MEALS on WHEELS MERCER COUNTY

NEWS ON WHEELS

A Meals on Wheels of Mercer County Publication November 2026



From Volunteer to Participant: Dwight’s Story



Dwight at his door, greeting a volunteer

For more than 20 years, Dwight dedicated his time to delivering meals and bringing comfort to his neighbors throughout Mercer County as a Meals on Wheels volunteer. After decades of generously serving his community, Dwight's journey with Meals on Wheels has come full circle.

Today, Dwight experiences that same kindness and compassion through the volunteers who deliver nutritious meals and provide regular wellness checks. His story is a touching reminder of the lasting connections we build through service and the importance of a community that cares for one another.

"Meals on Wheels has been good to me," Dwight said about his experience with the organization.

As Dwight’s needs changed over time, his connection to Meals on Wheels took on a new meaning. After more than 20 years of delivering meals to others, Dwight became a participant in the very program he had faithfully supported. With everyday activities such as grocery shopping and meal preparation becoming more challenging, Meals on Wheels now provides him with nutritious meals, friendly visits, and the peace of mind that comes from

knowing his community is there for him. This support allows Dwight to continue focusing on his health and well-being while maintaining his independence in the comfort of his own home.

"As a volunteer, I was happy to contribute to the community." he said. "Twenty-six years have gone by and now I'm a recipient of Meals on Wheels. It's a great benefit to me to have the meals delivered and having somebody check up on me every day."



The MOWMC staff on Halloween

The Team at Meals on Wheels of Mercer County Also Says, "Thank You!"

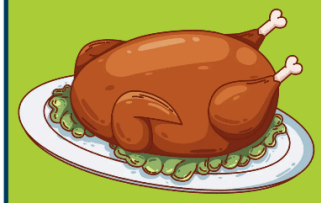
This holiday season, we would like to thank our volunteers and supporters for standing behind our mission. The work that is done every day to feed our homebound neighbors would be impossible without the strong support from the Mercer County community. Thank YOU!

↓ Check this out! ↓

Kiwanis
CLUB OF TRENTON

Thanksgiving Dinner Project

Serving Participants of MEALS on WHEELS MERCER COUNTY



For over 40 years,
Trenton Kiwanis has brought
Thanksgiving to those in need in
our community.

**We expect to serve up to 300 individuals this year,
and we ask for your support!**

**Donate food or cash, and help deliver turkey dinners
on Thanksgiving morning, November 26, 2026!**

For more information, please call **(609) 208-9991**
or email **mccormicknj@aol.com**



Donate Food or Sign Up to Deliver!

New Board Member



Meet Rakesh "Teddy" Kumar, Ph.D., one of our newest board members. Rakesh is Vice President, Information and Computing Sciences and Director of the Center for Vision Technologies at SRI International. He is responsible for leading R&D of computer vision, machine learning and AI solutions. Him and his wife Renee have been volunteering for Meals on Wheels of Mercer County for over 5 years. He also volunteers for the Big Brother, Big Sister program and Habitat for Humanity.

In the Community

We are ALWAYS looking for new volunteers and spreading our mission at local community events. Check us out!



Aylin at Woolsey Park for Hopewell's 250th Celebration



Aylin and Lisa at Grounds for Sculpture



Kiarra and Aylin at Church & Dwight Headquarters

Health & Wellness

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

Spiritual wellness is about what gives your life meaning and helps you feel at peace. For some people, this may include religion or faith. For others, it may be time in nature, reflection, meditation, or simply doing things that bring a sense of purpose.


Spiritual Wellness: Issue 06: October 2026

Finding Meaning, Feeling Better

Why this topic matters:

Spiritual wellness is about finding meaning, purpose, and a sense of peace in your life. It can help you feel more grounded, calm, and connected to yourself, others, or something greater. Taking time to reflect and care for your inner well-being can reduce stress, improve your mood, and help you feel more balanced. Even a few quiet moments each day can make a difference in how you feel.

What is Spiritual Wellness?

Spiritual wellness is about what gives your life meaning and helps you feel at peace. For some people, this may include religion or faith. For others, it may be time in nature, reflection, meditation, or simply doing things that bring a sense of purpose.

There is no one "right" way, it's about what feels meaningful to you.

Ways to Support Your Spiritual Wellness

You don't need a lot of time, small moments can have a big impact.

