

SEPTEMBER

Kevin's Volunteer Story



Kevin (center left) with Sandra (center right) and fellow volunteers

Volunteers do more than deliver meals; they deliver compassion, understanding, and friendship. Kevin Byrd, a volunteer for Meals on Wheels of Mercer County (MOWMC), comes ready to deliver every Friday to his regular participants in Trenton, always delivering more than a meal.

Kevin had been praying for an opportunity like this in his community, and his prayers were heard when Sandra Best, a longtime volunteer at MOWMC, presented the need for delivery volunteers at their church. Now, Kevin has been actively serving the Mercer County community for about 10 months, and he's only wanting to do more.

"This is something that I want to retire from my job to do full time," Kevin expressed. "God led me to this. I always had it in my heart to do this. I just love people; I love my elders; I love my seniors; and I just want to continue doing this for the rest of my life."

On the weekdays, Kevin works as a chef, but he looks forward to the Friday mornings when he has the time to deliver meals and have conversations with the participants on his route.

"I'm so humbled when they (participants) tell me they miss me during the week and are thinking of me. It's a great feeling," he added. "I would tell anybody that wants to this work: do it but have some love and compassion about it."

The MOWMC Team Attends MOWA Annual Conference & Expo



Attendees at Caesars Palace (Courtesy of Meals on Wheels America)

From August 17–20, members of the MOWMC team attended the Meals on Wheels America (MOWA) Annual Conference & Expo in Las Vegas, joining more than eight hundred Meals on Wheels staff, volunteers, and leaders from across the country.

The annual conference provided an opportunity to connect with other Meals on Wheels organizations, share ideas and best practices, and learn about innovative approaches to addressing the growing challenges of senior hunger, isolation, and the changing needs of older adults.

A major focus of this year's conference was the importance of strengthening the Meals on Wheels network for the long term. This includes developing sustainable resources, strengthening advocacy efforts, improving operational efficiency, and using data to ensure that the right services reach the right seniors at the right time.

For MOWMC, attending the conference was an opportunity to bring new ideas, resources, and perspectives back to Mercer County. The connections and knowledge gained will help us continue looking for innovative ways to strengthen our programs, support our volunteers, and ensure that the older adults we serve have access to nutritious meals and the connections they need to remain healthy and independent in their homes.

We are proud to continue learning, connecting, and bringing new ideas back to our community as we work together to strengthen the future of Meals on Wheels in Mercer County.



Aylin (far right) with other attendees at a networking session



(Left to right) Lisa, Aylin, and Kiarra at a Meals on Wheels Reception



Presentation at a Meals on Wheels Reception

Students from Foundations Academy Volunteering With MOWMC



Students assisting in the kitchen at Rider with vegetable cups

MOWMC at National Night Out 2026



Volunteer Mark P. advocating for Meals on Wheels at Lawrence National Night Out

On August 4, MOWMC staff and volunteers represented Meals on Wheels

A huge thank you to Nwasha Edu,
Senior Manager of Workforce at
Foundation Academies, and the students
at Foundations Academies for
volunteering with us this August! Their
consistent help in the kitchen at Rider
University was remarkable! Together,
the students:

- Helped with food prep (sandwiches, fruit, etc.)
- Assisted with the cold bag assembly line
- Organized route sheets & supplemental items
- Assisted with produce distribution
- Laminated car placards
- Assembled volunteer lanyards

at Ewing and Lawrence National Night
Outs. It was a great opportunity to
connect with our supporters, recruit
more volunteers, and share our mission
with the community!

Meet us at the TCNJ Community Fest on September 19!



Health & Wellness

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



"Staying connected to others is an important part of your health. Social wellness is about building and maintaining relationships that help you feel supported, valued, and less alone. Spending too much time alone can affect both your emotional and physical health. Social isolation has been linked to increased stress, lower mood, and even health conditions such as heart disease. On the other hand, staying connected can improve your mood, boost your energy, and help you feel more engaged in daily life."

[Read More](#)



Volunteers at Rider University

Welcome Our New Volunteers

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

In August, we welcomed:

**Judy B.
Elaine L.
Kevin O.
Dana O.**

I want to Volunteer!



School is back in session...

It's back-to-school season, and we need **YOUR** help to ensure our neighbors continue receiving the nutritious meals they depend on. There are so many universities in Mercer County, which means that they are many students looking for volunteer opportunities in their area.

**If you know someone who would be a great fit,
we'd love to have them join our team!**

STUDENT VOLUNTEERS NEEDED!



Requirements:

- A flexible morning schedule
- Friendly personaility
- A car

Email volunteerservices@mealsonwheelsmercer.org for more information

Volunteer Sign-Up

Intern Highlight

As summer is coming to a wrap, we want to highlight all the spectacular work done by our interns: Isaiah Muse, Autumn Rowell, and Jessica Nazario. Together, they delivered **over 115 routes** and drove over **900 miles!** Their hard work and positive attitudes will be missed at MOWMC — they left a lasting impact on the volunteers and participants alike...

Together, the interns:

- Delivered over 115 routes
- Drove over 900 miles
- Wrote volunteer birthday cards
- Dropped off recruiting materials throughout Mercer County
- Assisted with volunteer onboarding
- Photographed delivery volunteers
- Photographed kitchen volunteers
- Assisted with produce distribution



Autumn at Rider University



Jessica and Isaiah with a participant and his aid during meal delivery



Isaiah and Autumn at Rider University

What Is a Bequest?

A charitable gift in a will, often called a bequest, allows someone to leave money, property, or other assets to a nonprofit after their lifetime.

For donors, it is one of the simplest forms of **planned giving**. They can update an existing will or include charitable language when creating a new one. In many cases, they can continue supporting their favorite organizations during their lifetime while also planning a future gift. For nonprofits, these gifts can provide meaningful financial support years down the road without requiring a major fundraising campaign today.



Together, we can deliver.

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



Donate Now



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



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