

FINDING STRENGTH

in Community

ANNUAL REPORT

October 1, 2022 – September 30, 2023



MEALS on WHEELS
SAN DIEGO COUNTY

meals-on-wheels.org

Dear Meals on Wheels Community,

We have always found Strength in Community since we opened our doors 63 years ago in San Diego. Our community comes together every day to deliver meals across the vast territory of our County. In fact, we use 150 volunteers each day to deliver meals, connections, safety checks, and pet food, so that the seniors we serve have a bridge to our community and know that we are always there for them. Because of our community we are so much “More Than a Meal.”

Construction of our new Kitchen and Senior Innovation Hub in Kearny Mesa is underway. Our larger facility will allow us to deliver meals to more seniors in need and provide more thoughtful and impactful services. Because of the expanded infrastructure, we can transition from 625,000 home delivered meals a year to 1,000,000 in the next two year. Please call me if you'd like a tour!

As we come together to combat two of our society's biggest challenges, senior hunger and isolation, we do it with the strength of our community who uplifts us. THANK YOU for being part of that community last year and hopefully into the future and showing homebound seniors that they are loved and not alone.

Warm regards,
Brent



A stylized white cursive signature of Brent Wakefield on a dark blue background.

Brent Wakefield | PRESIDENT & CEO

As another year winds down, I am struck by the tenacity and endurance in the San Diego community that inspires us at Meals on Wheels to strengthen our own collaboration and outreach. We continue to tap into, embrace, and utilize resources to increase both our community outreach at Meals on Wheels, and the seniors we serve.

This year has been filled with our forever evolving goals at Meals on Wheels San Diego that have strengthened our presence and broadened our scope of resources. We:

- Had 331,000 touchpoints with volunteers helping us discover unique senior needs and resolving those through our Care Navigation program
- Delivered free pet food and mobile veterinary care to our seniors, in collaboration with Helen Woodward Animal Center
- Purchased a new building strategically situated in the center of San Diego. This new Kitchen and Senior Innovation Hub will house everyone from administrative and kitchen staff to volunteers.

Collaboration builds strength. Let's continue the efforts together, strengthening and broadening our services for the fast-growing senior community. They are depending on our innovation to help them stay healthy and thrive, and we thank you for your continued support.

Best regards,
Nancy

A stylized white cursive signature of Nancy Lazarski on a dark blue background.

Nancy Lazarski | BOARD CHAIR



Fiscal Year 2022 - 2023

Meals Delivered

628,593

Meals Delivered Since 1960

22,020,528

Incredible Volunteers

3,506

Hours Spent Volunteering

119,614

Volunteer Miles Driven

775,173

Companionship Calls

Over 9,000 Minutes

Clients Served

4,324

46% Live Alone

34% Over the
Age of 85

of Veterans & Their Spouses Served

1,359

AniMeals Served

731

397
Dogs

334
Cats

VOLUNTEER STORY

St. Madeleine Sophie's Center

“Helping out the seniors makes me feel good,” says a student of St. Madeleine Sophie’s Center when asked why they like volunteering for Meals on Wheels. St. Madeleine Sophie’s Center (St. Mad’s) is a local nonprofit helping individuals with intellectual and development disabilities. Their commitment to Meals on Wheels defies many of the assumptions made about individuals with disabilities – especially the notion that they cannot work or volunteer.

This partnership demonstrates what community is all about – mutual support. St. Mad’s delivers meals to our clients, and in return, their students gain incredible life skills that help them feel empowered. They show up to the meal drop-sites eager to do good for their community; seeing their smiling faces, it is apparent that they view volunteering as something they get to do, not have to do.

St. Mad’s participates in our “Adopt-A-Route” program where organizations and businesses commit to delivery routes by sending their members or employees to volunteer. Adopt-A-Route is a great way for organizations and businesses to come together and give back to the community. Having dedicated 7 years to volunteering for Meals on Wheels, St. Mad’s has cultivated a strong partnership with Meals on Wheels and the clients absolutely adore these special students.

St. Mad’s has adopted five daily routes for five days a week, seeing more than 80 Meals on Wheels clients a day. Our East County Service Center Director, Tim Ray, says, “All our volunteers are wonderful, but St. Mad’s students have this exuberance about themselves with infectious smiles. They are always so delighted to deliver, and all this is reciprocated by our clients.”

Volunteering not only benefits our clients’ lives but also improves their overall well-being. This symbiotic relationship is beneficial for all involved. With over 4,000 clients across San Diego County, we depend on community members to help support our mission of providing nutritious meals and friendly visits to homebound seniors and disabled veterans. Volunteering with Meals on Wheels not only nourishes the bodies of those in need, but it also feeds volunteers’ souls with a sense of purpose.

