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FALL 2021

NEWSLETTER

Changing lives, one meal at a time | Donate & sign up to volunteer: mowp.org

From the CEO

Fall is among us, which means we're entering the final quarter of 2021. Like last year, I feel as though we're in a sprint to the finish line, the faster we get there the sooner we can start a new year that might bring a sense of normalcy, something that we've all longed for throughout the pandemic. The promise of a new normal and community healing was deeply needed at this time last year and it remains needed today. We have moved forward but we're not all the way there yet.

A quick look at Meals on Wheels People operations shows we are still far from normal: we're still in masks, providing no-contact deliveries, practicing social distancing, keeping our congregate dining areas closed, and, most notably, worrying about those we care about—especially older adults and our children.

However, with fall here, we feel more than just a change in the weather. It brings beautiful colors, back-to-school excitement, pumpkin-flavored everything, weekly football cheer, and comfort food. Fall also brings traditional gatherings, reminders of gratitude, and meaningful remembrance **of the power of giving.**

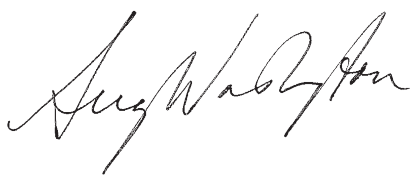
At Meals on Wheels People, this fall brings the promise of great things to come. In Clark County, we are close to finishing our northside

emergency hub, which will ensure our ability to provide meals to those in need even if the bridges across the Columbia River become inaccessible.

We have purchased a new building on the eastside of Portland and are planning and designing the space to provide new programming that will reduce social isolation among seniors, accommodate our growing Meals 4 Kids program, create an emergency hub for the eastside, establish a new dining option, and more. PDXPOP! will have a new home, as will our bakery.

We will have new delivery options for volunteers, as well as opportunities for volunteers to provide technical support to older adults — a meaningful chance to get more young people and families involved with the older generation and build the human connections we all need to thrive.

Change is coming, and I'm all for it! We're looking at things anew and creating different ways of operating, new opportunities, and a greater chance for all to thrive.



Suzanne Washington
CEO, Meals on Wheels People



Creating Safe Homes for Seniors

The Safe Homes for Seniors, a new pilot project, will bring home maintenance services to approximately 1,000 seniors in the greater Portland, Oregon, and Vancouver, Washington areas thanks to grants from the National Community Cares Corp and Area Agency on Aging & Disabilities of SW Washington (AAADSW). In addition to the grant funding, our goal is to recruit close to 725 skilled volunteers or “handy people” to help with aging adults in our programs who need assistance around their homes. The program will assist in identifying simple home repairs that would

make daily living safer, as well as routine yard maintenance to minimize outdoor hazards. Additionally, this program will address emergency preparedness by providing older adult-friendly disaster supply kits for when a disaster may strike. Stay tuned for upcoming volunteer opportunities.



Upcoming Events

Thanksgiving

Help us create connections this holiday season. Become a Friendly Chats volunteer and help us meet our goal to call every senior in our programs on Thanksgiving Day.

There's nothing better than to feel a human connection, especially during the holidays. Be sure to sign up soon as it will take a little extra time for registration, training and background checks.

Sign up today at:
mowp.org/volunteer

Willamette Week Give!Guide

Meals on Wheels People has once again been selected by Willamette Week to participate in their annual Give!Guide. Make a gift between Nov. 1 and Dec. 31 and you may be eligible for gifts and incentives. Go to giveguide.org, click on the “Hunger” category and scroll down to the Meals on Wheels People logo to donate. Thanks to our friends at Jamba Juice, every gift of \$50 or more will be matched up to \$10,000. Give a gift of \$100 or more and receive a \$10 gift card from our friends at New Seasons Market.

Donate at giveguide.org

Giving Tuesday

Giving Tuesday is a global generosity movement unleashing the power of people and organizations to transform their communities and the world.

Join the movement by making a donation to Meals on Wheels People on Tuesday, Nov. 30, and help us meet our goal of raising \$80,000 in just 24 hours.

Donate at helpmowp.org



Donate Dinner- Now in its 19th year, Donate Dinner will take place Nov. 17 through 24 at all New Seasons Market locations and other participating retailers. Unfortunately, due to the spike in Covid-19 cases, we are not able to have volunteer greeters at the stores again this year. Instead, cashiers will ask shoppers if they would like to “donate dinner” to a homebound senior when they check out.

Donate now at donatedinner.org

Helping a Neighbor in Need

Joi suffers from two different medical conditions that require her to closely monitor her diet. She needs low-fat and low-sodium foods and cannot eat any raw vegetables.

Following an extended hospital stay last year, Joi’s doctor recommended contracting Meals on Wheels People to deliver medically tailored, nutritious meals while she recovered. Having heard wonderful things about Meals on Wheels People in the past, Joi looked forward to receiving the support.

