



# Meals-on-Wheels

OF JOHNSON AND ELLIS COUNTIES

*Serving the Children of Yesterday*

## 2010 Annual Report

### ***Making the difference in the lives of many by:***

- helping to feed the hungry,
- helping to break the isolation of many lonely days,
- helping people to live independently in their own homes,
- helping people to maintain their dignity,
- helping families to better care for their loved ones,
- helping to prevent premature nursing home placements,
- helping our communities to foster the positive community spirit of people helping people, and helping to improve the overall quality of life.

### **Mission:**

Meals-on-Wheels of Johnson and Ellis Counties serves the children of yesterday by helping needy homebound elderly and disabled people remain independent and healthy in their homes by providing home-delivered meals, daily personal contact, and support for individuals and their families.

### **Highlights:**

- Meals-on-Wheels of Johnson and Ellis Counties (Meals-on-Wheels) is a community-based, community-benefit, aging services organization. Meals-on-Wheels provides Home-Delivered Meals and Case Management to frail, isolated, elderly and disabled persons. Also provided is Caregiver Services and Information and Assistance to families with needy elderly and disabled family members. Meals-on-Wheels works closely with home health agencies, doctors' offices, hospital discharge planners, and other community service groups to coordinate services to those in need. Meals-on-Wheels celebrated 33 years of service this year, serving Johnson County since 1977, and Ellis County since 2001.
- All Meals-on-Wheels services are provided throughout both counties, with services extending into adjoining counties. Emphasis is placed on individuals versus numbers, communities as opposed to governmental boundaries, and timely services for needy individuals over lengthy waiting lists.
- A twelve member Board of Trustees, with Trustees residing throughout Johnson and Ellis County, governs the organization. The 2010 Board of Trustees were:

Todd Little, Chairperson  
Charlie Morton, Treasurer  
Shirley Williams, Secretary  
Cynthia Allen  
Paula Baucum  
Bob Carroll  
Tim Cooper

Red Oak  
Ovilla  
Cleburne  
Rio Vista  
Midlothian  
Midlothian  
Burlison

*Continued on Page 2*

Richard Dormier  
Paul Elkins  
Richard Rozier  
Ike Vera

Ovilla  
Joshua  
Waxahachie  
Burleson

- Task Forces made up of community volunteers along with members of the Board of Trustees and Meals-on-Wheels staff, work together on specific, targeted projects. This year two major Task Forces worked on special events, including the annual Golf Benefit and Spring event.
- The staff of Meals-on-Wheels includes twenty-five full and part-time persons, with over 600 volunteers assisting with the delivery of services. Executive Director Vinsen Faris, CFRE, has been with Meals-on-Wheels since 1988. Other senior staff includes Amy Jackson, CFRE, Director of Development, and Tracy Robinson, Director of Client Services.
- The Johnson County administrative offices are located at 106 E. Kilpatrick, Cleburne, Texas. The Johnson County Commissioners' Court makes these facilities possible at no cost to the organization. The Ellis County office is located at 503 Ferris Avenue, Suite D, Waxahachie, Texas.
- Meals-on-Wheels is a nationally certified nutrition program through the Meals On Wheels Association of America (MOWAA). This accreditation acknowledges programs that demonstrate the highest standards of services to its communities.
- Local Independent Charities (LIC) recognizes Meals-on-Wheels of Johnson and Ellis Counties as a "Best in America" organization. The "Best In America" seal was inspired by a recent comparative review of "watchdog" groups by the National Council of Nonprofit Associations. Of these groups, LIC was acknowledged as one of the most rigorous in its application of member eligibility, in conjunction with their own additional testing standards. A LIC member since 2000, Meals-on-Wheels has met those standards and tests.
- This past year, Meals-on-Wheels was again recognized as an accredited charity of the Better Business Bureau at Fort Worth. This accreditation has been maintained for three years.
- In June of 2010, Executive Director Vinsen Faris was elected to the Board of Directors of the Meals on Wheels Association of America, the national organization composed of and representing local, community-based Senior Nutrition Programs in all 50 U.S. states, as well as the U.S. Territories.
- Meals-on-Wheels is funded by local donations from individuals, civic groups, and businesses; client and participant contributions; the United Ways of Johnson County, West Ellis County, and Greater Ennis; Commissioners' Courts of Johnson and Ellis County; Combined Federal Campaign; State Employees Charitable Campaign; private foundations; and shrinking federal and state grants. Meals-on-Wheels contracts with the North Central Texas Area Agency on Aging, the Texas Department of Aging and Disability services, and the Texas Department of Agriculture to provide specific aging services in Ellis and Johnson County.
- Total unrestricted revenues for fiscal year 2010 were \$2,261,381 with total expenses being \$2,106,989. Copies of all I.R.S. 990 Reports are available upon request are may be found at [www.guidestar.org](http://www.guidestar.org).
- This past year has proven to be another challenging year in providing for the growth in services to

