

NUTRITION



COMPANIONSHIP



2023 Annual Report

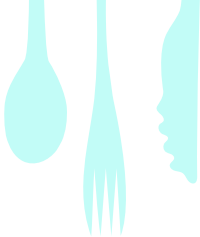
Meals On Wheels
Palm Beaches

INDEPENDENCE



PEACE OF MIND





2023 2024 Slate

EXECUTIVE COMMITTEE

Geri Emmett
Co-Chairman

James C. Jenkins
Co-Chairman & Treasurer

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Secretary

DIRECTORS

Kelly A. Blaggie
Karen K. Brams
Elizabeth DeBrule
Evan Gluck
Danika M. Kirvin
Susan T. Kirkpatrick
Patrick C. Koenig
Lori A. LaVerriere
Andrew M. Nerney
Christine M. Seal
Joe E. Webb

STAFF MEMBERS

Pamela Calzadilla
President & CEO

Sheri McCandless
Assistant to CEO

Richard Coore
Controller

Maura Sartory
Special Events Director

Debbie Emerick
Program Director

Kylie McGrath
Program Assistant

Daniel Martin
Chef

Gina Colon
Cook

Christy Abel
Volunteer Coordinator



Dear Friends,

As President & CEO, I am pleased to present our Annual Report for 2023 and share not only our financial status but our successes and our vision for the coming year and beyond.

Our 2023 fiscal year was a busy and exciting one for all of us here at Meals on Wheels of the Palm Beaches. Undoubtedly, our most significant achievement has been the move into our own kitchen building, the Evelyn Alexander Center in Lake Worth Beach.

Since our inception in 2010, our organization has been leasing kitchen space, an arrangement that has included a few challenges as well as uncertainties. During the years 2010 to 2022, we moved operations four times to different locations (without missing a beat in terms of client services, I might add). Thanks to the generosity of our community and the Leslie L. Alexander Foundation, we purchased a building in the fall of 2022 that houses our kitchen.

As you know, our program's focus is to support our seniors so they may continue to live in their own homes, aging in place for as long as possible. The fresh, healthy meals we provide for seniors who struggle with mobility or illness are critical to their health. No less important is the companionship from connections made,

the wellness checks that can be lifesaving, and the peace of mind provided.

Our supplemental programs provide additional security and bring engagement and enjoyment. They ensure that our low-income seniors who need additional food receive shelf-stable grocery deliveries twice a month. They provide pet food and veterinarian care where it's not affordable. We hear of the fun our clients have completing the monthly word puzzle challenge for their cognitive health – and receiving a goody bag of treats as a reward. We engage them by inviting their feedback and seizing opportunities to bring joy and interest to their days whenever possible.

We welcomed our new Chef, Daniel Martin, who is classically trained and who has brought innovation and creativity to the delicious meals that our clients have given rave reviews. Chef Martin and our program director Debbie Emerick work together to create a menu that not only meets their needs and is to their liking but supports healthy aging.

We would not have reached where we are today without you, our community, and our volunteers as always, we are grateful for your support.

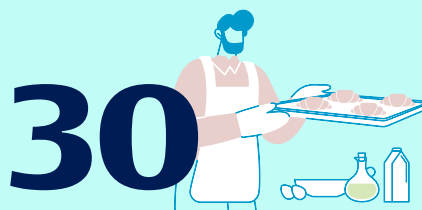
Gratefully,
Pamela Calzadilla

By the Numbers:



81

delivery shifts
each week

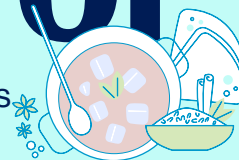


30

kitchen volunteers
each week

86,701

unduplicated meals
for calendar year



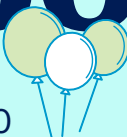
626

unduplicated clients
for calendar year



160

clients
over 80



2

clients
over 100



103

oldest
client



MOW on the Move:

It started in 2010 with Meals on Wheels of the Palm Beaches founder Charlie Ring and his determination to create an organization to provide fresh meals to homebound seniors in Palm Beach County. From its humble beginnings of serving only thirty-five clients in its first year, Meals on Wheels of the Palm Beaches has grown

tenfold and has reached an astonishing milestone – frequently delivering 1,000 meals in a day to seniors from Tequesta to Delray Beach.

