



MEALS on WHEELS
FORT COLLINS

ANNUAL REPORT 2018-2019





8 OUT OF 10 LOW INCOME, FOOD INSECURE SENIORS

are not receiving the home-delivered meals they need



THE YEAR IN REVIEW

continue to provide great tasting meals and now with a full year under the proverbial belt of providing each person with the opportunity to choose which of two different meals they would like for lunch, we wonder why we didn't do this sooner. Just the simple act of helping lend a voice and choice to our clients we are empowering them to make a decision about the meal they would like to eat for lunch. This may not seem like much to some but to one who may have had a lot of their decisions made for them, this is really something.

I would be remiss if I didn't mention how great our volunteers are and how much they help us do what we do, We have over 200 volunteers, some with regular routes others that are substitute drivers willing to lend an extra hand during vacations, illness, or just need a break. Each one important to us and a part of our team. We thank them all and look forward to another great year!

Glenda Shayne

*Executive Director
Meals on Wheels for Fort Collins*

What a year this has been. Fiscal year 2018-2019 is now in the books and the celebration of our 50th year of operation continues! With 25 routes throughout Fort Collins and Wellington, we are kept pretty busy. We are blessed to have a great team of dedicated professionals (pictured below) that go above and beyond to see that all those we serve are treated with the utmost respect and compassion possible. Not to mention the dedication of PVH preparing those delicious hot meals to people that are home bound and unable prepare their own meals on a daily basis. We consistently assess our current routes and strive to make them as efficient as possible. The need for our services continue to grow with the ever increasing elderly populations.

Over the past year we delivered over 50,000 meals to primarily home bound people living in the greater Fort Collins and Wellington areas. With each year that passes we reach milestones. This year is no different. We

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Message from the Executive Director



Pictured staff: Kristy (Volunteer Mgr.), Glenda (Director), Brenda,(Finance Mgr.)

Fundraisers

FUN



Support our Seniors Breakfast Benefit

We held our first Annual Support our Seniors (SOS) Breakfast Benefit in 2019. We were joined by our Emcee John Carroll, a longtime supporter of MOWFC and Mary Nittmann, the founder of Meals on Wheels for Fort Collins. Both shared their stories of their commitment to seniors in our community.



We also heard from Wendy, the daughter of one of our clients, Curt Cameron about how

receiving meals and the daily check in has helped them both. Curt because he is eating a nutritious meal each day, and Wendy, who is able to feel comforted with the knowledge that there will be someone there to check on her father when she is unable while living in another city. "Meals on Wheels for Fort Collins provides this service which enables my father to remain independent in his own home" said Wendy.



' Meals on Wheels for Fort Collins provides this service which enables my father to live independently in his own home.'



Wheels for Meals Car Show Show 33 Years and Counting



GOAL OF \$50,000-REACHED!

The 33rd Annual Ed Carroll Motor Co. Car Show was held in August 2019 and raised over \$50,000.

Vintage car enthusiasts gathered from far and wide to take part in the annual country drive as well as the show at the Ed Carroll dealership to display their cars and the work that they are so proud of. This year's event was the largest to date. John Carroll has been a longtime supporter of MOWFC as a volunteer driver as well as a devoted advocate for seniors. The Wheels for Meals Car Show

has become an annual tradition and one of our largest fundraisers of the year. This year, John Carroll really came through. He pledged to match up to \$25,000 to commemorate our 50th year of operation and we reached that goal! John and his staff took the time and energy to make this event our most successful to date and they are appreciated so much.

First National Bank was a title sponsor for this years event. Our other sponsors included UHealth with their delicious breakfast tacos and outstanding coffee from The Human Bean.



O'Dell Brewing Co Small Batch Festival 2019

\$8,000 RAISED!



O'Dell Brewing Co. challenged us to find enough volunteers to help with this year's Small Batch Festival and in return we would receive \$8,000 to fund our program. We happily and gratefully accepted that challenge and looked no further than our own incredible team of volunteer delivery drivers. We all had a blast and even had a wait list to help us. We hope we can apply next year!



We could not do what we do without the generous support of UHealth. Our long standing partnership with Poudre Valley Hospital is the most critical partnership of our program. Meal preparation is overseen by PVH Dietetic and kitchen staff and meals are based on the DASH diet (Dietary Approach to Stop Hypertension). Dietetic staff provides all the nutrient

analysis, menu planning and meal preparation for MOWFC. Meals are offered meeting specific individual needs such as dental soft or pureed for those with chewing or swallowing difficulties, renal diets for liver and kidney function issues, vegetarian meals, regular and even a larger portion for those sharing a meal with a partner or saving half for dinner. By offering clients two options each day to choose from, we are helping support some of the independence they may have lost as a result of aging, diminished capacity or no longer driving.

