

ELIMINATE THE WAITLIST

Together we can change lives



MEALS on WHEELS
MONTGOMERY COUNTY

MISSION To foster the independence and dignity of homebound seniors in Montgomery County by providing them with nutritious meals, transportation and caring connections.

VISION A community nourishing, enriching and strengthening seniors.



Dear Montgomery County Friends,

I am excited to announce that for the first time, Meals on Wheels Montgomery County has a permanent home to call our own! What started in 1973 with a handful of volunteers gathering at a single home in Conroe to nourish local seniors, has now grown into full time operation with over 200 volunteers and 30 staff members serving the 1,000 sq. miles of Montgomery County.

The support of community volunteers and donors is the fiber that sustains our operation and allows us to continue to expand services. We would not be able to offer the personal connection to our isolated seniors without the help of "our village."

I went on a meal delivery route and a thought occurred to me as I was visiting with a client. My story would someday sound very similar to hers. I know what it is like being young and invincible, growing into adulthood, finding a path, whether it is marriage, children, career or all of the above. The days seem like they would go on forever.

The idea washed over me so powerfully that I was moved to tears. Each one of us matters for the entire duration of our life...not just when we are a visible part of the community. A sense of identity and worth become increasingly fragile when age and isolation set in. We must continue to create the bonds that connect generations so no story is forgotten. Thank you for being part of this beautiful mission!

Serving Together,

A handwritten signature in blue ink that reads "Summer Day". The signature is fluid and cursive, with the first name "Summer" and the last name "Day" clearly distinguishable.

Summer Day
President & CEO
Meals on Wheels Montgomery County



Mr. George & Robin (meal delivery volunteer)
The Woodlands, TX



Ms. Nancy and Max
New Caney, TX

A POPULATION AT RISK

While the problems associated with aging remain the same, the medical advancements of the past century have resulted in longer life expectancies. Today, as men and women live longer, our society is presented with a new set of challenges and risks that must be addressed.

As our population ages, the demand for support services continues to increase at an exponential rate.

Financial Strain

As life expectancy reaches record highs, Social Security and retirement funds are forced to last longer than originally planned. In 1935, when Social Security was founded, the average American's life expectancy was 61.9 years, with a retirement age of 65.¹ Individuals relied on their retirement and Social Security lasting just a few years on average.

With today's average life span of 78.7 years², Social Security and retirement funds are stretched well beyond their intended capacity.

Additionally, the fixed incomes provided by Social Security and other retirement funds cannot keep up with the rising costs of everyday life. This creates a significant gap between what seniors can afford and what they need – often forcing them to choose between food and medication.

To fill this gap, we rely on social organizations such as Meals on Wheels to help care for our aging community which would otherwise slip through the cracks.

"I used to have to decide whether to buy groceries or medication each month – until I started receiving Meals on Wheels."

Mr. Keith, Montgomery, TX

Geographic Disconnect

Families are becoming geographically separated like never before. As technology advances and access to mass transportation becomes the norm, family and friends can easily live all over the world – a worrisome reality for those left behind.

Many aging family members find themselves isolated with little to no support system as their family members move away.

"It gives me peace of mind to know someone is looking in on my dad every day when I can't be there."

Daughter of a Meals on Wheels Montgomery County Client

A FACE BEHIND THE MEAL

A spry 84-year old with a jovial personality, Mr. Howell is a long time resident of The Woodlands. His positive persona is infectious, and in just a short time his “glass half-full” approach to life envelops those around him.

Years ago, Howell oversaw the lighting at the local sports fields. On what seemed to be an ordinary night, there was an accident.

While working to keep the lights on for the kids’ game, Howell was electrocuted. He suffered major injuries that would last a lifetime, including the loss of his leg.

Despite the misfortune, Howell has no regrets. In fact, he says he would do it all again to make sure the kids had a safe field on which to play.

Today, Howell’s medical complications continue as he is legally blind and suffers from emphysema.

With his family in Dallas, and his wife deceased, there is no one to help him with life’s daily tasks, including meal preparation.

Determined to stay home and avoid nursing homes, Howell wheeled himself to the corner gas station each day for his meals – chips and a soda – until he began receiving nutritious meals delivered right to his door.

Despite his struggles, Howell says that all life is a blessing. He continues to see his life, in particular, as blessed beyond measure.



