



MEALS on WHEELS
WESTERN MICHIGAN



**WINTER
2022 / 2023**

**FOOD FOR
THOUGHT**

PRESIDENT & CEO UPDATE



DEAR FRIENDS,

As I reflect on the last year, I am amazed at all we accomplished together for older adults. Together we touched the lives of almost 6,000 seniors. I want to extend a sincere thank you to all our sponsors, donors, partners, staff, volunteers, and community friends - the great work accomplished by Meals on Wheels Western Michigan would not be possible without you.

This year saw an expansion of our senior pantry, doubling its space and creating an opportunity to introduce new programming and increase our ability to purchase more healthy foods for older adults. We are now working on new donor and vendor partnerships to bring more consistency to the foods we offer that seniors need most.

Inclusive Performance Strategies began working with our team this year to develop a solid base to build our DEI strategies to ensure that no senior is hungry or forgotten in our community. Our vision is to ensure that we nourish all seniors in ways that are relevant to their individual needs.

Planning was completed to install a new 2,000 square foot freezer which will break ground in the first quarter of 2023. This space will allow us to produce more meals for special dietary needs such as renal diets and allow expanded menu choices for more cultures that exist in Western Michigan.

This year I look forward to solidifying our DEI strategies, producing more meal options and testing them with our participants and prioritizing building new partnerships. These steps are crucial to our vision of creating a community where no senior is hungry or forgotten.

Warmly,

Lisa Wideman | President and CEO



RECIPE: Delicious MOWWM Chili

DATE:
Winter 2023

PREP TIME:

COOK TIME:

SERVING SIZE:

INGREDIENTS:

1 pound ground beef
1/3 cup diced onion
1/3 cup diced green peppers
1 tbs. garlic, minced
1/8 tsp. salt
1/8 tsp. black pepper
1 tbs. chili powder
2 tsp. ground cumin
1 tbs. brown sugar
1 (15oz) can kidney beans
1 (15oz) can navy beans
1 (15oz) can diced tomatoes, drained
1 (15oz) can tomatoes sauce

DIRECTIONS:

Brown ground beef, onions, green peppers and garlic until no pink shows in the beef and onions are soft.
Add spices and brown sugar - stir.
Add beans, tomatoes, and sauce.
Let simmer for 20 minutes.
Serve

NOTES:

Serve with crackers or cornbread (optional).

MAIN DISH

SENIOR SPOTLIGHT

Leonard Terrace is home to one of MOWWM's Dining Sites where seniors can come to enjoy a hot meal and conversation with friends. Once a month, residents can also enjoy live music along with their lunch!

Patricia loves keeping busy and giving back to the community.

According to her,

“The people that come in here to eat, they love it! It's a real good wholesome meal for them. For me, it's giving back to the community and seeing that these people are getting a nutritious meal that they may not have had if it

wasn't for MOWWM, and that's the truth.”

For many of the seniors here, this is their main meal of the day. It's also one of the only times they see their neighbors. When asked what she appreciates most about this dining site, fellow resident and volunteer, Renee, said

“People getting together, because otherwise they would be in their apartments by themselves.”

Research has proven that loneliness can lead to detrimental health effects, especially for seniors. In many ways, the social interaction that dining sites

provide is equally as important and appreciated as the meal itself.

Speaking of the meals themselves, Renee has many favorites including meatloaf, Swiss steak, Salisbury steak, and beef tips with noodles. For Patricia, the grilled cheese with tomato soup is the clear winner! While the menu is always changing, these favorites will be likely to stick around for a while.

Spread the Word!

MOWWM's services aren't just for homebound seniors. Our Dining Sites and Senior Pantries are available to seniors who are more mobile, and we are always welcoming new seniors. Dining Sites provide life-giving social connections that nourish the soul along with the body, over a lunchtime meal. For seniors who are more independent, but struggle financially, our Food Pantries allow them to stock up on fresh fruits and veggies, meat, dairy, and pantry items. That means they can better afford other necessities like medication. Please help us fight hunger and loneliness by spreading the word to local seniors!



NEW CHOICE MENU

Something we are very proud of at Meals on Wheels Western Michigan is the fact that our home-delivered meals clients have the option to choose the meals they receive.



Although some seniors opt for a set monthly menu, the majority enjoy selecting the meals that best match their preferences and dietary needs.

