

CELEBRATING 50 YEARS OF SERVICE TO OUR ELDERS!

In April 1973, the VNA (Visiting Nurse Association), local church groups and other civic leaders responded to a need they saw in the Trenton community - senior hunger. Due to age or disability, many seniors could no longer shop or prepare their own meals and were suffering from malnutrition, poor health and even death from a lack of adequate nutrition. They were "invisible" to the broader community. In 2002, the service grew to include neighboring Ewing, where MOWMC offices are now based.

In 2006, Meals on Wheels of Trenton/Ewing responded to the need for affordable nutritious meals to the homebound by creating the Subsidized Meal Program (SMP). Participants are delivered a hot, nutritious meal Monday through Friday and asked to contribute whatever they can afford. No one is turned away because they cannot afford to donate. The Subsidized Meal Program now constitutes 85% of our participants.



In 2018, we partnered with Gourmet Dining LLC at our local Rider University, which allowed us to

provide healthier, more tailored meal options to our participants. It has also allowed us to work with students wanting to give back to their community and has been an invaluable community partnership.

The COVID-19 pandemic presented us with new challenges in 2020. The virus made person-to-person contact limited or impossible for a few months, but we prevailed in our delivery of nutritious meals to cover every day of the week with the help of many new volunteers! The truth is, MOWMC volunteers and employees became essential, frontline personnel, working overtime to combat hunger, and the increased isolation of our participants created by the pandemic. While our usual check-ins were not possible, we were able to counteract the additional social isolation by including weekly reassurance calls in our volunteer work.

MOWMC has grown over the years to cover more municipalities in our county, covering 90% of the county's residents - all the while adding additional services. While our main goal remains to deliver a hot, nutritious meal and a well-check daily, our services now include monthly deliveries of non-perishable food items; nutrition education materials and counseling; fresh fruit & vegetables; pet food bags tailored to the pets specific needs; and "blizzard bags" to participants should regular meal delivery be interrupted.

We look forward to the next half a century of service filled with many more new and exciting initiatives always driven by the needs of our elders and your ongoing support!



1973

Mobile Meals of Trenton comes into existence. The first team of volunteers served four clients the first week.



2001

The Food Pantry opens.



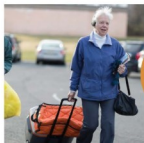
2002

The organization becomes Mobile Meals of Trenton/Ewing as it expands to include Ewing Meals of Wheels.



2011

Our name changes to Meals on Wheels of Trenton/Ewing to align with the Meals on Wheels Association of America (MOWAA).



2016

Service area is expanded to serve 6 additional Mercer County municipalities, with a new name of Meals on Wheels of Mercer County



2017

Logo and colors are rebranded to once again align with MOWAA.



2018

Meals on Wheels of Mercer County begins working with Rider University as the meal provider.



2020

259 new volunteers signed up in response to COVID-19! We served over 104,000 daily meals in 2020.

FRESH FRUIT & VEGGIES PROGRAM

This summer we began a new program, in the works for some time, that provides Farm Fresh Produce for our participants. This program is a logical extension of the summer Farmers Market voucher program we have been doing for many years - a five week distribution of fresh farm produce funded by Mercer County and in partnership with a local farmer. Our seniors had specifically requested more fresh fruits and vegetables because of the success of this program, and we were eager to meet their needs!



We partnered with Snipes Farm and Educational Center that provided the sorted and prepared bags of produce and delivered them to Rider University for distribution by our volunteers to our seniors. This grant allowed us to provide 250 seniors a bag of produce twice a month for six months.

The Snipes Farm and Education Center has a beautiful vision of a world where everyone has access to healthy food, open space, and the experience of farming, where local economies are strengthened by the preservation of small farms, and where priority is given to sustaining the earth and its natural resources. Much like Meals on Wheels, Snipes Farm believes giving back to the community is a core responsibility of the organization. Partnering together made sense since both Snipes and Meals on Wheels of Mercer County promote healthy eating and giving those more vulnerable and isolated a greater feeling of safety and wellness.



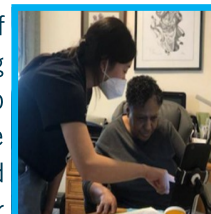
OUR LATEST INITIATIVE!

