

TO A MILLION MEALS AND BEYOND

ANNUAL REPORT
October 1, 2023 – September 30, 2024



MEALS ON WHEELS
SAN DIEGO COUNTY

Dear Meals on Wheels Family,

Last year was one of our biggest years ever because we were laser-focused on building our future. We are proud of our **new Kitchen and Senior Innovation Hub**, which will allow us to deliver to more people than ever before. And just in time! In the United States, **2024 was considered “Peak 65,”** with 11,200 Americans a day turning 65. By growing in 2024, we have taken critical steps to secure our ability to serve San Diego seniors well into the future. Our goal is to reach two million home-delivered meals a year within five years. The need and demand for our services continue to grow, and thanks to supporters like you, we are ready to meet the challenge.

As we celebrate our 65th anniversary in 2025, we remain committed to being here for another 65 years—because the need is great, and our community stands with us. Thank you for keeping our wheels turning!

Best Regards,
Brent



Brent Wakefield

Brent Wakefield | PRESIDENT & CEO

Meals on Wheels San Diego has touched the lives of many in the community over the last year, not only through the nutritious food provided, but also through the personal outreach and care that comes with the delivery of each meal. We continue to seek to understand and address the needs of all of our clients, including our seniors and our veterans.

Over the last year, Meals on Wheels San Diego expanded the scope of services provided and has increased its outreach within the community to include:

- Had 349,928 touchpoints with volunteers enabling us to provide additional support and resources such as those available through our Care Navigation Program.
- Expanded the number of clients receiving services through Meals on Wheels San Diego.
- Moved into a new building that serves as a Senior Innovation Hub with integrated services and staff.

With our leadership visionaries at the helm, 2025 is set to be an exciting year. Meals on Wheels San Diego is committed to continuing our collaborative efforts within the community as well as increasing outreach to those who may not be aware of our services. We are grateful for your continued support of our efforts and thank you for helping us to ensure that all San Diegans stay healthy and thrive in the year ahead.

Best Regards,
Margaret

Margaret Malouney

Margaret Malouney | BOARD PRESIDENT





MEALS on WHEELS
SAN DIEGO COUNTY

Fiscal Overview 2023-2024

MEALS DELIVERED
644,028

MEALS DELIVERED SINCE 1960
22,664,556

INCREDIBLE VOLUNTEERS
3,537

HOURS SPENT VOLUNTEERING
121,943

VOLUNTEER MILES DRIVEN
740,978

TOUCHES BY VOLUNTEERS
349,928

CLIENTS SERVED
4,650

LIVE ALONE
1813

OVER THE AGE OF 85
1325

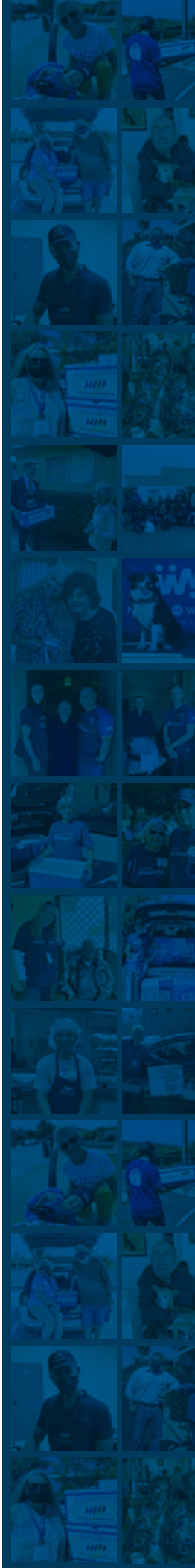
OVER THE AGE OF 100
33

OF VETERANS & THEIR SPOUSES SERVED
1,324

PETS SERVED THROUGH OUR ANIMEALS PROGRAM
663

CATS
304

DOGS
359



VOLUNTEER STORY

Elana

For as long as she can remember, volunteering has been a way of life for Meals on Wheels volunteer, Elana. Raised by parents who instilled the value of giving back, Elana has always found purpose in helping others. When the COVID-19 pandemic hit, she realized many dedicated volunteers were older and at risk, prompting her to step up.

