

Meals On Wheels, Inc. of Tarrant County
5740 Airport Freeway
Fort Worth, TX 76117-6005

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We need your help. Please make a generous financial gift to help provide nutritious meals for those in need.

Do you know someone in need?

If you or someone you know needs nutritional assistance to remain living independently, call us at **817-336-0912** or visit mealsonwheels.org. We are here to help.

This 2021 Annual Report is a publication of Meals On Wheels, Inc. of Tarrant County

Our Mission:

To enable people to live with dignity and independence by offering community support through nutritious meals and coordinated services that improve well-being.

Donate online at
mealsonwheels.org/donate

Editor: Jordan Lyle. For information about this publication, contact Keith Harrison at 817-258-6450 or send an email to keith@mealsonwheels.org. The house logo and "Delivering meals and so much more..." are registered trademarks of Meals On Wheels, Inc. of Tarrant County. All rights reserved. Copyright 2022.



Meals On Wheels client, Anita, celebrates her 100th birthday.

2021 ANNUAL REPORT

A Publication of Meals On Wheels, Inc. of Tarrant County



COOKING UP COMPASSION

Meals On Wheels Client, Maria, receives 25 millionth meal from volunteer Trina Pecina.

The year 2021 was a time of perfecting new recipes for serving our community. In response to the pandemic, we cooked up two additional meal plans — Congregate Meals and Supplemental Nutrition. Now equipped with three different meal plans, our case managers can tailor a service plan to meet the individual needs of our clients, ensuring the most practical and productive outcome for those we serve.

While our food provides nourishment to our clients' bodies, we are just as concerned for the health of their hearts and minds. Our clients are hungrier than ever for socialization and connection.

Our meals are a friendly introduction to meet the widowed, 90-year-old, retired teacher doing her best to maintain her independence in the home where she

raised her children. It's how we offer socialization and daily safety checks to our neighbor navigating an aggressive cancer treatment plan that leaves him fearful to leave his home. It's what invites us inside our local adult activity centers to be the centerpiece for conversation and laughter among friends. It's how we show up for all our neighbors in need to remind them their community cares.

As you read through our 2021 annual report, we hope you notice some of the not-so-secret ingredients that make our services possible, even during this ongoing pandemic.

In 2021, we improved the lives of 6,959 of our homebound, elderly, disabled or food-insecure neighbors by delivering 1,500,642 nutritious meals. Nearly 5,400 of you volunteered over

250,000 hours to serve others, driving over 1.2 million miles just to ensure someone received a warm meal, daily safety check and friendly hello.

We have increased the number of meals by 90% and our total client count by 58% from our pre-pandemic levels. While we're proud to serve, we know these growing numbers represent hunger in our community. We appreciate your support as we continue to cook up compassion across Tarrant County!

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Dear Friends,

I hope that 2022 is off to a good start for you and that this letter finds you safe and healthy. Serving as Chairman of this incredible organization continues to be one of the most fulfilling experiences of my life. I am constantly amazed at the outpouring of compassion that flows through our staff, volunteers and financial supporters, allowing us to serve some of the frailest citizens in our community.

In a world of uncertainty, it is easy to become numb to the plight of others. It sometimes seems that the task is overwhelming and sadly, many people just look the other way. However, that's not the case for the people of Tarrant County. When times are tough, we show up and show out. This past year has definitely been one of those tough times. In 2021, we served over 1.5 million meals to nearly 6,700 people — more than at any other time in our 49-year history.

By the time you read this, we will have served our 25th million meal right here in Tarrant County. That's an important milestone for Meals On Wheels and a testament to the support and generosity of the people of Tarrant County. If you think last year's total is impressive, we plan to serve 1.7 million meals this year — a number we thought we wouldn't reach until the year 2030!

Obviously, these astonishing numbers represent hunger in our community. While charitable organizations across the country struggle to survive, you have helped to ensure that we are able to serve everyone who comes to us for help and meets our qualification criteria. Thanks to you, in our 49-year history, we have never had to put anyone on a waiting list for services.

