

A Meals on Wheels of Mercer County Publication November 2024



## Paws For Our Cause Walk & Family Wellness Fair

**On October 19th, Meals on Wheels of Mercer County hosted it's second  
*Paws For Our Cause Walk & Family Wellness Fair* -  
with about 150 guests in attendance!**

On a perfectly sunny autumn day, it was great to see families and friends come out in their support for our cause.

MOWMC's Pet Pantry addresses the needs of the participants we serve by providing supplemental pet food twice a month along with their hot, nutritious meals - so neither human nor pet go hungry!

We had 12 vendors in total, including food vendors like **S&G Burgers and Dogs**, **Crave Nature's Eatery** and **Rita's of Ewing** - who generously donated free ice and pup cups to our registrants, along with coupons for their next visit in store.

Our partners at **Easel Animal Rescue League** and **Camp Bow Wow** were very instrumental in developing our walk and wellness fair, with Easel bringing pet adoption on site and Camp Bow Wow donating nearly 800 pounds of pet food for our Pet Pantry!

Our other vendors, including **Krista's Blended Brush**, **Capital Health**, **On Duty Mobile Dog Gym**, **Garden State Community Outreach**, **The Tutoring Center**, **Preferred Care at Mercer** and **Sticky Fingers Cooking** also provided our guests with fun activities, goodies and awareness. It was a perfect opportunity for local organizations and businesses to showcase their work to our community.

All proceeds from our event will go toward critical funding for senior services as well as their furry friends so that they can stay happy, healthy and together!







[Click Here to View Our Full Photo Album!](#)

## Pet Costume Competition Highlights!



**Most Original**

Enzo as  
The Board President of  
Meals on Wheels!



**Best Group Costume**

Mayhem & Monster as  
Thing 1 & Thing 2!





### Cutest Costume

Kobe as  
a Sushi Roll!



### Best Overall

Benji as  
Grandpa!



As part of a national partnership with Meals on Wheels America, Subaru of America, Inc. and its retailers will donate a minimum of \$300 to a charity, like Meals on Wheels, for every new vehicle leased or sold from November 21, 2024 to January 2, 2025.

Since the Subaru Share the Love Event began in 2008, Subaru and its participating retailers have **donated more than 4.6 million meals** and helped provide friendly visits to seniors being served by local Meals on Wheels programs across the country.

For more information, visit [www.mealsonwheelsamerica.org/sharethelove](http://www.mealsonwheelsamerica.org/sharethelove)

## Volunteer Opportunities

### Why do we need more volunteers?

In September, we received 39 new participants.  
In October, we received 42 new participants.

Today, we serve 445 participants in total, and that number is only rising.

To meet the growing demand for our services, we require more help.

Find out how two ways YOU can help us below...



The poster is a vibrant pink rectangle with various graphic elements. At the top, a lime green banner contains the text 'VOLUNTEERS NEEDED' in a white, bubbly, outlined font. To the left, the phrase 'WE NEED YOUR HELP' is written in a white, slanted, outlined font, with a blue and white megaphone icon below it. In the center-right, a white rectangular box contains the 'Meals on Wheels' logo (three stylized human figures in blue, green, and yellow) above the text 'MEALS on WHEELS' and 'MERCER COUNTY'. Below the logo, the text 'We're looking for dedicated individuals in our community to serve friends and neighbors in need throughout Mercer County!' is written in a dark blue, sans-serif font. At the bottom left, a lime green rounded rectangle contains the text 'Contact Us Today!', the website 'www.mealsonwheelsmercer.org', and the phone number '609-695-3483'. The background is decorated with white dotted lines, black polka dots, and diagonal stripes in blue, green, and yellow.

**VOLUNTEERS  
NEEDED**

**WE NEED  
YOUR HELP**

Meals are picked up  
at Rider University  
Mon-Fri 10-10:30 AM

Contact Us Today!  
[www.mealsonwheelsmercer.org](http://www.mealsonwheelsmercer.org)  
609-695-3483

**MEALS on WHEELS  
MERCER COUNTY**

**We're looking for  
dedicated individuals  
in our community to  
serve friends and  
neighbors in need  
throughout Mercer  
County!**

If you would like to volunteer to deliver meals to our neighbors in need  
[CLICK HERE.](#)

**Only 1 hour!**

**>>>> Looking for  
volunteers to serve  
as Project Dash  
Coordinators!**



For more info, email  
lheredia@mealsonwheels.org or  
call (609) 695-3483

**Packing meals and  
handing them off  
to delivery drivers**

**10:30 AM - 11:30  
AM at Rider  
University**

**Qualifications:**

- Attention to detail
- Organized
- Spanish knowledge preferred

If you would like to volunteer to help with Project Dash (no driving necessary) [CLICK HERE.](#)

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## A Special Meeting With Our Volunteers

Our devoted volunteers play a critical role in the success of Meals on Wheels of Mercer County. We are incredibly thankful for the time, energy and heart they bring to serving our community.

In the past year, MOWMC has experienced exponential growth in the number of participants we serve. With the expansion into Pennington and Hopewell, and ever-increasing community need, more growth is anticipated. With this in mind, MOWMC is currently working to develop a 3-year Strategic Plan.

Volunteers joined us for a special meeting where we gathered insights, feedback and suggestions on how we can meet the needs of a larger number of participants, increase the impact of our programs and make volunteering feel even more rewarding!