Starting by filling in on delivery routes, Elana quickly signed up for a routine route in East County, helping seniors in her own community—a role she cherishes deeply. Over time, she's built lasting friendships with her clients, like Louise, a lovely woman living all alone, who eagerly awaits their weekly chats. To ensure these special moments, Elana adjusted her route to deliver to Louise last, making time to enjoy lunch together every Friday. What began as a volunteer-client relationship has blossomed into a close friendship.

Elana's dedication shines through her bond with client Mildred, 89, and her beloved husband Sidney, 94, who recently celebrated their 70th wedding anniversary. When Elana learned of this milestone, she worked with local officials to declare the day "Mildred and Sidney Day," and helped feature them in a local magazine—a heartfelt gesture to honor their love and dedication. Elana's impact goes beyond meal delivery. She's connected her local Rotary Club with Meals on Wheels clients to help pick overgrown fruit trees, donating the harvest to the Santee Food Bank. Additionally, Elana has rallied her Rotary Club and synagogue to help create "We Care" bags—thoughtfully crafted packages filled with love and delivered to Meals on Wheels clients on special occasions, spreading joy and connection.

When Elana first started volunteering, she never imagined how transformative the experience would be. "It's been 100 times better and more enriching than I ever imagined," she reflects. "Anyone can get a meal," Elana says. "You can order something online or have food dropped off by a stranger. But what Meals on Wheels does goes above and beyond. The family knows someone is checking on them, socializing with them, and developing meaningful friendships." For Elana, it's these connections that make Meals on Wheels so special and deeply rewarding. Now, she carries on her family's tradition of service by bringing her two grandchildren along on her routes, a surefire way to bring smiles to her clients' faces. Her work shows that volunteering is about more than just helping—it's about building lasting relationships that brighten the world for everyone.



“It’s been 100 times better and more enriching than I ever imagined.” - *Elana*

STRONGER TOGETHER

Partnerships that move us forward

A Strategic Partnership



This past year, Meals on Wheels San Diego County formalized a partnership with ElderHelp of San Diego to enhance the support we provide to seniors in our community. ElderHelp, a local nonprofit, offers personalized services such as housing assistance, transportation, and more, helping seniors maintain their independence and live with dignity in their homes. With synergies in our missions, our partnership is a natural fit. Through cross-screening, both organizations ensure seniors are seamlessly connected to a broad range of services tailored to their needs.

New Kitchen & Senior Innovation Hub



2024 was “Peak 65” in our country, meaning that in no time in the past or in our future will more people turn 65 a day. Over 11,000 people turned 65 each day, so fast forward 10 years and the impact will be too much to serve if we aren’t ready. In August 2024, our new Kitchen and Senior Innovation Hub was up and running and Meals on Wheels San Diego is now set to grow to 1 million home delivered meals per year within two years and we are targeting 2 million meals per year by 2030. ElderHelp of San Diego is part of our Hub model and with partnerships and community support, we will be ready to serve the golden demographic!

Advocacy



The Meals on Wheels San Diego County Civic Engagement Committee recently met with California state legislators to discuss key senior policy issues and priorities. The meeting focused on advocating for initiatives that support the well-being and care of seniors, ensuring their voices are heard in legislative decisions. By engaging directly with lawmakers, the committee aims to strengthen policies that benefit the aging population and continue advancing efforts to improve senior services throughout the state.

Champions Week 2024



Champions Week 2024 was a huge success, with 52 government offices and over 150 community leaders advocating for homebound seniors. The annual Salon Event honored those making a significant impact on senior welfare, including San Diego Mayor Todd Gloria, the San Diego Wave Futbol Club, and San Diego Gas & Electric. These recipients were recognized for their dedication to senior care. Through initiatives like Champions Week, Meals on Wheels San Diego County continues to champion the well-being and dignity of seniors, fostering a culture of compassion and support across the region.

