



Metro Meals on Wheels
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Minneapolis, MN 55414
www.meals-on-wheels.com

Staff List

Patrick Rowan
Executive Director

Katey Davern McCabe
Marketing Communications Director

Kathy Dougherty
Development Manager

Kelsey Ohme
Volunteer & Office Manager

Tara Kumar
Program Capacity Coordinator

Allison Tollefson
Billing Assistant

Metro Meals on Wheels

The Twin Cities advocate for senior nutrition and independent living.



2008 Annual Report



In 2008, MMOW referred over 1,500 clients and 248 volunteers to local Meals on Wheels programs.

Greetings!

At Metro Meals on Wheels, 2008 was a year of great change as we continued to work with our program members to meet the needs of a growing senior population. Although few predicted our country would have its first African-American President, a troublesome housing market, or an economic crisis in 2008, MMOW has known that this would be the year the oldest of Baby Boomers would enter retirement. The leadership at MMOW had the foresight to begin planning for this event in the early part in 2007 and completed the MMOW Five-year Strategic Plan in the summer of 2008. Metro Meals on Wheels has had to evolve over the past 12 months in order to align our staffing, mission and resources to accomplish the goals set forth in the Strategic Plan.

Metro Meals on Wheels has forged new partnerships with the Mardag and Jay and Rose Phillips Family Foundations to build member capacity. We were able to add the necessary staff to work more closely with member programs in order to facilitate collaboration and operational improvements.

We continue to focus on fundraising to support our membership. In 2008, we awarded over \$92,000 to support Meals on Wheels programs throughout the Twin Cities. In this report you'll learn about just a couple of examples of how that funding can help a program.

We are optimistic about the future. Individuals, foundations, and corporations have supported Meals on Wheels programs like never before. Metro Meals on Wheels has secured foundation and individual gifts to bring on two new staff positions and corporate volunteerism is at an all time high. Many programs have been pushed to their limits, however, and it will take cooperation, innovation, and a continued commitment from all stakeholders to ensure that seniors and people living with disabilities are able to remain living independent and healthy lives in their own homes. Thank you for all that you have done to support this effort!

Sincerely,

Michael Phillips
Board President

Patrick Rowan
Executive Director

"Words cannot express how much I appreciate all the volunteers who deliver the meals. If it wasn't for them, I couldn't live at home"

— Meals on Wheels client



Over 1.2 million meals are delivered
in the Twin Cities every year.

Serving Capacity 2008

Without much warning, the North Anoka Meals on Wheels program turned off its ovens and closed its doors in 2008. The void brought uncertainty and worry for the Meals on Wheels clients in the surrounding communities.

In 42 very short and stressful working days, the Anoka Champlin Meals on Wheels program became the sole provider for 382.6 square miles of service area, a combination of both programs and a 24% increase in community coverage. Program Coordinator Beth Shanley and her two part-time staff members experienced, what seemed to be overnight, a 16% increase in clients, 13% increase in volunteers and 17% increase in meal delivery.

"It was the craziest time of my career with Meals on Wheels," said Beth. Feeling overwhelmed with double the duties and community need, she knew she needed help. "MMOW was there for me with not only funding help, but general assistance. They handled all the media attention, which was a load off my back!"

The seemingly impossible task charged to Anoka Champlin Meals on Wheels showcased the pressing need for a MMOW Program Capacity Coordinator.

Beth believes it is "so important to have one person attuned to the programs who can be the resource for them, even before they know they need help." As identified by the MMOW Strategic Plan, the Program Capacity Coordinator would assist in providing resources, centralizing tasks and improving communications among members to provide support for the dedicated people who organize meal delivery every week day.

With great appreciation, MMOW accepted a \$40,000 grant from the Jay and Rose Phillips Family Foundation to support the hiring, training and continued work of a Program Capacity Coordinator. With the enthusiastic support from MMOW members, like Beth Shanley, the Program Capacity Coordinator has become a key ingredient to the future success of Meals on Wheels in the Twin Cities.

"I have been blessed that I can stay in my own home and live out my life with dignity and what independence I still have - that is due in part to the many volunteers who give their time to see I have a warm, healthy meal."

— Meals on Wheels client

2008 *Grants of Nutrition*

For the members of Metro Meals on Wheels, nutrition is a new meal transport bag, updated office equipment and assistance with special projects.

A record-breaking \$92,421 was awarded in grants to MMOW members in 2008. The North Minneapolis Meals on Wheels program came back from a debilitating start due to severe funding cuts and the increase in gas prices over the summer. Program Coordinator, Denise Harris, had laid off staff, cut outreach programs and was “relying on the goodness of friends and community partners,” in the hopes of a better tomorrow.

With the help of financial grants from MMOW, along with her positive persistence, Denise championed her program to meet the expected 20% increase in meal delivery and service in their community. She knew her program had to be “proactive, flexible, and forward-thinking, because every day brings new challenges and opportunities.”

Many program staff and contributors to Metro Meals on Wheels see our grant program as the most important work we do. In 2008, we were able to award nearly half of all individual donations directly to member programs through our grants.

