



A Meals on Wheels of Mercer County Publication July 2025

## Day of Giving

### July 10, 2025



Meals on Wheels of Mercer County (MOWMC) is proud to participate in **Chip In, Chip Away**, a national day of giving taking place on July 10, 2025. This initiative calls on donors to give whatever they can to help Chip In, Chip Away at senior hunger right here in our community.

As food costs rise and economic uncertainty continues, the need for vital services like nutrition and social connection for older adults remains higher than ever. Yet at the same time, funding for these programs is decreasing. Donors are

feeling financial strain, and changes in public policy are shrinking the safety net for vulnerable populations. No one in Mercer County should have to choose between paying for food or medication, but for many of our senior neighbors, that's a reality. We need support to make sure no one is left behind.

Meals on Wheels of Mercer County depends on the generosity of individuals, businesses, and community partners to bridge the growing gap in resources. Donations made on July 10 will directly support local seniors by providing nutritious meals and the daily wellness checks that so many rely on.

**I WANT TO CHIP IN**

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## Volunteer Highlight

*Simran Mann*



*Graduate, Simran, photographed at Pinning Ceremony, where she received the DAISY Award for Extraordinary Nursing Students.*

Simranjot “Simran” Mann was a dedicated student volunteer in the Bonner Community Scholars Program at The College of New Jersey, committing all four years of college to serving with Meals on Wheels of Mercer County (MOWMC)

Simranjot “Simran” Mann, a 21-year-old graduate of The College of New Jersey’s Nursing Program, is a lifelong resident of Mercer County and a proud member of the Hightstown community. As a follower of the Sikh faith, Simran has been deeply committed to community service from a young age.

Through her involvement with her local Gurdwara (place of worship), she has regularly participated in *langar*, a tradition in which free, hot meals are prepared and shared with anyone in need, regardless of background. Langar

represents the Sikh principles of equality, service, and community, with volunteers cooking, serving, and dining together while seated on the floor as a symbol of humility and unity. Simran has brought that same spirit of compassion and service to her work with Meals on Wheels of Mercer County.

MOWMC was Simran's top pick when choosing her volunteer site at Bonner, she said. Though her nursing schedule didn't align with MOWMC's delivery hours, Simran opted to work from the back-end of the organization — assisting staff in everyday tasks.

“That’s how I got into the office and I really knew everyone at a deeper, personal level compared to my other colleagues who were Bonners at Meals on Wheels,” Simran explained. “And there, I was able to really explore my interests of ‘how does food insecurity relate to health overall.’”

Through her work at MOWMC, Simran was able to explore that connection and learn outside of the classroom. Working closely with Ruth Todd, the Program Director at MOWMC, she assisted in conducting biannual wellness checks for meal recipients.

With Ruth’s guidance, she was able to jumpstart the Nutrition Education Program, in which they sent out educational brochures on health and wellness related topics to MOWMC participants. In addition to that, Simran contributed to administrative work around the office to ensure daily efficiency. Through this experience, Simran was able to learn more about the senior population of Mercer County through interacting with participants and seeing the common health trends among seniors admitted to the hospital.

One of Simran’s main projects included Beats for Souls, a music therapy program established by her and a colleague at Bonner. The program was designed for seniors who lived with Alzheimer's and Dementia.

The students ordered iPods and downloaded songs according to the participants' preferences and the families' instructions. Simran played a key role in identifying the elders who qualified for this music therapy program, as well as surveying which songs should be in their personal playlists. In total, there were six MOWMC participants in the Beats for Souls program.

“Some of them were the wedding songs of the participants, so that was really nice to see them (MOWMC participants) vibe to that and help rekindle those moments that could easily be lost in the day-to-day strides of daily life,” Simran said. “When a mental illness takes over, it can be very straining.”

One of the biggest challenges her program faced was the quick turnover of the participants, many wouldn't stay at MOWMC for long due to health complications that arose. Though the music therapy program was not suitable for a program like Meals on Wheels, it was a pleasant experience for the families that got to experience it, the staff at MOWMC that got to witness it and Simran, who managed to brighten up a couple of lives with an idea.

One of the biggest takeaways for Simran from her experience at MOWMC was that it gave her purpose as she navigated through her nursing studies. Meals on Wheels is more than just a meal, it's a smile, she recalled.

“There's other ways you can help support the participants of Meals on Wheels,” Simran said. “You can be creative and use your assets to benefit Meals on Wheels. It doesn't have to be just meal delivery.”

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## Meet Our Summer Interns!



**Jayden Bailey**

"I'm a dedicated intern here at Meals on Wheels, helping deliver fresh,



**Mayce Fleming**

"Hi, I'm Mayce Fleming, and I'm excited to be joining the team this

nutritious meals to individuals in the Mercer area. Outside of work, I'm a photographer and aspiring film director, always working to express creativity and tell stories through my lens. I value compassion, growth, and purpose in everything I do. I'm currently a rising junior at the University at Albany, balancing my education with meaningful work that makes a difference every day."

summer as an intern. I'm currently studying sociology at TCNJ, and I'm looking forward learning from everyone here. In my free time, I enjoy traveling and hiking in new places. Thanks for having me!"

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## New Volunteers

*Each month, we will be highlighting our newest volunteers.  
In June, we welcomed:*

**Srinivas K.  
Barbara S.  
Michele P.**

### **Looking for plans this summer? \***

**Consider volunteering for Meals on Wheels of Mercer County!**

**We are looking for dedicated individuals in our community to deliver meals with us or help in the kitchen at Rider University.**

***If you want to learn how **YOU** can volunteer for Meals on Wheels,  
email [volunteer@mealsonwheelsmercercer.org](mailto:volunteer@mealsonwheelsmercercer.org) or  
call (609) 695-3483 TODAY!***





*(From Left to Right) Volunteers Tierney and Bill with Ewing Participant*

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## In Case You Missed It...

### ▣ Weekly Produce! ▣

Since the start of June, all MOWMC participants have been receiving weekly produce bags filled with fresh fruits and veggies!

Special Thanks to **Asprocolas Acres** in Millstone for all the goodies. Every Wednesday, our amazing volunteers deliver these bags alongside regularly scheduled meals, spreading nutrition and smiles all around!





*Volunteers (from left to right) Joe, Mike, Tierney, Clive, Patrick, Mayce, Jayden, and Bill bagging produce for deliveries.*

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## Giving Info

[Donate Now](#)



*You may now donate via Apple Pay, Google Pay, PayPal & Venmo!*

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

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.*

Be sure to check our [website](#) for acknowledgements for tribute dedications! *(currently listing donations received April 1, 2025 though June 30, 2025)*

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



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