OUR 2024 Financials

FISCAL YEAR 2024 FINANCIAL REPORT

OCTOBER 1, 2023 TO SEPTEMBER 30, 2024

INCOME:

CONTRIBUTIONS*:	\$6,230,448
PROGRAM FEES	2,897,335
SPECIAL EVENTS:	635,217
INVESTMENT RETURN, NET OF FEES:	1,249,758
GOVERNMENT GRANTS:	494,556
OTHER INCOME:	225,897
TOTAL:	\$11,733,211

EXPENSES:

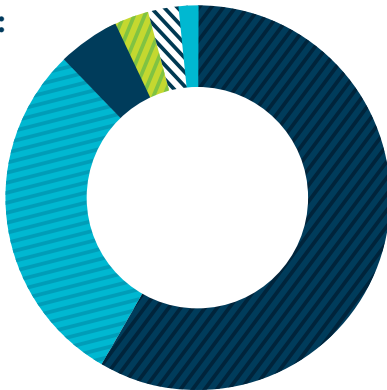
PROGRAM SERVICES:	\$9,074,526
FUNDRAISING:	826,122
ADMINISTRATIVE:	743,039
SPECIAL EVENTS:	350,648
TOTAL:	\$10,894,335

CHANGE IN NET ASSETS:

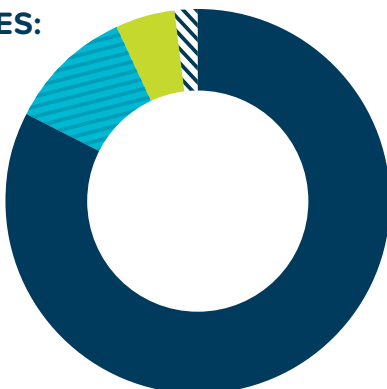
\$838,876

*Includes \$2,454,011 in bequests

INCOME:



EXPENSES:



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.