Member List

- ♦ Anoka Champlin Meals on Wheels
- ♦ Bloomington Meals on Wheels
- ♦ Community Emergency Assistance Program (CEAP)
- ♦ Community Emergency Service (CES)
- ♦ Dinner at Your Door – St. Louis Park/Hopkins
- ♦ Edina Meals via Wheels
- ♦ Hastings Family Services
- ♦ Hot Meals for Shut-Ins – Fridley
- ♦ Human Services, Inc. (HSI)
- ♦ Jewish Family & Children’s Service
- ♦ Keystone Community Services
- ♦ Loring Nicollet Meals on Wheels
- ♦ Meals for Shut-Ins – Coon Rapids/Blaine
- ♦ Meals on Wheels of Eden Prairie
- ♦ Meals on Wheels of Northwest Dakota County
- ♦ Meals on Wheels Southshore
- ♦ Merrick Community Services
- ♦ Mobile Meals of Northern Dakota County
- ♦ Moundsview School District
- ♦ Neighborhood House
- ♦ North Minneapolis Meals on Wheels
- ♦ North St. Paul/Maplewood/Oakdale School District
- ♦ Northeast Dinner Bell
- ♦ Open Arms of Minnesota
- ♦ Richfield Meals on Wheels
- ♦ Roseville School District
- ♦ Senior Community Services – Albertville/St. Michael & Long Lake/Orono
- ♦ Southeast Minneapolis Meals on Wheels
- ♦ Southwest Area Meals – St. Paul
- ♦ Southwest Minneapolis Meals on Wheels
- ♦ St. Paul Jewish Community Center
- ♦ TRUST
- ♦ Wayzata/Plymouth Meals on Wheels
- ♦ WeCan Meals on Wheels
- ♦ West 7th Community Center
- ♦ White Bear Area Senior Program
- ♦ Wilder Foundation

48% of clients surveyed said their Meals on Wheels meal is the only meal they eat in a day.

By 2020, the number of Minnesotans age 65 or older is expected to increase by 53%.

2008 *Setting the Table*

The composition of Meals on Wheels is changing. In 1900, our life expectancy was 47 years. According to the CDC, now we have at least 80 years, if not more. As a result, our communities have more members of the Greatest Generation living longer than ever before, and, coming up on their heels, a Baby Boomer enters their 60s every six seconds in America.

Often referred to as "Aging Hipsters," the Boomer generation surfs the web, works past retirement, runs marathons, and expects to keep their independence. More than half of Baby Boomers have major concerns about maintaining their health and self-sufficiency. They take a proactive and involved approach to their futures. Metro Meals on Wheels is planning for the change and making more room at the dinner table.

Last year, MMOW introduced a revitalized web site, www.meals-on-wheels.com, which revolutionized a person's ability to find a Meals on Wheels provider in their area with just a few simple key strokes. While the site had only been live on the web for nine months in 2008, the number of visitors had multiplied nearly 10 times since its launch. To Boomers, technology is a tool to help them keep their independence.

Moving forward, with the guidance of our volunteer board, member programs, and community partners, we will work to strengthen our understanding of Meals on Wheels clients and the volunteers who deliver their meals. Our motivation is driven by knowing that the nutrition, wellness checks and human connections provided by Meals on Wheels in the Twin Cities, help our neighbors live their best life, at any age.

