



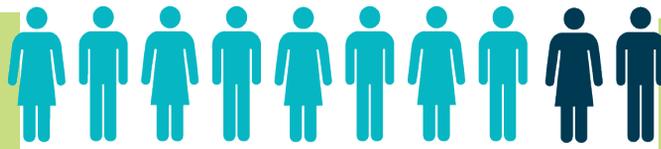
**MEALS on WHEELS**  
FORT COLLINS

# ANNUAL REPORT 2020-2021



**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.





# 8 OUT OF 10 LOW INCOME, FOOD INSECURE SENIORS

are not receiving the home-delivered meals they need

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# THE YEAR IN REVIEW

# Financial Position

## Reflections from the Executive Director

2020 was a heck of a year! With all the changes that came with COVID, we were able to maintain our flexibility and resilience with no gaps in our service at all. During fiscal year 2020-2021, the need for our services continued to grow. We had an abundance of compassionate volunteers ready, willing and able to step up to the plate and help us achieve our mission.

Over the past calendar year we delivered more than 59,781 meals to primarily home bound people living in the greater Fort Collins and Wellington areas. We are experiencing a sustained 6% increase year over year and improving the lives of older adults in our communities. With each year that passes, we

reach new milestones. This year was no different. Our regular and substitute drivers number more than 250. It is exciting to add new volunteer drivers (including those earning driving permit hours with their parent) and gratifying to have volunteers who have been delivering more than a decade or more. The dedication of our volunteers to provide hot meals and friendly greetings translate into uninterrupted service- even during the pandemic.

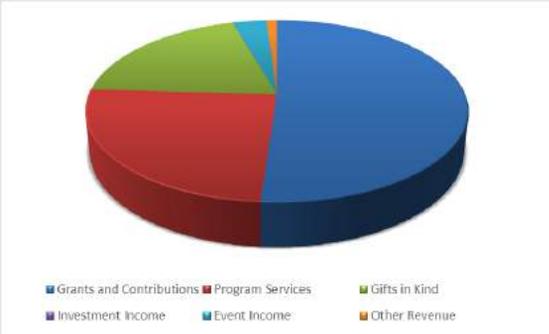
I am in awe of the sheer dedication of our volunteers who choose to spend their lunch hour delivering meals for us.

Each person is so important to our mission and a significant part of our team. We thank them all and look forward to another great year!

*Executive Director  
Meals on Wheels for Fort Collins*

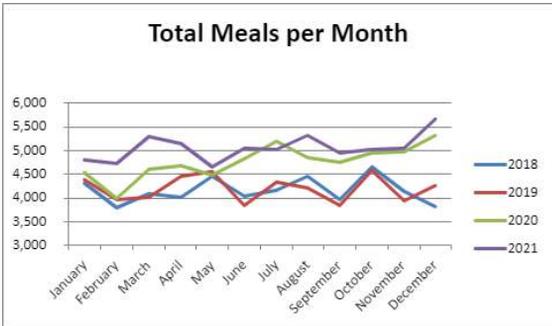
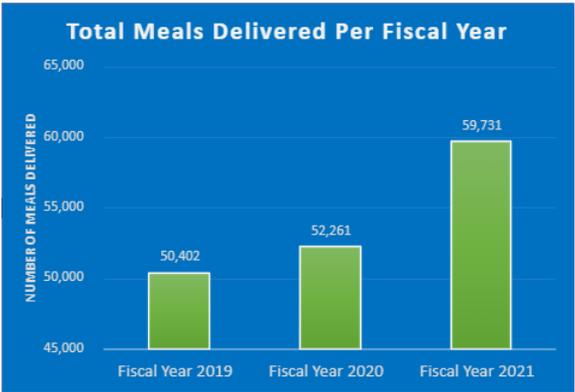
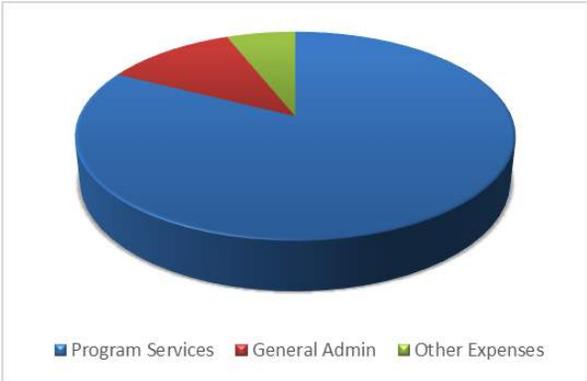
## Revenue 2020-2021

Grants & Contributions	\$467,558
Program Services	226,533
Gifts in Kind	179,187
Investment Income	285
Event Income	31,301
Other Revenue	9,415
<b>Total Revenue</b>	<b>\$914,279</b>



## Expenses 2020-2021

Program Services	\$577,731
General Admin	\$80,506
Other Expenses	42,499
<b>Total Expenses</b>	<b>\$700,736</b>



# OUR PARTNERS



We could not do what we do without the generous support of UCHealth. Our long standing partnership with Poudre Valley Hospital is the most critical partnership of our program.



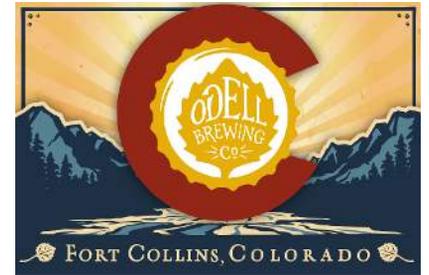
The UCHealth/PVH staff provide nutrient analysis and menu planning with the kitchen staff executing meal preparation for MOWFC. Meals are based on the DASH diet (Dietary Approach to Stop Hypertension). Clients choose between two entree options daily. We are also able to offer meals that meet specific individual needs including vegetarian, renal for those with liver and kidney function issues,

dental and pureed for those with chewing or swallowing difficulties, and a large portion for those saving half for later in the day or for a larger appetite. These options help support the independence clients may have lost as a result of aging, diminished capacity, or no longer driving.