“I tried out Meals on Wheels People and loved it, so I decided to continue with a regular meal service,” said Joi. “It brought me great peace of mind knowing that my husband and I could receive five meals each week—and that those meals are good, tasty, and nutritious.”

Appreciating her own experience with Meals on Wheels People, Joi also recognized an opportunity to help a neighbor in need.

During the previous year, she had begun to notice that her neighbor Melvin, who suffers from dementia, was struggling to cook meals for himself. As a meal recipient, Joi knew firsthand that Melvin would greatly benefit from regular meal deliveries and became eager to sign him up. However, because of Melvin’s dementia, he often became confused when Meals on Wheels People called his home, which made it difficult to set up regular deliveries.

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Determined to get Melvin the support he needed, Joi volunteered to be a liaison between Meals on Wheels People and Melvin. “Ever since then, Melvin has been receiving good, nutritious meals,” said Joi. “Meals on Wheels People

has lessened the stress in his life around mealtime, and we’re all very happy for him.”

Joi’s positive experience with Meals on Wheels People and her commitment to helping her neighbor in need exemplifies the power of meal delivery, community connections, and social support.

In her own words, Joi extends a heartfelt thank you to the cooks, volunteers, and donors that make Meals on Wheels People programs possible:

“Every volunteer that has visited our home has been wonderful, kind, and sweet, and they always seem genuinely happy to be volunteering,” said Joi. “I also want to thank the cooks, who do an amazing job making a variety of meals that really taste good, and I want to thank the people who are donors – a sincere thank you to them for supporting the programs that make a real impact in our daily lives.”

To learn more, visit mowp.org.

SUSTAINERS CIRCLE



Sustainers Circle Update

Harold and Lily began receiving meals earlier this year. Harold had been ill, and Lily was doing her best to keep him healthy. After hearing about Meals on Wheels People's meal deliveries, Lily reached out for help.

"I've done my best to keep both of us healthy, but I can't do it all," said Lily. "With Harold's health issues, he has to be careful what he eats. I was really struggling and then heard about Meals on Wheels from a friend. They have been delivering meals for a few months now, and it has changed our lives!"

For older adults like Harold and Lily, Meals and Wheels People services can be life-saving. Over the summer, we launched our Sustainers Circle Campaign, with a goal of increasing our monthly gifts from donors by 100. Not only did we meet our goal, but because of our

incredible donors, volunteers, and community members, 286 new monthly donors have joined our Sustainers Circle. Due to your generosity, we are now able to deliver an additional 14,560 meals per year.

Meals on Wheels People increased membership in the Sustainers Circle by 286 members.

For more information about becoming a monthly donor through our Sustainers Circle, visit mowp.org and click the "donate" button.





The Power of Giving

“I have found that among its other benefits, giving liberates the soul of the giver.” - Maya Angelou

Giving to others, whether it be of your time, talents, or treasures, comes from a place of selflessness. It's not out of obligation or guilt but an act from your heart—showing others the value they have on your life, the lives of those in your community, or even around the globe.

For aging adults like Wanda, volunteers from Meals on Wheels People are often her only connection. Their weekly visits provide Wanda an opportunity to feel that human connection and have a conversation—even if it's just about the weather. Wanda, 91, remarks, “Sometimes the wonderful volunteers who bring my food are the only people I see all week.”

For older adults living alone, cooking for one can be extremely difficult, especially cooking

“I have found that among its other benefits, giving liberates the soul of the giver.”

-Maya Angelou

healthy and nutritious meals.

For Sandra, meal delivery has allowed her to live independently and safely. “Meals on Wheels People blesses my home five days a week. These people have literally saved my life, and I am grateful beyond

words. I wish I could send them a million dollars.”

For caregivers and family members like Marilyn, knowing that volunteers are checking on her loved ones has provided added support to the family. “Thank you for providing so many meals to our father,” she said. “It was difficult for him to accept help from us. Knowing that someone is checking on him throughout the week has helped our family tremendously.”

The time volunteers give—whether spent delivering meals, participating in the Friendly Chats program, or making safety or wellness calls—changes not only the lives of aging adults but also their own lives. As the holidays approach, consider giving the gift of time. As Maya Angelou said, giving has many benefits, and liberates the soul.

Connecting with Joy

Lorrayne is widowed and had lived alone for 12 years. After a fall, a total hip replacement, and multiple other surgeries in 2018, her independence as she knew it waned. While at the hospital, her doctor suggested that Meals on Wheels People could provide support to Lorrayne as she continued to live independently.