The Emergency Broadband Benefit, sponsored by the FCC, provided a grant for people who were not able to access or afford Wi-Fi during COVID-19, and we at Meals on Wheels of Mercer County are taking advantage of this opportunity to connect our seniors to technology.

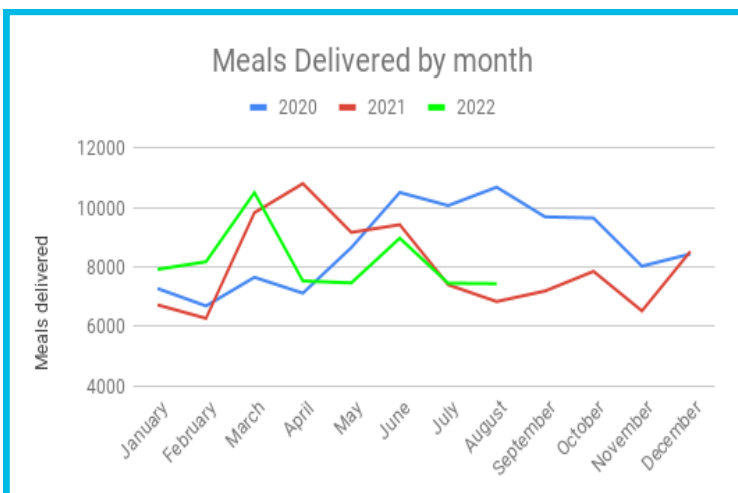
We began our pilot program with 10 participants in April and provided each of them with a tablet. We partnered with a volunteer organization, the IMPACT Youth Volunteer Club which is a Sponsor organization of the Federal program and is certified to enroll participants in the tablet program.

Meals on Wheels of Mercer County also worked in conjunction with Princeton University students, who made home visits to teach our participants how to use their devices. They created a user guide for our participants in case they forget key functions. Now, our participants can use the tablet to connect with family members, use Skype, Zoom, Telehealth appointments, internet usage, watch movies, etc.

Throughout the pandemic, 40% of seniors have said they were having problems finding activities to keep busy and staying socially active while physically distancing themselves and one out four adults felt depression or anxiety from the past two years. This initiative is another important step toward alleviating social isolation for our homebound participants, especially those who did not have access to Wi-Fi or even the technology of a tablet.



A 3yr Comparison of Meals Delivered



A Warm Welcome to Lisa, Director of Volunteer Services!

Lisa Kasabach is a resident of Trenton, NJ. Over the last 25 years, she has been actively engaged in the Trenton community while raising her sons Kasper and Ruedi with her husband Pete. Her involvement includes founding CitySmiles, and supporting various non-profits focusing on education, environment, volunteering and fun for all ages - from annual bicycling events and advocacy to neighborhood tree planting and children's activities. A former MOWMC volunteer herself, she also served on the Trenton School Board and ran for an At-Large City Council seat. Most mornings you can find Lisa connecting with nature on her daily two bridge loop walk over the Delaware River.



NAMASTE: YOGA FEEDING SENIORS!

When Pat and MOWMC volunteer Joe moved into their new retirement community, people who knew Joe asked if he would teach a yoga class or two for the residents. He had recently cut back to five classes per week because, well, you know, "I'm getting older" he thought! However, he decided that if it would benefit someone's quality of life through yoga, it's worth it. So Pat and Joe thought, why not make it a



dual win? He settled on doing one class per week for donations to the Meals on Wheels program, and what better charity than helping feed our less

fortunate sisters and brothers!!! All classes are conducted for donations only and became so successful that they added another weekly class. So he's back to seven classes, but the two at the Venue at Smithville Greene Clubhouse (Venue at Smithville Greene Yoga Club, as they call themselves) are, as a well performed yoga asana should be, effortless! As of August 2022, they have raised close to \$3,000! This is an example of how easy it is to help support our seniors in the community! You can replicate this effort in your own healthy, group activities!

Peace God bless and Namaste!

Welcome Evett, our first Chief Development Officer!

