



More Than Meals...



Message from Executive Director, James G. Sigurdson

I have been continually amazed by the perseverance and dedication of the Meals on Wheels of Ocean County staff members over these last two years. During this time, they were tremendously tested by the Covid-19 pandemic, and in many ways are still being challenged. Some instances were more difficult to fathom, but I'm proud to say we still managed to provide hot, nutritious meals daily for our seniors through a global pandemic and came out a stronger and more resilient organization.

When the going gets tough, Meals on Wheels of Ocean County puts it into 4-wheel drive!

During those difficult months not only did we press on delivering meals and providing daily safety and wellness checks for our vulnerable elders, but we also delivered much needed personal hygiene products along with cleaners and sanitizers. Thankfully, with the support of the Ocean County community and our partner organizations, we were able to overcome every challenge we faced and keep our staff safe.

We are More than Meals!

One point we can all take from the global pandemic is that we now understand the social isolation that our homebound participants feel each day, since most of us were touched by it ourselves through our own social distancing from friends and family. Meals on Wheels of Ocean County is **More than Meals**, we also feed the soul. Our drivers become our participants' extended family and help ease the social isolation so many of them feel. Before the pandemic, 66% of those we served lived alone. The pandemic exacerbated that number as families were isolating from their own family members to keep them safe. We were happy to step in with a warm meal and to offer some kind words of reassurance during this challenging time.

Meals on Wheels of Ocean County is continuing to work to secure a future filled with hope and happiness for the homebound seniors who rely on our meal services. We like to think of our seniors' homes as Memory Galleries, filled with reminders of the people and places that give their life meaning. A family picture on the mantle, a scrapbook of vacation photos, a simple painting on the wall...these are the things that give their lives context and emotional significance. No

hospital, assisted living, or nursing home facility can replace that.

Our Meals on Wheels program greatly reduces the cost to our seniors and their families when you consider the alternative of paying more than \$6,000 a month for assisted living, or a nursing home, compared to the \$2 per meal donation that Meals on Wheels of Ocean County asks for. That's just a little over \$500 per year for a senior who receives meals 5 days a week. That \$2 donation per meal helps defray the cost of preparing and delivering meals (which cost over \$10 per meal). And don't forget about that all important daily wellness check we provide to make sure your loved ones are healthy and safe.

An investment that was well worth it!

To our employees, feeding and caring for Ocean County's frail, vulnerable, and homebound elderly is their call to social action. In 2021, more important than ever, our Telephone Reassurance Program offered another lifeline to our seniors. We were a friendly voice on the other end of the line asking about their day, their health, even just talking about the weather to help ease the loneliness and depression that accompany social isolation. During this past year, we are pleased to report that we made 2,786 calls along with serving almost 240,000 meals to over 1,600 homebound seniors, but there is still much work to be done.

In 2022 we will continue delivering meals and providing our outreach services and we are ecstatic to restart the On-Site Meal program, newly branded, Community Café, in Jackson, Brick and Manahawkin. In addition to serving meals, these sites will offer daily social and recreational activities to stimulate the mind, body, and soul.

Continuing to deliver More than Meals!

I am immensely proud of the staff at Meals on Wheels of Ocean County for their dedication and resilience.

Day in and day out Meals on Wheels of Ocean County delivers! We make a difference for the good in the lives of our seniors.





BY THE NUMBERS

Our Services

- 🍎 Prepared & delivered nearly **240,000** meals to **1,629** Ocean County Seniors
- 🍎 Outreach serves over **1,000** seniors for nearly **30,000** action items per year
- 🍎 The cost to prepare and deliver each Meal is more than **\$10.00**
- 🍎 Our drivers travel around the globe **11** times each year delivering meals

Of the over **2400** Seniors served...

- 🍎 **66%** Live Alone
- 🍎 **45%** over the age of 85
- 🍎 **65%** female
- 🍎 **85%** are frail
- 🍎 **63%** are a high nutritional risk



That's what we call "going the extra mile" for someone you know and love!

FY 2020-2021 Income

Source	Amount	Percentage
Grants	\$3,345,462	91%
Contributions	\$300,812	8%
Other	\$14,284	1%
Total	\$3,660,567	100%

FY 2020-2021 Expense

Destination	Amount	Percentage
Food	\$851,644	24%
Administration	\$235,176	6.6%
Program Services	\$2,476,364	69%
Other	\$15,167	.4%
Total	\$3,578,351	100%

MUNICIPALITY	CLIENTS	MEALS
Barnegat Township	81	6,969
Bay Head Borough	2	50
Beach Haven Borough	4	530
Beachwood Borough	8	1,254
Berkeley Township	263	32,394
Brick Township	275	35,966
Eagleswood Township	5	614
Island Heights Borough	1	234
Jackson Township	209	12,287
Lacey Township	55	7,931
Lakewood Township	526	26,848
Lavallette Borough	15	1,299
Little Egg Harbor Township	67	7,777
Long Beach Township	6	951
Manchester Township	449	52,391

MUNICIPALITY	CLIENTS	MEALS
Mantoloking Borough	2	419
Ocean Gate Borough	2	267
Ocean Township	37	1,166
Pine Beach Borough	3	502
Plumsted Township	19	1,487
Point Pleasant Beach Borough	16	1,866
Point Pleasant Borough	20	1,306
Seaside Heights Borough	15	1,040
Ship Bottom Borough	3	580
South Toms River Borough	3	894
Stafford Township	102	11,332
Surf City Borough	5	504
Toms River Township	198	29,435
Tuckerton Borough	11	776
TOTAL	2,402	239,069