Throughout our journey, we have moved four times in just over a decade. Each time to a different shared kitchen.

In 2022, thanks to the generosity of our community, we finally found a home with a kitchen of our own. Our small kitchen serves us well, yet it is bursting at the seams. Our staff and volunteers do an amazing job in tight quarters.

As we continue to meet the needs of our clients, we are looking forward to opportunities to better serve the growing population of homebound seniors who rely on us for a daily meal, for a friendly visit from a caring volunteer and for the independence to remain in the comfort of their own home.

We certainly have come a long way from our early days when we were crammed into a crowded and busy hospital kitchen, and we are looking forward to keeping growing with our community. —



Volunteers Making a Difference



Our volunteer was on her last delivery of the day when she got the hint that something was not right. Her client in Lake Worth always answers the phone when she calls, a key step required of all volunteers. This time, however, there was no answer. Arriving at the home she knocked and received no reply. She phoned and knocked a second time to no avail. Finally, she cracked open the front door and called out, hoping for a response. That is when she heard a faint voice calling out from the bedroom.

This story is a notable example of the vital role our volunteers play in the lives of our clients and how they deliver “more than a meal” on every visit. They make it a point to interact with our clients, providing companionship and an important wellness check. In many cases, our volunteers will go beyond what we ask of them, helping clients with day-to-day chores. Some volunteers have even given haircuts, washed linens, and helped clients with online shopping.



Walking into the home, she found the client, a veteran, face down on his bed and unable to move. He told her he had fallen and asked for her help in getting up. Knowing she could do more damage by helping him, she instead called 911, then notified the Meals on Wheels team, who notified the family. Within minutes the paramedics arrived and took him to the hospital. As the volunteer was leaving, she put the day’s meals in the refrigerator for when the client returned home.

In addition to our volunteer drivers, we also have an army of volunteers who cover thirty kitchen shifts per week. They help plate the meals and prepare them for delivery. Rounding out our volunteer force are approximately twenty volunteers who are substitutes, ready to jump in and cover at a day’s notice.

Our volunteers are the lifeblood of Meals on Wheels of the Palm Beaches, and we couldn’t do what we do without them. —

Did You Know?

100%

of our clients are receiving volunteer visits

85%

now worry less about living alone and aging in place

64%

are feeling less isolated knowing someone will be knocking at the door

80%

of our clients say we help them eat healthier

50%

report having less depression or anxiety than they did before

73%

say their overall wellbeing has increased

25%

have been told by a doctor that their health has improved by receiving our meals

2023 Audited Financials

Revenue and Support:

	Total
Contributions	\$ 1,711,332
Contributions of nonfinancial assets	66,983
Special events	382,360
Contract services	221,223
Interest income	329
Interest return	51,925
Other income	2,561
Total Revenue	\$ 2,436,713

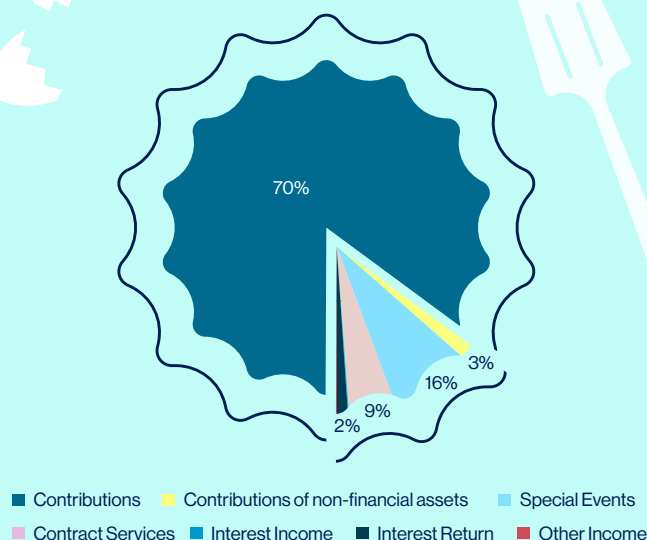
Expenses:

