

A Meals on Wheels of Mercer County Publication July 2024

Meals on Wheels delivers nourishing meals & peace of mind...



Medically Tailored Meals

As the food as medicine movement grows in popularity among healthcare systems and providers, studies have shown that what we eat has a profound effect on our overall health. MOWMC provides medically tailored meals in an effort to keep our participants healthy and thriving in their own homes.

DID YOU KNOW...

Nearly 80% of seniors have two or more chronic conditions.

- 34% have kidney disease
- 29% have diabetes
- 29% have heart disease

Medically tailored meals provided by Meals on Wheels programs have been proven to reduce:

- Emergency department visits
- Emergency transportation services
- Inpatient admissions
- Nursing facility admissions
- Health care costs

Increasingly, older adults need access to nutritious meals and comprehensive services that can help them manage their chronic conditions.

You Can Help Make a Difference!

\$10 MONTHLY SUPPORTER: You can provide

**1 hot, nutritious & medically tailored meal & well-check
per month for 12 months**

\$100 SUMMER SUPPORTER: You can provide

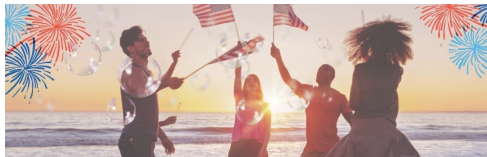
**10 hot, nutritious & medically tailored meals & well-checks
every week throughout the summer**

\$200 ONE TIME CONTRIBUTOR: You can support

senior nutrition & pet pantry services for meal participants in our area

Donate Now!

MOWMC In Our Community



Sparkle & Bloom this

July



STOP&SHOP

800F Denow Rd
Pennington, NJ 08534

Starting July 1st, Meals on Wheels of Mercer County benefits from the

**Stop & Shop Bloomin' 4 Good Program at
800 F Denow Road in Pennington, NJ!**

For each specially marked \$10.99 Bloomin' 4 Good Bouquet purchased during July, Stop & Shop will donate \$1 to Meals on Wheels of Mercer County.

Be sure to stop by today and spread the word!



Volunteer Recognition - Meet Mark & Reese's!

In January 2024, Mark (along with his labradoodle Reese's) joined the MOWMC team as a meal delivery volunteer. After an introduction to our organization through a Princeton Regional Chamber of Commerce event, Mark began as an "as needed" volunteer delivering on any open route. When he saw the need for "permanent route" volunteers - those who regularly deliver on the same route each week - he saw the opportunity to become more involved and get to know the participants a bit more.

Mark's path to MOWMC began with medical school, followed by work in the Pharmaceutical industry, and then owning a small business dedicated to healthy foods (i.e. gluten-free & allergy friendly). With MOWMC providing medically tailored meals, which also meet the state nutritional requirements, the transition seems like a natural one. He also knows that not every experience is a "right fit" - however, in his work delivering meals, he has found one of the most meaningful, and enjoyable, experiences.

While Reese's always accompanies Mark in the car for his meal deliveries, lately Mark even has been bringing Reese's to participants doors, if they are comfortable with it. Whether from the car or by the front door, Reese's always brings a smile to our participant's faces.

Thank you Mark & Reese's, for all that you do for our participants.
(Be sure to say hello to them at our upcoming Pet Walk & Wellness Fair!)

MOWMC Updates - MOWMC is Growing!

From our CEO, Amy Flynn:

Meals on Wheels of Mercer County is seeking a dedicated and compassionate individual to join our team as a **Program Services Coordinator**. More and more seniors in our community are in need of nutritious, medically- tailored, home delivered meals. Meals on Wheels of Mercer County is expanding so that we can effectively meet that need.

We offer a supportive and collaborative work environment, competitive compensation and the satisfaction of knowing that your work is making the difference in the lives of others.

**For a complete job description and information about how to apply,
please click [HERE](#).**



PAWS FOR OUR CAUSE WALK



FAMILY WELLNESS FAIR



OCTOBER 19, 2024 • 1-3 PM • ROSEDALE PARK, PENNINGTON, NJ



If you would like to be on the **Event Planning Committee** or participate as an **Event Sponsor** or **Vendor**, 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, or set up recurring monthly giving, you may do so **HERE**.

*You may also view our latest tribute dedications **HERE**.*

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





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