

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

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2025 ANNUAL REPORT



Do you know someone in need?

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

This 2025 Annual Report is a publication of Meals On Wheels, Inc. of Tarrant County



Donate online at
mealsonwheels.org/donate

Volunteers from Five Star Subaru and Meals On Wheels client Donald.



Editor: Keith Harrison. For information about this publication, please contact the editor at 817-336-0912 or send an email to marketing@mealsonwheels.org.

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For more than 50 years, Meals On Wheels of Tarrant County has been a constant presence for our homebound, elderly and disabled neighbors. What began as a simple idea to nourish both body and spirit has grown into a promise: that no one in our community is forgotten, isolated or alone. Every day, we deliver more than meals. We deliver hope, dignity and connection to those who helped shape the community we call home.

The people we serve are more than just clients. They are teachers, veterans, caregivers, builders, and community leaders who spent their lives serving others. When life became more challenging, our community showed up for them. Volunteers arrived at doorsteps carrying warm meals and friendly smiles, offering reassurance, safety, and the comfort of knowing that someone cares for them.

In 2025, the heart of Tarrant County shined brightly. Over 3,200 volunteers dedicated more than 183,000 service hours and drove more than 726,000 miles to reach neighbors across our county. Together, we delivered 971,973 nutritious, lifesaving meals to 6,436

unduplicated clients. These numbers reflect more than scale. They represent countless moments of kindness, conversation and care.

Like many nonprofits, we faced a year of tightening resources and rising costs, requiring thoughtful adjustments and a renewed focus on our core mission. Even so, through the generosity of donors, the dedication of volunteers, and the support of our

incredible community, we remained focused on what matters most — serving neighbors with compassion, dignity and respect.

For many clients, Meals On Wheels is not only their main source of daily nutrition, but also their most consistent human connection. Each visit supports independence, improves well-being, and strengthens the sense of belonging that every person deserves.

As we look ahead, we do so with confidence in this remarkable community. The people of Tarrant County have always answered the call to care for one another, and that spirit continues to carry us forward. The pages of this report offer only a glimpse of what your support made possible. The true impact is felt at every doorstep, in every shared smile, and in every moment of connection.

Together, we are building a stronger, more compassionate future where no neighbor is left hungry or alone, and where hope is delivered every day.

Watch Betty's video testimony at mealsonwheels.org/betty



Dear Friends,

I want to begin with my deepest gratitude to you, our donors and volunteers. Your generosity, compassion and service are the foundation of everything we do. Our mission has always been about connecting those in need with vital resources, and you are our most powerful resource of all. Simply put, we could not fulfill our mission without your unwavering support.

I am also profoundly thankful for the dedicated service and leadership of our Board of Directors. Each member brings wisdom, perspective and a steadfast commitment to ensuring Meals On Wheels of Tarrant County remains strong, ethical and focused on the needs of those we serve. Together, they help guide the organization with integrity and vision.

To our incredible staff, thank you for the amazing work you do every single day to improve the lives of our clients. Your dedication is evident in every meal delivered, every call answered and every connection made. You are the heart of this organization.

The year 2025 was not without its challenges. We faced serious funding constraints that required difficult decisions and meaningful changes that better position us to remain sustainable for the future. I want to assure you that every decision was made with the utmost care and concern for our clients, who remain at the center of all that we do.

Looking ahead, I believe we will continue to face funding challenges well into 2026 and beyond. That reality makes your support more important than ever. I know you already believe in our mission and I am asking you to continue to stand with us in our fight against senior hunger and isolation.

In closing, on behalf of the Board of Directors, thank you for believing in Meals On Wheels of Tarrant County and in the neighbors we serve. I wish you and your family a joyous and prosperous New Year.

Sincerely,



Ann Salyer-Caldwell
Chair of the Board



2026

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| Larry Anfin | Debra Suggs |
| Rosie Balbo | Charlotte Willis |
| Owen Daniel | |
| Angie Highland | |



27th Annual Golf Classic | March 23, 2026

Ridgela Country Club

Tee off for the 27th year in the area's finest golf tournament. Enjoy a day of friendly competition along with great food and drink.



High Heels | April 16, 2026

William Campbell Gallery

Sip, mingle, and bask in the vintage charm and tropical sophistication that define *An Afternoon at the Palm Royale*.



53rd Annual Gala | September 12, 2026

Ridgela Country Club

Celebrate the Meals On Wheels Annual Gala. An elegant evening of fine dining, entertainment, and community spirit.



