



# The **WHEELER** report

Metro Meals on Wheels Newsletter – Fall 2014

## DONORS, VOLUNTEERS AND RECIPIENTS REFLECT ON WHAT MEALS ON WHEELS MEANS TO THEM

For Mark Powers, his first encounter with Meals on Wheels came when he was 4. He remembers playing at his Grandma Nettie's house when a special delivery came to her door. It was a friendly volunteer with a meal for his grandma.

For Grandma Nettie, getting healthy food wasn't always financially possible. "She wasn't very wealthy. By the time she retired she didn't have much to get by on," Mark says. "I just thought that was really cool that she was able to do that."

The meals she was able to receive helped her get the nutrition she needed and helped her to live independently at home at the end of her life. At 4, Mark remembered thinking it was great that his grandma's lunch could just show up at her door, but later he began to understand the impact of those meals and their role in helping his grandma.

### Why We Donate

Hoping he could help others who found themselves in situations similar to that of to his grandma, Mark joined a Workplace Delivery Team organized through his office at Boston Scientific in Shoreview. Volunteering gave him a new perspective on why Meals on Wheels is about more than the food for many recipients.

"My grandma always had family around, so it was more about the actual food," says Mark. "The social interaction piece was a new element that I didn't really understand before."

Mark looked forward to his once-a-month deliveries, knowing the importance of what he was bringing the recipients. He also enjoyed the opportunity to reflect on fond memories of spending time with his grandma when he was a child while connecting with seniors in his community. Mark's work schedule is too tumultuous to allow him to deliver meals on a regular basis these days, so he finds other ways to support Meals on Wheels. He's become a regular donor and makes his contributions in honor of his Grandma Nettie.

"I try to give back in whatever way I can," he says.

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*Mark Powers and his wife, Amy*

## From the Executive Director

*Patrick Rowan*

In this annual report, which goes to everyone who has donated to Metro Meals on Wheels during our fiscal year of 2014, you'll get to read three stories about how Meals on Wheels makes an impact in people's lives. Each time I read stories like these I'm moved because I know this happens every day in every neighborhood in the Twin Cities.

In their own way, caring and dedicated people help neighbors in need. Some take the time to deliver meals, some make financial contributions and many do both. As you'll see, each person contributes in their own way and the results are amazing.

Together these examples represent the true definition of community. A community that cares for one another and a community we want to live in. Thank you for making these stories possible by supporting Meals on Wheels.





## MEALS ON WHEELS — MEANING TO THEM

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### Why We Deliver

Sixteen years ago, Jack Zimmer sold his Brooklyn Park bakery and was looking for something to keep him occupied. While he didn't necessarily miss the work days that started at 3 a.m., he did miss the routine that he'd grown used to as a baker for 40 years.

He and wife Elaine saw an ad in the paper on the need for Meals on Wheels delivery volunteers and decided to give it a try. For Jack, it was the beginning of a post-retirement routine that continues today.

Without fail, you'll find Jack at the CEAP Meals on Wheels neighborhood site in Brooklyn Park every Monday and Friday – and that's only if he doesn't get called in as an emergency replacement driver on the other days.

"I absolutely love it. I look forward to doing it and I enjoy the camaraderie with the other drivers," says Jack. Many of the recipients know Jack by name, and if you follow him on a ride along to the apartment complexes on his regular delivery route, you'll see it's hard for him to pass any of the residents without stopping to chat.

Regular volunteers like Jack assure recipients that somebody is looking out for them. If he notices something's amiss during his regular delivery, he'll let a Meals on Wheels staff person know, and someone will check in on that recipient.

A few winters ago, Jack and Elaine began spending 2 months in Florida each winter. While he's happy to avoid Minnesota's harshest weather while enjoying an extension of his golfing season, there's a bit of him that wishes he was back in Brooklyn Park, following his familiar routine.

"I can't wait to get back," he says about the end of his time in Florida.



*Jack Zimmer*

### Why We Get Meals on Wheels

John and Adele are in their late 80s and live in the same south Minneapolis home they've lived in for 40 years. The house is the second house they've ever lived in together, and they have no desire to move elsewhere. They love their neighbors, love their neighborhood and love their house and the memories it holds.

About 5 years ago, Adele needed surgery that required a hospital stay. Since she would be unable to cook when she returned home, Adele's doctor recommended that she and John give Meals on Wheels a try.

Adele and John have been receiving meals ever since. They say Meals on Wheels has allowed them to remain healthy and is a part of the reason they can stay in their home. John has diabetes and Meals on Wheels is one of his only options for diabetic-friendly meals.

Meals on Wheels also helped Adele and John get through a scare this past winter. John broke his hip while shoveling their sidewalk, and they say the healthy food was a key to him returning to health.

John and Adele are thankful not only for the health benefits of Meals on Wheels, but for the variety of food they receive. While they enjoy most of everything that comes to their door, beef stroganoff is a shared favorite in their house.