If your organization or company would like to participate in our Adopt-A-Route program, please reach out to: volunteer@meals-on-wheels.org



COMMUNITY APPRECIATION

Reaching New Heights!

Volunteers

In our 2023 fiscal year, our volunteer community continued to grow, reaching new heights of engagement. We are proud to report that over 800 volunteers joined us in 2023 to commit their time to helping seniors in the community. Our total volunteer base of over 3,000 collectively volunteered for over 119,000 hours and drove over 775,000 miles, demonstrating an unwavering commitment to making a positive difference.

SDGE Community Assistance Fund - \$500,000 GRANT



We are so grateful to SDG&E for the \$500,000 grant we received for making a significant difference in the lives of seniors. The grant funds supported our meal production costs and will help us develop a public service announcement to reach more seniors in need. Thank you, SDG&E!

SCAN Health - FREE MEALS



Thanks to a grant from SCAN Health Plan, we provided free meals to our clients who use CalFresh. CalFresh (formerly known as Food Stamps) is a government program that provides monthly benefits to assist low-income households in purchasing the food they need to maintain adequate nutritional levels. This \$20,000 grant funding helped us deliver 10,000 nutritious home-delivered meals!

Jungle Jamboree Gala - \$330,000



We want to thank everyone for their incredible support at our Jungle Jamboree, where we raised \$330,000! Your presence at the event, coupled with your generous donations, reaffirms our belief in the power of community. SAVE THE DATE for our 2024 gala at The Prado on April 20th, Rio Carnival: A Samba Soiree!

CIVIC ENGAGEMENT COMMITTEE

A Voice for Seniors



Pictured L-R: Brent Wakefield, Kathleen O'Toole, Brenda Moore, Dr. James Johnson, Daryl Twerdahl

In 2021, Willy Gloria, our Senior Director of Advocacy & Community Engagement, was elected as the Advocacy Chair by the Meals on Wheels California Board of Directors and will continue to serve as a voice for senior issues across the state.

Our volunteer Civic Engagement Committee, which convenes monthly and is comprised of seniors and volunteers, has been instrumental in our efforts to

engage with government officials at both the state and local levels. In April, they provided testimony showcasing our impactful work and advocated for Meals on Wheels programs at the state Capitol. Throughout the year, our primary focus has been advocating for the approval of a \$70 million funding request for senior nutrition initiated by the California Association of Area Agencies on Aging.

Thanks to our robust advocacy initiatives, we achieved the following outcomes:

- Secured an increase in state senior nutrition (food) funding, amounting to \$75 million for FY 2022-23.
- Successfully advocated for infrastructure funding, resulting in a \$40 million allocation.
- Locally secured additional funding through government grants specifically for San Diego County.

Caring for our Furry Friends



Meals on Wheels has continued our partnership with Helen Woodward Animal Center (HWAC) through our AniMeals Program (delivering donated pet food to our clients) and the Senior Pet Outreach Program for our AniMeals clients. HWAC has a mobile Veterinary Clinic offering health checks, microchipping, spaying, neutering, preventative medical care, life-saving vaccinations, and flea and tick medication for cats and dogs. This year, our Senior Pet Outreach Program ensured that 53 pets (22 cats and 31 dogs) could access free veterinary care.

Champions Week - San Diego Wave Fútbol Club



In March of each year, our annual Champions Week event brings community members and local leaders together to support our organization and make special deliveries to our clients. Our Metro Service Center was honored to “kick-off” this year’s Champion Week with Kaleigh Riehl from the San Diego Wave Fútbol Club!



Annual Blanket & Fan Drives

Thanks to our donors and volunteers, we were able to collect and distribute 247 blankets and 246 fans to senior clients who are unable to afford these small luxuries and who find themselves without heat or air-conditioning.

Groundbreaking Ceremony - New “Kitchen & Senior Innovation Hub” Coming in 2024

The construction of our brand-new Kitchen & Senior Innovation Hub promises to be a momentous leap forward for our mission. We were honored to have our staff and supporters, such as Joe Kennedy III of Citizen’s Energy Corporation and Councilmember Kent Lee, join us for our groundbreaking ceremony last fall. This new location will serve as the beating heart of our operations, fostering an environment where our dedicated staff can seamlessly collaborate and harness the latest technologies to better serve the thousands of seniors we reach out to every day.