That winter, she enjoyed the daily arrival of meals and conversations. Having a quick chat with the volunteer who delivered her food became a bright spot in her day. Although she had family and friends, the loneliness of living alone grew difficult. One of Lorrayne's volunteers heard of her struggles and suggested she join the Friendly Chats program, which creates connections for homebound seniors through weekly phone conversations. After some research, Lorrayne decided to sign up as a volunteer, rather than a recipient, as she knew that the chats would mean as much to her as they would to

another aging adult, like herself. "It's been such an uplift and a joy to me," Lorrayne said. "I'm helping out my community—and even though I don't know them well, these are humans, and I think we need to care

If we can help others in our lifetime, we're better for it. It gives us more strength, courage, and endurance.

more about each other. This is my way of showing up and caring. If we can help others in our lifetime, we're better for it. It gives us more strength, courage, and endurance." Not only has Lorrayne felt joyful since starting Friendly Chats, but also her family has noticed a change. She shared

that her children have told her she no longer has a 'pity party' when they see or speak with her, which makes both parties happy. Lorrayne has also learned a great deal from her conversations with other aging adults in the program.

"The people I meet are from all walks of life," she shared. "You learn so many things. People have told me about their gardens and flowers, tips on how to clean a leather chair, stories of how the pandemic has affected their lives, and even, sometimes you learn of recent tragedies."

Sitting at her kitchen table with her cup of tea or mug of coffee in hand, Lorrayne dials her weekly numbers and gets ready to learn.

"There are so many lonely seniors out there that live alone, like me," she said. "They enjoy the calls as much as I do. I'm just sorry I didn't get into it sooner."

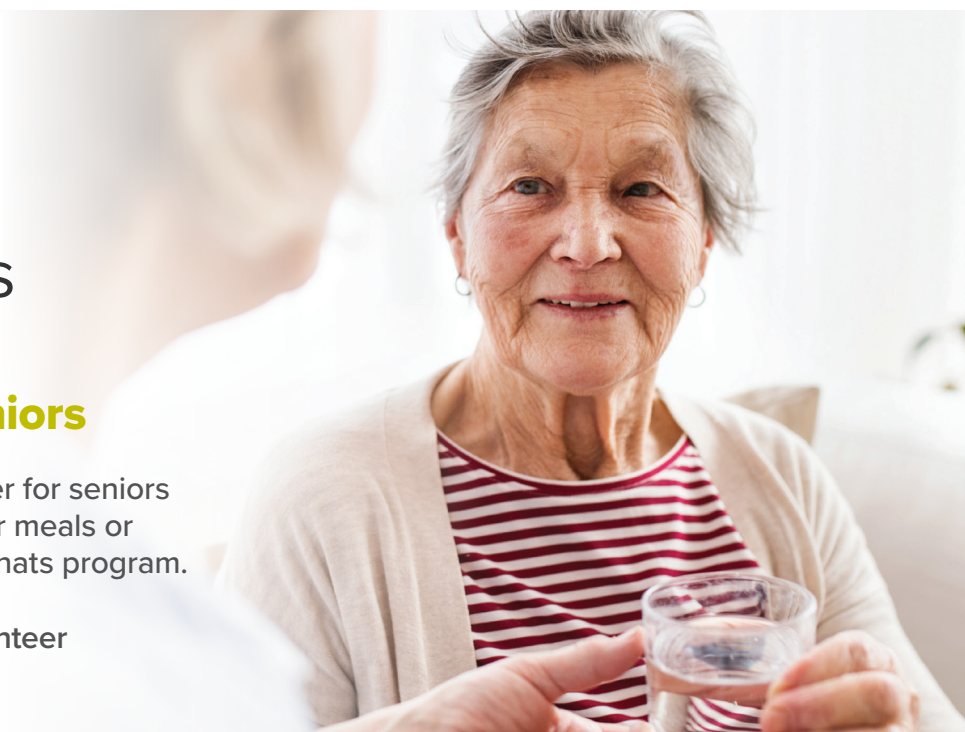


FriendlyChats
by Meals on Wheels People

Volunteer to Help Seniors

Help alleviate social isolation and hunger for seniors with Meals on Wheels People. Deliver meals or volunteer virtually through the Friendly Chats program.

Sign up today at mowp.org/volunteer



The Perfect **HOLIDAY TREAT**

FOR YOURSELF OR SOMEONE ON YOUR LIST.



Looking for the perfect gift this holiday season? We'd suggest PDXPOP!. Warm-up with our Bourbon Eggnog, created exclusively for PDXPop!, featuring bourbon from Eastside Distilling. If

that doesn't fit your fancy, try our delightfully delicious Chocolate Peppermint, a popular favorite for holiday giving. If you are looking for a more traditional holiday treat, grab a bag of our Caramel Apple,

which tastes like a caramel apple on a cold winter night—need we say more? But, don't stop at just one, grab all three. Treat yourself or share with your favorite friends, family, neighbors, or colleagues.

GIVE FOR GOOD THIS HOLIDAY SEASON! VISIT: PDXPOP.COM



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Donate a meal:
mowp.org