9th Annual Clay Shoot | October 28, 2026

Defender Outdoors Clay Sports Ranch

Take aim for a cause at our annual Clay Shoot. Enjoy a day filled with exciting competition, delicious food and more!



Save the Date!

Join us for these signature events, where compassion meets action and every moment helps seniors and individuals remain healthy, independent, and at home.



For more information, scan the QR code above, contact Carman Ochoa by email at Carmen.Ochoa@mealsonwheels.org or by calling 817-258-6414, or visit our website at mealsonwheels.org/events.

HomeMEDS

Advancing Medication Safety

HomeMeds is an evidence-based medication review and intervention program that helps older adults remain safe, healthy and independent at home. Using a computerized risk assessment, potential medication concerns are identified and reviewed by a pharmacist who provides recommendations to resolve adverse drug interactions. Meals On Wheels of Tarrant County is proud to be the largest implementer of HomeMeds in the nation.

Why it matters: Adults age 65 and older are **twice** as likely to visit the emergency room due to adverse drug events and nearly **seven times** more likely to be hospitalized after an ER visit. In addition, enrolled clients self-reported 182 falls and 359 episodes of dizziness, conditions often linked to medication issues. These outcomes can be financially devastating for those living on low or fixed incomes.

In 2025, 1,073 new clients were enrolled in the HomeMeds® program. Seventy percent of these clients had medication alerts, resulting in 1,664 pharmacist interventions. That means that 754 clients avoided episodes that may have resulted in hospitalizations. By identifying risks early, we help prevent injuries, reduce hospital visits, and lower taxpayer-funded healthcare costs.

For more information, contact nutrition@mealsonwheels.org or call 817-258-6436.

CLIENT ASSISTANCE

Through our Client Assistance program, we are able to make minor home repairs and modifications that create a safe living environment for clients who have no other resources available to them. In 2025, we completed 161 home-repair projects, giving our clients a sense of safety and security.

In addition, we fulfilled:

- 815 special gift requests through our annual Silver Santa Giving Tree
- 99 window-unit air conditioner/heater installations
- 153 requests for walkers, rollators and motorized scooters
- 92 requests for utility assistance
- 1,953 packages of incontinence supplies
- 9,215 pounds of shelf-stable pantry food to 1,191 clients
- And much more!

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



Doctors once gave Devonne six months to live. A decade later, her faith, her husband and Meals On Wheels still carry her through each day, along with a new air conditioner that's bringing comfort in the Texas heat. Read Devonne's full story at mealsonwheels.org/devonne.

Funding Sources and Expenses

Meals On Wheels of Tarrant County is an independent 501(c)(3) nonprofit organization sustained by a broad mix of funding sources that make our mission possible. Our funding model is intentionally diverse, providing stability and flexibility in a changing environment.

In 2025, 48% of our support came from community contributions, including generous gifts from individuals, civic and faith-based groups, corporations, foundations, and other non-government partners.

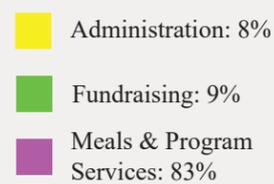
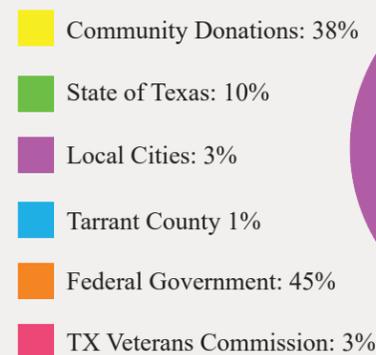
We are also supported by federal, state, and local government grants that help extend our reach across Tarrant County. During fiscal year 2025, total revenue was

\$15,048,245* with expenses of \$12,624,038, reflecting our continued commitment to serving clients even as costs rise.

We steward every dollar with care, guided by a deep responsibility to those who place their trust in us. The impact we make each day is possible only because of a compassionate community that gives time, talent, and resources to support older adults.

Your generosity fuels our work, strengthens our programs, and helps ensure that seniors across Tarrant County continue to receive the nourishment, dignity and connection they deserve.

* Includes \$2,910,611 in one-time ARPA grant reimbursement for FY25.