Mr. Howell
The Woodlands, TX

Ms. Rita & Milton
Conroe, TX



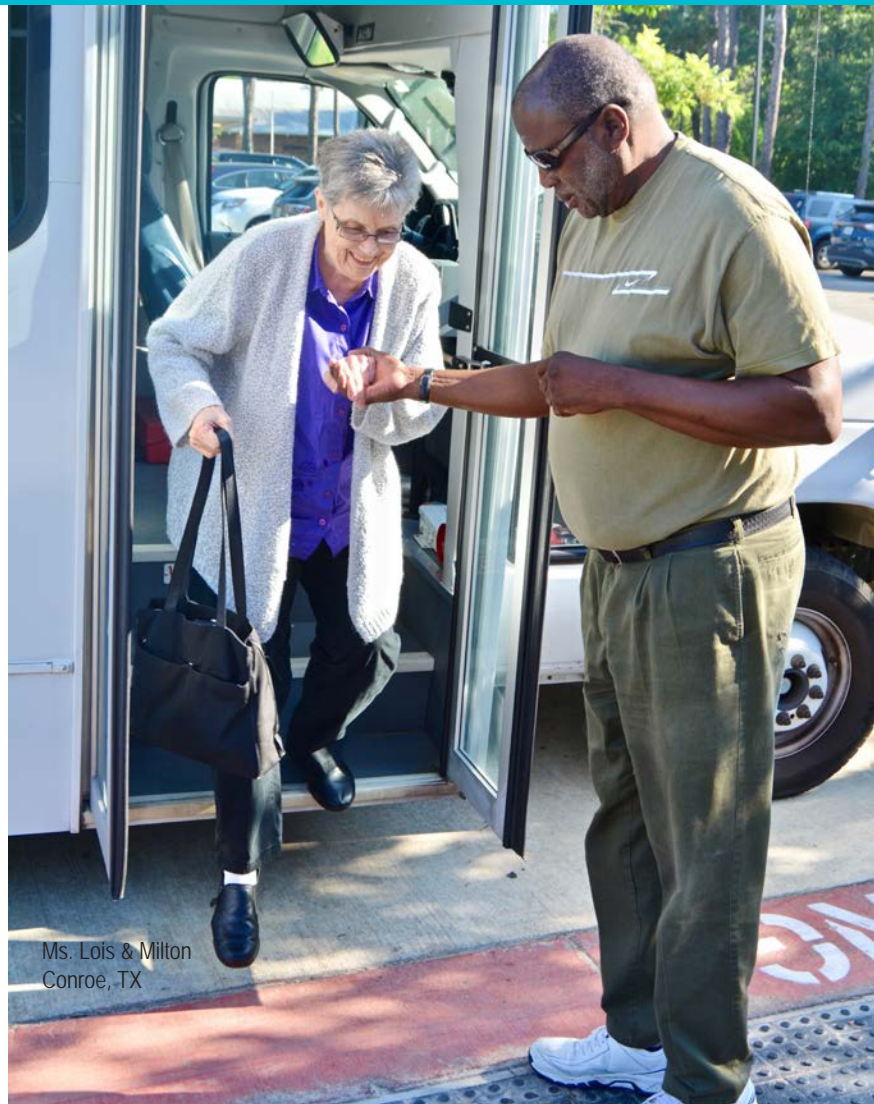
"It helps me to get out of the house and be with other seniors." – Ms. Lois

A FACE BEHIND THE RIDE

Lois Jackson started using our Senior Rides program in 1996. Lois was a housewife, having spent most of her life traveling with her husband, who served 26 years in the armed services.

After her husband's passing in 1995, she began using our transportation services to bring her to Meals on Wheels in Conroe, where seniors gather, eat and socialize. She has even helped serve food to her fellow seniors!

Lois enjoys our Senior Rides program because it not only helps her get to where she needs to go, but she says, "it helps me to get out of the house and be with other seniors."



Ms. Lois & Milton
Conroe, TX



Ms. Peggy
The Woodlands, TX
Eliz Alex Photography

OUR PROGRAMS

Due to physical limitations, mental health issues, or dwindling finances, many seniors become homebound as they age. Daily tasks, like grocery shopping and preparing meals, become impossible.

Founded in 1973, Meals on Wheels Montgomery County exists to improve the lives of local homebound seniors and help keep them out of costly nursing homes and hospitals. Serving 3,500 meals each week, we help our aging neighbors remain well nourished, connected to the community, and independent in the comfort of their own home.

By remaining independent, seniors avoid the high costs of nursing home care and alleviate the stress of care-giving often felt by family, friends and neighbors.

As the only non-profit delivering meals to homebound, disabled seniors in all of Montgomery County, our work is especially critical. With your help, we support our community through the following programs.

Meals on Wheels

Nutritious meals, hand-delivered to our aging neighbors, provide the consistent nourishment necessary for seniors to remain physically healthy and independent.