We are excited to welcome Evett Shulman to the MOWMC family as our first Chief Development Officer! Evett is a development professional, skilled in the planning and implementation of a comprehensive philanthropic program, bringing new avenues for collaboration between the nonprofit organization and community businesses. She takes a strategic, responsive approach to the organizational development needs, and enjoys seeing the impact of her work. Her professional life has been devoted to community wellness initiatives within the nonprofit arena. Evett brings enjoyment to the collaboration and community and partner engagement process, and looks forward to assisting MOWMC in reaching new goals. In her spare time, Evett can be found spending time with family, at the gym or traveling.



MEMORIAL DONATIONS

Johanna Giaquinto
By Wayne & Margaret Herpel,
Francine Papero, &
Michael & Jacki Pisano

Bettie Hance
By Linda Montervino

Carl Krause
By Renae Starker

Etta Logan
By Patricia Fusco,
Donald Fusco, &
Tom & Melissa Harvey

Jane Neville
By Maureen Neville

Anna Phyliss Rossi
By Vincent Alfieri,
Michael & Vita Ferrone,
Jim & Helene Leona, &
Phyllis Somma

Patricia Stevens
By Robin Tramontana

Mr. Subrahmanyam
By Syamala Gollakota

Richard Gale "Sandy" Schwik

By Wallace Beckett,
Maria Bullaro,
The Conover Family,
Mark Fake,
Laurie Ferrari,
Sarah Foy,

Joseph Geisner,
Vivian Giquinto,
Keith Greener,
Alice & Frank III Haines,

James Hung,
Robert & Karen Kent,
Georgia Koenig,
Mary Lou Kramli,

Robert & Eileen Nickels,
Jill Pierantozzi,
Dorothy & Stanley Radomski,
Betty Jane Rothermund,
Lorraine Schuster,
June Scott,
Jean Thompson,
Seth Winter, &
Solvey Zanardi

Robert Yostembski
By Susan Milewski

IN HONOR DONATIONS

Bernie Flynn
By Jennifer Antinoro

Gale Richard "Sandy" Schwik
By William Arring,
The Saulnier Family &
The Van Wagner Family

Sue Gaines
By Stephanie Elsayed

Sushila Saraswat
By Ruchi Acharya

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!

Visit our website to sign up,

or for more information:

call: 609-695-3483

email: volunteerservices@mealsonwheelsmercer.org

VOLUNTEERS URGENTLY NEEDED!!!



NON-PROFIT
US POSTAGE
PAID
PERMIT #16
TRENTON, NJ



320 HOLLOWBROOK DRIVE
EWING, NJ 08638
(609) 695-3483

www.mealsonwheelsmercer.org
info@mealsonwheelsmercer.org

Meals on Wheels of Mercer County is a 501(c)(3) tax-exempt organization. All contributions are tax deductible.

BOARD OF TRUSTEES

Brandon Gaines
President
Mindy Komosinsky
Vice President
Susan Barosko
Secretary
Raphael J. Carletti
Treasurer
Emeriti
Hon. John Hughes (Ret.)
Susan Valentine

Members at Large
Karen S. Ali
Daniel Balko
David Dafilou
Paul Kalish
Giridhar Katkuri
Karin Morse
Helen Hughes Patterson
Mary Smith
Marguerite Vera

A HEARTFELT THANK YOU!!

...to all of the generous individuals, civic groups, houses of worship, schools, corporations, foundations, and our tireless volunteers who support us all throughout the year!!

STAFF

Sasa Olessi Montañó
Chief Executive Officer
Lara Livne
Chief Program Officer
Ruth Todd
Director of Program Services
Lisa Kasabach
Director of Volunteer Services
Fulani Oghoghome
Administrative Assistant
Eveff Shulman
Chief Development Officer
Jabeen Obaray
Project Manager
Gabrielle Stillwell
Courier

Have you checked out our website?



Don't forget to donate to MOWMC via your NJ 2022 tax return this year!

OUR MISSION

ASSIST PARTICIPANTS IN MAINTAINING INDEPENDENCE, DIGNITY, HEALTH & WELL-BEING BY PROVIDING COMPREHENSIVE NUTRITION SERVICES AND HELPING EASE SOCIAL ISOLATION.