Note from the President & CEO

2025

At a Glance



Clients Served

6,436



Meals Served

971,973



Volunteers

3,237



Medication Alerts

754



Adult Activity Centers

22



Transportation Trips

20,577



Home Repairs

161



Companion Pets Fed

3,658

As I reflect on the past year at Meals On Wheels of Tarrant County, I am filled with deep gratitude. Tarrant County continues to grow, and with that growth comes both new opportunities and challenges. More neighbors are turning to us for support, and because of your generosity and commitment, we have been ready to meet them with care, dignity, and compassion.

This year, our team, volunteers, and community supporters worked tirelessly to ensure that older adults and homebound individuals remained nourished, connected, and safe. Beyond meals, we delivered reassurance, wellness checks, and a sense of belonging to those who might otherwise feel isolated. These moments of connection are at the heart of our mission and a powerful reminder that our work is about people and not just programs.

None of this would be possible without you. Your giving, volunteering, advocacy, and community connections allow us to expand our reach, respond to growing needs, and continue innovating to serve more neighbors. Your support strengthens our impact and ensures that we can be there for those who rely on us most. I am especially proud of our dedicated staff and volunteers, whose resilience, compassion, and commitment shine every day. Their work, combined with your support, ensures that Meals On Wheels of Tarrant County remains a trusted resource for individuals and families across our community. Compassion, community, integrity, and excellence guide everything we do, inspiring us to care deeply, connect meaningfully, and serve our neighbors with the highest quality.

Thank you for standing with us and being an essential part of a mission that truly changes lives. Together we are building a stronger, more caring Tarrant County, one neighbor at a time.

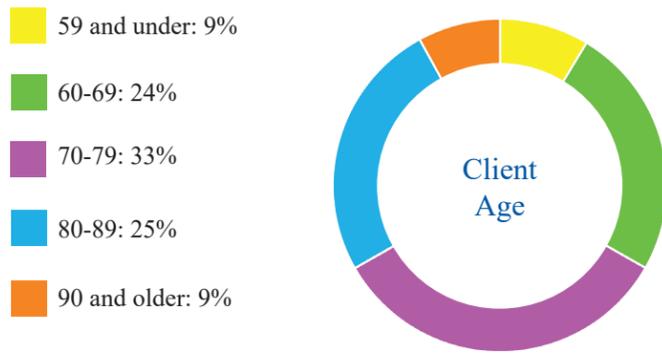
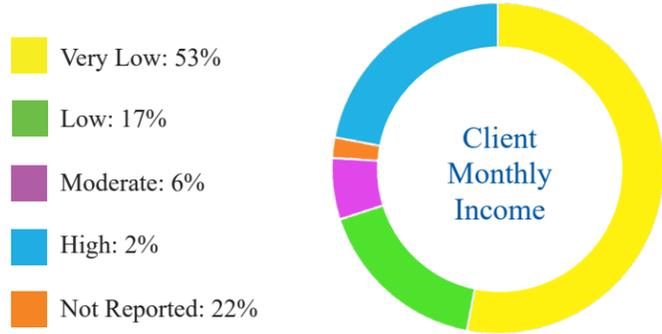
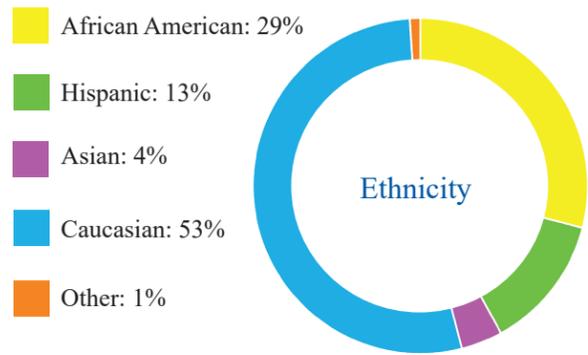
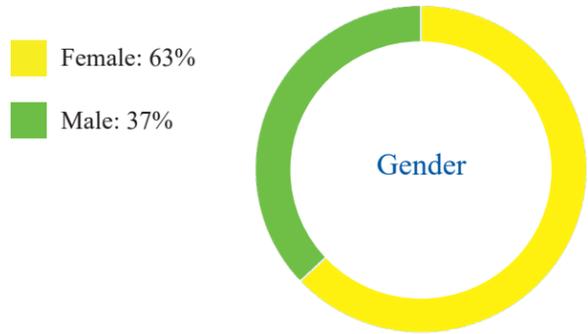
With gratitude,

Alissa Deaton

Alissa Deaton
President & CEO



Client Demographic Data



Companion Pet MEALS

Providing nutritious, great-tasting food goes beyond the meals we service to our clients each day. Through our Companion Pet Meals program, we provide free dog or cat food, along with veterinary and grooming services, to clients who have difficulty providing for their pets. These beloved pets are often the full-time companions of lonely seniors and provide clients with a sense of purpose when caring for their pet. This program was started to ensure that clients weren't sharing our meals with their pets. This program is funded through donor-designated gifts.