### **What our volunteers are saying...**

*"I cannot imagine people going hungry in this land of plenty - and of excess - such a basic need.*

*A human problem, a community problem and fixable!"*

*"What motivates me to do Meals on Wheels is seeing the smiles on the participants. You can tell it means a lot to them that we are there for them. They enjoy the company while we deliver."*

*"It is my way of giving back to a program that helped my father."*

*"Meals on Wheels is an opportunity to spend quality time with my partner, do something good. And then go out for lunch after the route is done."*

*"Such an easy simple and low effort way to help and make a difference."*

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## Volunteer Spotlight

On Oct. 23rd, five dedicated volunteers packed over 700 meals for a special delivery.

Joe Hynes, Clive Sealey, Pat McLaughlin, Bill Mullooney and Mike Ames packed two emergency frozen meals, in addition to the regularly scheduled meals of the day - ensuring that our participants were secure no matter the circumstances.

It takes a lot of precision and patience to pack meals, and we are so appreciative of our volunteers who were able to do that for us.

We are seeking volunteers like Joe, Clive, Pat, Bill and Mike to help us out during the busiest times of year. MOWMC is rapidly expanding, and with that, so is the need for volunteers.

If you want to learn more about how you can get involved, email Lisa at [lkasabach@mealsonwheelsmercer.org](mailto:lkasabach@mealsonwheelsmercer.org) or call (609) 695-3483.



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## Participant Art With MOWMC



Rochelle Stern, a certified Expressive Arts Facilitator and former librarian, has been a devoted volunteer at Meals on Wheels of Mercer County (MOWMC) for three years. With her background in the arts, Stern brings creative services to MOWMC participants, helping to ease the isolation that many face.

Dee is one of Stern's regular clients and someone who is "inspiring" to her. They meet every two weeks at Dee's residence.



"Dee is so open to everything and approaches things with a sense of newness," Stern said. "For grieving her grandmother, we made a memory house box, representing the house and miniature items owned or shared by our deceased loved ones in order to grieve and fondly remember happy things and times with them."

According to Stern, expressive arts therapy encourages individuals to express themselves through various mediums—be it music, movement, or fine art—in a comfortable and supportive environment.

"I notice the time we spend together is joyful and cathartic. It is a time away from isolation, loneliness, conflicting and difficult thoughts, and even takes us away from aches and pains. The time away doesn't necessarily avoid these things; it aims to confront issues in a productive and creative way," Stern said.

Below, you'll see the art Rochelle created with one of our participants.



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## Participant Nutritional Education

Nutrition Education materials were provided to participants, containing information on Fiber & Digestive Health. Informational materials like these are provided to our meal recipients four times a year and for those interested, nutrition counseling is available.



### Daily Fiber Recommendation

The Recommended Dietary Allowance (RDA) is based on the amount of fiber needed for protection against heart disease

#### 31-50 Years

Men = 38g, Women = 25g

#### 51-70 Years

Men = 30g, Women = 21g

#### 71+ Years

Men = 30g, Women = 21g

### Additional Facts

- Older adults require less fiber than younger adults
- The right amount of fiber is important!
  - Too little = constipation and increased risk of certain chronic diseases
  - Too much = GI issues such as bloating, gas, and cramping

### Contact Us

Phone: 609-695-3483

Address: 320 Hollowbrook Dr

Ewing, NJ 08638

Website: <https://www.mealsonwheelsmercer.org>



## LET'S TALK ABOUT FIBER

YOUR GUIDE TO BETTER DIGESTIVE HEALTH



MEALS on WHEELS  
MERCER COUNTY

### Fiber

Fiber is essential for digestive health, feeling full, and preventing constipation

### Benefits

- Fiber aids in blood sugar control and weight management
- Reduces the risk of heart disease and certain cancers
- Reduces inflammation in the body

### Heart Health

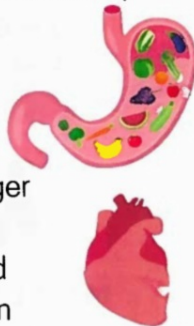
Lowers triglycerides

### Satiety (fullness)

Keeps you feeling full longer

### Digestive Health

Improves gut health and reduces the risk of colon cancer



### Types of Fibers

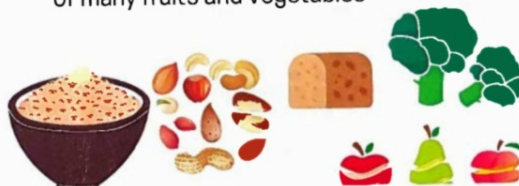
#### Soluble

- Dissolves in water, forms a gel-like substance
- Aids in blood sugar control and cholesterol
- Apples, bananas, oats, peas, beans, brussel sprouts, avocados



#### Insoluble

- Does not dissolve in water, remains whole through digestion
- Helps increase Insulin sensitivity
- Maintains bowel health
- Whole wheat flour, bran, nuts, seeds, skins of many fruits and vegetables



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

[Do you love our work?](#)

Then tell the world! 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 2024 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 below to get started!

[Leave a Review](#)

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## Donations



If you would like to make a donation **In Memory or In Honor** of someone, you may do so [HERE](#) and select the type of 'Tribute Gift'.  
*Please leave details regarding names and acknowledgement.*

Check our [website](#) for updated acknowledgements for tribute dedications received July 1, 2024 though September 30, 2024.

[Donate Now](#)

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

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



Meals on Wheels of Mercer Coun | 320 Hollowbrook Drive | Ewing, NJ 08638 US

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