



**MEALS
ON WHEELS
OF TAMPA**
nourish • enrich • strengthen

2022-2023 IMPACT REPORT

Delivering Food and Friendship
to Our Neighbors' Homes

A MESSAGE TO OUR CHAMPIONS



Dear Meals On Wheels Family and Friends,

You continue to make a powerful impact upon homebound and senior neighbors throughout the Greater Tampa area. Thank you!!!

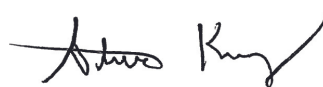
Because of your generous support, thousands of homebound and seniors were fed and visited each day over the past 12 months. You continue to stand with us to care for these individuals as we nourish the body, enrich the spirit, and strengthen this community. Hot meals delivered to their doorstep each weekday by a caring volunteer has changed the lives of over 2,291 deserving neighbors in the past fiscal year. You did this! Thank YOU!

Meals On Wheels of Tampa is completely privately funded, accepting no government funds to fulfill its mission. For 48 years, we have depended solely on supporters like you to make a difference in the lives of those we serve. Simply put, YOU are the ones who keep the wheels moving at Meals On Wheels of Tampa!

The difficulty of inflation continues to impact our community. Many seniors and homebound individuals struggle with stretching their fixed incomes to meet the increasing costs of housing, medication, electricity, and food. Often times they are isolated and alone. Their stories – their efforts to remain independent as they continue to live with dignity and safety - give urgency to what you and Meals On Wheels of Tampa provide: a lifeline of nourishment, companionship, joy, hope, and life. Your kindness, compassion, and generosity mean the world to those we serve.

From all of us at Meals On Wheels of Tampa, thank you for joining us in the pursuit of eliminating hunger and isolation for senior and homebound neighbors in our community.

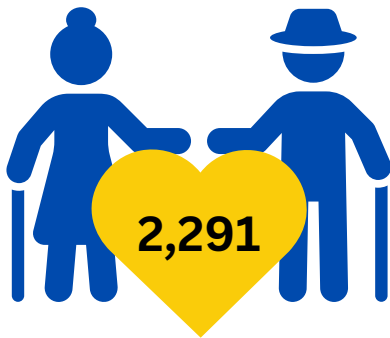
With grateful hearts,




Steve King
Executive Director



Fred Wallrapp
Board President



People Served
in Fiscal Year 22-23

A photograph of an elderly woman with dark hair pulled back, wearing glasses and a light blue t-shirt. She is sitting in a black wheelchair and smiling towards the camera. The background is a simple indoor setting with a white door and a small framed picture on the wall.

*Thank you for helping Greater Tampa's
seniors age with dignity and without
fear of hunger.*

**BOARD OF DIRECTORS
FISCAL YEAR 2022 - 2023**

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VICE PRESIDENT & TREASURER
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CATHY SMITH
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**WELCOME NEW
BOARD OF DIRECTORS
FISCAL YEAR 2023-2024**

DAN GRECO
SARAH SCHWIRIAN
RICHARD THOMPSON

IT STARTS WITH A MEAL ...



343,943

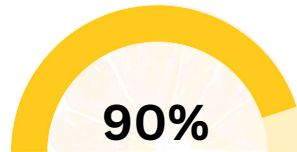
Meals Served
in Fiscal Year 22-23



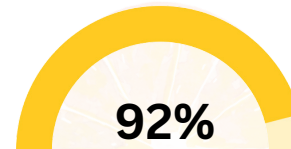
You make it possible for Meals On Wheels of Tampa to serve good, healthy meals designed to meet the specific needs of the community and ensure recipients have the nutrition they need.

We continue to provide three menus: heart healthy, diabetic friendly, and renal friendly. All menus are able to be chopped or pureed based on the recipient's needs.

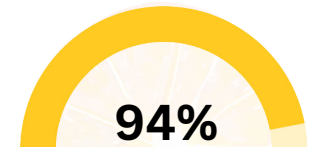
Heart disease is the number one leading cause of death in America. Over 75% of people 60 and older have cardiovascular disease. Our heart healthy menu is lower in sodium, made with high quality ingredients and is dietician approved to benefit those who receive the meals.



say they feel better as a result of receiving home delivered meals



report Meals On Wheels helps them live independently



state that Meals On Wheels meets their dietary needs

"I can't thank you enough. The food is great. The delivery people are very helpful. Without help like this I wouldn't be able to stay in my home, where I want to be."

