



MEALS on WHEELS
FORT COLLINS

ANNUAL REPORT 2019-2020





8 OUT OF 10 LOW INCOME, FOOD INSECURE SENIORS

are not receiving the home-delivered
meals they need



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Photo courtesy of Kimball
Nelson Photography

THE YEAR IN REVIEW

2019 began and ended as a year like any other and then in early 2020 COVID 19 happened and changed everything. From the way we pick up meals at the hospital to taking meals to the doors of those we serve. The need for our services continued to grow with the ever increasing socially isolating elderly populations.

Over the past year we delivered over 57,500 meals to primarily home bound people living in the greater Fort Collins and Wellington areas. This was a 13% increase in the number of clients. With each year that passes we reach new milestones. This year is no different. We 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 meal options 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. While it 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 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*



*Photo courtesy of Kimball Nelson
Photography*

*Pictured staff: Kristy, Volunteer & Logistics Mgr.,
Danae, Client Coordinator, Glenda, Executive
Director, Brenda,, Finance Mgr.*



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. 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 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. PVH figures demonstrate the total cost to prepare our meals is \$7.00/meal, yet they provide them to MOW-FC 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.

Upon learning of our unique collaboration with UCHealth, Governor Jared Polis wanted to see the operation for

himself. The Governor met with Kevin Unger, President/CEO of UCHealth, MOWFC Executive Director, and MOWFC board members, Liz Hollowell and Steve Peterson.



Pictured: Governor Jared Polis, Glenda Shayne and Steve Peterson, Board President.



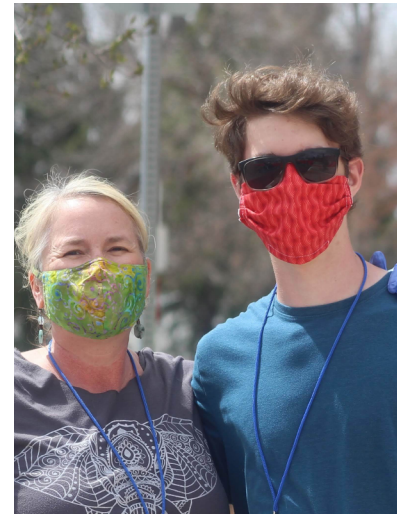
Support our Seniors

While COVID 19 prevented our Support Our Senior Breakfast Benefit from happening it hasn't dampened our resolve to make this an annual event. We will leave it to the medical professionals to determine when we will again be able to gather together to celebrate our successes, meet wonderful like-minded people who share our passion for our mission.

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.





Inclement weather is bound to happen sometime in Northern Colorado and to make sure that everyone we serve has a meal for that "just in case" moment when road conditions may be unsafe for our volunteers, we provide what we call "blizzard bags" which typically contain a few day's worth of shelf stable foods, nutrition supplements, goodies, and toiletries. This is in addition to the 10 day meal supply of emergency food boxes. Thanks to the collaboration between the National Charity League and YMSL FOCO and Fort Collins Chapters alongside their devoted moms who have given so much of their time, talent and treasure to people we serve. They not only decorated the "Blizzard Bags" but delivered to everyone on all 26 routes. We are so grateful for everything they have done for us over the past few years. Christmas gift bags this year were provided by SEAS (St Elizabeth Ann Seton) & their Religious Education Families group donating 250 gift bags. We can't 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

The 34th Annual Ed Carroll Motor Co. Car Show was held in August 2020 with a bit of a different look. Part virtual and part in person socially distanced. Still raised nearly \$30,000 with help of a generous match from Ed Carroll Motor Co.

Every Saturday in August, vintage car enthusiasts came to see the various makes and models being featured gathered from far and wide at the Ed Carroll dealership to display their cars and the work that they are so proud of. John Carroll

of our largest fundraisers of the year. In 2020, 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.

34 Years and Counting



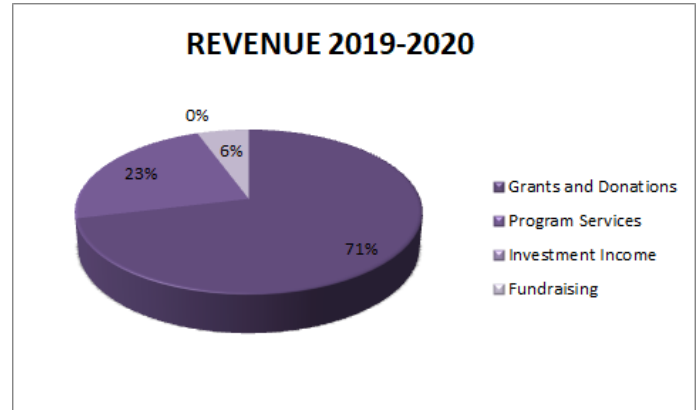
has been a longtime supporter of MOWFC as a volunteer driver as well as a devoted advocate for seniors and provided the food and drinks all participants and donations were gratefully accepted. The Wheels for Meals Car Show has become an annual tradition and one