Try one of these:

- Mindfulness or meditation → focus on your breathing and the present moment
- Gratitude practice → think of 2–3 things you are thankful for
- Prayer or reflection → spend quiet time thinking or connecting spiritually
- Spending time in nature → enjoy fresh air, sunlight, or a peaceful setting
- Helping others → volunteering or small acts of kindness

Rutgers Cooperative Extension

Meals on Wheels of Mercer County

There is no one "right" way, it's about what feels meaningful to you.

Read More

In case you missed it...

Check out the FY 2025-2026 Annual Report to get a closer look on our impact this past year.

⬇



Volunteer Lorraine on meal delivery

Welcome Our

New Volunteers

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

In October, we welcomed:

Mark C.
Tim L.
Jesse R.

I want to Volunteer!

St. Paul Lutheran Church Partnership

A big thank you to our partners in East Windsor, **St. Paul Lutheran Church**, for



Windsor volunteers at St. Paul Lutheran Church for meal delivery pickup

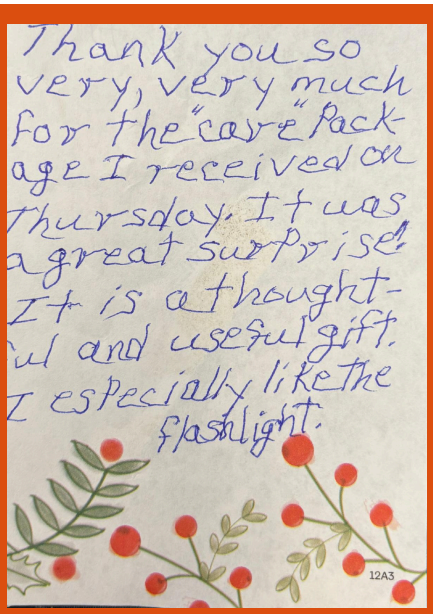
supporting our volunteers who deliver to East and West Windsor participants! Their donation to our volunteers is a GREAT help and we are so appreciative of our partnership.

Mah Jongg Donation

A big thank you to the National Mah Jongg League, Robert Thompson from **Titusville Tabletop Games**, and the Mah Jongg Club at Hollowbrook Community Center for their generous donation to Meals on Wheels of Mercer County! Thank you so much for your support!



(Left to right) Robert Thomson, Christine Kamph, and Venetta Ellerbe with the local Mah Jongg club members in the background


Thank you so very, very much for the "care" Package I received on Thursday. It was a great surprise! It is a thoughtful and useful gift. I especially like the flashlight.

12A3

TCNJ Students pack 300 Emergency Kits

On October 7th, students from The College of New Jersey helped Meals on Wheels of Mercer County pack 300 emergency kits for delivery. The students gathered at Rider University to pack the materials, which included water, first aid kits, pens, flashlights, notepads, whistles, and granola bars. In case of emergencies, we want our participants to feel prepared. Our volunteers delivered the kits the next day!

Note from a participant about the emergency kit



Student volunteers assembling the emergency kits



Emergency kits

View our TikTok Video!

A holiday gift from Dwight

Every year, Dwight composes a CD with his favorite holiday music to share with the Meals on Wheels staff. As a thank you to Ahsan Dowling, Senior PR Associate & Video Editor with the Tara Dowdell Group**,** he sent him his own holiday compilation to enjoy!

Last month, Ahsan filmed a video to showcase the work of Meals on Wheels of Mercer County as part of the grant award from PSE&G Foundation.



Ruth and Ahsan with the holiday CD



Ruth showing the track list, which included a message from Dwight at the end

He interviewed our CEO, Venetta Ellerbe, Program Director, Ruth Todd, and former volunteer turned participant, Dwight, about the services that Meals on Wheels provides. This was a great opportunity to showcase the work that we do in the community and highlight our very own participant.

Monthly Giving

Monthly giving is more than a donation, it's a **partnership**. By committing $10 every month, you help us plan ahead, respond quickly to needs, and help Mercer County seniors on a regular basis and without a second thought!

Set up your monthly gift today in 2 minutes and join our community of supporters who make the Meals on Wheels mission in Mercer County possible every month.

Together, we can deliver.

You may also give one time or arrange a recurring weekly, bi-weekly, quarterly, bi-annual or annual gift.

Donate Now

Check our **website** for updated tribute dedication acknowledgements!

(currently listing donations received July 1, 2026, through Sept. 30, 2026)



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

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