



2023-2024



ANNUAL REPORT



MEALS on WHEELS

FORT COLLINS

TOGETHER, WE CAN DELIVER.



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REFLECTIONS FROM THE EXECUTIVE DIRECTOR

A YEAR OF GROWTH AND EXPANSION

This past year has been one of remarkable growth and expansion for us. Our current office space is literally bursting at the seams. To meet the ever-growing needs of our community, we've increased staff hours and are frequently recruiting additional volunteers. The number of families applying for meal services for their loved ones has risen significantly, and we are committed to meeting this demand.

As illustrated on page 3, the number of meals we provide has certainly increased, and we show no signs of slowing down. I am continually impressed by the commitment of our over 325 volunteers. Some have been driving routes for over 30 years and remain as dedicated as when they first started.

I am particularly proud of the wellness checks we conduct with every meal delivery. Our volunteers have literally saved lives by following our protocol of calling the office when a client is not seen upon delivery. Unfortunately, we have also witnessed tragedy as a result.

In the coming year, I would like to focus more on addressing the social isolation that older adults often feel as they age. Losing longtime friends and being homebound can be incredibly painful. We need to find ways to mitigate these feelings of isolation whenever possible. There are resources available in our area that can help, and linking clients to these resources is one way we can address this issue. Reestablishing our phone buddy system, which originated during COVID, will be a key part of this effort. Continuous recruitment of volunteers and participants who enjoy an occasional friendly chat can genuinely brighten each other's day.

I am excited about the strategic plan we will embark on in January 2025. This endeavor will help us determine the direction of MOWFC in the coming year.

As we reflect on this past year of growth and expansion, I am filled with gratitude for our dedicated volunteers and staff who make our mission possible.

Your unwavering commitment has allowed us to serve more families and ensure the well-being of our clients.

Looking ahead, we are excited about the opportunities that 2025 will bring. Our strategic plan will guide us in continuing to meet the needs of our community and addressing the challenges of social isolation among older adults. Together, we can make a significant impact.

We encourage everyone to stay involved and support our efforts, whether through volunteering, donating, or simply spreading the word about our services. Your support is invaluable and helps keep our wheels turning.

Thank you for being a part of our journey. Read on to discover how community support is making a difference everyday.

All the best,
Glenda Shayne, Executive Director

A LIFE WELL LIVED Mary Nittmann



On April 11, 2024, we lost Mary Nittmann, the founder of Meals on Wheels for Fort Collins, just two days before she was to speak at our *Let's Do Lunch Luncheon*.

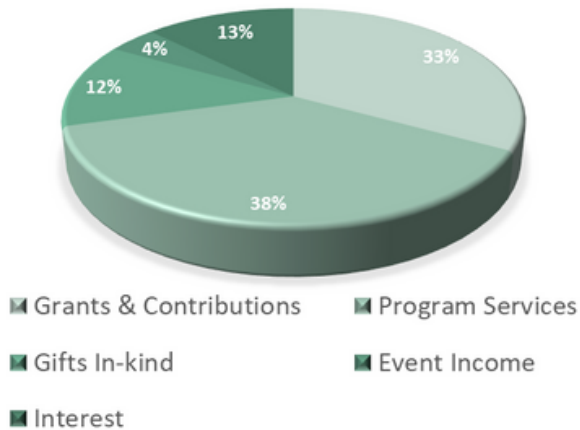
Mary started MOWFC in 1969, recognizing a need in Fort Collins. She began with 15 clients and, with the help of many volunteers, led the agency to success.

Initially, the Elks Club prepared the meals. When their kitchen reached capacity, Mary partnered with UCHHealth to continue meal preparation. This collaboration has lasted 54 years and going strong. Mary worked tirelessly for over 43 years, without a salary for the first seven. She often said that starting MOWFC was one of her finest accomplishments in her 91 years. She will be deeply missed.