Meals on Wheels recipients get meals for a variety of reasons

– one person might need meals for a few weeks while recovering from surgery while for another, Meals on Wheels might be a longer term solution for avoiding a move to an expensive nursing home. Your contributions, whether you donate to or volunteer for Meals on Wheels, help ensure that your senior neighbors can lead healthy lives at home, where they'd prefer to live.



*John and Adele received a surprise meal delivery from Sen. Al Franken earlier this year.*



More than **1 million meals** were served to seniors in need throughout the Twin Cities by our **35 member programs**.

**14,888** volunteers made the delivery of those meals possible last year.



**6,300** recipients benefitted from the delivery of hot meals last year.



Our senior population is growing fast. In 2010, there were **307,000** people 65 and older in the Twin Cities. By 2040, there will be **781,000** people in this age range.

(Source: Metropolitan Council)

The average cost of living in a nursing home in Minnesota is **\$62,000**. Meals on Wheels helps recipients live at home as opposed to a more expensive assisted living facility.

(Source: Minnesota Department of Health)



**63 percent** of adults age 85 or older have at least one disability, which may affect their ability to prepare healthy food.

(Source: MN Compass)

**\$882,133** raised to help seniors and people with disabilities in your community get the nutrition they need while living independently by generous donors like you!

# Metro Meals on Wheels Annual Report

## FY2014 - Revenue and Expenses

<b>Revenue:</b>	<b>\$1,077,062</b>	<b>% of total</b>
Individual Contributions	\$556,589	51.7%
Corporations & Foundations	\$219,506	20.4%
Fundraisers/In-kind	\$106,038	9.8%
Program Income	\$181,846	16.9%
Investment and Restrictd	\$13,083	1.2%
<b>Expenses:</b>	<b>\$1,062,742</b>	<b>% of total</b>
Program	\$869,481	81.8%
Fundraising	\$150,078	14.1%
Administration	\$43,183	4.1%

## FY2013 - Revenue and Expenses

<b>Revenue:</b>	<b>\$829,708</b>	<b>% of total</b>
Individual Contributions	\$458,845	55.3%
Corporations & Foundations	\$182,035	21.9%
Fundraisers and In-kind Donations	\$72,942	8.8%
Program Income	\$41,524	5.0%
Investment and Restricted Funds	\$74,362	9.0%
<b>Expenses:</b>	<b>\$815,516</b>	<b>% of total</b>
Program	\$671,785	80.2%
Fundraising	\$105,960	13.0%
Administration	\$37,771	4.6%

## METRO MEALS ON WHEELS BALANCE SHEET

<b>Assets</b>	<b>March 31, 2014</b>	<b>March 31, 2013</b>
Current	\$414,469	\$462,967
Fixed	\$17,540	\$12,708
Other	\$2,000	\$2,000
<b>Total Assets</b>	<b>\$434,009</b>	<b>\$477,675</b>
<b>Liabilities and Net Assets</b>	<b>March 31, 2014</b>	<b>March 31, 2013</b>
Current Liabilities	\$116,732	\$174,718
Net Assets	\$317,277	\$302,957
<b>Total Liabilities and Net Assets</b>	<b>\$434,009</b>	<b>\$477,675</b>

To view the full IRS Form 990, Audit Reports and full list of donors, visit [meals-on-wheels.com/about/reports](http://meals-on-wheels.com/about/reports)



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## Save the Date for Give to the Max Day 2014

### These Two Superheroes Need Your Help In the Walk to End Hunger

Two pint-sized superheroes are teaming up to fight senior hunger this Thanksgiving and they're hoping you'll join them. Aidan and Nina (and their mom, Tara Kumar) are captaining the Metro Meals on Wheels team in the Walk to End Hunger.

Each year, people committed to ending hunger in the Twin Cities gather at the Mall of America on Thanksgiving Day to walk in support of their favorite hunger-fighting organization. Meals on Wheels is proud to announce that we will be joining the Walk to End Hunger as a participating organization this fall.

We're thrilled to have Aidan, Nina and Tara as the captains of our Walk to End Hunger team. Tara and Aidan already help bring nutrition and independence to Meals on Wheels recipients as delivery volunteers. They're walking to raise money and awareness for Meals on Wheels, as they've seen firsthand the gratitude expressed by meal recipients for this important service.

You can support Meals on Wheels in the Walk to End Hunger in two ways:

- Register to walk on Thanksgiving Day (Nov. 27) and set a fundraising goal. You can walk by yourself or form a team of walkers to support Meals on Wheels.
- Donate to a walker who is supporting Meals on Wheels.

Visit [meals-on-wheels.com/hungerwalk](http://meals-on-wheels.com/hungerwalk) for more instructions on how to walk or donate.

We're excited to partner with so many great organizations who are doing their part to end hunger in the Twin Cities. Please join us in giving back before giving thanks by supporting Meals on Wheels in the Walk to End Hunger.

