



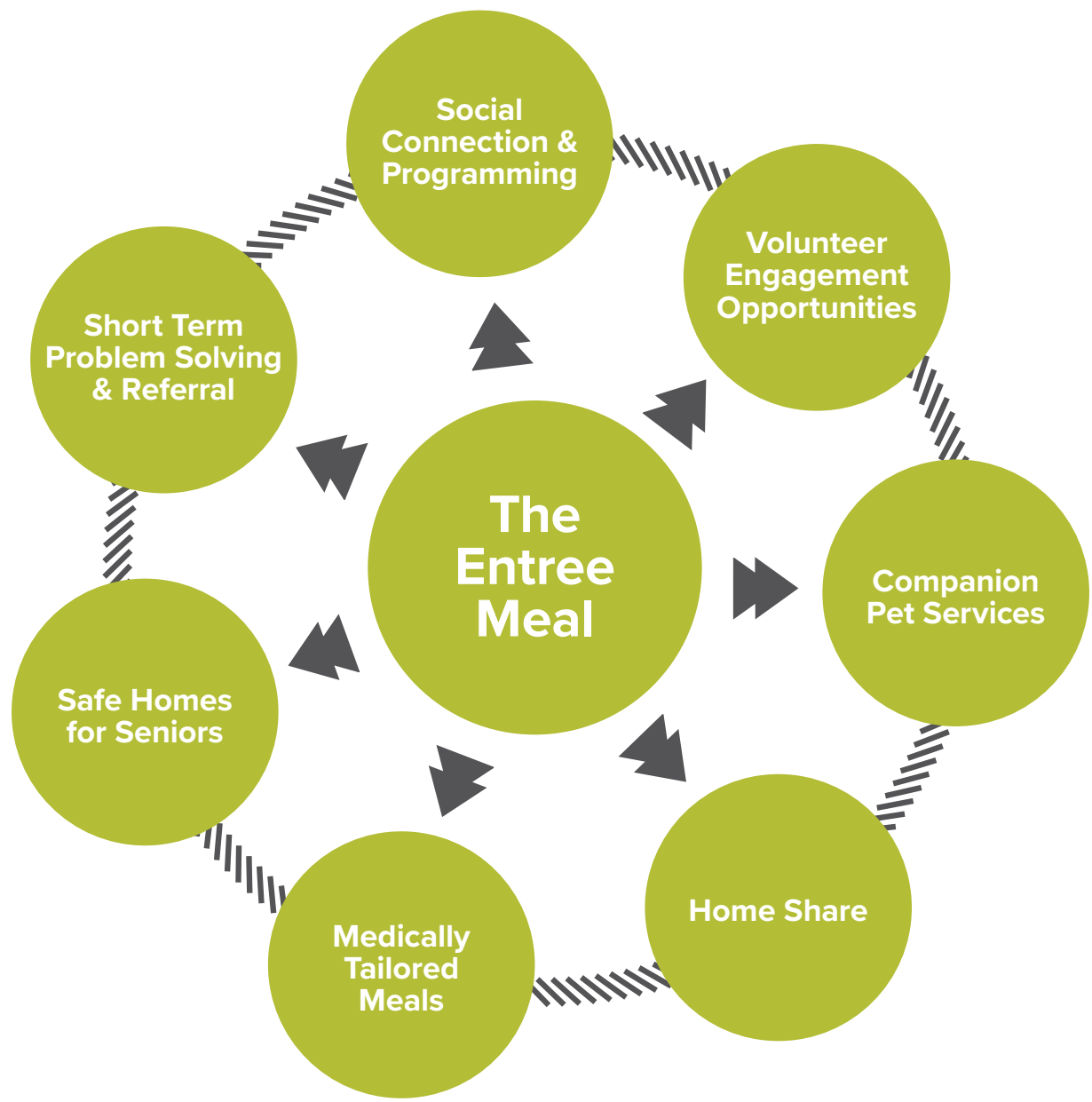
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A man with glasses and a yellow safety vest is smiling while holding a black bag with the Meals on Wheels logo. He is standing next to a car with its trunk open. The background shows a brick building and some greenery.

NEWSLETTER

FALL 2022



From our CEO | Suzanne Washington

With summer in the rearview, many of us look ahead to the excitement that fall brings—a new school year, changing leaves, pumpkin spice, and cooler weather. For older adults, though, the crisp mornings and cozy nights that fall has in store also mark the beginning of the isolating winter season. When temperatures drop in the winter, social isolation grows, and the need for human connection and other support becomes more pronounced.

Here at MOWP, the meals we provide help to keep our most vulnerable community members well fed, healthy, and with the opportunity to remain independent in their own homes for as long as they'd like. These meals often serve as the entrées into their lives. They open the door and help build connection, trust, and rapport, which allows us to provide support in a variety of other ways – social connection, medically-tailored meals, everyday problem-solving, home safety repair, volunteer engagement, support for companion pets, and more.