those in need. Meal program expenses alone rose 62% over last year. In order to meet these challenges, Meals-on-Wheels continued its aggressive fundraising activities, locally raising over \$1,191,907 in discretionary funds, while increasing the number of new generous donors by 12%.

- During this year, over 2,100 needy elderly and disabled persons received direct services from Meals-on-Wheels, which included:

<b>Johnson County</b> Home-Delivered Meals	140,644 meals
<b>Ellis County</b> Home-Delivered Meals	120,958 meals

- Other significant numbers during the past year included:

Volunteer Hours	Over 26,975 hours
Miles driven by volunteers	258,960+ miles
Staff Visits in Clients Homes	2,275+ hours

## Services:

Meals-on-Wheels of Johnson and Ellis Counties is making a positive difference in the lives of many by providing services that help elderly and disabled individuals maintain their independence and stay in their own homes, where they want to be.

### Home-Delivered Meals (better known as Meals-on-Wheels)

Good nutrition is the key to good health, especially for someone who is homebound. Our meals provide 1/3 of the recommended daily amount of nutrition. Caring volunteers deliver over 750 meals, Monday through Friday, to those in need. Frozen weekend meals are delivered on Fridays. All our meals are delivered by volunteers. They give clients a break from the isolation of a very lonely existence. Many times the daily visit from the volunteer is their only contact with the outside world. A meal and a smile can make all the difference!

### Breakfast Program

In addition to the daily noontime meals, breakfast meals are served two days per week. The meals consist of varying items including fruit, yogurt, muffins, breakfast bars, dry cereal with milk, and instant oatmeal. This program has been very popular with the clients, and has added additional nutrition to our clients' diets. This program is being supported primarily by local dollars raised by the communities served.

### Nutritional Supplements

Meals-on-Wheels offers nutritional supplements below retail cost to those that need additional nourishment in their diets. Maybe a person is not getting all of the nutrients needed everyday by eating well-balanced meals, or maybe he or she is just skipping some meals altogether. A liquid nutritional supplement can provide help to those in need.

### Caregiver Education

Meals-on-Wheels wants to assure that Caregivers have the most up-to-date information, education, and resources to assist them in caring for a loved one. We realize the challenges in caring for an elderly or disabled parent or family member. Meals-on-Wheels has useful information on dealing with aging, mental challenges such as Alzheimer's and dementia, housing options, legal issues, in-home services, end-of-life issues, palliative care and more. This year, Meals-on-Wheels hosted an Ellis County Caregivers Workshop with speakers and local vendors. Over 50 people attended on a Saturday in November. Plans are to have an annual Workshop/Conference for the community.

### Ani-Meals Pet Food Program

Meals-on-Wheels offers a pet food program, "Ani-Meals." This program, which began February 2009, aims to help the needy homebound take care of their companion animals—primarily dogs and cats.

Donated pet food is delivered by volunteers on the first Saturday of each month. Currently, the "Ani-Meals" program is serving Cleburne, Burleson, Waxahachie, Ennis, and Palmer. This is largely done in partnership with the Ellis County SPCA, Burleson and Cleburne Animal Shelters, and many volunteers.