... AND DELIVERS SO MUCH MORE



Social Connection

Building and maintaining a social connection to help senior and homebound recipients feel less alone, through meal deliveries and friendly visits.

Wellness Check

Providing a wellness check is a lifeline for many seniors and homebound in our community. Volunteers can spot a new or worsening situation, and relay the concern to the Meals On Wheels office. Office staff will then notify their emergency contact and advise a check in if needed.

Resources

Sharing valuable information, connecting recipients to additional services and responding to the emerging needs in the community.

Combatting Social Isolation

Loneliness threatens increased risk of heart disease or stroke. One in four seniors lives alone, and one in four feels lonely.

Your partnership with Meals On Wheels of Tampa fosters social connections and provides wellness checks for recipients. For many home-delivered meal recipients, the person delivering the meal is often the only person they will see that day. Our volunteers play a vital part in helping senior and homebound adults maintain their health, independence, and social interaction.



1 in 4
seniors lives alone and
feels lonely

DO GOOD. FEEL GOOD.

Your Act of Kindness is Powerful

New information has shed light on the debilitating effects of social isolation and loneliness on our senior and homebound community. You and Meals On Wheels of Tampa are the antidote to this growing health issue.

Volunteers provide connection and care. Showing up daily and offering a few encouraging words make an important positive impact on those we serve.

Did you know that these vital acts of kindness are good for the volunteers, too? Research shows that carrying out acts of kindness significantly help to balance your mood and boost self-confidence. A good deed is a powerful source of happiness!



Individuals Delivered Meals
in Fiscal Year 22-23



“Wonderful volunteers.
They always have a warm smile
that makes you feel good.”



SCAN ME
FOR VOLUNTEER INFO





“You get to know the people on your route and a lot of them tell me, “I just could not live alone if you weren’t delivering to me.” I’m happy I can make a difference in their lives.”

Enriching Lives One Knock at A Time

Volunteers are the key to enriching the lives of our at-home community. Individuals as well as groups can help deliver meals and friendly visits. Whether you give time once a week, once a month, or whenever you can, it is appreciated!



**2022 Amy Shimberg
Volunteer of the Year Award**
Jan Emrich



2022 Adopt-A-Route of the Year
Rotary Club of Tampa



Heart Award
John Burrell
Todd Austin

HELPING SENIORS AGE IN PLACE

Reducing Costs and Improving Health Outcomes

You help reduce medical costs while improving health outcomes for seniors. Meals On Wheels can serve one senior for an entire year for roughly the same cost as one day in the hospital or 10 days in the nursing home.

$$1 \text{ Year } \img alt="Meals On Wheels logo: a heart with a fork and knife" data-bbox="288 211 348 275"/> = 1 \text{ Day } \img alt="Hospital icon: a blue building with a white cross" data-bbox="428 218 484 272"/> = 10 \text{ Days } \img alt="Nursing home icon: a blue house with a white cross and three people inside" data-bbox="584 211 636 282"/>$$

You help Meals On Wheels of Tampa provide access to the medically tailored and home-delivered meals seniors need to age in place, where they want to be, rather than transferring to a nursing home.



“My wife and I can handle things better and stay home longer with home delivered meals from Meals On Wheels.”



REDUCED MEDICAL COSTS

Individuals receiving medically tailored meals had \$570 lower average monthly medical costs than those not receiving meals.



REDUCED HOSPITAL VISITS

Individuals who receive home delivered meals are 2.2 times less likely of being admitted to the hospital over 12 months.

The Need Continues to Grow

Americans 85 and older are now the fastest-growing segment of the U.S. population and are expected to double by 2060. Seniors on fixed incomes are especially vulnerable to increases in inflation and cost of living. It is more important now than ever to address food insecurity and social isolation of our seniors in the Greater Tampa area.

1 in 2 SENIORS LIVING ALONE
lacks the income to pay for basic needs



“*I need this program. It makes me feel alive, like someone cares. And I know I’m not the only lonely senior.”***”**



COMMUNITY INITIATIVES

Ambassadors

We are proud to introduce the Ambassador program made up of young professionals between the ages of 21-39 who play an active role in promoting and supporting Meals On Wheels of Tampa's mission. Stay tuned for impact updates this year and to follow their journey as Adopt-A-Route participants.