In 2025, we distributed 38,794 pounds of pet food, serving 172 clients and 200 unduplicated pets. In addition, we provided 23 grooming sessions and 28 visits to the veterinarian to ensure the health of these beloved animals.



A Community in Service

At Meals On Wheels of Tarrant County, our mission comes to life through the compassion and commitment of our volunteers. Volunteers are at the heart of our mission, turning a simple meal delivery into a moment of connection and care for our homebound, elderly and disabled neighbors.

In 2025, 3,237 volunteers generously gave their time and talents in service to others. Together, they logged an extraordinary 183,457 hours of volunteer service, hours filled with kindness, patience and human connection. They drove more than 726,000 miles across our community, navigating neighborhoods and back roads alike to ensure no client was forgotten. Along the way, they knocked on 6,436 front doors, each knock representing reassurance, safety and a familiar face.

Those visits mattered deeply. Our volunteers provided 971,973 friendly hellos and wellness checks, offering

far more than a nutritious meal. For many clients, these brief interactions are a vital lifeline and a reminder that someone cares and that they are not alone. Volunteers often notice changes in health or mood, helping us respond quickly and provide additional support when it's needed most.

Volunteer service is the heartbeat of Meals On Wheels of Tarrant County. It is driven by neighbors helping neighbors, by individuals who give selflessly and consistently, often without recognition or fanfare. Their service strengthens our community and sustains our mission, one delivery at a time.

To every volunteer who showed up in 2025, thank you!

If you or someone you know is interested in volunteering, visit mealsonwheels.org/volunteer, call 817-336-0912 or scan the QR code below.



Volunteers
Sherry Thompson
Koleen Dupuy
Becky Levy
Margaret Fagbemi

Focus on Service

Each year we conduct a client satisfaction survey to help us determine what our clients like and dislike about the services we provide. We use this information to adjust our menus and other service offerings to ensure we are providing the best possible care for our clients.

In 2025, 739 of the 2,811 surveys mailed were completed and returned to us, giving us a 26% response rate. Here are just a few of the highlights from last year's report.

- 97% of home-delivered meals clients and 94% of frozen meals clients said the meals and services help them remain independent.
- 74% of home-delivered meals clients and 78% of frozen meals clients believe their health has improved since being on our Nutrition program.
- 93% of home-delivered meals clients and 99% of frozen meals clients stated the volunteers are always friendly and helpful when they deliver the meals.
- 98% of home-delivered meals clients and 99% of frozen meals clients said they are greeted with courtesy when they call our office.
- 76% of home-delivered meals clients indicated satisfaction with the overall quality of the entree items.
- 72% of home-delivered meals clients indicated satisfaction with the overall quality of the breakfast items.



“I am a Vietnam Veteran and enjoy getting help from you. If it wasn't for Meals On Wheels, I don't know how I would make it.**”**

“I was only 88 pounds when I started with Meals On Wheels and now I'm 115 pounds. Thank you!**”**

Menu All Stars

- Beef Tips with Creamy Garlic Sauce
- Apricot Glazed Turkey
- Salmon Croquette
- Okra and Tomatoes
- Warm Vanilla Apple Bake

CASE MANAGEMENT

Our professional case managers go above and beyond to ensure every client receives the personalized care they deserve. With compassion and expertise, they conduct thorough assessments to develop service plans tailored to each individual's unique needs. But their role extends far beyond initial evaluations — our case managers serve as dedicated advocates, continuously monitoring client progress, coordinating essential non-nutrition services, and acting as a vital link to community resources.



Meals On Wheels Case Managers

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.

In 2025 alone, this incredible team conducted 15,857 home visits. They processed an average of 511 new client intakes each month and conducted 8,906 wellness checks, offering reassurance and intervention when necessary. In addition, they facilitated 16,506 referrals to connect clients with critical services throughout the community.

Adult Activity Centers

On May 5, 2025, we celebrated the first lunch served at our newest congregate meal site, The ACTIV in Arlington. Meals On Wheels now provides lunch at 22 Adult Activity Centers located throughout Tarrant County, offering nutritious meals to individuals aged 60 and older. We are excited to welcome The Active to the Meals On Wheels family!

