



MEALS on WHEELS
WESTERN MICHIGAN

**SUMMER
2022 RECAP**

**FOOD FOR
THOUGHT**

PRESIDENT & CEO UPDATE



DEAR FRIENDS,

While food and gas prices are increasing, our team has been busy focusing on our strategic plan and core values which will enable Meals on Wheels Western Michigan to rise above these challenges in the future. I am truly grateful for their commitment as they struggle to find volunteers, search far and wide for some of the food needed for our meals, and continue to ensure our seniors are fed.

One of our strategic plan initiatives is to find new ways to generate revenue. I am thrilled to share that our new box lunch program, Lunch with a Mission, has launched and will generate much needed revenue to help us meet the increasing demand for our services. Several partner organizations have ordered lunches and are telling us how awesome they are! If you need box lunches for meetings or events, please consider Lunch with a Mission.

Another initiative that has finally come to fruition after many delays in construction is our newly renovated and expanded Senior Pantry. Thanks to everyone who attended our open house. This much anticipated new space now provides opportunities to store more food cost effectively, expands our shopping area and creates space for nutrition education classes.

I am also excited to share progress on Workplace Culture, as one of our core values and a strategic plan priority. Thanks to the help of several donors, we have engaged with a consultant to lead us through training to discover opportunities for Meals on Wheels Western Michigan to become better equipped. The difference in perspectives that comes from this work will bring the greatest ideas and innovation needed to support our vision of a community where no senior is hungry or forgotten.

Thank you for your involvement with MOWWM whether you are a donor, a volunteer, staff or if we are helping one of your loved ones. Together we can realize our vision of a community where no senior is hungry or forgotten.

Warmly,

Lisa Wideman | President and CEO



RECIPE: Aloha Slaw

DATE:
Summer 2022

PREP TIME:
5 minutes

COOK TIME:
none

SERVING SIZE:
Makes 8 - 1/2 cup servings

INGREDIENTS:
1 small head of cabbage, shredded
3/4 cup carrots, shredded
1 cup crushed pineapple
1/4 tsp. salt
3/4 cup homemade coleslaw dressing

DIRECTIONS:
In a medium sized bowl, mix all coleslaw ingredients together.
Fold in dressing, mix gently.
Serve immediately or refrigerate.

Dressing:
3/4 cup mayonnaise
1 1/2 T. vinegar
3 T. sugar
2 1/4 T. lemon juice
3/4 tsp. black pepper

NOTES:
This replaced Crunchy Apple Salad on our cold menu due to the apple shortage. We tested it out with residents at the River Grove Retirement Community and they loved it. We hope you enjoy it too!

SIDE DISH

SENIOR SPOTLIGHT

Robin Goudzwaard was unable to drive, stand, or work after a surgery left her immobilized, so she turned to Meals on Wheels Western Michigan and started receiving home-delivered meals.

“It was a little humbling having to do something like this, but I am so grateful because the dynamics of my life have changed. I’ve become friends with my driver, Doug Penny, we talk about his family and his boys. Then when he visits my dad he has a whole other conversation on their own, and I don’t know what they talk about. My dad loves to see Doug.”

Robin found her experience with the program so helpful that she signed up her father, Bob Goudzwaard.

“I don’t know how to cook, and I don’t like to cook, so Meals on Wheels is perfect for me. Top of the line, absolutely” says Bob.

With 32% of home-delivered meals clients reporting that their delivery driver is the only person they see each week, the friendly check-ins are often just as appreciated as the nutritious meal.

“Our program is about nourishing seniors both physically and mentally”, says Lisa Wideman, CEO.

Use this QR code to view the full story as reported by 13 ON YOUR SIDE



Welcoming New Seniors

Signing up for our nutrition services is easy and there is no wait list! In Kent County we offer home-delivered meals, 13 dining sites, and our Senior Pantry and mobile pantry services. In Allegan County eligible seniors can enjoy home-delivered meals or visit 2 dining sites. Do you know a senior who would benefit from one of our services? Learn more at www.mealsonwheelswesternmichigan.org or call 616-459-3111.

SENIOR PANTRY EXPANSION



Beginning in 1984, MOWWM only offered dining meals and home-delivered meals. MOWWM food pantries were started in 1998 thanks to funding from the Kent County Senior Millage. At that time, it was located off of Madison Avenue, until moving for additional space on Wealthy Street. Today, our main pantry is located in Grand Rapids near the intersection of Fuller Ave and Knapp Street. There are currently three locations that provide pantry services, including mobile pantries. The pantries are open to Kent County residents who are 60 years of age or older and who meet income requirements. Eligible seniors may shop at a pantry up to twice a month, choosing from a wide variety of food items. In June, our pantry finished renovations doubling the space for products/produce, included spacing for cooking classes and demonstrations, and an expanded area for waiting as well.



Lunch With A Mission

In May, we launched Lunch With A Mission, a box lunch program that will provide a new source of revenue for our organization. Funds will support our home-delivered meals, dining sites, and senior pantries to further our mission of ensuring that no senior is hungry or forgotten.