In reading this annual report, I hope that you will walk away with a better understanding of the programs and services we provide, and a sense of gratitude for the lives that have been changed because of people like you. I want to close with a special thanks to the Board of Directors, staff and volunteers for their dedication and commitment to our mission. They inspire me every single day!

Sincerely,



Todd Webster
Chairman of the Board



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Client Assistance

Through our Client Assistance program, we help our neighbors in need to ensure their homes are safe and healthy environments to remain living in independently. In 2021, we fulfilled 2,120 special needs for clients via our Client Assistance program broken down into the following categories:

- 1,802 pantry bags of supplemental food
- 878 request for toiletries or incontinence supplies
- 171 lift chairs or other needed medical equipment
- 157 appliance needs or A/C installations
- 47 minor home repair projects
- 37 requests for utility assistance
- 603 other special requests

To learn more about our Client Assistance program, visit mealsonwheels.org/client-assistance.



Meals On Wheels client James receives a new hospital bed.

Delivering meals and so much more...[®]

HomeMeds

Our HomeMeds program provides a lifesaving service to thousands of clients by helping them navigate their medications. Medication duplications and improper dosages, which often create dizziness and subsequent falls, are one of the leading causes for hospitalization among older adults. Through our HomeMeds program, we can take a proactive approach in keeping our neighbors educated about their medication and prevent unnecessary hospitalizations.

Our pharmacy techs review each client's list of in-home medications and supplements to identify serious drug reactions, including duplicate therapies and ingredients, as well as inappropriate medications and dosages. In 2021, 2,091 clients were enrolled in our HomeMeds program and 3,617 medication alerts were addressed by our staff. This program has been proven to drastically reduce the number of falls and hospitalizations due to medication errors and adverse drug effects among our participating clients. HomeMeds is an important program that is keeping our clients safe and saving Tarrant County taxpayers millions of dollars each year.



Case Management

At Meals On Wheels of Tarrant County, all prospective clients are assigned to a professional case manager who assesses their individual needs, coordinates other needed services, monitors progress, and advocates for the client with other agencies. All case managers visit their clients at least once every four months to assess their living situation, document any changes in their physical health and assess their cognitive well-being. Additionally, each client's case manager serves as their point of contact for any type of circumstantial need, ensuring all our clients are provided with personalized care.

In 2021, our case managers made 14,128 visits either virtually or in home. They processed an average of 380 new referrals each month, conducted 9,653 wellness checks, and made 13,505 referrals for other services within the community.

Companion Pet Meals

For our homebound clients, a pet is more than just a pet. They're their most loyal companion. These dogs and cats offer our clients socialization, companionship and a sense of responsibility. They play a significant role in helping our clients maintain good mental and emotional health. While they work hard to keep our clients happy, we want to help ensure their well-being too. Through our Companion Pet Meals program, we can ensure our clients' pets receive a monthly pet food delivery along with veterinary services and grooming on a limited basis. This program is funded through donor-designated gifts. In 2021, we served a total of 356 pets, provided 25,691 pounds of dog food and 10,562 pounds of cat food.



Volunteering

Our volunteers are at the center of our organization. While we prepare the food, it's our volunteers who show up each day to get behind the wheel to ensure our nutritious meals are accompanied by a friendly face and daily safety check. It's that socialization and sense of connection that gives a heartbeat to our services. The folks our volunteers deliver to quickly turn from clients to family. More so, our clients feel a sense of security knowing that their volunteers will be by to check on them every single weekday.

Each day, Monday-Friday, our volunteers show up at 44 distribution sites across Tarrant County to drive 248 daily meal delivery routes to thousands in need. In 2021, 5,399 unduplicated volunteers logged over 250,000 hours of volunteer service and drove over 1.2 million miles delivering meals, daily safety checks and socialization to the doorsteps of those in need throughout our community!

If you would like to learn more about becoming a volunteer, please visit mealsonwheels.org/volunteer.



Meals On Wheels Volunteer Kim Westbrook and her dog Ellie.

