



Wheels About Town

Our Wheels Keep Rolling Thanks to You!

This past year has been an incredible year of growth. You are receiving this update because you have supported us both financially, as well as with your volunteer service and we couldn't be more appreciative.

As an agency serving primarily home bound elderly and disabled adults in our community we can not do what we do with out your support.

It is nice to know where your hard work and funds are going and transparency is incredibly important for sustainability. We know you have a choice in who you support and because of that support we were able to continue to provide meals to an average of 270 seniors or those with a disability with a hot noon time meal five days a week.

The pandemic has impacted us all in many ways; from our meal pick up procedures at the hospital to the meal delivery to hundreds of doors in Fort Collins and Wellington. But of course COVID 19 has also greatly

impacted our clients and increased the number of those we serve. We look forward to seeing everyone when we knock on their door or ring their bell. This interaction is many times the highlight of our days as well as for our clients day. While we continue to wear masks to minimize risk to our vulnerable clientele we can still see the smiles in their eyes. and for that, we thank you!



Total Meals Delivered Per Fiscal Year



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.

Behind the Wheel with Wendy Abbott



Pictured: Wendy (center) with her daughters Reece and Eva

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 (FCMOW) 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.

Many thanks to all the generous supporters of Fort Collins Meals on Wheels. Without you, our work would not be possible.

Thanks to our donors

For over 52 years, we have provided hot noon time meals, 5 days a week for primarily homebound seniors and disabled adults in our community earning the trust of donors through transparency. Because of that trust we will continue to bring nutrition to many who are unable to safely shop for or prepare, (in many cases afford) meals on their own. To help *Keep Our Wheels Rolling*, donate at www.mealsonwheelsfc.org, or mail check or credit card info to:

1217 E. Elizabeth St, Unit 11,
Fort Collins, CO 80524
or text "hotmeals" to 44-321



35th Annual *Wheels for Meals* Car Show

The look and feel of the annual car show changed due to COVID but the 35th Annual Ed Carroll Motor Co. Car Show Fundraiser was deemed a success! It was held over 3 Saturdays this summer to keep our crowds to a minimum allowing for social distancing.

Vintage car enthusiasts came to see the various makes and models being featured at this year's *Wheels for Meals* Car Show and Fundraiser. People came from far and wide to take part in this annual event at the Ed Carroll dealership to display their cars and the work that they are so proud of. John Carroll has been a longtime supporter of MOWFC as a volunteer driver as well as a devoted advocate for seniors in our community. He also provided the food and drinks for all participants and spectators alike. Coffee was provided by the Human Bean.

All donations were gratefully accepted. The *Wheels for Meals* Car Show has become an annual tradition and one of our largest fundraisers of the year. In 2021, the car show was our only fundraiser due to COVID. This year, John Carroll really came through. He pledged to match up to \$15,000, John and his staff took the time and energy to make this event very successful and they are appreciated so much. Mark your calendars because next year we go back to the one day event to be held Sunday, Aug. 21, 2022.



We are so fortunate to have incredible volunteers!

Our volunteers are our lifeblood and help keep our wheels turning in any kind of weather. Socially distancing is a priority and the safety of our clients, volunteers and staff are the reason why.





Support Our Seniors Breakfast Benefit

While COVID 19 prevented our Support Our Seniors Breakfast Benefit in 2021 it hasn't dampened our resolve to make this an annual event. Look for details soon regarding our Breakfast Fundraiser to be held in April 2022. We look forward to once again gathering together in person to celebrate our successes and meet wonderful like-minded people who share our passion for our mission.

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.

Follow us 😊



MEALS on WHEELS
FORT COLLINS

TOGETHER, WE CAN DELIVER.

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www.mealsonwheelsfc.org

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