



MEALS ON WHEELS
MERCER COUNTY

TOGETHER, WE CAN DELIVER.

NEWS ON WHEELS

VOLUME 9, ISSUE 2

FALL 2019

Meals on Wheels of Mercer County

is a comprehensive nutrition program committed to providing nutritious meals and related services which are designed to promote the independence, dignity, health and well-being of our homebound participants.

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MOWMC will provide 80,000 meals this year!

SO MUCH MORE THAN A MEAL...

By Guest Columnist,
Ewing Mayor Bert Steinmann

As any Mayor of a vibrant municipality, my main concern is the welfare of our citizens. Ewing Township is home to over 35,000 residents, and close to 16% of those are over the age of 65. Almost half of those live in poverty. Women make up more than half the total population, and those under 65 with a disability make up over 6%. Close to 5% are veterans. These are the citizens served by Meals on Wheels of Mercer County, which also counts Ewing as its home.

Each year, I am invited to deliver meals to Ewing residents with some of the most dedicated volunteers I have seen. This happens in March during their March for Meals events. I am joined by many other politicians and VIP's who want to see firsthand this "invisible" population of some of the most distinguished members of our community. Among them are retired teachers, public safety officers, public servants, veterans of past wars, and citizens who just worked hard every day to provide for their families; countless seniors who have served their community and country over many years, and who now struggle not only to remain ambulatory, but healthy and independent in their own homes.

On my delivery route this year, along with two veteran volunteers Sheila and Carol, we arrived to a Ewing address where they deliver once a week and are quite familiar with "Ann". They know her habits, if



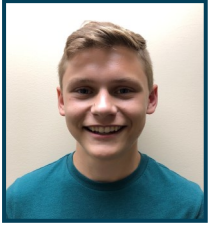
she comes to the door or not, where to place her meals, if she needs them to water a plant or bring in the mail. However, that day, something was awry. Ann, who usually greets them at the door, did not answer.

We knocked several times, and we could hear a TV in the background, and what we thought was a faint voice as well. We tried the door which is usually locked. It was open. As we stepped into her home, all the while calling out, "Ann, Meals on Wheels", we saw Ann, on the floor. As it turns out, Ann (who lives alone) had fallen the night before and was unable to get up, or to her phone. She had laid there all night, and had we not shown up their staff and continue on our delivery. Volunteers are instructed never to move a participant in those circumstances, but to contact 911 immediately.

That day I was able to witness first-hand the importance this nutrition program plays in the lives of so many seniors and individuals with physical disabilities who live alone and have no one to look out for them. The Meals on Wheels motto is "So Much More Than a Meal", and as a Mayor what more can I ask for than such an able and committed group of committed staff and volunteers, to help me make sure the most vulnerable in my municipality are cared for. Thank you Meals on Wheels of Mercer County!



THE PET PANTRY



When dealing with the issues of senior hunger and isolation in the community, Meals on Wheels of Mercer County knows that feeding pets plays an important part in addressing that mission. As any pet owner knows, our participants'

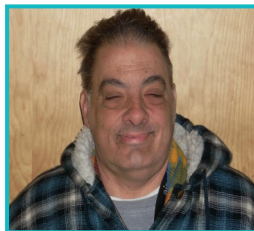
beloved dogs, cats, and other furry friends provide valuable companionship. This is why, for the last several years we have been happy to provide supplemental pet food to anyone on the program who has a pet. That way we can be assured our participants eat their "human" food and feed their pets food especially for them.

Starting in August, the pet food program will be re-named *The Pet Pantry* and will be led by Eli Byrnes, a local high school student and member of the Clever Clovers 4-H Club. As a pet owner himself -- he has 2 dogs, 2 cats, and sheep! -- Eli has a strong interest in helping others care for their pets. Along with other members of the Clever Clovers, he will collect and pack food to help our seniors keep their animal companions well nourished, while relieving some of their expenses.

If you would like to support *The Pet Pantry* by donating pet food or making a financial contribution, please contact the MOWMC office at (609) 695-3483.

IN MEMORY OF OUR VOLUNTEER, ROBERT

This past summer we lost a beloved volunteer, Robert Parziale. Robert began volunteering with us in 2011, and typically volunteered once a week on Route 2. He lived with his aging mother Rose, who he cared for.