The boxed lunches are perfect for meetings and events. They include a sandwich, chips, cookie and a pickle. Customers can choose from a variety of sandwiches and for a small fee, they can also add a refreshing side salad, such as our Broccoli Raisin. There is a minimum order of 10 lunches. This is a great opportunity for companies, groups and organizations to eat lunch and give back to seniors in our community!

For more information and how to order, please contact boxlunch@mowwm.org

VOLUNTEER SPOTLIGHTS



June Volunteer of the Month

Congratulations to Martha Dove, our June Volunteer of the Month! Martha was nominated for being an excellent and consistent volunteer. She gives her time not only at our dining site at Leonard Terrace, but she also helps deliver meals to the residents. She was a huge help during the pandemic in making sure that people living at Leonard Terrace got the food they needed.

Volunteer of the Year

Congratulations to Duane Elders our 2022 Volunteer of the Year! Duane became a volunteer driver for our home-delivered meals program soon after he retired over two years ago. He is known for his reliability and willingness to help at any time. Duane always goes the extra mile to serve seniors in our community. He delivers throughout the summer from Newaygo and picks up additional delivery routes weekly. Thank you, Duane, for all that you do to deliver a meal and a smile to seniors in need!

“It’s an honor to be named Volunteer of the Year. I accept it humbly and I’m thankful that God has given me good health so that I can deliver. I enjoy seeing the people on the routes, all of which are



grateful that I stop. Thank you to everyone at MOWWM for all that you do,” said Duane Elders.

Our volunteers are an essential piece to everything we do at MOWWM. Last year, we had 1,321 volunteers and 24 groups volunteer a total of 16,907 hours! We are grateful for all that they do for seniors in Kent and Allegan Counties.

Delivery Drivers Needed!

We’re looking for local heroes who want to make a difference for seniors in our community. We have volunteer driver shifts available Monday, Wednesday, and Friday mornings.

Start times are staggered between 8-10 am. Routes last an average of 2-3 hours. Call 616-459-3111 to sign up or learn about other volunteer opportunities.

OUR FUTURE IS BRIGHT

Thank you, Amway!

As you get older, so many things often feel out of your control, especially if you are homebound. That's why at MOWWM we offer seniors the freedom and flexibility to have control over what meals are delivered to them through our Choice Meal program. We are thrilled and grateful to Amway for providing recent grant funding to support this program.



“Amway strives to help people everywhere live better, healthier lives. As we consider the work that MOWWM does to support the seniors in our areas, we found a direct connection point to our strategic pillar of critical access to nutrition,” said Lauren Porter, Corp Citizenship Specialist at Amway. “We particularly appreciate the work they are

doing to tailor meals to the specific dietary needs of individual seniors who otherwise might have no channels through which to gain access to those nutritional needs.”



Our Choice Meal Program allows seniors to choose meals from a rotating menu that meet their dietary needs and preferences, fostering dignity and independence. It also provides meal options for a range of medical conditions, including diabetes, heart disease and kidney disease. We even have a registered dietitian, Paula Kerr, on staff to help clients select appropriate meals for their conditions and preferences.

“We seek a client-focused approach – offering the meals they like to eat while being nutritional and

convenient. At a time in life when much can be taken away, we strive to provide meals that our clients can choose and be excited about eating. This funding will enable us to continue these efforts and allow for more medically and culturally-tailored meals for our seniors,” said MOWWM Director of Quality and Nutrition Paula Kerr.

Amway's support didn't stop at just providing funding. MOWWM has hosted Amway groups to volunteer as well, helping to pack and deliver meals. We are so grateful to the Amway Community Champions for taking time out of their workday to provide a bright spot in the day of homebound seniors.



FY2020-21 FINANCIAL STATEMENT

FEDERAL, STATE, AND LOCAL GOVERNMENT GRANTS	2020		2021	
	\$ 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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PROGRAMMING	2020		2021	
	\$ 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

DEFERRED COMPENSATION INVESTMENT	2020	2021
	\$ 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

	6,003,722	5,765,188
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NET ASSETS

TOTAL INCOME	2020	2021
	\$ 7,659,740	\$ 7,072,393
PROGRAM EXPENSES	\$ 5,771,620	\$ 5,557,731
DEVELOPMENT EXPENSES	\$ 235,527	\$ 259,227
ADMIN EXPENSES	\$ 841,833	\$ 868,107
TOTAL EXPENSES	\$ 6,848,980	\$ 6,685,065
END OF YEAR ASSETS	\$ 810,760	\$ 387,328

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!

JOIN US!

for the 8th Annual



Chef's Specialty

OCT 12 | Frederik Meijer Gardens
6:30 PM | & Sculpture Park

Featuring dinner, an open bar, and a recipe competition among local chefs while we honor Dr. Khan Nedd and celebrate another impactful year.

Visit MealsOnWheelsWesternMichigan.org or scan the QR code to learn more and purchase tickets



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Meals on Wheels Western Michigan is supported by:

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