ONE MISSION SERVED UP 3 WAYS



HOME-DELIVERED MEALS

Our Home-Delivered Meals plan provides participants with up to two meals per day, Monday through Friday, delivered around lunchtime to their front door by caring volunteers. The hot, noontime meal includes an entree, two vegetables, bread, dessert, and the client's beverage of choice. The second meal is a refrigerated breakfast meal that is intended to be eaten the following morning. There are no age or income requirements.

QUALIFICATIONS:

- Homebound
- Physically or mentally unable to prepare meals for themselves
- No one who can assist them on a regular basis

CONGREGATE MEALS

Congregate Meals plan participants receive meals at adult activity centers throughout Tarrant County to enjoy with friends in a social group setting.

- Mobile Adults age 60+
- Can enjoy meals in group settings at adult activity centers throughout Tarrant County

SUPPLEMENTAL NUTRITION

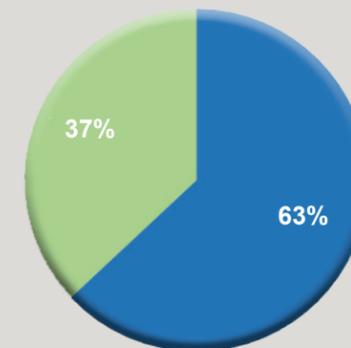
Supplemental Nutrition plan participants receive a weekly home delivery of five frozen meals and a 10-lb. box of fresh produce, as available.

- Age 60+
- Can cook for themselves, but lack access to food

Client Demographic Data

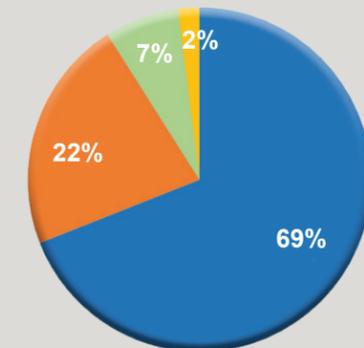
Gender

- Male
- Female



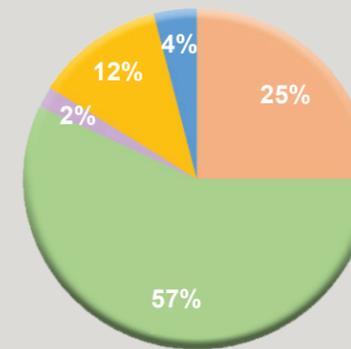
Client Monthly Income

- < \$1,417
- \$1,418 - \$2,358
- \$2,359 - \$3,775
- > \$3,776



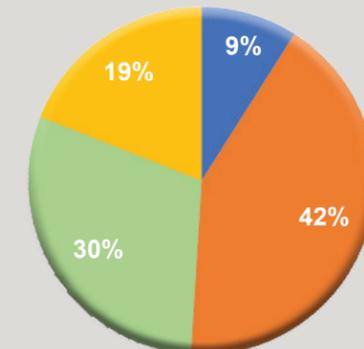
Ethnicity

- African American
- Caucasian
- Asian
- Hispanic
- Other



Client Age

- 25 - 59 years old
- 60 - 74 years old
- 75 - 84 years old
- 85+ years old



HOW YOU CAN HELP

We prepare, package and deliver our nutritious meals to one client for only \$1,820 per year. That is less than one day in the hospital or ten days in a nursing home. Each meal costs just \$7 to prepare, package and distribute. With your help, we can be a lifeline for the thousands of homebound, elderly, disabled, and food-insecure residents of Tarrant County.

- **\$7 provides a meal for one day**
- **\$35 provides meals for one week**
- **\$140 provides meals for a whole month**
- **\$1,820 provides meals for an entire year**

Donate securely online at mealsonwheels.org/donate.