Although Robert faced developmental challenges, it never interfered with his desire to give back. He came faithfully every week, always with a smile on his face ready to deliver! Robert was a big fan of Elvis Presley! Over the years, his partners were Tina, Jere, Joan and Ken, all of whom showed him patience and kindness. Robert is truly missed.

OUR DIRECT MAIL SOLICITATIONS HAVE A NEW LOOK!

You may have noticed our Direct Mail Campaign has changed a little this Fall! We know that you are used to seeing our standard letter appeal from our CEO, along with meal vouchers.

We have recently partnered with TrueSense Marketing in the hopes of providing you with even more reasons to help support our mission! This also means you will be hearing from us more frequently. Please be sure to keep an eye out in your mailbox for our new and improved look.

As always, we are so grateful for the support you provide to our seniors!



WORDS FROM A PARTICIPANT TO A VOLUNTEER

Dear Volunteer,

Who comes to my door every day, I want to thank you today
for your dedication and love. I was a volunteer once, when my
health was better, at Morris Well Nursing Home, for some
years, and I know that there are days when you feel good
doing it, but there are days when it is hard. But no matter
how you feel you are here with some food for me, this little
old lady that speaks with an accent and tells you:
God bless you!

CAN YOU SPARE A FEW HOURS A WEEK TO MAKE A BIG DIFFERENCE?

Please consider joining us in providing nourishment for the body and the soul!

FOR MORE INFORMATION

call: 609-695-3483
or email:

volunteerservices@mealsonwheelsmercer.org



DID YOU KNOW ?

OF THOSE WE SERVE...

44% are at least 80 years old

62% live alone

64% are women

81%

55% have been receiving meals for at least 1 year

are in poverty or vulnerable to it and require a subsidy to cover the cost of their meals

OF THOSE SURVEYED...

91% rate the program as good, very good, or excellent

87% feel that the daily meals & friendly visit give them confidence to live independently at home

MEMORIAL & IN HONOR DONATIONS

In Memory of Curt Hubert

Robert & Arlene Alu
Marie Berman
R. David Blake
Lawrence Jr. & Alexandra Diglio
The Forcina Family
Stanley & Carmen Giffin
N. Margo & Paul Hooker
Mary Jacobson & James Laskey Fund
Michele & Scott Krasny
Mercer County Bar Association
NJ State Bar Association
Susan & Eric Perkins
Amanda & Todd Povlich
Neil Shuster & Grace Dennigan
Betty & Daniel Sisk
The Spitz Family of Wisconsin
US 1 Express
Barbara Valyo
Stephanie & Michael Zboray

In Honor of MOWMC Volunteer MaryBeth Wood

Anastasia & Richard Schmalz

In Memory of Helen Buchan

Gregory & Michelle Scozzari

In Memory of Richard Dunn

Stacie Robbins

In Memory of Eugenia Esposti

Paul & Deborah Esposti

In Memory of Gerard "Jerry" Gentilella

Maria C. Avena
Roseanne Delia
Gareth & Lynne Morgan
Mary & Jerold Jacobs
Nancy & Leon Petelle
Virginia Stemhagen

In Memory of Russ Mullen

John Ash

In Memory of Volunteer Robert Parziale

George Renwick

In Memory of Vera Curtis Speese

Lynda Speese Willingham

In Honor of the Ziegler's 50th Anniversary

Charles Peter & Carol Staats



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320 Hollowbrook Drive
 Ewing, NJ 08638
 609-695-3483
info@mealsonwheelsmercer.org

We are
 always looking for
 new volunteers.
 Contact us today!

For current news:
 Like us on Facebook or
 visit our website at:
www.mealsonwheelsmercer.org

Please note that
 in an effort to save on
 postage and trees, we
 acknowledge all of our
 donors in the most
 recent online edition
 of our Annual Report
 posted on our website.

Please keep us in
 mind when you
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 When you choose
 MOWMC at
 Amazon Smile & iGive,
 a percentage of your
 purchase will go toward
 providing meals!

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 All contributions are tax-deductible.

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THANK YOU!!

...to all of the generous
 individuals, civic groups, houses
 of worship, schools, corporations
 and foundations who continue to
 support us with generous
 contributions, including pet food!
 You help us turn no one away
 who needs a meal!

...to those who
 have provided thoughtful and
 creative gifts for our participants
 throughout the year - they are a
 wonderful addition to our meals!

....and of course,
 to all of our volunteers!
 We could not do what we do
 without you!!!!