Not only have UHealth offered this service to us since 1971, but they also provide a substantial in-kind donation that subsidizes the cost of our meals, enabling us to keep our overhead and fees low. PVH figures demonstrate the total cost to prepare our meals is \$6.85/meal, yet they provide

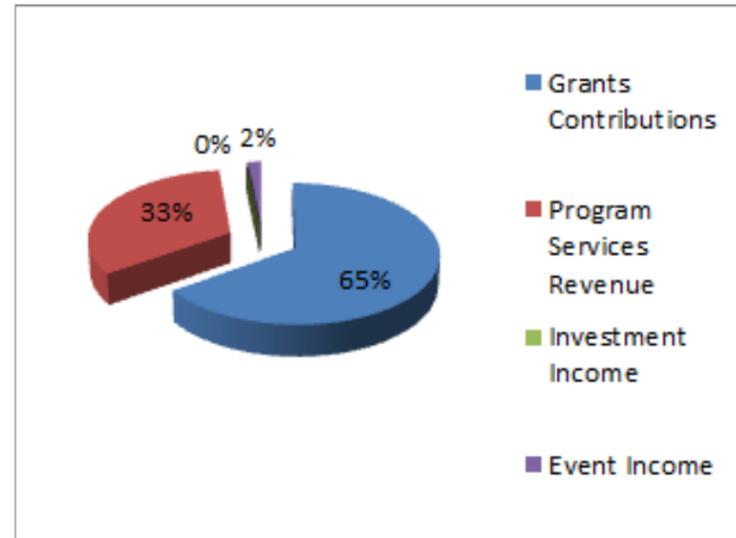
them to MOW-FC at the rate of \$3.85/meal. The hospital also has designated parking lot space for volunteer drivers and an area to pack up the meals for their routes each day. Our collaboration with UHealth is one our most valuable relationships and enables MOWFC to continue to feed the people we do. Thank you UHealth.



Financial Position

Revenue 2018-2019

Grants Contributions	\$388,150
Program Services	197,231
Investment Income	86
Event Income	9,784
Total Revenue	\$595,251



Board of Directors



Pictured: Steve, Lynn, Glenda, Don, Pam, Liz, Gretchen, David

Don Herman, President
Retired, HP

David Eads, Treasurer
Vital Investment Management,
Wealth Manager & CEO

Steve Peterson, Vice President
Retired, LaFarge

Pameria Johanssen, Secretary

Gretchen Osborn, Retired

Brittany Brown, Business Relations Manager
First National Bank

Nancy Vahrenwald, Retired

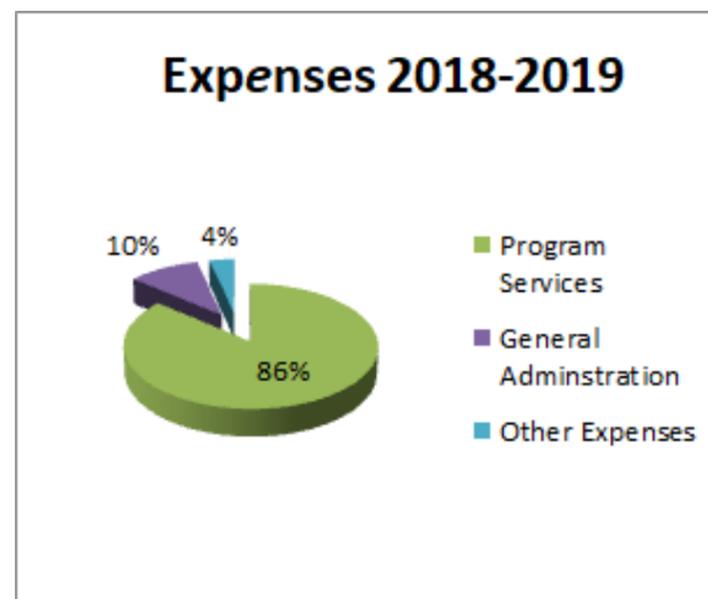
Liz Hollowell,

Lynn Meyer, Retired

Director Food and Nutrition and
Environmental Services

Expenses 2018-2019

Program Services	\$489,624
General Admin	58,196
Other Expenses	20,082
Total Expenses	\$567,902



Meals on Wheels for Fort Collins

Mission: The mission of Meals on Wheels for Fort Collins is to provide nutritious, hot noontime meals and social interaction to seniors and eligible clients in their homes five days a week in the greater Fort Collins area.

1217 E. Elizabeth St. Unit 11
Fort Collins, CO 80537
970.484.6325
www.mealsonwheelsfc.org

SPECIAL THANKS TO:



bluefcu.com



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