



A Meals on Wheels of Mercer County Publication February 2025

What does Meals on Wheels mean to our participants?

We asked them in a survey. Here are some of their responses:

*"It means having hot and healthy meals especially because
I'm on chemotherapy and I have to stay healthy."*

*"Without your help, I would be unable to remain here in my home.
I'm so grateful for your help."*

*"It means that I get a hot meal most days.
And I get to speak to someone once in a while :)"*

"A smile and a hot meal."

***If you or someone you love is interested in
enrolling in the meal delivery program [CLICK HERE](#).***

Want to get involved?

***Are you interested in the opportunity to deliver meals
with our community champions and partners?***

We want to offer the chance to volunteer in the month of March - in honor of the **Older Americans Act**, which was amended to include a **nutrition program** for Americans 60 years and older in **March of 1972!**

This is a great way to contribute to our community during a monumental month.

I Want to Deliver!



Happy Valentine's Day



Valentine's day can either be the loveliest day of the year, or the loneliest for some. In an effort to bring some love to the most vulnerable in our community, volunteer Karen Assenheimer made nearly **400 Valentine's Day cards** - all personalized with a short, heartwarming message!

The cards will be delivered by MOWMC volunteers on Friday the 14th, along with the recipients' regularly scheduled meals. Thank you to Karen for making this holiday a little more special for our seniors!

Interested in
creating your own
Valentine's Day

note? ☐

Here's how:

Write a short, heartfelt note and Meals on Wheels will make sure the card is delivered to a senior alongside a future meal.

Just a few moments of your time can mean the world to our aging neighbors who might feel isolated and disconnected from their communities.

It's important to remind the older adults in our communities that they are **NOT** forgotten. You can make a simple yet powerful impact on a senior's life by sending a thoughtful message of love!

Send your message



Did you know?

Seniors with pets are also more likely to have better physical **and** mental health. Pet ownership provides MOWMC's participants - many of whom live alone - with comfort and companionship.

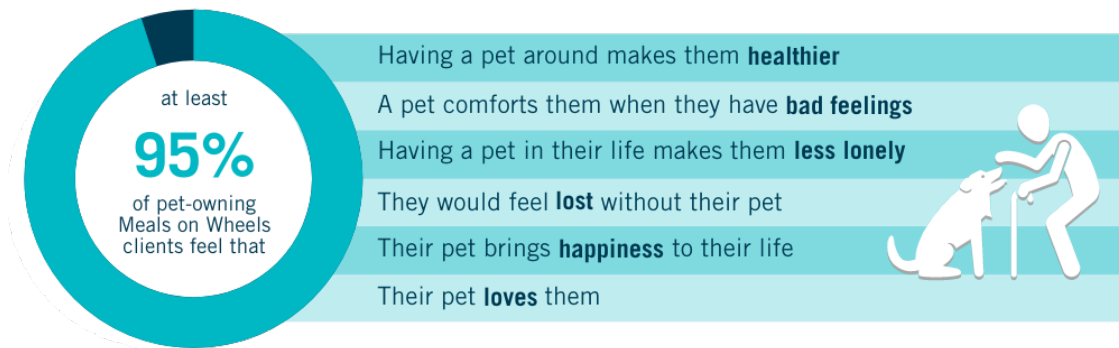
We realized that many of our homebound seniors were feeding their pets their own meals because they are unable to shop for them.

Sharing the only food they have is not good for the elder or their pet. This is why MOWMC has seen to these needs by providing free, supplemental pet food along with the participant meal - so neither go hungry!



80%+

of pet-owning clients believe that support from Meals on Wheels made it possible for them to **keep their pet**



*If you would like to donate to our neighbors in need and their pets,
[CLICK HERE.](#)*

Love our work? Let us know!



You have an opportunity to help us make an even bigger difference in our community.

Great Nonprofits - the #1 Source of Nonprofit Stories and Feedback - is honoring highly regarded nonprofits with their 2025 Top-Rated List.

Help us boost visibility for our work by posting a brief personal story of your experience with us.

All content will be visible to potential donors and volunteers. It's easy and only takes 3 minutes.

[CLICK HERE](#) to get started!

Our Mission Statement

Meals on Wheels of Mercer County delivers healthy meals and provides friendly connections to our community neighbors who experience challenges in accessing nutritious food and support.

Donations



If you would like to make a donation
In Memory or In Honor of someone,
you may do so by selecting the type of 'Tribute Gift'
on our donation page.

Please leave details regarding names and acknowledgement.

Check our [website](#) for quarterly updated acknowledgements for tribute dedications.
(currently listing donations received October 1, 2024 though December 31, 2024)

[Donate Now](#)

*You can also set up **recurring monthly giving!***

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



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