



I think you're all aware that Meals on Wheels provides healthy meals to people who are unable to shop or cook for themselves. We like to say that we not only deliver meals, but also **Smiles**.....but we do much more than that! Our volunteers provide socialization and brighter days to many who may not see another person that day.

They also often go much beyond their deliveries to assist older clients with tasks that they cannot do. Additionally, children and loved ones receive invaluable peace of mind knowing that someone will see mom or dad Monday thru Friday mornings.

National studies by Meals on Wheels - America indicate that recipients report a decline in hospitalizations. 79% believe they eat healthier because of MOWs; 87% feel safer in their homes because of regular volunteer contact, and **most importantly** - 92% believe MOWs helps them to continue to live independently!

John is about 60 years old and lives high up in the Dan Flood Towers in Kingston. He's a caring & generous man but suffers from severe anxiety and takes medication daily. When I knock on his door on Mondays around 10:00, he usually greets me with a hug, says he loves me, and very rapidly tells me what's been happening in his life.

Several weeks ago, he didn't answer after 3 knocks so I tried his door and found him lying on his side in his pajamas in the bedroom, unable to get up. He's a big guy and there was no way to get him up, so it was necessary to call 911. An ambulance came and took him to the hospital. I was very happy to see him return home about 2 weeks later.

This was the 4th or 5th time in my delivery history that a 911 call was needed. Volunteers report similar events more often than you might expect with falls being the main reason.

We receive no governmental funds and charge \$6/day for the 2 meals. This fee has not changed over the last 7-8 years due to our board's **insistence** that we keep the cost very affordable, to a clientele who we know is already struggling financially.

While we charge \$6, our cost per meal is closer to \$9 due to the large increase in both food and labor costs over recent years. With 90-100 clients, we have a shortfall of approximately \$1,250/ week or over \$65,000 per year. Donations from individuals, social organizations, businesses and some small grants help us to reduce this annual deficit, but we still have the need for additional funding to allow us to continue to provide this essential service.

Your investment in MOWs will allow us to continue to provide healthy affordable meals, needed social contact, an increased feeling of safety for clients, and the ability for them to continue to live independently, with dignity, in their homes.

My Dan Flood friend John, our many clients, and I thank you for your consideration.