Each delivery is accompanied by a friendly smile and an engaging conversation with our volunteers and staff, reducing senior loneliness and brightening their day.

Meal delivery also serves as a safety check, ensuring each senior is safe in their home.

Senior Rides Bus + Taxi Program

The ability to drive is a luxury we take for granted. When we lose this ability, we lose our social connections and our independence.

The Senior Rides Bus + Taxi Programs – free curbside transportation services – were developed to eliminate the isolation associated with the inability to drive.

From doctors to critical dialysis appointments, our transportation services help seniors and the disabled receive the care they need while avoiding isolation and remaining independent.



"They're living out their twilight years and deserve the very best."

Chef John, MOWMC
Kitchen Manager

Step inside the Meals on Wheels kitchen any weekday morning and your nose will confirm our seniors are well cared for with delicious, home-cooked meals.

John, our Meals on Wheels Kitchen Manager and culinary school graduate, takes industrial cooking to a new level. He prepares meals for our homebound seniors each weekday, using the freshest and healthiest ingredients. From freshly-smashed mashed potatoes to hardy chicken casseroles and home-cooked beans, John continues to develop a menu of natural whole foods.

Raised in The Woodlands, John has more than a decade of experience in the food service industry serving our senior population. For John, preparing meals is more than just a job. He considers his work an opportunity to nourish and touch the hearts of local seniors.

TARGETING THE PROBLEMS OF AGING

Due to its enormous impact at minimal cost, Meals on Wheels is one of the most successful social services in America. The consistent nutrition and safety checks provided through meal delivery help homebound seniors remain independent and at home, where they prefer to live – benefiting them, their family and our community.

Meals on Wheels Montgomery County is proud to offer programs designed to support our community and combat the top problems of aging.

Hunger

Whether from loss of appetite or the inability to cook or buy groceries, many seniors experience health complications from malnourishment.

Meals on Wheels Solution

To combat hunger, Meals on Wheels provides consistent nutrition through daily meal delivery to homebound, disabled seniors.

More than **50%** of seniors who visit emergency rooms arrive malnourished.³

Loneliness

Physical, human interactions are a critical part of mental and physical health. As we age and lose mobility, we often find ourselves homebound with limited socialization – a leading cause of elderly depression.

Meals on Wheels Solution

While delivering meals, volunteers also provide the social interaction so many of our seniors need. A simple conversation and smile brightens their day, helping to reduce the loneliness so many often feel.


Meals on Wheels delivery service model has the greatest potential to **decrease healthcare costs**.⁴

Loss of Independence

With aging minds and bodies, we lose the privileges that allow us to remain independent – driving, cooking and even living on our own. As a result, seniors are forced to rely on family and friends, or move into a nursing home.

Meals on Wheels Solution

Nutritious meals and transportation provide independence for seniors, alleviating demands placed on family and friends. With your support, many seniors are able to live where they want – in their own home.



We deliver an entire
year's worth of meals
to one homebound person
at a cost **lower** than
one day in a hospital or
ten days in a nursing home.

Ms. Sallie & Jolee
The Woodlands, TX
Eliz Alex Photography



**An average of 50
people are added
to the waitlist
each month.**

The need for our
services is obvious.

We have the
infrastructure in
place to support it.

**Now we need
your support.**



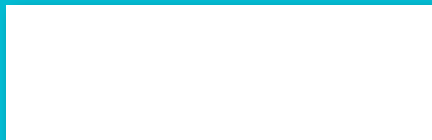
Texas ranks 4th highest in the number of seniors going to bed hungry.

Our goal is to feed every homebound senior in Montgomery County.

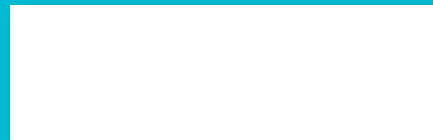
It's a **bold** goal. Let's be bold **together**.

ELIMINATING THE WAITLIST

With demand growing and an insufficient grant supply, we focus on diversification to increase revenue and eliminate the waitlist. Turning to the community for support, donations from our current and future supporters – people like you – provide the means to truly eliminate the waitlist.



homebound seniors **currently** receiving the nourishment and care they need each week, through home delivered meals



homebound seniors **waiting** for the nourishment, security, and companionship that comes with meal delivery

We have the infrastructure in place to nourish every senior on the waitlist.
The only thing stopping us is funding.

