



**MEALS on WHEELS**  
**FORT COLLINS**

TOGETHER, WE CAN DELIVER.

# Meals on Wheels for Fort Collins Annual Report 2017-2018



Glenda Shayne  
Executive Director

## EXECUTIVE SUMMARY

Fiscal year 2017-2018 has been a year of change for everyone from recipients of the meals we provide and their newfound ability to make food choices to the departure of one executive director and transition to another.

At Meals on Wheels for Fort Collins, we meet a critical need and that is to provide a hot nutritious meal and social interaction with seniors and eligible adults in their homes five days a week in the greater Fort Collins and Wellington area. By providing this service to those unable to safely prepare their own meals due to cognitive issues or physical limitations, many are able to remain in their own homes much longer than without this service. We are only able to do this with volunteers. We have a 2.5 person staff and over 150 volunteers yet the need for more volunteers is always there.



The fact is nearly 1 in 6 seniors struggle with hunger. We have too many seniors in Colorado that are left behind, alone and hungry struggling to stay independent and healthy. Nationwide, 12,000 individuals will turn 60 **every single** day. We know we will see an increase in future food needs locally so we will need to determine how we will meet the need strategically within our capacity or do something to increase our own capacity.

Thank you to all of our supporters whether it be monetary, in-kind, or volunteer service. We cannot do what we do without you.

Best,

Glenda Shayne  
Executive Director

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



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## ACCOMPLISHMENTS



Meals on Wheels for Fort Collins has been designated as a BBB Accredited Charity by Better Business Bureau Serving Northern Colorado and Wyoming. Meals on Wheels for Fort Collins met all 20 BBB standards for Charity

Accountability, which were developed to assist the public in making sound giving decisions and to foster public confidence in charitable organizations.

“ We are thrilled to have been recognized by the Better Business Bureau,” said Glenda Shayne, executive director of Meals on Wheels for Fort Collins” BBB Charity Accreditations demonstrates our commitment to excellence and assures the public that their donations to Meals on Wheels for Fort Collins are handled responsibility and ethically.”

Only charities that meet the standards are designated as a BBB Accredited Charity. An organization must be tax exempt under section 501 © (3) of the Internal Revenue Code. In addition, the BBB required the Meals on Wheels for Fort Collins to provide its latest audited financial statements, IRS for 990, and a copy of the annual report, which are subjected to vigorous and thorough review.



Meals on Wheels for Fort Collins has earned the 2018 Platinum Seal of Transparency from GuideStar, the world’s largest source of nonprofit information. Included within our profile are in-depth financial information, qualitative information about goals, strategies and capabilities; and quantitative information about results and progress toward its mission. By providing this information, we demonstrate our commitment to transparency and to give donors and funders meaningful data to evaluate this organization.



## WHO WE SERVE

The clients of MOW-FC are primarily homebound seniors (86% of our clients are over the age of 60) though roughly 13% of our clients are homebound adults who are differently abled. Eligible candidates for our services are those living in the metropolitan Fort Collins area experiencing difficulty accessing and preparing nutritious meals for themselves. Approximately 65% (of those reported) of our clients have incomes at or below the federal poverty line. We currently deliver to any eligible homebound adult living in Fort Collins and Wellington, and other close areas of Larimer County to the north and east of Fort Collins. We are proud to offer our services regardless of client age, gender, ethnicity, or income level. It is common for our clients to receive assistance from family members and home health care agencies. Daily deliveries and safety checks provided by MOW-FC, combined with aid from family members and health care services, enable our clients to remain living independently, in the comfort and familiarity of their homes, instead of residing in costly assisted living facilities.



Many of our clients suffer from various health complications such as heart disease, chronic obstructive pulmonary disease, and cancer, all of which can be risk factors for healthy nutrition. If ignored, these risk factors could weaken nutritional status and increase medical complications, resulting in loss of independence and quality of life. While Meals on Wheels is unable to address all risk factors, our meals provide 1/3 of the daily recommended daily allowances for our clients' nutritional needs. Additionally, Meals on Wheels offers with modified textures for chewing and swallowing difficulties. By

providing food our clients with foods they enjoy and can tolerate, Meals on Wheels empowers clients to make better nutritional choices, which can have a profound effect on their overall health.

Elderly and disabled adults who are homebound often experience limitations such as reduced abilities to shop for food and prepare meals due to aging, disability or mental illness. Such limitations can create new or exacerbate existing nutrition-related risk factors, increasing the likelihood of hospital stays and permanent placement in assisted living facilities. Risk factors related to malnutrition include

the following: food insecurity, poverty, inadequate food intake, social isolation, dementia, depression, dependency, functional disability, the presence of diet-related acute or chronic diseases or conditions, medication side effects, advanced

age, minority status, rural geographic areas and living alone. Since our beginning, it has been MOW-FC's mission to provide home-delivered, nutritionally balanced meals in order to help homebound adults remain in their own homes living independently.



## HOW WE DO WHAT WE DO



Our long-standing partnership with Poudre Valley Hospital (PVH) UHealth is the most critical partnership of our program. Dietetic staff at PVH provides all the nutrient analysis, menu planning, and meal preparation for MOW-FC. Not only have they 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 fees low. PVH figures demonstrate the total

**uhealth**

cost to prepare our meals is \$6.30/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 of our most valuable relationships and enables Meals on Wheels for Fort Collins to continue to feed the people we do.