This year, with lots of feedback from our clients, our Registered Dietitian and our chefs developed seasonal menus that change mid-year. Our Spring/Summer menu

included favorites like Ginger Soy Flounder and Creamy Pasta Primavera, and the Fall/Winter menu introduced Chili, Loaded Mac & Cheese, and Goulash. The new menu also included more vegetarian options and more breakfast options, as requested by our seniors.

Although all of our meals are heart-healthy and low in sodium, our Registered Dietitian is always available to help seniors figure out what meals match their dietary needs and health concerns. We also strive to ensure our menus cover a wide variety of cultural preferences, so that all seniors can find meals they enjoy, and that bring them comfort.

Be sure to check out the chili recipe at the start of this newsletter, a new favorite of our seniors! Now imagine multiplying that recipe by 60 and making it 3 times in a row! That's what our kitchen does each time they make it in order to make enough for 1500 servings!



Lunch with a Mission

Lunch with a Mission is an easy way to support MOWWM, while providing your office/team a delicious lunch that includes a sandwich, chips, cookie, and pickle. Take the stress out of ordering and Eat Lunch and Give Back to our Seniors! Funds will support our home-delivered meals, dining sites, and senior pantries to further our mission of ensuring no senior is hungry or forgotten.

Find out more about our boxed lunches at www.mealsonwheelswesternmichigan.org or boxlunch@mowwm.org

VOLUNTEER SPOTLIGHT



Thanks for 11 great years, Rich!

For the last 11.5 years, Rich Laninga has volunteered a few hours every Wednesday to deliver meals to home-bound seniors. A desire to be of service to the community led him to start volunteering back in 2012 after hearing of

the opportunity. When asked what's been the most impactful aspect of volunteering, he said:

Being able to meet so many people, having that personal contact, and knowing that he is helping to fulfill a basic need for people that may not be able to help themselves. Hearing the seniors express their gratitude has been his chief reward.

Rich recalled one time trying to deliver to a senior who wasn't coming to the door. After knocking for a while, Rich barely heard a strained voice from inside saying "I've fallen and can't get up!" Rich was able to alert the building manager who unlocked the man's apartment and was

able to get him the help he needed. We are so grateful that our drivers can be this lifeline that seniors can count on.

Rich retired from his route in November to move on to other volunteer opportunities, and we will surely miss him! Often after delivering his route, he would go back to visit with a man who lives alone and suffers from chronic back pain. Rich said he still plans to visit with that senior, even after retiring from his route.

Thank you, Rich, for your incredible dedication, and for impacting the lives of so many on your route!

Looking for Kitchen Volunteers!

MOWWM is in need of volunteers to help portion out food into trays in assembly line manner at our kitchen in Grandville. This volunteer opportunity is flexible and can occur Monday-Friday between the hours of 7:30AM-3:00PM. Volunteers can choose to stay for as long as they would like. Contact Carey or Kayla for more information at 616-459-3111 or fill out the volunteer application on our website and we will be in touch!



PARTNER SPOTLIGHT

Welcome, Health Alliance Plan!

This past year we were so grateful to welcome a new partner to the MOWWM Family, Health Alliance Plan (HAP). They showed up in a big way in 2022 to support our seniors through the funding of a cooler and new shelving at our Senior Pantry, lead sponsorship of our 2022 Chef's Specialty event, as well as volunteering in our warehouse and delivering meals.



One of HAP's giving pillars is tackling food insecurity, so getting involved with Meals on Wheels Western Michigan was a natural fit as they expanded their presence in West Michigan. "We want to support organizations who are helping make sure seniors

in the communities we serve have access to nutritious meals and have interaction from friendly faces on a regular basis" says Charles Tischer, Director of Community Outreach & Strategic Partnerships at HAP.

We are grateful for the many ways they've already supported our seniors and look forward to their continued support in 2023 as well! "Our hope is that no senior will go hungry or feel isolated in their home. By supporting MOWWM, we can play a role in making that hope a reality" adds Tischer. Thank you, Health Alliance Plan!

Get Involved as a Company or Community Group

Whether volunteering as a group, sponsoring an event, coming in for a lunch and learn, or hosting a food or fund drive, there are many ways to get involved with MOWWM as a company or community group. Increase your community involvement while boosting morale and helping local seniors! Reach out to lvanderhill@mowwm.org for more info.