Through our Adult Activity Center program, mobile adults age 60+ can enjoy planned activities that stimulate the body and mind and improve their overall well-being. In addition to a delicious lunchtime meal, participants benefit from social interactions with friends, which help combat senior isolation and loneliness.

In 2025, we served 101,151 meals to 1,653 clients at 22 centers across Tarrant County. We also provided 20,577 trips to participants who needed transportation assistance as well as fraud prevention education. For more information about adult activity centers, email AAC@mealsonwheels.org or call us at 817-258-6482.



Our Vision
Cultivating a community where aging is embraced with dignity and every meal nourishes lives and fosters connection.

How You Can Help

The cost of preparing, packaging and delivering nutritious meals to one client is only \$2,080 per year. With your help, we can be a lifeline for the thousands of homebound, elderly and disabled residents of Tarrant County.

- \$8 funds a meal for one day
- \$40 funds meals for one week
- \$160 funds meals for a month
- \$2,080 funds meals for a year!

Donate securely online at mealsonwheels.org/donate

Supporting Health Through Counseling and Early Nutrition Screening

The Mini Nutritional Assessment (MNA) is a trusted, evidence-based screening tool used worldwide to identify malnutrition or the risk of malnutrition in adults age 65 and older. The MNA includes a short form for quick screening and a comprehensive version for more in-depth evaluation.

Using straightforward questions and simple measurements, such as weight changes, body mass index, dietary intake, mobility, and overall well-being, the MNA helps categorize individuals as well nourished, at risk, or malnourished. This early identification allows for timely nutritional interventions that can improve health outcomes, support independence, and prevent more serious complications.



Meals On Wheels of Tarrant County uses the MNA as part of our commitment to proactive, client-centered care. Our registered dietitians use these client assessment scores to provide nutrition therapy that helps clients manage chronic illnesses such as hypertension, congestive heart failure and diabetes. The goal is to reduce hospitalizations and ER visits, enhance health status and ensure older adults receive the nutritional support they need to thrive at home and in the community.

A Healthier Future, One Meal at a Time.

Ms. M began receiving home-delivered meals from Meals On Wheels of Tarrant County in 2024 while managing several chronic conditions, including congestive heart failure, type 2 diabetes, hypertension, and high cholesterol. Like many clients, she struggled to balance her health needs with consistent, nutritious eating.

After being referred to our registered dietitian, her health indicators were concerning. Her blood sugar levels were often in the mid-400s and her blood pressure remained high. During their first visit, the dietitian identified barriers to healthier eating and together they created a realistic, diabetes-friendly meal plan, reviewed how to better align insulin with meals, and practiced reading nutrition labels.

With continued access to nutritious meals and counseling, Ms. M made steady progress. By fall 2025, her blood sugar dropped to the mid-100s, and her blood pressure improved. Today, she says the combination of Meals On Wheels and dietitian support helped her regain control of her health and confidence.

For more information, contact nutrition@mealsonwheels.org or call 817-258-6467.