“The thing I'm most proud of accomplishing this year is stepping outside of my comfort zone with networking as well as being able to join Meals On Wheels as a member of their Ambassadors program.”



The Meals On Wheels of Tampa



HIGH SCHOOL LEADERSHIP BOARD

High School Leadership Board (HSLB)

After a 3-year postponement due to COVID-19, our HSLB program has been reactivated. This is a service-learning and leadership development program for junior and senior high school students. Members of the HSLB will contribute to programming, while acting as ambassadors and leaders in their communities. This year, the HSLB created a Pen Pal Project where members write letters to recipients and respond to their replies.

“It is so awesome hearing about their stories, one of my pen pals is turning 91 years old in February!!! Her story is amazing, she's been with her husband for 72 years and she's had so many fascinating life details in her letter.”

COMMUNITY SUPPORT

Lightning Community Hero

On November 18, 2023, the Tampa Bay Lightning honored Cindy Vann as the Lightning Community Hero. Cindy has been a constant servant leader for Meals On Wheels of Tampa for the past 30 years. She started as a volunteer, served on our Board of Directors, and now serves as our Director of Mission Engagement.

The funding from this grant will be used to continue to further and expand the mission of Meals On Wheels of Tampa. The \$50,000 award will cover the cost of 30 days of hot, nutritious meals for more than 300 seniors and homebound individuals in the Greater Tampa area.



THANK YOU 2023 BREAKFAST SPONSORS!

Executive Chef, Community Partner

PAR, Inc.
Suncoast Credit Union
Mosaic

Chefs de Cuisine, Community Partner

Bloomin' Brands
TCM Bank

Sous Chef

Homes By WestBay

Silver Platter

Dealers Auction Xchange of Tampa Bay
Tag Agency of Pinellas
BKS Partners
James H. and Amy Shimberg Family Foundation
Vinson Law
Hill Ward Henderson
Redstone Construction

Pewter Platter

Brown & Brown Tampa
CarePlus
Fifth Third Bank
BNY Mellon
Bank of America Private Bank
Composites One
Jeff and Bettina Oeschger
The Bank of Tampa
HCSO Charities, Inc.
Cooper-Scott Holdings, LLC in honor of
Jeff and Bettina Oeschger

SUSTAINER COMMUNITY

Strengthening the Community

\$10,000 a year for 5 years

Anonymous
Bob and Cathy Smith
Ed and Amber Bass
Fiume Family Foundation
Glenn and Hollyce Davenport
Gonzmart Family of Restaurants
Richard and Melanie Gonzmart
Rick Behnke
Willy Nunn

Enriching the Soul

\$5,000 a year for 5 years

Anonymous
Bill and Cindy Rizzetta
Bretta Sullivan
Chad Chronister and Nikki Debartolo
Helen Wesley and Ron Wuotila
Jim and Laurel Fredlake
Matthew and Lori Danahy
Maximillian and Jana Boehmer
Robert and Cindy Krueger

Nourishing the Body

\$1,000 a year for 5 years

Anonymous
Aaron W. Saoud
Adam Fernandez
Alden and Laura Sherman
Alexandra Ojeda
Andrew and Janet Knust
Andrew and Mary Ann Hamilton
Andrew Wilson
Angela Lusk
Anne T. Wiles
Anthony Sorrentino
Archie Collins
Arehna Engineering, Inc.

Arthur and Frieda Moseley
Ashley and Teresa Miller
ASI Landscape Management, Inc.
Barbara J. Curts
Barbara Mulholland
Beth Bennett
Beverly J. White
Bob McKay
Bradley and Andreea Lloyd
Brew Bus Brewing
Brian M. Smith
Bruce McGonnigal
Catherine D. Wallace
Celeste Castellano
Charlie and Danette (Beverly) Bodine
Christopher Nardi
Continental-National/Mark Krejci
Cortland and Vera Reilly
Craig Rice
Crown Insurance Group
Cynthia Burnside
Cynthia Butts
Damon Moorer
Dan and Kristin Greco
Dan Clark
Daniel and Angela Poposki
David and Cindy Vann
David and Heidi R. Mattioli
David and Melissa Keel
David and Nancy Ridenour
David and Satrina Winter
David Finkel
David Gonzalez
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James and Melanie Harden
James M. and Christie D. Roberts
James Simon, Jr.
Jamie Klingman and Anthony Mutchler
Jane Williams
Janis Konigsberg
Jennifer Lopez
Jerry and Jane Ford
Jessica Clemente

THANK YOU FOR YOUR SUPPORT!