## COMMUNITY PARTNERSHIPS

MOW-FC has several relationships with organizations in the community that supply us with a steady stream of volunteers. These organizations include: Foothills Gateway, Elderhaus, Fort Collins 3 Rotary Club members, National Charity League- Moms and Daughters and Young men's Service Leagues, Moms and Sons groups, Otero Corporation, Chill. Peer to Peer Support, Interim Home Health

## NUMBER OF MEALS

Last year we provided 47,228 hot nutritious meals to seniors or differently abled adults. We do expect this number to rise because of the increased need in our community.

## VOLUNTEERS ARE OUR MOST VALUABLE ASSETS!

We have 25 routes 5 days a week including holidays so we need enough volunteers to cover each route as well as substitute drivers for those on vacation, sick, or taking time off from delivering. Last year, 150 volunteers provided more than 12,000 hours to benefit the clients we serve.



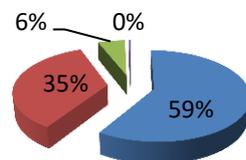
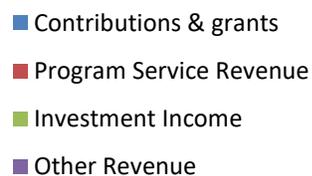
## FUNDRAISERS

The 32<sup>nd</sup> Annual Ed Carrol Motor Co. Car Show was held in August 2018 and raised over \$25,000. John Carrol has been a longtime supporter of MOWFC and holds the car show and vintage car enthusiasts gather at the dealership to show off their cars and the work that they have done. They are also automatically entered into a contest in various topics.

In 2018 we had another fundraiser coordinated by one of our supporters, a local bike club who brought a number of bike and car owners who also wanted to show off their work. This first time event raised \$1,500 for MOWFC.

## FINANCIAL POSITION

### Revenue

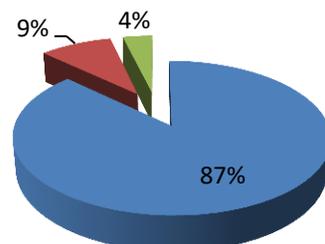


### Revenue-2017-2018

Grants Contributions	307,834
Program Services Revenue	183,725
Investment Income	28,829
Other Revenue	2,272

Total Revenue \$522,660

### Expenses



### Expenses 2017-2018

Program Services	453,907
General Administration	47,411
Fundraising	19,438

Total Expenses \$520,756



**NET ASSETS OR FUND BALANCES**

Revenue less expenses	-26,925
Total assets at end of year	513,752
Total liabilities at end of year	27,959
Net assets/fund balances at end of year	485,793

**SERVICE STATISTICS****Volunteers**

Community members volunteer their time each week.

Volunteers	Over 150 Annually
Volunteer hours	13,000
Equivalent to	\$320, 970*
Days delivered	259

*"I came to volunteer because before my grandmother passed she had the most wonderful volunteer drivers bring her meal every day and she so looked forward to their visits that she planned her nap around that time. One particular Friday volunteer would actually schedule her delivery for the last one just so they could play gin together! Thank you, thank you, thank you".*

*Jane(Helen's daughter)*

\*Value based on *The Nonprofit Times* valued at \$24.69 per hour

**Clients**

Individuals are able to remain home and independent.

Individuals served	434
Number of Meals provided	47,228
Average meal fee	\$3.93

*"My mother in law is on a very meager Social Security check but since my husband died, I have been trying to help her survive and pay off her rehab bills for her broken hip. It is a financial struggle- but I am so grateful for your wonderful service as it helps sustain her life. She is 95 and frail. As long as I can manage the one dollar per mea I will. I would never want anyone to be deprived of your help".*

*"Thanks to your persistence and calling my father and then me when my father didn't answer the door or phone he is still alive. I have always been nervous about living in Denver while he lived here. I came to Fort Collins to check on him and apparently he had fallen and unable to get the phone to call for help. He will resume service as soon as he gets out of rehab. Thank you again. This service has been a God send".*

## BOARD MEMBERS

Don Herman- *President*  
*Retired- HP*  
*Executive Director*

Dave Eads- *Treasurer*  
*Finance Planner*

Pam Johannsen- *Secretary*  
*Event & administrative manager at CSU*

Steve Peterson  
*Retired-LaFarge*

Lynn Meyer  
*Community Member*

Nancy Vahrenwald  
*Community Member*

Dell Howard  
*Community Member*

Gretchen Osborn  
*Community Member*

Liz Hollowell  
*Regional Director of Hospitality- UCHealth*



## STAFF

Glenda Shayne  
*Executive Director*

Kristy Trippel  
*Volunteer & Logistics Manager*

Brenda Moore  
*Finance Manager*



## **MANY THANKS TO OUR SUPPORTERS**

Poudre Valley Hospital- UCHEALTH

Ed Carroll Motor Company

Anschutz Family Foundation

Woodward Charitable Trust

Community Foundation of Northern Colorado

First National Bank

Jarod Polis Foundation

AV Hunter

Credit Union Association

Fort Collins Breakfast Rotary

Meals on Wheels National Association

Wells Fargo Foundation

Stetson Foundation

Gregory Wolf Foundation

Nordson Foundation

Alison Silverstein & Ernest Wood Charitable Fund