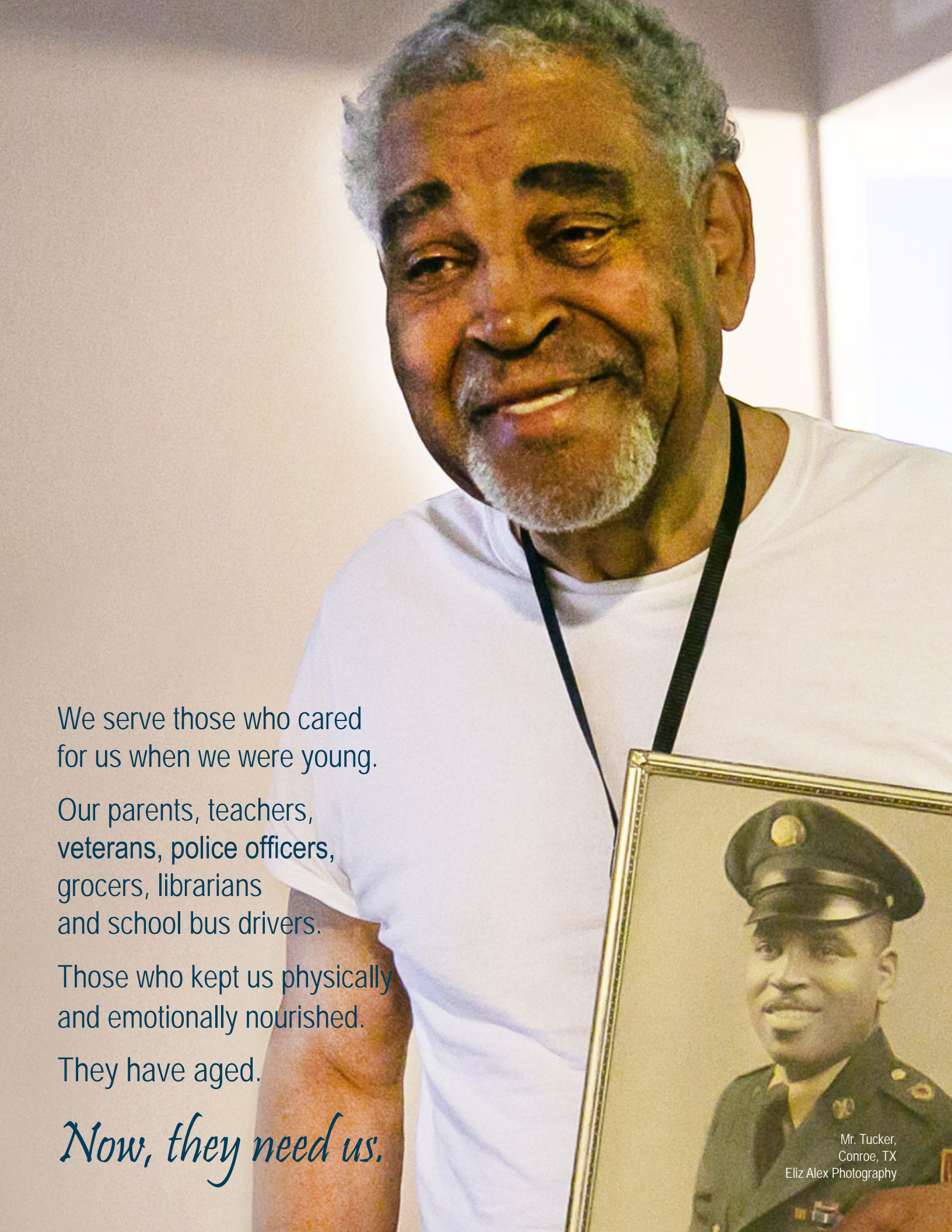
We serve those who cared
for us when we were young.

Our parents, teachers,
veterans, police officers,
grocers, librarians
and school bus drivers.

Those who kept us physically
and emotionally nourished.

They have aged.

Now, they need us.



Mr. Tucker,
Conroe, TX
Eliz Alex Photography

Stay Connected

Be the first to hear about new volunteer opportunities, news, and events.

Follow Meals on Wheels
@mealsonwheelsmc



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Sources

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3. Pereira, Greg F., Cynthia M. Bulik, Mark A. Weaver, Wesley C. Holland, and Timothy F. Platts-Mills. (2014, July 18). Malnutrition Among Cognitively Intact, Noncritically Ill Older Adults in the Emergency Department. Retrieved from [http://www.annemergmed.com/article/S0196-0644\(14\)00625-8/abstract](http://www.annemergmed.com/article/S0196-0644(14)00625-8/abstract)
4. Brown University School of Public Health (2015, March) More than a Meal Pilot Study Research. Retrieved from <http://www.mealsonwheelsamerica.org/docs/default-source/News-Assets/mtam-executive-summary---march-2-2015.pdf?sfvrsn=2>.