Not only has UCHealth 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. UCHealth figures demonstrate the total cost to prepare our meals is \$7.00/meal, yet they provide them to MOWFC at the rate of \$4.00/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 UCHealth is one our most valuable relationships and enables MOWFC to continue to feed the people we do.



We were fortunate enough to receive CARES Act funding from the Office on Aging and a grant from the City of Fort Collins which helped subsidize the cost of meals for our lowest income clients.



A very special thank you to Odell Brewing Co. employees who offered to store our emergency food boxes in their warehouse until delivery to clients. With a grant we purchased the boxes for clients in the event of inclement weather. For the past 3 years, Odell employees have gone above and beyond by delivering the boxes to over 200 homes during their lunch hour. What an incredible gift!



# Volunteers Help Keep Our Wheels Turning

## Behind the Wheel

I first understood the value of Meals on Wheels volunteers several years before I became one, thanks to the perspective of my grandfather. He enjoyed healthy meals and we felt peace of mind knowing someone was checking in on him regularly. But what my grandfather loved the most were his interactions with his meal delivery drivers. He often told me about them – one was ex-military (like him), another would bring her son with her to brighten his day. These people enriched his life, and frankly, he made a mark on theirs. I know this because of the sentiments several left on his tribute page when my grandfather passed away.

These individuals inspired me, and I began volunteering with Meals on Wheels for Fort Collins (MOWFC) more than two years ago. As a substitute driver, I can connect with folks from all over our community. Sometimes clients prefer a brief exchange and efficient meal delivery. Others enjoy a longer conversation or invite me in to see their home, meet their pets or their spouse. With those interactions, it's easy to feel the joy and gratitude of our clients. My teen daughters also experience it when they ride routes with me in the summers. My husband loves riding along on occasion and helping distribute weekend blizzard

bags. With every delivery we bring a smile, along with the meal we leave behind.

In the spring of 2020, the pandemic restricted our ability to enter residences or show our smiles behind our masks, yet interactions with clients were even more critical. Isolation was increasing during the stay-at-home period, and hot meals and friendly words were in greater demand. At the same time, my daughters and I also joined FCMOW's core packing team rotation. Orchestrated by the incredible Fort Collins MOW staff, this COVID response plan has been a great success. Reducing the number of volunteers handling meals inside the hospital, while safely and effectively packing each route for delivery drivers, we have adapted protocols (more than once!) to meet the needs of the community we serve. Although I'm not face-to-face with clients in this capacity, it has given me the opportunity to work alongside and get to know so many dedicated MOW volunteers.

Donating my time isn't as selfless as it might seem. Just like the volunteers that made a difference for my grandfather, being part of MOW enriches all of us. It's opened my daughters' eyes to the value of filling a need, as well as the rewards of helping others.

I am honored to be a MOW volunteer, as well as a donor.



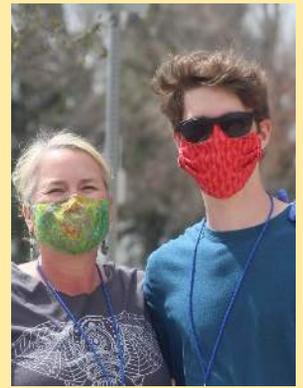
*By Wendy Abbott (pictured above center) with her daughters Reece and Ava*





Inclement weather is bound to happen sometime in Northern Colorado. To

ensure that everyone we serve has a meal for that "just in case" moment when road conditions make it unsafe for our volunteer drivers, we provide what we call "blizzard bags". These bags are in addition to the 10 day meal supply in emergency food boxes delivered by Odell Brewing Company. Thanks to the collaboration between the National Charity League Fort Collins Chapter and the YMSL FOCO Chapter, items were donated, packed and delivered in decorated bags to everyone on all 26 delivery routes. Daughters, sons, and their devoted moms have given so much of their time, talent and treasure to the people we serve. They not only decorated the "Blizzard Bags" but delivered to everyone on all 26 routes. for everything they have done for us over the years. The holidays were brighter for our clients as 150 gift bags were provided by SEAS (St. Elizabeth Ann Seton) & their Religious Education Families group with an additional 150 gift bags provided by the YMSL FOCO Chapter. The Meadow Mountain Quilters & Quilt Therapy and Thrivent made 300 quilted tissue covers that were also put into the gift bags. We cannot possibly include all of their photos but here just a few of the incredible people that help with our mission.





# Wheels for Meals Annual Car Show

Years and Counting  
35

The 35th Annual Ed Carroll Motor Co. Car Show & Fundraiser was held in August 2021 with a bit of a different look. The event was held over 3 Saturdays in August featuring muscle cars, British Motor Club cars, Porsche, Audi and VW. We raised nearly \$30,000 with the help of a generous match from Ed Carroll Motor Co.

Vintage car enthusiasts from far and wide met at the Ed Carroll dealership to display their cars and enjoy food and drinks provided by Ed Carroll. Because of the \$15,000 match, donations were gratefully accepted. The Wheels for Meals Car Show has become an annual tradition. Mark you calendars now for the next event to be held on Sunday August 21, 2022 featuring all makes and models. We are so grateful for the continued support of John and his staff for taking the time and energy to make this event very successful.



## Special Thank You to :



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