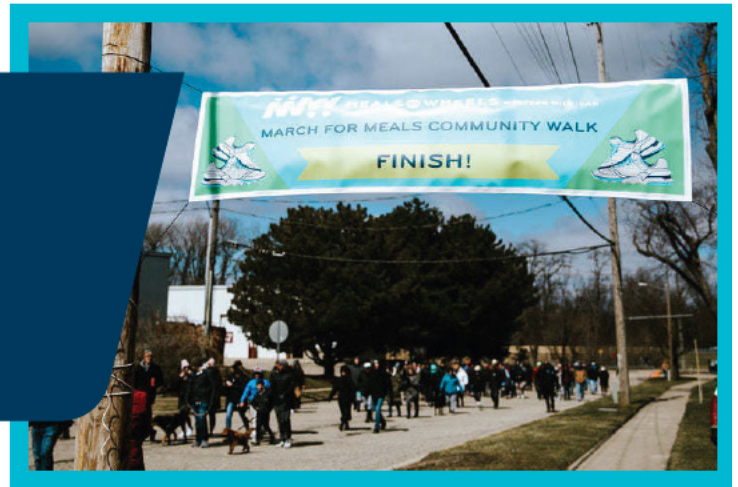
SAVE THE DATES

Meals on Wheels Western Michigan is looking forward to hosting another year of inspiring events! Make sure to reserve these dates on your calendar. Keep an eye on our website, social media, and future newsletters for more information as we get closer to each event. We can't wait to see you there.

March for Meals Community Walk and 5k Run

March 26, 2023

Millennium Park - Grant Pavillion
1415 Maynard Ave SW
Walker, MI 49534



More Than a Meal Luncheon May 11, 2023

New Vintage Place
889 Broadway Avenue NW
Grand Rapids, MI 49504

9th Annual Chef's Specialty October 11, 2023

The High Five GR
19 La Grave Ave SE
Grand Rapids, MI 49503



WE HOPE YOU JOIN US FOR THE 2ND ANNUAL



2023 MARCH FOR MEALS COMMUNITY WALK & 5K RUN

ALL AGES & ABILITIES WELCOME ✨ DOG FRIENDLY

2-MILE WALK & 5K RUN
MILLENNIUM PARK
GRANT PAVILION

SUNDAY, MARCH 26
10:00 AM



INSIDE
THE
ISSUE

- o President & CEO Update
- o Senior, Volunteer, and Partner Spotlights
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- o New Choice Menu



Meals on Wheels Western Michigan is supported by:

2900 WILSON AVE. SW SUITE 500
GRANDVILLE, MI 49418



FY2020-21 FINANCIAL STATEMENT

	2020		2021	
FEDERAL, STATE, AND LOCAL GOVERNMENT GRANTS	\$ 4,682,542	61.1%	\$ 4,320,866	61.0%
EARNED INCOME	\$ 1,407,669	18.4%	\$ 1,170,140	16.5%
CLIENT CONTRIBUTIONS	\$ 395,949	5.2%	\$ 393,672	5.6%
COMMUNITY SUPPORT	\$ 936,070	12.2%	\$ 645,646	9.1%
OTHER	\$ 237,510	3.1%	\$ 541,901	7.7%

	\$ 7,659,740	100%	\$ 7,072,225	100%
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	2020		2021	
PROGRAMMING	\$ 5,771,620	84.3%	\$ 5,557,731	83.1%
ADMIN	\$ 841,833	12.3%	\$ 868,107	13.0%
FUNDRAISING	\$ 235,527	3.4%	\$ 259,227	3.9%

	\$ 6,848,980	100%	\$ 6,685,065	100%
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ASSETS

	2020	2021
DEFERRED COMPENSATION INVESTMENT	\$ 60,913	\$ 78,125
CASH AND OTHER ASSETS	\$ 3,061,117	\$ 2,792,209
GR COMMUNITY FOUNDATION	\$ 60,736	\$ 74,195
PROPERTY AND EQUIPMENT	\$ 2,820,956	\$ 2,820,659

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END OF YEAR ASSETS	\$ 810,760	\$ 387,328

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THANK YOU
TO OUR 2022
COMMUNITY
PARTNERS!



We would not be able to accomplish all that we do without wonderful organizations like you in our community!