Program services	1,630,473
Administration	97,329
Fundraising	254,225
Total Expenses	\$ 1,982,027

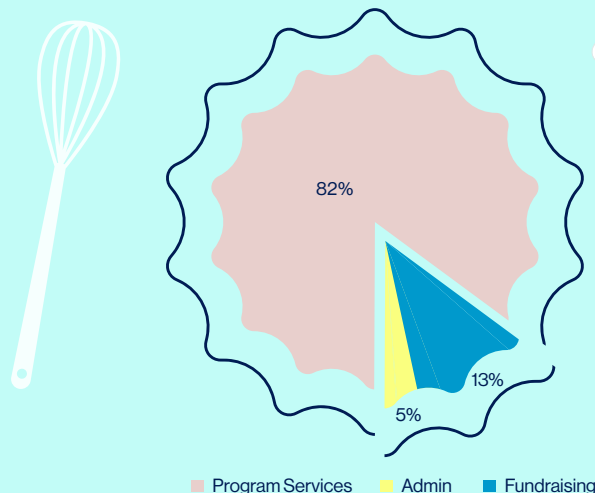
Change in Net Assets

\$ 454,596

2022-2023 Income



2022-2023 Expenses



2022-2023 Major Donors

Admiral's Cove Foundation, INC.
 Bank of America Charitable Foundation
 Brams-Gerson Family Foundation Trust
 C. Kenneth & Laura Baxter Foundation, Inc.
 Carrier Corporation c/o UTC Global Financial Services
 Fantastic Finishes
 Florida Power & Light
 Frisbie Group
 Glenn and Marybeth Blackwood
 Hulitar Family Foundation
 IBIS Charities Foundation, Inc
 J. Ira and Nicki Harris Family Foundation

Jack Scalisi Wholesale
 Jenkins Family Charitable Foundation
 Lady Suzanna P. Tweed and Carleton Tweed Charitable Foundation
 Lattner Family Foundation
 Lefevre Charitable Fund
 Leslie L. Alexander Foundation
 Lost Tree Village Charitable Foundation
 Mark and Eileen Eggen
 Mirasol Foundation, Inc.
 MOWAA / Subaru
 Palm Beach County Sheriff's Office
 Patrick and Debbi Koenig

PBSO State Law Enforcement Trust Fund
 Publix Super Market Charities, Inc.
 Quantum Foundation
 Richard S. Johnson Family Foundation, Inc.
 The Jehle Reidy Family Charitable Fund
 The Mary Alice Fortin Foundation, Inc.
 The Richard M Schulze Family Foundation
 The Taxman Family Foundation
 The Taylor Foundation
 The Windmill Foundation, Inc.
 The Zahn Foundation
 William Kenan, Jr. Charitable Trust



Fundraising Events

Each year Meals on Wheels of the Palm Beaches hosts two signature fundraising events – “Pie It Forward,” the area’s biggest and best Thanksgiving pie sale, and the “More Than a Meal” Luncheon.

Together these events raised more than \$350,000 which is used to help cover the cost of providing meals to homebound seniors. The events also help raise awareness of the need in the community and how Meals on Wheels of the Palm Beaches helps meet that need.

Our signature event, “Pie It Forward” was once again a huge success raising over \$200,000 and selling more than 3,000 pies. A sold-out event once again, “Pie It Forward” offered pies donated by 30 “Pie Masters” from restaurants and country clubs throughout the area. The money raised provided nearly 40,000 meals and wellness checks to area seniors.

Our 2023 “More Than a Meal” luncheon featured celebrity chef Lorena Garcia as our keynote speaker and helped

raise more than \$150,000. With Meals on Wheels of the Palm Beaches Board Member Karen Brams serving as chairwoman, the event honored Board Co-Chair and philanthropist Geri Emmett of the Duffy’s Foundation for her work in the community. —



“ Thank you so much for sending out to me all this delicious food. Not only does it make my day but the people who make the deliveries are the friendliest and most positive people I’ve ever come in contact with. They do great service to the area and always have big smiles on their faces. ”

