

A Meals on Wheels of Mercer County Publication October 2026



Our FY 2025–2026 Annual Report is here.



Lorraine (left) with a participant in Lawrence

Meals on Wheels of Mercer County is pleased to share a look at the impact of our work over the past year. Inside, you'll find highlights from our programs and initiatives, key data, and a closer look at how we continue to serve older adults throughout Mercer County.

**Explore the report and discover the difference
your support makes year-round.**

Lorraine's Letter



Simply put, being part of the Meals on Wheels effort has been an activity I look forward to doing each week for the past 12 years, since I retired from 37 years of teaching. It is an absolute joy and privilege to be able to deliver nutritious meals to appreciative people, who smile when greeted, share bits of information about health, families, likes (fresh fruit and small gifts) and dislikes (exotic grains), and pause for brief chats. Sometimes front doors are left unlocked, trusting that meals will be placed inside on counter tops or tables, because physical challenges prevent clients from coming to the doors. No apologies necessary for delayed responses, just relief to see the client up and able to receive the day's delivery.

MOWMC In the Community!



Kiarra at the Trenton Plates, The World Takes event



Angie & Aylin at the TCNJ Community Fest

Events coming up...

Be sure to stop by our info tables!

- Thursday, October 1 –
Mercer County Senior Expo
Grounds for Sculpture
10:00 AM – 1:00 PM

- Saturday, October 3 –
Hopewell Township 250th Celebration
Woolsey Park
🕒 12:00 PM – 4:00 PM



Kiarra speaking at the Center for Modern Aging's Volunteer Engagement Fair



Kiarra & Aylin at the Mercer County Community College's Community Service Fair



Kiarra at the Center for Modern Aging's Volunteer Engagement Fair

MOWMC Receives Grant from PSEG Foundation



We're excited to announce that Meals on Wheels of Mercer County is a recipient of a **2026 Neighborhood Partners Program** grant from the PSEG Foundation. The funding will support the Subsidized Meal Program, helping us advance our mission and strengthen our impact in Mercer County.

We're grateful to the PSEG Foundation for its partnership and commitment to addressing food insecurity in our community.

New Board Member



Meet Edward (Ed) Radwanski, one of our newest board members. He currently serves as Director of Hospital Contracting for Horizon Blue Cross Blue Shield of New Jersey, an organization that provides health coverage to more than 3.2 million members across the state!

Ed joins MOWMC with a longstanding commitment to helping others and supporting programs that make a meaningful difference in people's lives. Nearly half of his professional career has been dedicated to serving Medicaid populations, giving him a strong appreciation for the challenges faced by individuals who may lack the resources, support, or ability to advocate fully for themselves. His personal family experiences with home-delivered meals have further deepened his understanding of how essential these services can be in helping people maintain their health, independence, and dignity.

Stay tuned for more Board Members in next month's newsletter!

Health & Wellness

Check out the latest newsletter from the **Rutgers Cooperative Extension**.

Learn more about intellectual wellness!

Intellectual wellness is about keeping your mind active, learning new things, and staying curious. It includes activities that challenge your brain, help you think in new ways, and keep you engaged in life. This doesn't mean going back to school, it

Intellectual Wellness

Feed Your Mind, Feel Your Best

• ISSUE 05 • BY RUTGERS COOPERATIVE EXTENSION & MEALS ON WHEELS - MERCER

What is Intellectual Wellness?

Intellectual wellness is about keeping your mind active, learning new things, and staying curious. It includes activities that challenge your brain, help you think in new ways, and keep you engaged in life. This doesn't mean going back to school; it can be as simple as trying a new hobby, reading, or having meaningful conversations.

Ways to Keep Your Mind Active:

There are many simple and enjoyable ways to support your brain:

- Reading books, magazines, or articles
- Doing puzzles, word searches, or games
- Trying a new hobby (painting, cooking, gardening)
- Taking a class or learning something new
- Having conversations and sharing ideas with others

Activities you enjoy are the best ones to stick with!

Resources

- **Video on Intellectual Wellness:** https://youtu.be/5_p8QaUJRU?si=5F4y_0X10ymIn
- **Brain Health and Aging:** <https://brainhealth.rutgers.edu/wp-content/uploads/2022/03/ARIA-6-STEPS-BROCHURE-072421-D5.pdf>
- **Webinar:** <https://extension.rutgers.edu/event/rain-health-blueprint-aging-well>
- **Boost your Intellectual Wellness:** <https://coemaj.rutgers.edu/2025/08/20/back-to-school-season-boost-your-intellectual-wellness/>



Why It Feels Good

Keeping your mind active can:

- Improve memory and thinking skills
- Boost your mood and confidence
- Help you feel more engaged and purposeful

Small mental challenges can lead to big benefits over time.

Try This This Week

Choose one new or familiar activity to try:

- Read something new
- Try a puzzle or game
- Learn a new skill or hobby

Ask yourself:

- "What is something new I would enjoy trying?"



can be as simple as trying a new hobby, reading, or having meaningful conversations.

[Read More](#)

Check out Jennifer's meal delivery video by clicking the image below!



Volunteer Jennifer with a participant

Welcome Our New Volunteers

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

In September, we welcomed:

**Scott B.
Tia B.
Leslie B.
Jenny C.
Andrew H.
Carl R.**

[I want to Volunteer!](#)



It's Giving Season... 🍂

We need **YOUR** help to ensure our neighbors in Mercer County continue receiving the nutritious meals they depend on.

We are looking for dedicated individuals in our community to deliver meals with us out of Rider University.

Deliveries take place **Monday through Friday** between **10:30 AM and 1:00 PM**, making it an easy way to fit into your schedule. Whether you're retired, working part-time, or simply looking to give back, this is a rewarding way to bring both food and friendly connection to someone in need.

If you have any questions or would like to learn more about how you can get involved, send an email to volunteer@mealsonwheelsmercer.org or call (609) 695-3483.

Volunteer Sign-Up

Follow Us on TikTok

We're now on TikTok! Keep up with our latest videos and share with family and friends. Stay tuned for volunteer content, participant highlights, and silly videos along the way.



@mealsonwheelsmercer



Happy Halloween



From all of us at Meals on Wheels of Mercer County, we hope you have a safe and spooky Halloween!



Matching Gifts

 Many employers match the donations their employees make, which could double your gift at no extra cost to you. It usually takes about five minutes through your HR portal!



Together, we can deliver.

You may also give one time or arrange a recurring monthly, 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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