

A Meals on Wheels of Mercer County Publication July 2026



july



## Happy Fourth of July

*from all of us at Meals on Wheels of Mercer County!*

Independence Day is a time to reflect on the strength of our community and the importance of supporting one another. Thanks to the generosity of our volunteers, donors, and partners, we continue to provide nutritious meals and meaningful connections to homebound seniors throughout Mercer County.

This holiday, we celebrate not only our nation's independence but also the compassion and commitment that help our neighbors maintain their independence every day. Thank you for being part of our mission and helping us make a difference, one meal at a time.



*Volunteer (left) with participant (right) in front of the American flag*

# Lois and Her Calico Kitten 🐱



*Lois embracing her kitten Grace*

## *A Participant's Story*

After a devastating cancer diagnosis left Lois hospitalized for eight months, she began receiving home-delivered meals through Meals on Wheels. That connection proved to be a lifeline during her recovery.

“I couldn’t do anything for myself,” said Lois, who returned home from the hospital only weighing 90 pounds.

Though Lois slowly regained her strength, the quiet moments at home alone felt heavy.

“There was a long time when I was sick that the Meals on Wheels volunteers and the sanitation workers were the only company I had,” she said.

But then a small white kitten with calico markings showed up at her home. Lois tried setting out food, but the kitten struggled to compete with larger neighborhood cats. Before long, her ribs began to show.

“I couldn’t stand to see her outside,” Lois said.

So, she made a decision, one that changed both of their lives.

“I left my storm door open for her, and she came in,” Lois said. “That was the end of outside life for Grace.”

Today, Grace is a constant companion, spending most of her time curled in Lois’s lap or following her from room to room.

Though Grace softens Lois’s loneliness, providing for her on a fixed income isn’t always easy. For many seniors, this means making hard choices, like stretching groceries or forgoing medical care, to make sure their pets have what they need.

Thankfully, for Lois and Grace, that’s not necessary now. Meals on Wheels volunteers deliver not only nutritious meals for Lois, but pet food as well.

For Lois, this support means she doesn’t have to choose between caring for herself and caring for the kitty she loves.

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## Farewell to Our Grads

### **Congratulations to Bonner scholars and TCNJ graduates Kennedy and Cameryn!**

While we will miss Kennedy and Cameryn's contributions to Meals on Wheels of Mercer County, we are grateful for their dedication and service. We wish them continued success and look forward to seeing all they accomplish in the future!



2026 TCNJ graduate Kennedy P.



2026 TCNJ graduate Cameryn E.



Meals on Wheels lunch with Bonner students to celebrate their hard work and dedication during 2025-2026 school year

## Health & Wellness

Check out the latest newsletter from the **Rutgers Cooperative Extension**. Learn more about physical wellness!

*Eat well, move more, and feel your best...*

"Taking care of your body can help you stay strong, independent, and able to do the things you enjoy every day. As we age, our bodies go through changes such as losing muscle strength or bone density, but the good news is that what you eat and how you move can make a big difference. Eating the right foods and staying active can help support your muscles, protect your bones, improve your heart health, and give you more energy. Even small changes can help you feel stronger and more confident in your daily life."

BROUGHT BY RUTGERS COOPERATIVE EXTENSION & MEALS ON WHEELS OF MERCER COUNTY

**PHYSICAL WELLNESS: EAT WELL, MOVE MORE, FEEL YOUR BEST**  
ISSUE 02/ JUNE 2026

**Why is this topic important?**

Taking care of your body can help you stay strong, independent, and able to do the things you enjoy every day. As we age, our bodies go through changes such as losing muscle strength or bone density, but the good news is that what you eat and how you move can make a big difference. Eating the right foods and staying active can help support your muscles, protect your bones, improve your heart health, and give you more energy. Even small changes can help you feel stronger and more confident in your daily life.

**Important Nutrients to Focus On:**

- Protein → helps keep your muscles strong
  - Examples: chicken, fish, eggs, beans, nuts, tofu
- Calcium & Vitamin D → support strong bones
  - Examples: milk, yogurt, fortified foods, sunlight
- Fiber → supports digestion and heart health
  - Examples: fruits, vegetables, whole grains
- Healthy fats → support heart health
  - Examples: olive oil, nuts, fish

[Read More](#)



*Volunteers loading up the car with fresh produce for delivery*

## Welcome Our New Volunteers

*Each month, we're proud to highlight the newest members of our volunteer community.*

*In June, we welcomed:*

**Randi H.  
Joseph H.  
Diamond J.  
Aarush K.  
Robin L.**

**I want to Volunteer!**



### → Summer Volunteers Needed! ←

As many of our regular volunteers are away for the summer, we need your help to ensure our neighbors continue receiving the nutritious meals they depend on.

Just a small amount of your time can make a big difference. Whether you can volunteer once a week or just occasionally this summer, we'd love to have you join our team!

If you're looking for a meaningful way to give back to your community, consider volunteering with Meals on Wheels of Mercer County.

To learn more or sign up,  
email [volunteer@mealsonwheelsmercer.org](mailto:volunteer@mealsonwheelsmercer.org)  
or call (609) 695-3483.

**Not able to volunteer right now?** 🤔

**You can still make a meaningful impact**

by supporting our mission! 🤝

[Donate Now](#)

Your support helps deliver more than a meal. Every gift provides nutritious meals, wellness checks, and meaningful connection that allows seniors in Mercer County to remain safe, nourished, and independent at home.



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



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