As a trusted provider, we are privileged to hear our participant's stories, struggles, joys, and concerns, allowing our staff and volunteers to become conduits for support and enabling us to provide wrap-around services to better support aging in place. For example, our Safe Homes for Seniors program provides yard work and light maintenance, such as changing light bulbs and

batteries in smoke detectors, securing railing and decking for safety, and much more. This volunteer-driven program supports aging in place while also reducing isolation and fostering human connection.

"Linda's home was overwhelmed with blackberries and ivy. She struggled with moss-covered walkways and other problems. She lives alone and her children live out of town so upkeep is difficult. We spent a week filling a drop box with blackberries, ivy, and other yard debris. We power-washed her walkways to make them safe. She thanked all of our volunteers personally, and showed off the work they did to her daughter and grandson when they visited."

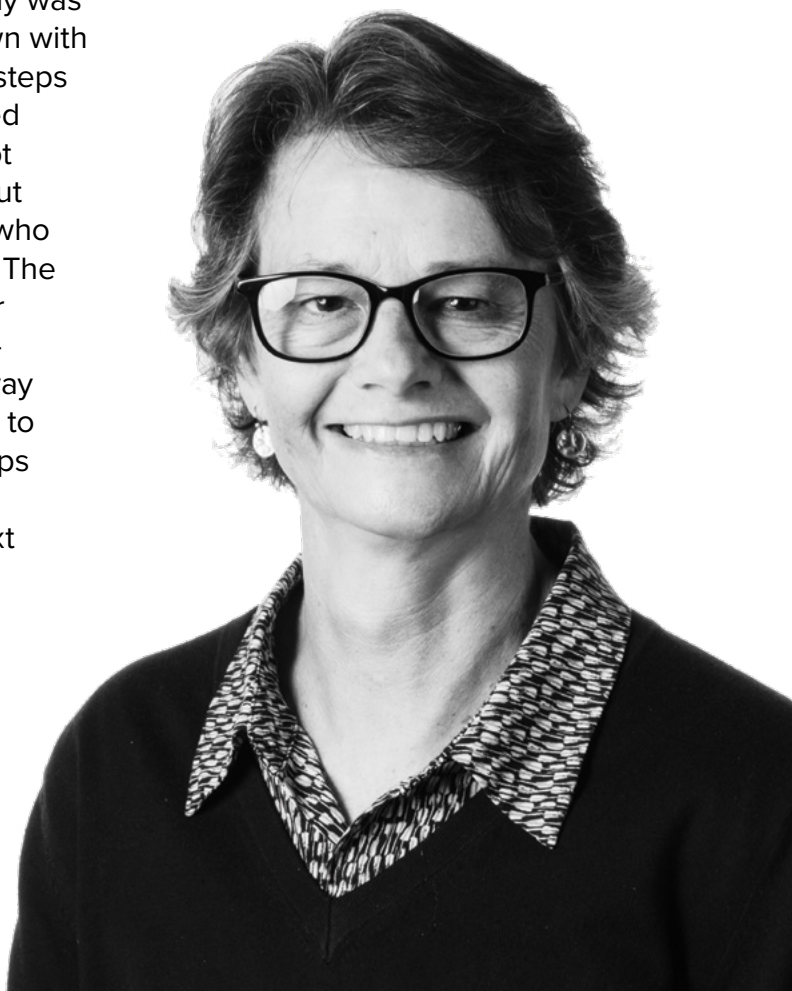
"Heather's stairway was severely overgrown with moss making the steps so slippery it posed a safety hazard not only to Heather, but to the volunteers who deliver her meals. The volunteer from our group who power-washed the stairway stayed for 4 hours to make sure her steps were in pristine condition. The next week, the meal delivery driver was completely impressed and grateful."

Our core mission is to provide healthy meals

and human connection, but if we can help solve issues to enhance our participants' quality of life and help them to thrive all the better!



Suzanne Washington
CEO, Meals on Wheels People



-Donate- DINNER

TO A HOMEBOUND SENIOR

Donate Dinner Returns this November

We're excited to announce that Donate Dinner will be returning to the pre-pandemic format in stores with the return of store greeters! Sign up to volunteer at various stores between November 18-23, 2022 by visiting donatedinner.org.



The Value of Aging in Place

The proverbial saying “home is where the heart is” is widely known for good reason—it strikes a chord in each of us. Like everything else, the concept of “home” shifts as we age, but its foundation of comfort and safety remains. As we move through the decades, we build our homes around our habits, routines, and interests; we connect being at home to safety, comfort, memories, and hopes for the future. It’s no wonder that studies show almost 90% of adults over 65 want to grow older in their current homes.

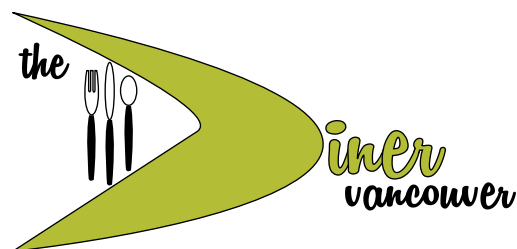
For older adults, the benefits of aging in place exceed solely feeling comfortable and safe. Aging in place helps older adults preserve independence and maintain a sense of order and stability. By aging in place and not depending on nursing staff, older adults maintain a greater degree of control over their lives, which bolsters their sense of dignity and independence. In addition, familiarity and routines are emotionally valuable for

many older adults which not only impacts quality of life, but also improves physical health as homesick seniors are at higher risk of stress and depression.