THE YEAR IN REVIEW

OUR IMPACT

SOURCES OF REVENUE 2023-2024

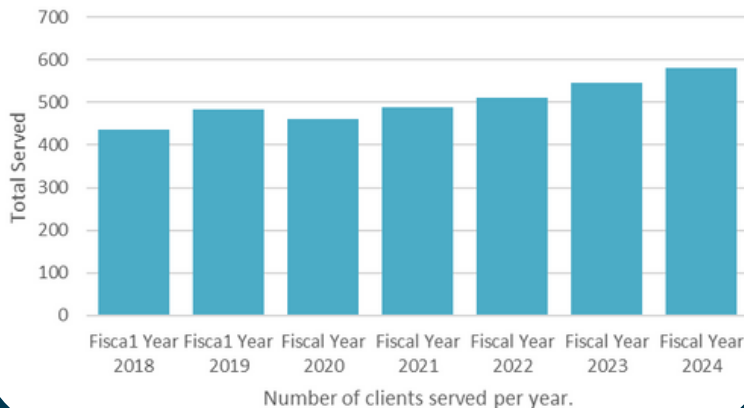


Revenue 2023-2024

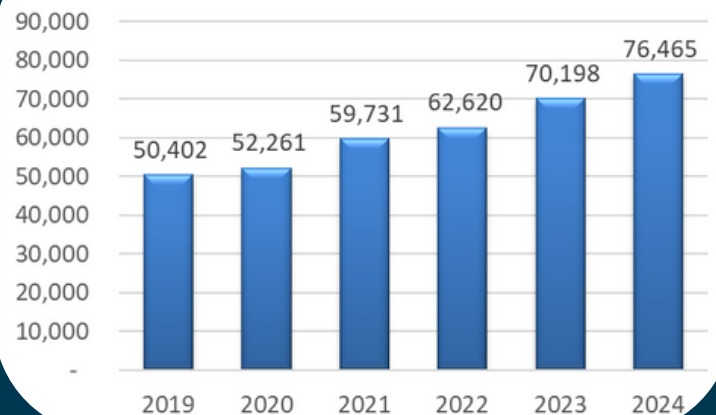
Grants & Contributions	318,037
Program Services	363,842
Gifts In-kind	122,126
Event Income	39,314
Other	128,548

Total Revenue \$971,867

'Total Clients Served'



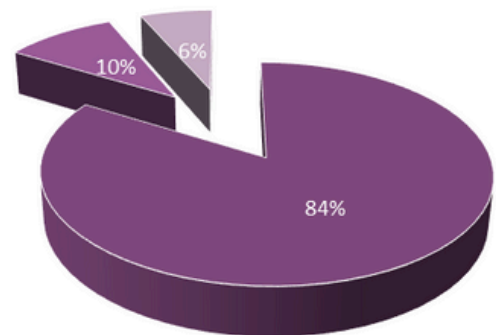
Number of Meals Fiscal Year



Expenses 2023-2024

Program Services	721,284
General Admin	84,659
Other Expenses	55,416
Total Expenses	\$861,359

Expenses 2023-2024



Program Services ■ General Admn ■ Other Expenses



Fundraisers

WHEELS FOR MEALS CAR SHOW & FUNDRAISER



Ed Carroll Motor Co. has been an incredible partner, consistently supporting the Wheels for Meals Car Show Fundraiser.

This year marked their 38th consecutive year as a sponsor, solidifying their reputation for organizing outstanding events for car enthusiasts. Special recognition goes to John Carroll, a board member who pledges a match of up to \$15,000 each year.

The Ed Carroll Motor Co. team has continually worked to make each event more successful than the last. Their dedication ensures the event's success, surpassing previous years' achievements.

This year, we moved the event from August to May, resulting in a more spectacular display of cars, thanks to favorable weather and strong attendance. The positive response to the date change means the 2025 edition will also be held in May.