### **Information & Assistance**

Finding your way through the maze of services and options available for elderly and disabled loved ones can be very frustrating. Meals-on-Wheels maintains telephone numbers and information for services such as Social Security, housing, public benefits, legal matters, etc. We also have information available on Meals-on-Wheels providers across the nation through our membership in the Meals-On-Wheels Association of America.

### **Special Services**

Special Services include a wide array of "special" services for "special" needs. Liquid nutritional supplements are provided "at-cost" to persons who are nutritionally "at risk." Special food sacks are also available to those in need. Meals-on-Wheels also assists in arranging for minor home repairs and modifications as well as dental, hearing, and eyeglass needs. Other special services are provided as needs arise.

### **Events & Activities:**

#### **The Kitchen Campaign**

In an effort to meet the increasing needs of the growing elderly population, Meals-on-Wheels plans to build a 25,000 square foot regional kitchen facility. The new kitchen facility will be located at TXI Railport in the middle of the 1,700+ square mile service area. This facility will enable Meals-on-Wheels to prepare meals locally, which will improve upon quality along with the timeliness of delivery to clients. Most importantly it will significantly save the organization in annual food costs. In addition to a lead gift of \$500,000 from the Joe Barton Family Foundation and the gift of 2.5 acres of land from TXI, fundraising has continued throughout this year. To date, over a \$1 million in contributions and pledges have been raised toward the \$5 million goal. Construction documents will be completed in early 2011, with plans for construction to begin by year's end.



#### **Community Events / Volunteer Mixers**

This year with the increased need for fundraising efforts, Meals-on-Wheels continued hosting community events targeted at raising awareness about the Kitchen Campaign in each of the communities served throughout Johnson and Ellis Counties. In addition, quarterly Volunteer mixers were held to better inform volunteers about Meals-on-Wheels activities. Both events were intended to raise community awareness, recruit new individuals, and better inform current volunteers, clients and donors. Each event was unique and targeted to each community.

#### **Mayors for Meals**

As part of the national March for Meals awareness campaign of the Meals on Wheels Association of America, over 20 mayors from both Ellis and Johnson County delivered meals during March. Their efforts helped raise awareness of Meals-on-Wheels throughout the area, by being one of the largest numbers of mayors participating in the national campaign.

#### **Remember When... "A Fabulous 40s Fling"**

In March, Meals-on-Wheels held its annual spring event in Ellis County. This year's event celebrated the "Greatest Generation" with a 1940s theme. With over 200 people in attendance, friends and supporters of Meals-on-Wheels were entertained by historical "celebrities," jitterbuggers, and a 30-piece swing band. Great fun was had by all, and most importantly, helped raise monies for Meals-on-Wheels services.

#### **23<sup>rd</sup> Annual Golf Benefit**

Meals-on-Wheels 23<sup>rd</sup> Annual Golf Benefit held in September was another successful Benefit for Meals-on-Wheels! Golfers and volunteers enjoyed a fun-filled day of food and fun at the newly renovated course in

Cleburne. Along with sponsors, 268 golfers, and over 30 volunteers, the event raised over \$75,000 to feed many needy homebound elderly and disabled persons. This event continues to grow every year since its beginning in 1988.

### **National Philanthropy Day**

National Philanthropy Day is the special day set aside each year to recognize and pay tribute to the great contributions that philanthropy – and those people active in the philanthropic community – have made to our lives, our communities and our world. Meals-on-Wheels celebrated the 2009 Annual National Philanthropy Day by honoring TXI at a luncheon held at the Fort Worth Renaissance Worthington Hotel. The annual event was sponsored by the Association of Fundraising Professionals. Over 500 people gathered to honor non-profit organizations, private foundations, corporations, clubs and individual donors from all over North Texas.



**106 E. Kilpatrick, Cleburne, Texas 76031**  
**503 Ferris Avenue, Suite D, Waxahachie, Texas 75165**

**817.558.2840**  
**972.351.9943**

[www.servingthechildrenofyesterday.org](http://www.servingthechildrenofyesterday.org)

