **End the Wait**. We are examining how we can partner with other organizations in our community to meet the increasing needs of those we are privileged to serve.

Looking toward the coming year, I am enthusiastic about our path ahead because I know that:

- TOGETHER, we can expand our reach and ensure that our Elders, our Friends and our Neighbors will not have to feel the pangs of hunger and loneliness when they lay their heads to rest at night.
- TOGETHER, we can assure that those we serve can live nourished lives with independence and dignity.
- TOGETHER, we can **End the Wait**.

Yours in service,

A handwritten signature in blue ink that reads "Amy R. Flynn".

Amy R. Flynn



END the WAIT™



280 volunteers
covered **12,452 meal**
delivery shifts!

We also welcomed
165 new volunteers to
the Meals on Wheels
family!

PEOPLE NEED PEOPLE

In a 2023 advisory titled “Our Epidemic of Loneliness and Isolation 2023: The US Surgeon General’s Advisory on the Healing Effects of Social Connection and Community,” the Surgeon General states that, “Social connection is integral to the human condition and to our ability to improve and maintain health. Social connection is a fundamental human need, as essential to survival as food, water, and shelter.”

Much of the time, the friendly knock and the greeting from a Meals on Wheels Delivery Volunteer, is the ONLY human contact our participants experience.

END THE WAIT!

Volunteers play a critical role in our ability to provide services. Meals on Wheels of Mercer County has been waiting for **MORE** volunteers so that we can add MORE delivery routes and serve **MORE** of our neighbors in need throughout Mercer County.

Please help us End the Wait.

Our volunteers deliver so much more than just a meal.



Volunteer TODAY!

For more information, please
call our Director of Volunteer
Services, Lisa Kasabach at

609-695-3483

or, visit our website:

[www.mealsonwheelsmercer.org/
volunteer-opportunities-info](http://www.mealsonwheelsmercer.org/volunteer-opportunities-info)

GROUP VOLUNTEER OPPORTUNITIES

Meals on Wheels of Mercer County partners with a diverse range of groups in special Team Volunteer opportunities.

Volunteering together is an excellent way to engage your organization in a meaningful group experience.

Throughout the year, our team volunteer opportunities engage a variety of volunteers from businesses to faith-based and community groups, as well as campus organizations, veterans, and active military. Team volunteer opportunities are also a GREAT way for individuals looking to celebrate birthdays, anniversaries, or any other major milestone in a way that makes an impact.

FOOD IS MEDICINE

Meals on Wheels of Mercer County is the **ONLY** meal-delivery provider locally, that serves medically tailored meals to meet the unique needs of our participants.

Thanks to support from Provident Bank, Mercer County Office on Aging and others, we've also been able to offer weekly delivery of locally sourced, fresh fruits and vegetables to those we serve. We are so grateful to all of those who support this important initiative. Thank you!



This past year, we provided **7,180 bags of produce** - that's 30,515 pounds of fresh fruit and vegetables!

“Thanks so much for the blueberries. They were a real treat since I can't get out to the market anymore.”
—Sam R.

“I love getting my meals everyday, but I really love Wednesdays because I get my bag of fresh fruits and vegetables. Today, the peaches and strawberries were wonderful. Thank you.”
—Mildred H.

DID YOU KNOW?

OF THE NEIGHBORS WE SERVED:






- ◆ 95% felt more confident living independently living in their own home
- ◆ 97% feel their overall health has improved and meals are necessary for their continued health
- ◆ 71% would not have had a fresh, hot meal on most days
- ◆ 87% felt more socially connected

This past year, MOWMC served over 104,000 meals to 599 participants!

THANK YOU!

YOU MADE THIS POSSIBLE

REVENUES

Individual Contributions	31%	
Foundations	28%	
Corporate Giving	1%	
Government Funding	32%	
Earned Income	8%	



EXPENSES

Food	47%	
Administration	17%	
Program Services	22%	
Fundraising/Special Events	14%	



SPOTLIGHT ON GIVING

Typically, gifts from our donors come in the form of a personal check or online credit card donation...but there are other ways to give that could result in tax benefits or even income for the donor.

- A gift of **Appreciated Securities** allows taxpayers to make a charitable deduction generally equal to the fair market value of the security and avoid paying capital gains tax on the unrealized gain. Potentially, you could give more to MOWMC than if you had liquidated the asset and donated the net cash.

Simply contact our Development Office for delivery instructions to make an electronic transfer from your brokerage account to us. It's easy!

- **Qualified Charitable Distribution (QDC)**

For taxpayers aged 70 ½ or older, a QCD allows our supporters to gift directly from their IRA up to \$100,000 per year to qualifying charities like Meals on Wheels of Mercer County. This type of gift allows tax payers to control their adjusted gross income (AGI) and potentially reduce their tax liability.

Simply ask your financial institution to make the check payable directly from your IRA to Meals on Wheels of Mercer County.

MAKE YOUR GIFT TODAY!

Contact our Development Office at **609-695-3483**. We look forward to hearing from you.

BOARD OF TRUSTEES

LEADERSHIP



David Dafilou
President



Karin E. Morse
Vice President



Brandon Gaines
Secretary



Raphael Carletti
Treasurer

MEMBERS AT LARGE



Daniel Balko



Susan Barosko



Paul Kalish



Eugene J. Kutcher III



Mindy Komosinsky



Tyler Marcocci



Mary Smith



Marguerite H. Vera

TRUSTEES EMERITUS

Hon. John Hughes (Ret)

Helen Hughes Patterson

Susan Valentine

STAFF



Amy Flynn
Chief Executive
Officer



Beth Englezos
Chief Operations
Officer



Ruth Todd
Director of
Program Services



Lisa Kasabach
Director of Volunteer
Services



Jeannie Weakliem
Administrative Services
Manager



Jabeen Obaray
Development
Manager

SCAN TO DONATE



Did you know that MOWMC provides PET FOOD for our participants' furry friends?

Seniors with pets are more likely to have better physical and mental health. Pet ownership provides MOWMC's participants with comfort and companionship. Their cherished pets provide social and emotional support which can help reduce loneliness and improve overall quality of life. Pets also keep their owners more physically active, and many rely on their pet to live independently.

MOWMC learned that many of the people we serve were sharing their meals with their beloved pets because they were unable to purchase pet food. We all love our pets – but sharing the only food they have is not good for the elder or for their pet! For these reasons, MOWMC is

providing pet food for those who need it. Now, neither the participant, nor their pet, will go hungry!



*Special thanks to Volunteer Mary Beth Wood who manages the collection, sorting and twice-monthly distribution of pet food for MOWMC participants. Volunteers delivered approximately **3,360 pounds of pet food** to 64 animals - 42 cats, 20 dogs, 1 bird & 1 fish!*

JOIN US IN SUPPORTING OUR PARTICIPANTS AND THEIR PETS...



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.

SPECIAL THANKS TO OUR CO-CHAIRS:
Jennifer Keyes-Maloney, Executive Director of the New Jersey Association of State Colleges and Universities
Michael Cucciniello, Vice President-Branch Manager at OceanFirst Bank

FEATURING:

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



REGISTER, SPONSOR or BECOME A VENDOR

<https://www.mealsonwheelsmercer.org/annual-walk>
609.695.3483