CLIENT STORY

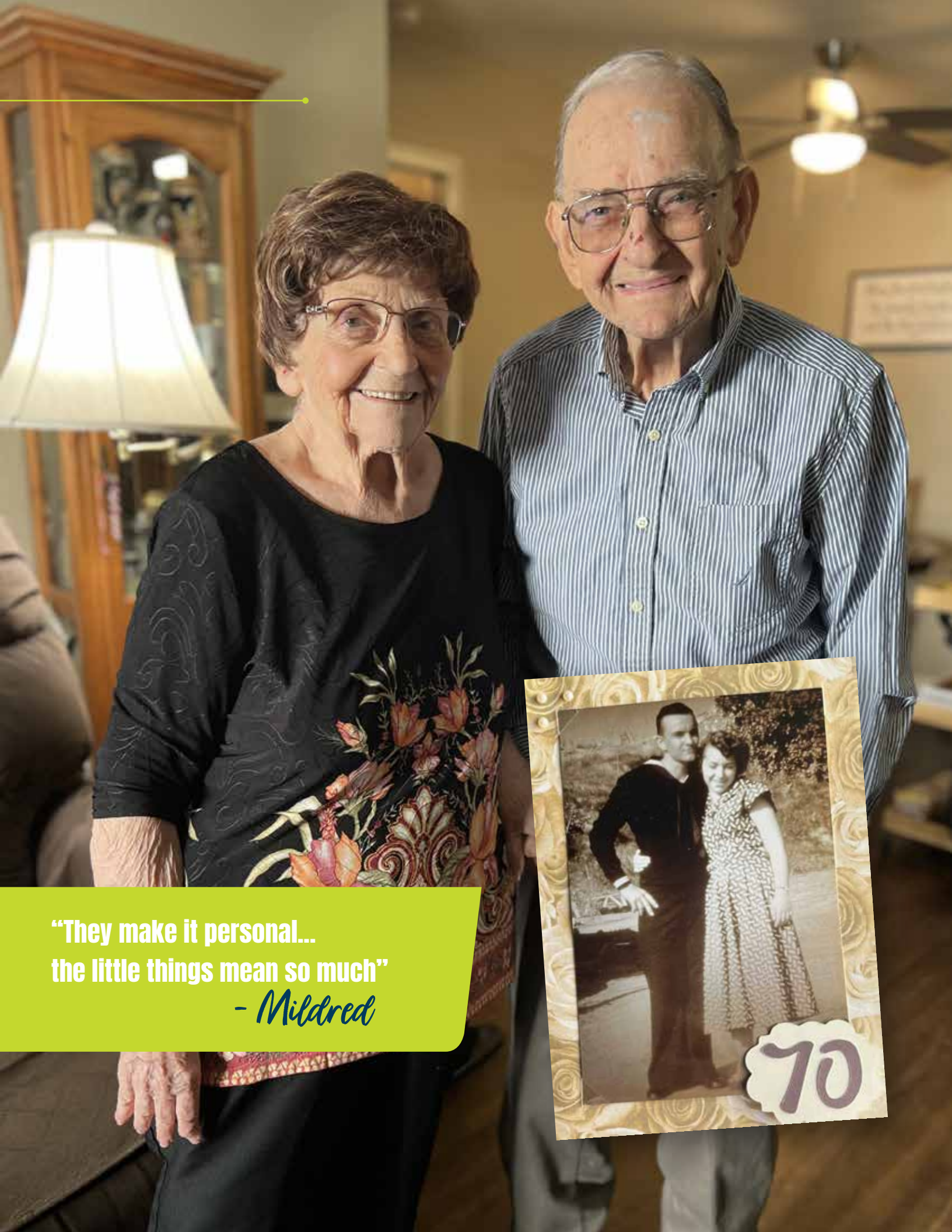
Mildred

At 89, Meals on Wheels client Mildred's story is one filled with warmth, resilience, and love. She and her husband, Sidney, 94, recently celebrated their 70th wedding anniversary. Together, they built a beautiful family of six children, numerous foster children, 18 grandchildren, and 19 great-grandchildren. Their home has always been a bustling haven of love and activity. Mildred was a dedicated mother and later worked for the Legacy Foundation for 35 years, all while keeping their lively household together. Sidney, a Navy veteran, worked diligently to support their growing family. After his military service, he worked as a NASA contractor and humorously recalled how people travelled far and wide to get a glimpse of a moon rock. "When I was a kid," he chuckled, "I played with rocks on the railroad tracks, and let me tell you...they looked exactly the same!" It's this joyful perspective—finding humor in the little things—that has been the foundation of the couple's 70 years of marriage.

However, as they entered their golden years, Mildred and Sidney began to feel the weight of isolation. After Mildred retired at age 85, Sidney suffered 2 strokes, and they experienced the loss of two of their adult children, their world seemed to grow smaller... even more so when they could no longer drive. Sidney reflects, "I never imagined sitting here with an empty parking spot right outside my door," capturing the quiet solitude that settled over them. That's when Meals on Wheels entered their lives, thanks to the suggestion from a dear coworker of Mildred's. What began as a simple meal delivery soon blossomed into something much more meaningful. Now, Mildred eagerly anticipates the daily visits from her volunteers. "They make it personal," she says, her voice filled with appreciation. "The little things—like birthday cards and holiday notes—they mean so much." These thoughtful gestures have brightened their days, offering not just nourishment but a profound sense of connection. "When I answer the door for her, the volunteers always ask me how she's doing," Sidney tells us. "I think that's really something special."

The volunteers have become more than just meal deliverers—they've become dear friends. One volunteer in particular, Elana, has formed a close bond with Mildred and Sidney. Recently, during a trip, Elana sent them a postcard. "I can't believe how sweet that was," Mildred says, her voice soft with gratitude. Meals on Wheels has provided more than just food; it has brought a renewed sense of joy and connection into their lives. Sidney, reflecting on the impact, shared, "It feels good to know someone is checking in on us." And as for the meals themselves, Sidney laughed, adding, "I especially love when Mildred gets the soup—she always shares it with me." These moments of kindness, the care from the volunteers, and the bonds they've built are what continue to fill their hearts with warmth and joy.

Mildred and Sidney's journey, filled with love, strength, and cherished relationships, continues on thanks to the support they've found through Meals on Wheels. Surrounded by family and caring volunteers who feel like family, Mildred's heart remains full, proving that life is always rich with connection and warmth. Thank you, Mildred, for sharing your beautiful stories and allowing us to be part of your incredible journey.



