



Meals-on-Wheels

OF JOHNSON AND ELLIS COUNTIES

Serving the Children of Yesterday

2008 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 31 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 2008 Board of Trustees were:

Rusty Ballard, Chairperson
Shirley Anderson, Treasurer
Jeff Lincks, Secretary
David Price, Immediate Past Chairperson
Cathy Altman
Todd Little

Mary Ann Matthews
Charlie Morton
Marion Reynolds
Ike Vera
Karan Wethington
Vinsen Faris, CFRE, Executive Director

- Two Advisory Councils work 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.
- The staff of Meals-on-Wheels includes twenty-two 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, Tracy Moore, Director of Client Services, and Angela Farley, Director of Administration.
- 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 and the Texas Department of Aging and Disability services to provide specific aging services in Ellis and Johnson County.
- Revenues for the fiscal year 2008 were **\$1,868,181** with expenses being **\$1,775,314**. Approximately 52% of the expenses were incurred for services in Johnson County, with 48% 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 – a 27% 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 **\$810,096** in discretionary funds, while attracting over 500 new donors.
- During this year, over 1,800 needy elderly and disabled persons received direct services from Meals-on-Wheels, which included:

<i>Johnson County</i> Home-Delivered Meals	100,903 meals
<i>Ellis County</i> Home-Delivered Meals	93,809 meals

- Other significant numbers during the past year included:

Volunteer Hours	Over 19,866 hours
Miles driven by volunteers	218,525+ miles
Staff Visits in Clients Homes	1,875+ 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 725 meals, Monday through Friday, to those in need. Frozen weekend meals are delivered on Fridays. Volunteers 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!

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.

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:

Capital Campaign

In an effort to meet the growing need of our growing elderly population, we have embarked on a \$3 million dollar Capital 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. During this past year, we have received our lead gift of \$500,000 from the Joe Barton Family Foundation followed by a gift of 2 acres of land from TXI. Fundraising continues and the kitchen will be preparing meals by October 2010.

Donor Receptions

This year we began an opportunity to recognize and thank our wonderful supporters through donor receptions. A reception was hosted in each county at an evening event in January. Both were well attended and these events will become annual.

Community “VIP” Events / Volunteer Forums

This year with the increased need for fundraising efforts, Meals-on-Wheels continued hosting community “VIP” events in each of the communities we serve throughout Johnson and Ellis Counties. The events are intended to raise community awareness, recruit new individuals, and better inform current volunteers, clients and donors. Each event is one hour, and unique to each community.

Mayors & Members for Meals

As part of the national March for Meals awareness campaign of the Meals on Wheels Association of America, 20 mayors from both Ellis and Johnson County delivered meals during March. This year, State Representatives, Rob Orr & Jim Pitts, and Congressmen, Chet Edwards and Joe Barton delivered for March for Meals, as well. Their efforts helped raise awareness of Meals-on-Wheels throughout the area.

3rd Annual Benefit BBQ

Meals-on-Wheels held its Annual Benefit BBQ on March 29th at Loma Linda Events Pavilion in Palmer. With over 200 people in attendance, friends and supporters of Meals-on-Wheels helped raise over \$30,000 to help serve those in need in Ellis County.

21st Annual Golf Benefit

Meals-on-Wheels 20th Annual Golf Benefit held on September 11th was another successful Benefit for Meals-on-Wheels! With a full field 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 \$72,000 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 Burseson.

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 2007 Annual National Philanthropy Day by honoring The Waxahachie 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.

Residential Fire H.E.L.P.

Meals-on-Wheels partnered with the Meals on Wheels Association of America, in collaboration with the U.S. Department of Homeland Security, the Centers for Disease Control, and the International Association of Fire Chiefs, to test an innovative program to promote residential safety and to reduce fire-related injuries and loss of life and property among the vulnerable population we serve. In testing this program, we worked with 8 local fire departments in our two-county area installing over 400 smoke detectors.

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