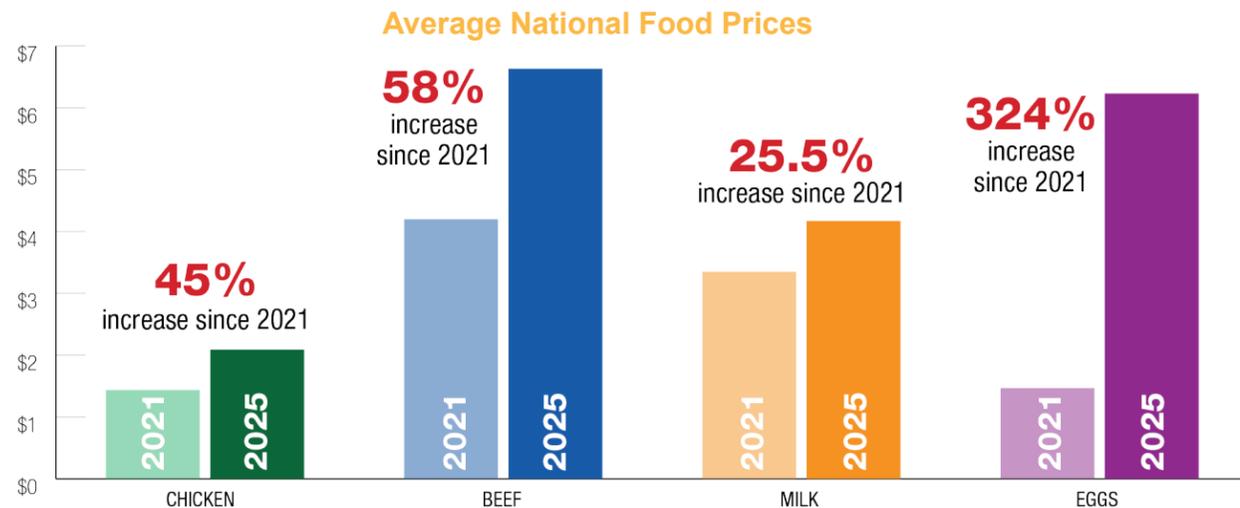
Rising Food Costs

Providing nutritious, great-tasting meals while managing rising costs remains an ongoing challenge for food service organizations like ours. Between 2021 and 2025, our food costs increased 27.7%, adding over \$1.3 million to the expense of preparing meals for those we serve.

To manage this impact, our dietitians and chefs work hand in hand to find thoughtful, client-approved solutions. When

the cost of 8-ounce cartons of orange juice climbed to 80¢ each, we transitioned to a vitamin-enriched drink mix our clients enjoy, at just 6¢ per serving.

Smart adjustments like these allow us to protect meal quality, ensuring we never compromise on essential items like meats and vegetables, while continuing to provide the best possible care for those we serve.



A Community in Action

This year, we proudly highlight corporations and foundations whose exceptional generosity helped move our mission forward.

Diamond (\$100,000 +)

Ella C. McFadden Charitable Trust
Sid W. Richardson Foundation
BOK Financial
The Morris Foundation
Trio Community Meals

Platinum (\$50,000 +)

GM Financial
Amon G. Carter Foundation
Arlington Tomorrow Foundation
Leo Potishman Foundation
The Ryan Foundation

Gold (\$25,000 +)

Wm. & Catherine Bryce Memorial Trust
Meals On Wheels America
Communities Foundation of Texas
Bank of America Charitable Foundation, Inc
Once Upon A Time Foundation
Blue Cross Blue Shield of Texas
The Anne T. & Robert M. Bass Foundation
ForsMarsh Group LLC
Robert D and Alma Moreton Foundation
Helen Littauer Educational Trust
JES Edwards Foundation
Ken W. Davis Foundation
HEB Grocery Company
Mary A Fuller Charitable Fund

Silver (\$10,000 +)

BBB of Metro Houston - Edu. Foundation
David L Tandy Foundation
The Windmill Foundation
BNSF Railway Foundation
Vincent Genovese Memorial Foundation
Ann and John Mason Charitable Fund
Mary Anne & Marc H. Lowrance, Jr. Fund
The Mary Ann McKenzie & Jane Craghead Fund
Barbara F. Wheeler Foundation
Virginia Hulse Charitable Fund
Atmos Energy Corporation
Westgate Fund
A & G Services Inc.
Horizon Tech Industries / XS Sights
Roxanne & Alan Shipman Charitable Fund
Alcon Foundation
Andy and Nancy Thompson Foundation
DuBose Family Foundation
The Earlane & Sam Croom Foundation
The FHC Foundation
EECU
Bank of Texas

Bronze (\$5,000 +)

Texas Mutual Insurance Company
EOG Resources, Inc.
Mary Mauze Siff Family Charitable Fund
Southside Bank
Barbara Ann Baldrige Foundation
Pantego Lions Foundation, Inc.
Range Resources Corporation and Subsidiaries
BNSF Railway
Jiale & Winnie Su Foundation
Fuller Family Charitable Fund
Alpha Gamma Delta Foundation
TDECU
Lhoist North America
FedEx
Richard K. and Lois B. Craig Family Fund
TXU Energy/Vistra Energy
Wren Planning Mill Inc
Doris C and Harry K. Werst Charitable Fund
John & Cynthia Adams Charitable Fund
McCraw Family Charitable Fund
PettyJohn Charitable Gift Fund
The Blenheim Charitable of Dr. Dean and Jane Peyton Fund
The Collini Charity Fund
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Pinki & Dennis Meals Foundation
Rainwater Charitable Foundation
The Arch and Stella Rowan Foundation, Inc.

Visit mealsonwheels.org/changemakers to explore our expanded list of donors recognized for their significant investment in advancing our mission.