**“They make it personal...
the little things mean so much”**
- Mildred



A LEGACY OF LOVE STORY

Susan Winnett's Heartfelt Journey with Meals on Wheels

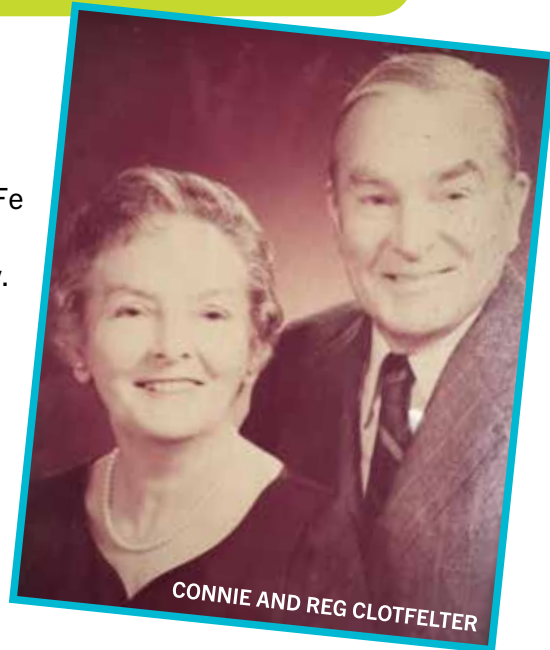
For Susan Winnett, Rancho Santa Fe isn't just a place—it's a treasure chest of cherished memories. Raised by her loving parents, Reg and Connie Clotfelter, in this idyllic community, Susan's roots run deep. Though her life's journey has taken her across the globe, Rancho Santa Fe has always called her back. Now, in her golden years, she has chosen to settle where her story began, surrounded by the warmth of family history.

Susan's parents were well-known and well-loved in the area as the town grew and thrived. Her father, Reg, had a gift for connecting with people, whether he was selling real estate or managing the Inn. Her mother, Connie, brought joy to the community as a swimming instructor, even teaching lessons in Bing Crosby's pool. Together, they built a life filled with love, laughter, and an unwavering sense of community.

As time passed, Susan's parents faced the challenges that aging can bring. Connie began struggling with memory loss, and the once vibrant kitchen filled with her cooking fell silent. Reg, never having learned to cook himself, found it hard to manage. In the 1990s, they turned to Meals on Wheels San Diego County for a little extra help.

Thanks to the compassionate care of Meals on Wheels, Reg and Connie were able to remain in their beloved home, surrounded by the memories they held dear. Susan recalls how her father enjoyed the friendly volunteers who visited regularly. "He was no stranger to hospitality," she said with a smile. "And he approved!"

Reg and Connie lived full, rich lives, passing at the remarkable ages of 96 and 94. For Susan, the support her parents received from Meals on Wheels was a lifeline that brought them comfort, connection, and dignity in their later years. It's a gift she has never forgotten.



CONNIE AND REG CLOTFELTER



SUSAN WINNETT

Today, Susan honors her parents' legacy in the most beautiful way. Grateful for the blessings her family has received, she has joined the Meals on Wheels Legacy Circle by leaving a Planned Gift. *"I want future generations of seniors to experience the same care and companionship that my parents did,"* Susan shared. Her heartfelt commitment ensures that more seniors will be able to stay in their homes and receive not just meals, but the kindness and camaraderie that make all the difference.

Susan's story is a testament to the power of love, gratitude, and giving back. It reminds us that we each have the ability to create a lasting impact, not just for today but for the generations to come. Through her generous gift, Susan is helping to weave a brighter, stronger future for seniors in our community—a legacy her parents would surely be proud of.

Thank you, Susan, for your inspiring generosity and for ensuring that Meals on Wheels can continue to bring joy and care to those who need it most.



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, 2023 and September 30, 2024, thousands of donors supported MOW, the majority of whom aren't listed below but who keep our wheels turning every month.

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