Many people have valid, safety-related concerns about older adults aging in place, such as property challenges including mobility hazards and home repairs, or nutritional challenges, like shopping and cooking for themselves. It’s no secret that total independence declines with age, as physical and cognitive changes make it difficult for seniors to accomplish everyday tasks, but it doesn’t mean that seniors can’t live at home and maintain aspects of their independence; that’s where Meals On Wheels People comes in.

Each of our programs at Meals on Wheels People is designed to help older adults age with dignity in the comfort of their own homes. By preparing and delivering nutritious meals to their doors, making wellness and friendly chats calls, and assisting with home repairs and debris removal, there are plenty of ways to get involved in the effort to support aging in place for our older neighbors.





DINE-IN
OR TAKE-OUT
(360) 859-3338
thediner.org

Upcoming Events & Ways to Give Back

It's no secret that do-gooders everywhere spend the year waiting for fall, the season of giving, to get involved in their communities! From making individual gifts and signing up to volunteer, to rallying a group of your family and friends to volunteer or fundraise together, there are plenty of opportunities to give this season. Check out the following ways to give back this fall and don't forget to mark your calendars!

Donate Dinner: Our 22nd Annual Donate Dinner will take place November 15-23, 2022 at New Seasons Market, Chuck's Produce, Market of Choice, Green Zebra locations and other participating retailers. Be on the lookout for our volunteer greeters during your next trip to the store to learn more about donating a dinner to a homebound senior this year, or donate now: donatedinner.org.

Give!Guide: It's that time of year again! Meals on Wheels People is once again participating in Willamette Week's annual Give!Guide. Make a gift between November and December to put your name in the drawing for gifts and incentives. Visit giveguide.org, click on the "Hunger" category and scroll down to the Meals on Wheels People logo to donate. Donate at giveguide.org.

Giving Tuesday: Ready to join your fellow philanthropists showing up for their communities on Giving Tuesday? Giving Tuesday is a global generosity movement unleashing the power of people and organizations to transform their communities and the world. Mark your calendar for November 30 and donate to Meals on Wheels People to help us reach our goal of \$60,000 in just 24 hours. Donate at helpmowp.org.



Friendly Chats

Nathaniel, a junior at Reed College, moved from Texas to study biology and experience a change of scenery. Due to the close proximity of his fall and winter breaks, he knew he'd need to stay in Portland for one or the other, and decided to hang back during the Thanksgiving holiday.

"It just didn't make sense to travel all the way to Texas twice within one month, so I settled on spending Thanksgiving in Portland" explained Nathaniel.

"The campus was

eerily quiet on the first day of fall break, which prompted me to search online for something to do with the remainder of the long weekend—that's how I found Meals on Wheels People." Every year, Meals on Wheels People works to meet the increased demand for Friendly Chat calls during the fall and winter months. Homebound older adults experience even more social isolation during busy holiday months than other times of the year, putting their mental health at increased risk.

Nathaniel stumbled upon a volunteer posting, and decided to sign-up.

"I saw that Meals on Wheels People was seeking volunteers to make phone calls to homebound seniors in our

community to reduce social isolation," said Nathaniel. "Based on how I felt a bit lonely not spending the holiday with my own family, I thought that they must feel even lonelier being homebound. I'm so glad that I signed up; speaking to older adults and hearing their memories of Thanksgiving's past gave me a newfound understanding for the seniors in my own family."

Human connection improves every senior's quality of life—especially during the busy holidays. Before your schedule fills up with holiday obligations, register to make Friendly Chats calls and help us meet our goal of calling every senior we serve on Thanksgiving Day!

Sign up today to ensure there's enough time to register and complete a short training at mowp.org/volunteer.



PDXPOP!

THE SNACK THAT GIVES BACK!

Make sure to try our delicious air popped corn that is prepared daily in our Central Kitchen. Purchase a bag and proceeds from your purchase are donated back to helping feed our homebound older adults.

Order Now: pdxpop.com

We need you!

You can give back and change the life of an older adult in your community. We need volunteers to provide critical support to the homebound older adults we serve. As one client shared: "Weekly meal deliveries have been life-changing for my health. I also really love the time I get to connect with Joan, my delivery volunteer. She always makes me feel so special when she takes the extra time to talk with me each week."

Get involved as a meal delivery driver or volunteer from home through our Friendly Chats program. Become a part of our volunteer family and help change a life, one meal and friendly connection at a time.

Get involved by visiting mowp.org/volunteer, or reach our volunteer coordinator at volunteer.coordinator@mowp.org.



Follow us to stay up to date with events, volunteer opportunities, and more.

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Donate a meal:
mowp.org