We were also supported by the FNBO, UHealth, British Motor Club and Audi Car Clubs. Mark your calendars for the next Wheels for Meals Car Show & Fundraiser on Sunday, May 18, 2025, at Ed Carroll Motor Co., 3033 College Ave., from 8 am to 11 am. Get ready for another exciting event!

uhealth



2ND ANNUAL “LET’S DO LUNCH” LUNCHEON

We are thrilled to share that our 2nd annual Let’s Do Lunch Fundraiser was a great success! We are incredibly grateful to everyone who attended and supported our mission. With 135 attendees, we raised nearly \$15,000.

Participants learned more about our work and the importance of continually increasing support for our mission. Kevin Unger, President & CEO of UCHealth Northern Colorado Region, spoke about their long-standing commitment to helping us provide nutritious meals throughout our community for the past 55 years, and their plans to continue this support for years to



**Please join us in 2025 for our 3rd
Annual Let’s Do Lunch Fundraiser on
April 15, 2025 at the Hilton Fort
Collins, 425 West Prospect Rd. from
11:30am-1:00pm**

OTHER COMMUNITY COLLABORATIONS

Market Days

We thank Colorado State University and the Larimer County Extension for their support of our clients by providing fresh fruits and vegetables every year. The Market Days initiative fosters healthy aging and combats food insecurity by collaborating with local farmers. During each harvest season, we select clients from our fully sponsored list to receive an assortment of fresh fruits and vegetables from the Larimer County Farmers' Market. We then send volunteers to the Farmers' Market to collect and deliver the bags to our waiting clients. They each receive approximated \$18 worth of fruits and vegetables to enjoy through the week.



VOLUNTEERS

We are fortunate to have over 300 dedicated volunteers to work hard to deliver meals all throughout Fort Collins, Wellington and Laporte. We could not do what we do without them.



DELIVERING SMILES AT EVERY TURN

We have many youth groups that are eager to ensure our clients are remembered. The Young Men's Service League FOCO (YMSL) gathered, contributed, packaged and delivered beautiful holiday gift bags filled with goodies to enjoy during the cold winter. Spring bags were also delivered filled with spring goodies and St. Elizabeth Ann Seton Parish (SEAS).

***Delivering wonderful gifts is
so much fun***



HOLIDAY GIFT BAGS





Thanks to our Blizzard Box Sponsors



COMMUNITY FOUNDATION
OF NORTHERN COLORADO



WOODWARD

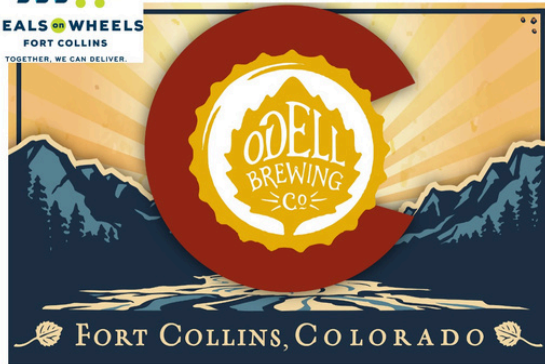


Blizzard Boxes
Pick up





Thank You



National Charity League, Inc.
MOTHERS AND DAUGHTERS SERVING COMMUNITIES TOGETHER



**YOUNG MEN'S
SERVICE LEAGUE®**



GIRL SCOUTS



Many thanks to the wonderful groups that help us keep our wheels turning each year.

THANK YOU TO OUR SUPPORTERS



BOARD MEMBERS 2023-2024

Gordan Thibedeau, President
Pam Johannsen, Secretary
Brittany Brown, Member
Dillon Goodman, Treasurer

Heather Kirby, Member
Meghan Wagner, Member
John Carroll, Member
Colby Sterling, Member
Dan Flanagan, Member

The mission of Meals on Wheels for Fort Collins is to support the dignity, well-being and independence of primarily homebound older adults and eligible clients in our community with a hot nutritious meal and social interaction for up to 5 days a week.



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www.mealsonwheelsfc.org