Jesuit High School
Jim and Cecelia Ferman
Jim and Lindsey Robbins
Jim Wurdeman
Joel Stevens II
John and Karan Rains
John and Mary Catherine Lamoureux
John Fahey
John H. Sykes Foundation Inc
Jonathan and Karen Levy
Jonathan and Virginia Schwartz
Joseph and Claudine Caballero
Joseph and Jill Valenti
Joseph and Wilda Isabel
Julie Renderos
Justin and Lucy Terrill
Karen Johnston
Katherine Echevarria
Katherine Shannon
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Thomas Wallace
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Timothy O'Connor
Tom and Dixie Arthur
Tom and Lisa Butts
Tracey McDonald
Vince and Mary Jo Pennino
Vincent and Mary Cassidy
Walter Woolf VMD

FISCAL YEAR 2022-2023 FINANCIAL SUMMARY

Public Support & Revenue

	2023	2022
Contribution - Operating	\$2,225,926	\$2,273,291
Contribution - Capital Campaign	\$805	\$9,226
Program Services	\$2,460,539	\$2,311,592
Investment Income	\$101,725	\$(25,519)
Unrealized Investment Income	\$4,224	\$4,665

Total Public Support & Unrestricted Revenues

\$4,793,219 \$4,573,255

Program & Support Services Expenses

Program Services	\$4,524,046	\$3,952,356
Administration	\$360,803	\$316,133
Fundraising	\$352,183	\$335,836

Total Program & Support Services Expenses

\$5,237,032 \$4,604,325

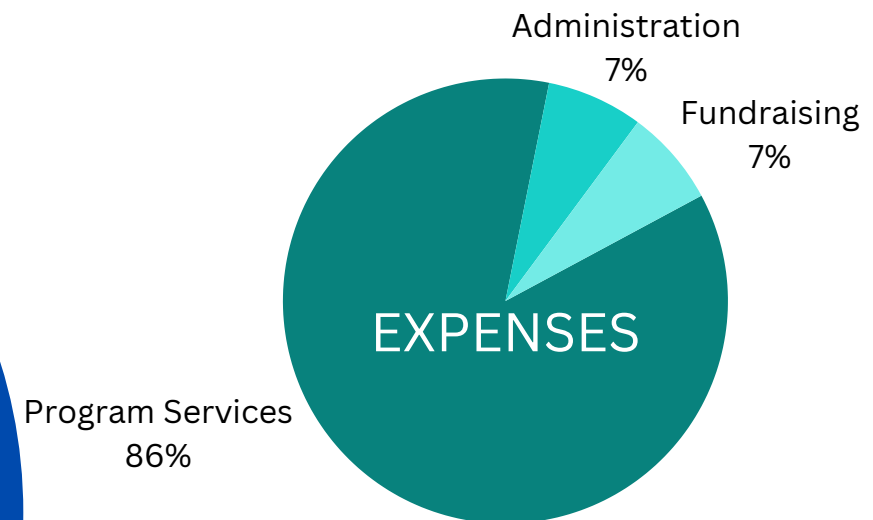
Gain on Disposal of Property & Equipment

\$18,002 \$0

Change in Net Assets

\$(425,811) \$(31,070)

86 CENTS OF EVERY DOLLAR
goes towards providing meals
and services



LEAVE A LEGACY

Keep the Impact Going

After making provisions for loved ones and friends, consider including Meals On Wheels of Tampa in your will or trust. When you enter the Circle of Care Society, your gift stays here in the Greater Tampa area, helping provide for your friends and neighbors. A planned gift enriches the lives of those in need now and for years to come. We would be honored to help your legacy live on into tomorrow.

Bequests

By including a gift in your will or trust, you retain full access to your assets during your lifetime. Only after your needs are fulfilled, does your bequest benefit Meals On Wheels of Tampa.

Beneficiary Designations

You can create a brighter future by designating Meals On Wheels of Tampa as a beneficiary - from 1% to 100% - through your life insurance and retirement plans. This is a simple yet significant way to continue the Circle of Care.

To learn more about becoming a member of our **Circle of Care Society** please email donate@mowtampa.org or call 813-238-8410.





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ON WHEELS
OF TAMPA**
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