CLIENT STORY *Eileen*

Our 92-year-old free-spirited client, Eileen, lives alone in a charming blue house adorned with eclectic decorations throughout her front yard, reflecting her vibrant personality. Born in Chester, England, Eileen has lived to tell her stories of survival. With her quirky storytelling and playful mannerisms, she doesn't just tell you the story – she invites you into her life. Eileen recounts her memories of Queen Elizabeth's Coronation, watching dogfight battles overhead during World War II, contracting scarlet fever and diphtheria, and the death of her young sister and first-born son. Having faced numerous hardships and personally witnessed some of the world's most significant and dreadful moments in history, Eileen is overwhelmed with a sense of despair for humanity. This sense of hopelessness for the world is compounded by a feeling of isolation from her neighboring community.

Thankfully, Eileen says she finds community with her Meals on Wheels volunteers. Since she lives alone, can no longer drive, and rarely cooks for herself, she has been heavily dependent on our services for several years. Eileen recognizes the good in her community of volunteers, stating, **"They are actually very nice people to give their time to people like me."**

Not only does she find community in her volunteers, but she also finds it in her crew of 3 senior chihuahuas named "Hewy," "Titch," and "Nefra," who are recipients of our AniMeals program, free pet food delivered by Meals on Wheels volunteers. Eileen, who used to spend her time volunteering at animal shelters, has an immense amount of love for her pets and treats them like family. She is so grateful we are able to help her care for her pets in the same way we care for her.

There are thousands of people like Eileen in San Diego County - seniors who have lived through history, carrying with them an abundance of stories and wisdom that they would love to share with their community. Eileen, thank you for sharing your stories with us – there is so much that we can gain from your wisdom.



OUR 2023 *Financials*

FISCAL YEAR 2023 FINANCIAL REPORT OCTOBER 1, 2022 TO SEPTEMBER 30, 2023

INCOME:

CONTRIBUTIONS*:	\$5,501,647
PROGRAM FEES	2,508,323
SPECIAL EVENTS:	482,023
INVESTMENT RETURN, NET OF FEES:	693,500
GOVERNMENT GRANTS:	120,213
OTHER INCOME:	43,840
GAIN ON SALES OF PROPERTY/EQUIP:	27,998
TOTAL:	\$9,377,544

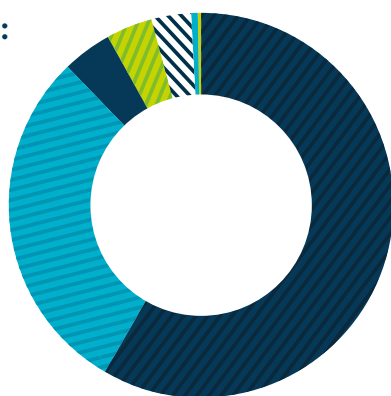
EXPENSES:

PROGRAM SERVICES:	\$7,392,800
FUNDRAISING:	821,109
ADMINISTRATIVE:	669,912
SPECIAL EVENTS:	161,436
TOTAL:	\$9,045,257

CHANGE IN NET ASSETS: \$332,287

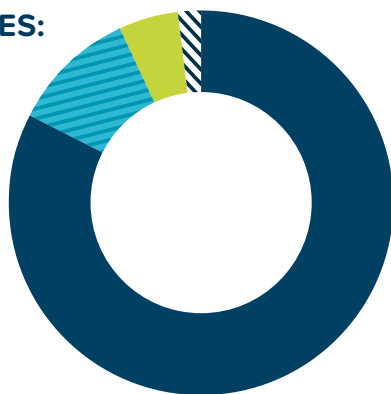
*Includes \$2,042,388 in bequests

INCOME:



59%	CONTRIBUTIONS
27%	PROGRAM FEES
7%	INVESTMENT RETURN, NET OF FEES
5%	SPECIAL EVENTS
1%	GOVERNMENT GRANTS
.8%	OTHER INCOME
.2%	GAIN ON SALES OF PROPERTY/EQUIP

EXPENSES:



82%	PROGRAM SERVICES
9%	FUNDRAISING
7%	ADMINISTRATIVE
4%	SPECIAL EVENTS

The numbers agree with the financial statements audited by Aldrich CPAs and Advisors LLP. A copy of the independent auditor's report is available upon request.

MAJOR *Donors*

Thank you to each of the donors listed below for cash and in-kind donations to get us through the year. Between October 1, 2022 and September 30, 2023, thousands of donors sent us checks, masks, gloves, and We-Care packages, the majority of whom aren't listed below but who keep our wheels turning every month.

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