



MEALS on WHEELS
FORT COLLINS

ANNUAL REPORT 2021-2022



Mission: 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.

Platinum
Transparency
2023

Candid.



8 OUT OF 10 LOW INCOME, FOOD INSECURE SENIORS

are not receiving the home-delivered meals they need

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Board of Directors

Pam Johannsen, President
Retired, CSU

Steve Peterson, Immediate Past President, Retired- LaFarge

David Eads, Treasurer
CEO & Wealth Manager, Vital Investment Management

Brittany Brown, Secretary
Business Relations Manager, FNBO

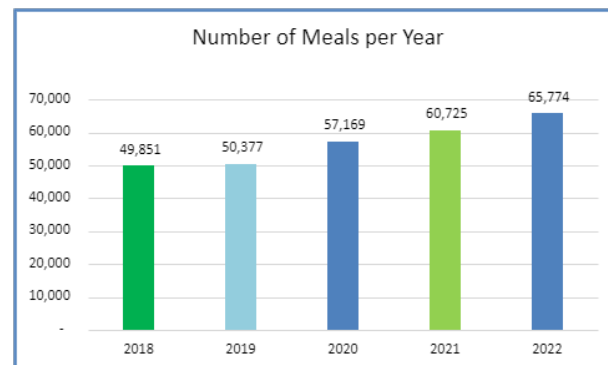
Gordan Thibedeau,
Retired, United Way

John Carroll
Principal, Ed Carroll Motor CO.

Heather Kirby, RD, UCHealth

Don Herman,
Retired, HP

Colby Sterling,
Keller Williams, Realtor





Reflections from the Executive Director

What can be said about this past fiscal year? We have seen a lot of growth with regards to the number of meals being provided as well as the number of new volunteers we have seen come through our doors' All with the desire to help us deliver meals to home-bound older adults.

Over the past year we delivered over 65,000 meals to primarily home bound people living in the greater Fort Collins and Wellington areas. With each year that passes we reach milestones for which we are proud.

In other related news, after careful consideration we changed our mission statement to reflect our desire to look consciously at ageism and age discrimination

and how we should not perpetuate any negative stereotypes of people that are getting older. While this may seem insignificant to some, think about time you have heard some one say they had "a senior moment" when speaking about begin forgetful. Even the expectation that because one has aged they are somehow "senile" or not worthy of asking an opinion. There has been a push from Next 50 Initiative to make changes to our every day usage of the term "seniors" when referring to older adults. Our fervent desire to allow our mission statement to stress the independence of those who are able living in their own home with the support of the meals we provide.

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 250 volunteers, some with regular routes others that are substitute drivers willing to lend an extra hand during vacations, illness, or just in need of a break. Each one important to us and a part of our team. We thank them all and look forward to their help throughout the year.

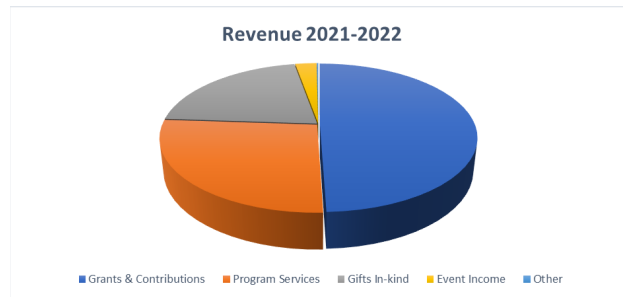
Executive Director
Meals on Wheels for Fort Collins

THE YEAR IN REVIEW

Financial Position

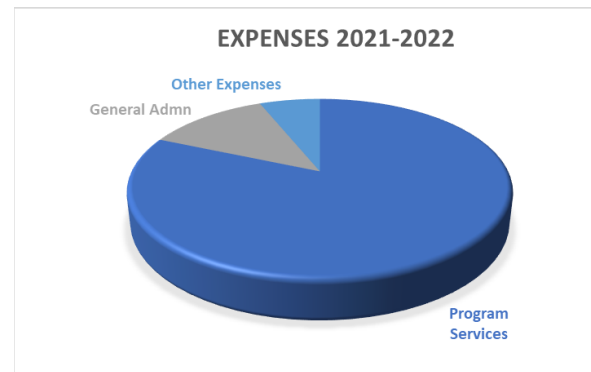
Revenue 2021-2022

Grants & Contributions	\$452,440
Program Services	243,329
Gifts in Kind	192,870
Event Income	23,944
Other Revenue	1,814
Total Revenue	\$914,397



Expenses 2021-2022

Program Services	\$624,706
General Admin	\$94,984
Other Expenses	47,097
Total Expenses	\$766,787



OUR PARTNERS



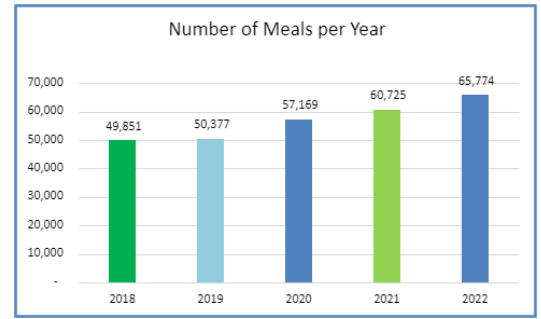
We could not do what we do without the generous support of UHealth. Our long standing partnership with Poudre Valley Hospital is the most critical partnership of our



program. The UHealth/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 UHealth 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. UHealth 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 UHealth is one our most valuable relationships and enables MOWFC to continue to feed the people we do.



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 4 years, Odell employees have gone above and beyond by delivering the boxes to over 300 homes during their lunch hour. What an incredible gift!



INITIATIVE



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. 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
37

The 37th Annual Ed Carroll Motor Co. Car Show & Fundraiser was held in August 21, 2022 and what a great show it was. We feature 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. 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 :