Board Roster

President
Michael Phillips

Vice President
Elisabeth Shanley
*Anoka Champlin
Meals on Wheels*

Treasurer
Jim Hartman

Barb Arrell
*Senior Services Consortium
of Ramsey County*

Denise Harris
*North Minneapolis
Meals on Wheels*

Dave Mooty
Continental Golf

Yvonne Olsen
*International Federation
of Settlements*

Ethan Roberts
*Jewish Community
Relations Council*

Craig Stacey
SUPERVALU

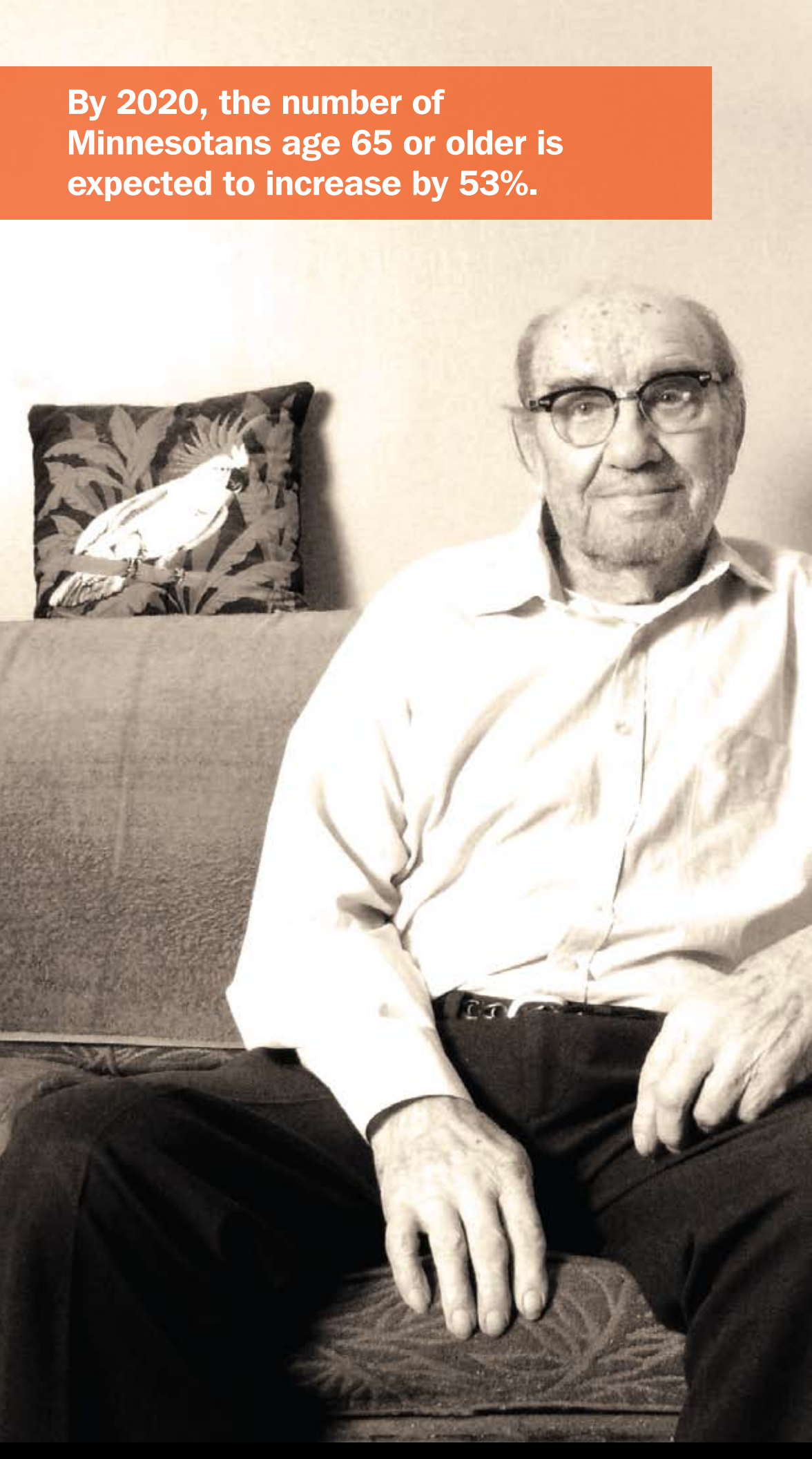
Byron Laher
CEAP

Kevin Fitzpatrick
General Mills

Allison Janusz
3M

Jeremy Misener
HSI Meals on Wheels

Janet Guthrie
Ramsey County



Revenue and Expenses 2008

Revenue:	\$423,694	
Individual Contributions:	\$220,008	51.9%
Corporations/Foundation:	\$146,225	34.5%
Other:	\$57,461	13.6%
Expenses:	\$478,945	
Program Services:	\$361,322	75.4%
Management & General:	\$38,327	8.0%
Fundraising:	\$79,296	16.6%

Financial Statement 2008

Assets	2008	2007
Current Assets		
Cash in Checking and Savings	\$175,608	\$168,621
Investments	\$90,162	\$89,647
Accounts Receivable	\$6,990	\$6,517
Prepaid Expenses	\$1,920	\$1,265
Total Current Assets	\$274,680	\$266,050
Net Fixed Assets	\$1,666	\$434
Other Assets		
Deposit	\$1,193	\$1,193
Total Assets	\$277,539	\$267,677
Liabilities and Net Assets		
Current Liabilities		
Accounts Payable	\$2,154	\$1,472
Restricted Revenue	\$85,000	\$18,250
Total Current Liabilities	\$87,154	\$22,041
Net Assets – Unrestricted	\$190,385	\$245,636
Liabilities and Net Assets	\$277,539	\$267,539

Donor Appreciation 2008

In 2008, Metro Meals on Wheels received its first two \$10,000 individual major donor gifts.

Without the help of our dedicated supporters, both in volunteer time and financial contributions, Metro Meals on Wheels could not have reached its many goals and accomplishments with such efficiency and excellence. This groundwork will sustain our mission and help grow our vision for many years.

We would like to recognize our 2,721 corporate, foundation, and individual donors who gave generously and frequently in 2008. We pride ourselves on good financial stewardship with the dollars we're given. With this dedication, we have elected to list our supporters online at www.meals-on-wheels.com, resulting in reduced paper waste, printing fees, and postage costs.

Special Thanks

Prestwick Golf Club, Dave Mooty, and Jim Hartman for hosting MMOW's 1st Annual Golf Tournament.

Former MMOW Executive Director **Carolyn Tonneson**, who retired in 2008, for her continued support and assistance.

MMOW recognizes the Corporate Hero, **PUMP-TEC**, for its support of the Anoka Champlin Meals on Wheels program.

Outgoing members of the board, **Barb Green and Jim Smith**, for the years of dedicated service.