Financial Position

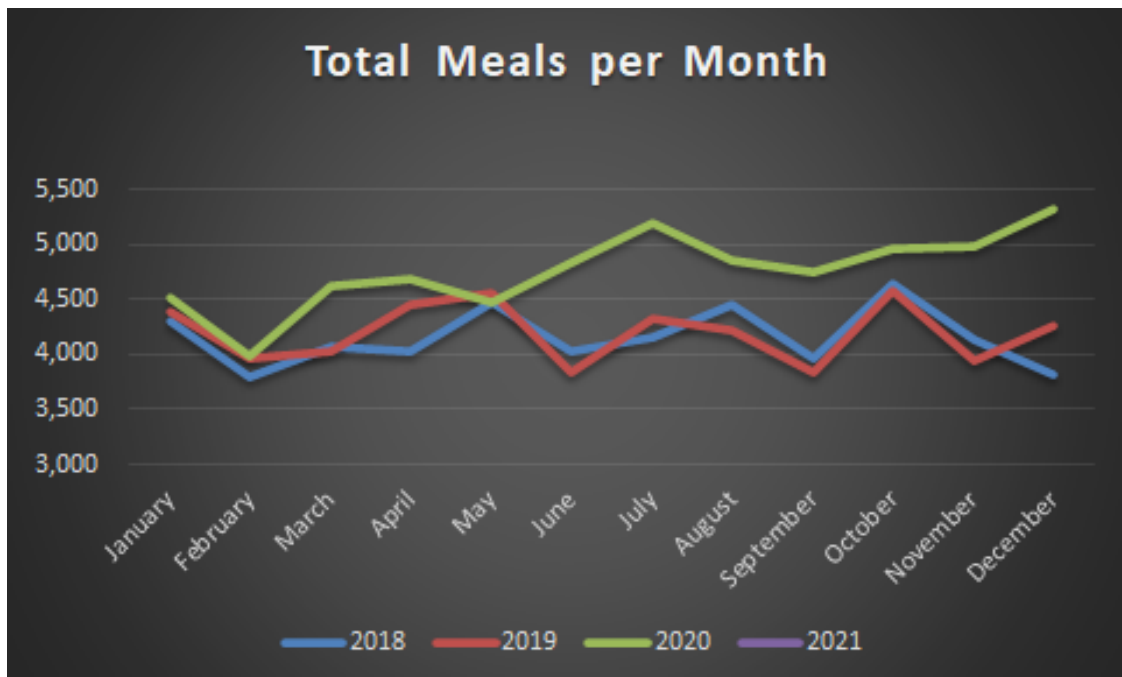
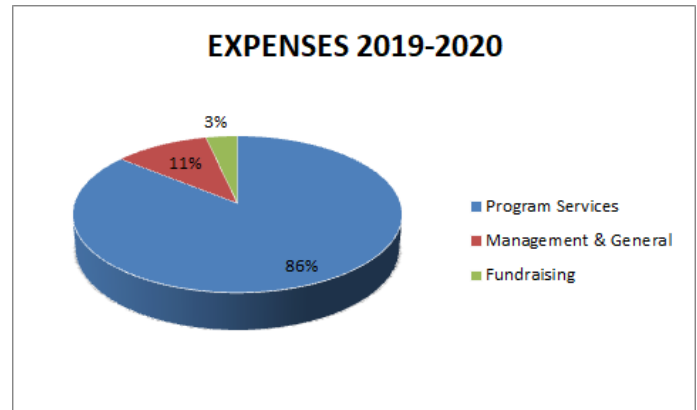
Revenue 2019-2020

Grants & Donations	\$564,382
Program Services	\$183,809
Investment Income	\$206
Event Income	\$44,223
Total Revenue	\$792,620



Expenses 2019-2020

Program Services	\$514,465
Management & General	\$64,090
Fundraising	\$21,117
Total Expenses	\$599,672



Board of Directors



Steve Peterson, President

Retired, LaFarge

Pamela Johanssen, Vice President

Don Herman,

Retired, HP

Lynn Meyer

Dan Barbatinni,

Blue Federal Credit Union

David Eads, Treasurer

Vital Investment Management, Wealth Manager & CEO

Brittany Brown, Secretary

Business Relations Manager, First National Bank

Liz Hollowell,

Director Food and Nutrition and Environmental Services



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.

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Follow us 😊



SPECIAL THANKS TO:



bluefcu.com

