

A Meals on Wheels of Mercer County Publication April 2024

Thank You for Supporting our March for Meals Initiative!

From the Desk of Amy Flynn, MOWMC CEO

On behalf of Meals on Wheels of Mercer County, I would like to extend my heartfelt gratitude for your invaluable support and dedication during the **2024 March for Meals Initiative**.



To our amazing **Volunteers and Champions** who selflessly dedicated their time and efforts to deliver meals throughout the entire month, we cannot thank you enough. Your commitment to serving vulnerable, food insecure seniors has made a significant impact on their lives, bringing both nourishment and companionship to those in need.

To our generous **corporate sponsors** and **individual donors** who provided the financial support necessary to sustain our mission, your generosity has enabled us to continue our vital work in ensuring that no senior in our community goes hungry. Your contributions have made a tangible difference in the lives of countless individuals and families.

And last but not least, to the **participating restaurants** who not only raised awareness about the pressing issue of senior hunger but also donated proceeds to support our cause, we are immensely grateful for your partnership. Your dedication to giving back to the community exemplifies the true spirit of compassion and solidarity.

Thanks to your collective efforts, we have been able to make a significant impact in addressing the needs of our senior community and creating a better future for them.

Your unwavering support and commitment are a testament to the power of kindness and the importance of community engagement

Once again, thank you for being an integral part of our "March for Meals" initiative. Your contributions have made a lasting difference in the lives of our seniors, providing them with not only essential nourishment but also a sense of hope and belonging.

We look forward to continuing our journey together, as we strive to create a healthier, happier, and more inclusive community for all.

With deepest appreciation,

Amy Flynn

Community VIP's

Senator Shirley K. Turner
Senator Andrew Zwicker

Assemblyman Wayne DeAngelo
Assemblywoman Mitchell Drulis
Assemblyman Roy Freiman
Assemblywoman Tenille McCoy
Assemblywoman Verlina Reynolds-Jackson

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Human Services Deputy Director Erica Saganowski
Northfield Bank Vice President Amy Conover
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Rider University President Gregory Dell'Omo

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MOWMC Board Secretary Susan Barosko
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Corporate Sponsors



Morgan Stanley



MOWMC staff dined at Cafe 72 in support of March for Meals

MOWMC UPDATE

In March, Meals on Wheels of Mercer County launched its new **Diversity, Equity and Inclusion (DEI)** training program, graciously supported by **The Bunbury Fund - Princeton Area Community Foundation** to initiate.

MOWMC was selected to receive the grant based on its impactful meal delivery service to a diverse homebound older adult population throughout Mercer County. The training is designed to improve the team's empathy, sensitivity, awareness of needs and communication styles that may differ from their own.

MOWMC has hired innovative instructor **Monique Jones of Audacity Forward Wellness Group** to conduct specialized trainings over a six month period of time.

According to CEO, Amy Flynn, "MOWMC will implement a strategic plan to increase the Diversity, Equity and Inclusion (DEI) understanding of our volunteers, staff and Board, and vendors ultimately helping us better serve our diverse population of senior participants. The training will teach our team to communicate effectively in a variety of cultural contexts."

Meals on Wheels of Mercer County works every day to strengthen the lives of our participants - most of whom are socially isolated homebound seniors." said Amy. "We are grateful to the Bunbury Fund for supporting this important new program."



Meals on Wheels staff attended the 1st training on March 14th.

Participant News



- Thanks to additional funding through the **American Rescue Plan Act (ARPA)** & the **Mercer County Office on Aging**, we are able to provide all of our over 300 participants with weekly fresh produce bags!
- Special thanks to **Farmer George** from **Asprocolas Acres** for providing the delicious produce.



- On occasion, **special themed meals** are provided by the Dietetic Interns at Gourmet Dining LLC/Rider University. Information sent along with these meals describe the many health benefits and beneficial nutrition of the meals. March's themed meal was "Brain Health" and participants were treated to Lemon Chicken, Pumpkin Pesto Pasta, and Mixed Vegetables!

1st Quarter
**Nutrition
Education**
went out to
participants in
March, with
information on
"Eating a
Heart Healthy
Diet" and
Heart
Disease.

What is Heart Disease?

Heart Disease is a collective term used to refer to heart conditions.

Such conditions include high cholesterol, high blood pressure, and coronary artery disease.

In the United States, coronary artery disease is the most prevalent condition and can result in heart attacks.

How do you prevent Heart Disease?

Implement lifestyle changes such as:

- Controlling portion sizes
- Eating more fruits and vegetables
- Exercising + incorporating physical movement
- Limiting unhealthy fats

Foods to Eat

Proteins	Fats	Grains
<ul style="list-style-type: none"> Low-fat dairy Salmon Skinless poultry Soy products Lean ground meats 	<ul style="list-style-type: none"> Olive oil Canola oil Margarine Nuts Seeds Avocado 	<ul style="list-style-type: none"> Whole-grain pasta Whole-grain bread High-fiber cereal Brown rice

Foods to Limit

Proteins	Fats	Grains
<ul style="list-style-type: none"> Full-fat milk Organ meats, like liver Fatty meats Bacon Hot dogs Sausages 	<ul style="list-style-type: none"> Butter Lard Bacon fat Gravy Cream sauce Cocoa butter (chocolate) 	<ul style="list-style-type: none"> White bread White rice Pasta



National Volunteer Month

April is National Volunteer Month, and MOWMC is thrilled to take the opportunity to honor its extraordinary volunteers. Volunteers are the heart and soul of MOWMC and are considered the backbone of our operations.

Every weekday - rain or shine - volunteers help in the kitchen with meal prep, deliver vital meals, and make meaningful connections with our homebound participants. Volunteers help alleviate the feelings of loneliness and social isolation experienced by many seniors. They provide a friendly greeting and check to be sure each participant is safe and healthy.

Thank you to our volunteers for all that you do - this month and every month!

"Sometimes the participants thank me for bringing their meals, but I get so much out of making the deliveries. I realize how fortunate I am."

"The participants miss me when I have to take a day off from delivery. It makes me realize how important it is for me to limit my days off!"

We are always looking for meal delivery volunteers!

MOWMC in Our Community

Spring Has Sprung



Spring has sprung at our selected Stop & Shop! This April, purchase this specially marked \$10.99 Bloomin' 4 Good Bouquet (pictured below) to send our organization a \$1 donation!



VISIT STOP&SHOP
DENOW ROAD, PENNINGTON, NJ
TO HELP THE SENIORS OF
MERCER COUNTY



stopandshop.2givelocal.com
Bloomin' 4 Good Program



Calling All Pet Lovers!

Mark your calendars for the
2nd Annual Paws for Our Cause Pet Walk on
October 19, 2024 at
Rosedale Park in Pennington.

Last year, our event raised funds that helped
MOWMC's **Pet Pantry** and the pet parents we serve.
This year, we are adding to the fun by having a pet costume contest!

Also **NEW** to this year, we will be adding a **Family Wellness Fair** to our day.

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

Evet Shulman at 609-695-3483 or eshulman@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.

Please be sure to check our **website** for updated acknowledgements of recent tribute donations.

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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