



Meals-on-Wheels

OF JOHNSON AND ELLIS COUNTIES

Serving the Children of Yesterday

2009 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 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 32 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 2009 Board of Trustees were:

Todd Little, Chairperson	Red Oak
Karan Wethington, Chair-elect	Burleson
Charlie Morton, Treasurer	Ovilla
Shirley Anderson, Secretary	Cleburne
Rusty Ballard, Immediate Past Chairperson	Waxahachie
Paula Baucum	Midlothian

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Bob Carroll
Tim Cooper
Paul Elkins
Jeff Lincks
Mary Ann Matthews
Kevin Six
Ike Vera

Midlothian
Burlleson
Joshua
Ovilla
Godley
Ennis
Burlleson

- Two Advisory Councils have worked with the Board and staff to guide Meals-on-Wheels services, to plan for the future of the organization, and to raise community awareness and resources to support the work of Meals-on-Wheels. This year, we changed the format of the two councils to **Task Forces**. Each Task Force will be working on specific, targeted projects such as special events.
- The staff of Meals-on-Wheels includes twenty-five full and part-time persons, with over 600 volunteers assisting with the delivery of services. The executive director has been with Meals-on-Wheels since 1988. 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.
- 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.
- Revenues for the fiscal year 2009 were **\$1,855,685** with expenses being **\$1,919,566**. Approximately 53% of the expenses were incurred for services in Johnson County, with 47% in Ellis County. Copies of all I.R.S. 990 Reports are available upon request are may be found at www.guidestar.org.
- This past year has proven to be another challenging year in the growth we have seen in services – an almost 10% overall increase over last year. In order to meet these challenges, Meals-on-Wheels has continued its aggressive fundraising activities this past year, locally raising over **\$886,450** in discretionary funds, while attracting over 275 new donors.

- During this year, over 2,000 needy elderly and disabled persons received direct services from Meals-on-Wheels, which included:

Johnson County Home-Delivered Meals	113,149 meals
Ellis County Home-Delivered Meals	96,116 meals

- Other significant numbers during the past year included:

Volunteer Hours	Over 22,125 hours
Miles driven by volunteers	255,425+ miles
Staff Visits in Clients Homes	2,175+ 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!

NEW! Breakfast Program

This past August, in addition to our daily noontime meals, we began serving breakfast meals—tomorrow's breakfast is served with today's lunch. The meals consist of varying items including fruit, yogurt, muffins, breakfast bars, dry cereal with milk, and instant oatmeal. This new 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 in our communities.

Nutritional Supplements

Meals-on-Wheels offers nutritional supplements at 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.

NEW! Ani-Meals Pet Food Program

In 2009, Meals-on-Wheels began its "Ani-Meals" pet food program. This program, which began last February, 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 with plans to expand as the needs grow.

NEW! MOWAA "Feel Good Foods" Program

This past year, through the Meals On Wheels Association of America (MOWAA), we partnered with "Feel Good Foods." Humana Insurance Medicare members in Johnson, Ellis, and surrounding counties who are being discharged from the hospital or any other in-patient facility are offered Meals-on-Wheels services for 10 days upon returning home. Case managers then follow-up with the recipients to either continue services or make referrals to their local meal program.

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:

Kitchen Campaign

In an effort to meet the growing need of our growing elderly population, we embarked on a \$4 million dollar Kitchen Campaign to build a regional kitchen facility in our service area. The new kitchen will be located in the middle of our service area at the TXI Railport. This facility will enable Meals-on-Wheels to prepare meals locally, which will improve upon their quality along with the timeliness of their delivery to clients. It will also significantly save the organization in annual food costs. In addition to our lead gift of \$500,000 from the Joe Barton Family Foundation and the gift of 2.5 acres of land from TXI, our fundraising has continued throughout this year. To date, we have raised nearly \$1 million in contributions and pledges. We are on target to be preparing meals by Spring of 2011.

"Kickoff Celebration" for the Kitchen Campaign

Last March, Meals-on-Wheels held a "Kickoff Celebration" for the new kitchen in place of the annual Benefit BBQ. The event was held at the future site of the kitchen facility. With over 300 people in attendance, friends and supporters of Meals-on-Wheels helped celebrate this event and raise awareness of the Campaign.

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 we serve throughout Johnson and Ellis Counties. In addition, quarterly Volunteer mixers are held to better inform our volunteers about Meals-on-Wheels activities. Both events are intended to raise community awareness, recruit new individuals, and better inform current volunteers, clients and donors. Each event is about one hour, and unique 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, and we continue to have the largest



number of mayors participating in our local campaign. Because of the overwhelming support, we have been eligible to receive a "March for Meals" grant from the MOWAA to help with the costs of meals.

22nd Annual Golf Benefit

Meals-on-Wheels 22nd Annual Golf Benefit held in September was another successful Benefit for Meals-on-Wheels! Despite the rain, the field was full both morning and afternoon. Golfers and volunteers enjoyed a fun-filled day of food and fun. Along with sponsors, 268 golfers, and over 30 volunteers, the event raised over \$70,000 to feed the homebound elderly and disabled persons in our community. This event continues to grow every year since its beginning in 1988. This year's event was played at the Hidden creek Golf Club in Burleson.

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 2008 Annual National Philanthropy Day by honoring The Joe Barton Family Foundation 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.



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