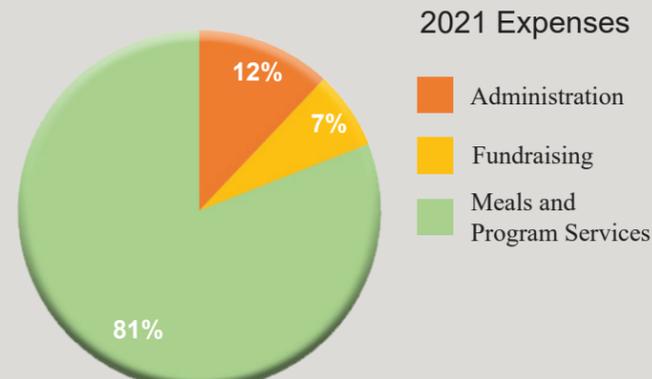
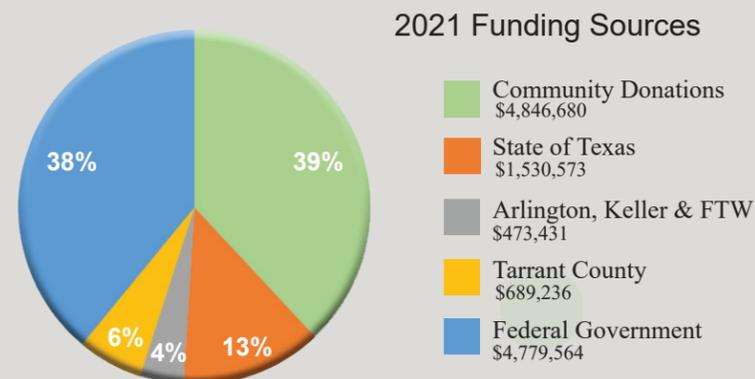
Funding Sources and Expenses

Meals On Wheels, Inc. of Tarrant County is an independent 501 (c)(3) charitable organization that relies on a variety of funding sources in order to provide nourishing meals and other services to those in need.

We utilize a diverse approach to funding to ensure that we have the resources to serve everyone who needs our help. Normally, about half of our funding comes from community contributions, but this year it represents 39% of our funding, due primarily to the COVID relief funding provided by the Federal Government. We take advantage of a variety of government funding sources at the Federal, State and local levels.

In fiscal year 2021, our revenue was \$12,319,484. You will be glad to know that 100% of the money raised stays right here in Tarrant County. Expenses for the year totaled \$11,990,854.

We work hard to be good stewards of the resources entrusted to us. We know the work we do would not be possible without the financial and volunteer support of caring people in the community. Regardless of the part that you play, we want to thank you for your generous support. Together, we are able to keep our elderly and disabled neighbors safe and healthy at home.



OUR ORIGINAL RECIPE:

Home-Delivered Meals



Meals On Wheels of Tarrant County works to enable people to live with dignity and independence by offering community support through nutritious meals and coordinated services that improve well-being. Each meal is guaranteed to meet at least one-third of the daily dietary standards set by the U.S. Government and is planned by our registered dietitians.

Our Home-Delivered Meals plan is our original recipe serving those who are homebound, unable to prepare a nutritious meal for themselves and have no one able to assist them on a regular basis. This meal plan alone served 5,155 clients with over 1.2 million nutritious meals delivered to their door alongside a daily safety check and friendly hello from a compassionate volunteer.

Since the start of COVID-19, our nutrition program has expanded to include two new meal plans in addition to our traditional Home-Delivered Meals plan. With these new services, we provided over 1.5 million meals to 6,959 people in need in 2021.

SUPPLEMENTAL NUTRITION PLAN

Our Supplemental Nutrition plan (SNP) focuses on food-insecure seniors residing in Tarrant County. The program is intended to serve seniors who do not have access to food. Once an individual is placed on the SNP meal plan, the client will receive a box of five frozen meals and a 10-pound box of fresh produce, as available. These items will be delivered one day per week every week.

In 2021, we served a total of 503 individuals and provided 121,902 meals to help alleviate both nutritional and financial concerns through our Supplemental Nutrition plan.

CONGREGATE MEALS PLAN

Through our Congregate Meals plan, active older adults can meet up with friends and enjoy meals in group settings at adult activity centers located throughout Tarrant County. In addition to nourishing their bodies, the social interaction helps stimulate their hearts and minds.

In 2021, we served 1,301 individuals and provided 98,424 nutritious meals via our Congregate Meals plan. We are proud to offer this service to our community's active older adults.

If you would like to refer yourself or someone else for services, please visit mealsonwheels.org or call 817-336-0912.