



MEALS ON WHEELS OF CENTRAL INDIANA

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SPRING 2019

IMPACT 2018

A MAGICAL NIGHT 2018 BINGO BASH - BACK TO PROM

Even after 24 years of throwing our annual fundraiser, we are always humbled by how generous and committed our attendees are to the Meals on Wheels mission. They do this all while making it a really fun night!

Many guests arrived in their prom night best, and husband and wife team, Barry and Margaret Wood played bingo callers for the night as they shouted out the winning BINGO numbers! The classic prom songs were playing, the games were competitive as always, but more importantly, the message and purpose of Bingo Bash was received; helping serve medically-tailored meals to low-income clients.

Bingo Bash is made possible by the dedication of volunteers, staff members, the leadership of Event Chair Norma Boyd and corporate sponsorship. Please continue to the next page to see our wonderful list of donors and sponsors.



Event photos by Mike Miles

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A SPECIAL THANKS TO THE FOLLOWING COMPANIES FOR MAKING PROM NIGHT MAGICAL WITH THEIR GENEROUS DONATIONS

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Event photos by Mike Miles

RYAN'S MEALS FOR LIFE

Meals on Wheels is excited to be starting the second year for Ryan's Meals for Life, a Medical Nutrition Therapy Project for low-income Persons Living with HIV throughout the state of Indiana. It is funded by a Ryan White Part B Supplemental Grant through the Indiana State Department of Health and is the first statewide program of its kind in the nation. The program name honors our own fellow Hoosier Ryan White who tragically lost his battle with AIDS in 1990.

In the first nine months of the Ryan's Meals for Life program, we served over 600 clients referred by every one of the 17 AIDS service organizations in Indiana. Services include delivery of medically-tailored frozen meals each week right to the client's doorstep, as well as hot & cold meals available to clients in Indianapolis. Clients also benefit from medically-tailored food pantry boxes. These medically-tailored meals help achieve food security, lower healthcare costs, and aid in medication adherence which can lead to viral suppression, a main goal for ending the HIV epidemic once and for all. In 2019, we will continue to move ahead by serving even more Persons Living with HIV and ending poverty, one meal & one chronic disease at a time!

HONORING VIRGINIA WESLEY

We would like to honor a special friend of Meals on Wheels who passed away on June 25th, 2018: Virginia Wesley. Meals on Wheels first got to really know Virginia when we were looking for a client to talk about MOW and our services on camera. She, along with her husband Melvin, were featured on the cover of our annual report, represented us during our 7,000,000 millionth meal celebration, and were featured on IndyGo bus signs for Meals on Wheels. Virginia also interviewed for local television about her participation in our Head Start Cancer Treatment Program, at that time funded by the Eli Lilly & Co. Foundation. Virginia always spoke from the heart – her eyes would sparkle when she talked about Meals on Wheels and our services.



Virginia became a client in 2013 following a heart attack and open-heart surgery. Her doctor placed her on a low-sodium, low-cholesterol diet. At one point, she went off Meals on Wheels, thinking she could handle the cooking for Melvin and herself, but her doctor recommended she go back on. Virginia then understood that she needed the right food to treat her chronic diseases and Meals on Wheels could continue to help with that. Virginia always wanted to preach about the work of Meals on Wheels to anybody who would listen. That's why the Meals on Wheels Board of Directors wants to acknowledge her importance to our organization. In her honor, the board on October 29th, 2018 voted unanimously to rename our Financial Assistance Fund the Virginia Wesley Financial Assistance Fund. This fund will continue to honor this strong, loving woman.

A REASON FOR FREEZIN'

We are excited to announce that on November 8, 2018, The Glick Fund, a Central Indiana Community Foundation Fund, awarded a grant to Meals on Wheels of Central Indiana to fund the installation of a room-sized walk-in freezer at The Sol Center building. We have been serving meals to our homebound, disabled, and chronically-ill neighbors for over 47 years, however our frozen food program was introduced in 2015. This operation has grown exponentially since then. Most notably, this rapid growth has come from the Ryan's Meals for Life statewide project, begun in January 2018, which ships medically-tailored frozen meals across the state.

"While our staff and procedures could handle the growth in clientele (introducing a new client to frozen meals in under two weeks), our refrigeration equipment struggled to keep up. This new walk-in freezer is going to remove that barrier," says Project Manager Lauren Scharenbrock.

The freezer will be used to store frozen meals for the traditional MOWCI program, the EMBRACE Cancer Treatment project, Community Health Head Start program, Ryan's Meals for Life project and more. We appreciate Eskenazi Health who cooks and prepares over 5,000 frozen meals per week for MOWCI.





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THIS YEAR'S STAFF HIGHLIGHTS



Brandi Sasore – Communications Manager

Brandi joined Meals on Wheels (MOW) in January 2019. She is a firm believer that “the best way to find yourself is to lose yourself in service to others.” Brandi is an active member with her public service sorority Delta Sigma Theta Sorority, Inc. and currently serves as the program chair for their high school mentoring program for girls. As our Communications Manager, Brandi will lead our marketing and branding efforts, produce monthly content for our clients and community partners and manage our media presence. She is most excited to have the opportunity to spread the mission of our organization and help our community understand the vitally important work we do. “The food is medicine concept is life changing and on the cutting edge of a more holistic approach to healthcare. I am so proud to be a part of an organization that not only decreases food insecurity but fulfills that need with medically-tailored meals which impact their life in so many areas.”



Mystica O'Connor - Project Manager

Mystica joined the Meals on Wheels team in June 2018. She serves as the Project Manager for the “Ryan's Meals for Life” pilot project. Mystica is a key piece in this innovative approach to deliver medically tailored meals to those living with HIV throughout the state of Indiana. She successfully coordinates our operational efforts of this program ensuring that hundreds of Hoosiers receive their meals on time and with the dignity and respect they deserve. Mystica discovered MOW through her love of nonprofit work and volunteering, remarking that “Ryan's Meals for Life pilot is such an important program and I am proud to work with an organization that makes life a little easier for the people it serves.”



Lauren Scharenbrock - Project Manager

Lauren started with Meals on Wheels in 2017 however, her passion for helping those facing food insecurities started long before. Since she moved to Indy four years ago, she has worked and served with various nonprofit organizations focused on reducing hunger and increasing justice within our food system. Now as a Project Manager, Lauren manages our frozen food operations and coordinates our local frozen food delivery program. She also serves as a lead in our community partnership with Eskenazi Health. She is a successful member of our team because her work fuels her passion as she described when she stated, “At Meals on Wheels, I get to fulfill that passion everyday by ensuring our clients receive nutritious meals.”

2018 marked a year of change and expansion. With an increase in clientele, Meals on Wheels ramped up support midyear. Please read the new staff bios and see how this wonderful group of people are committed to the MOWCI mission.



(Pictured from L to R; Demetrius, Joel, Grace, Alison, Katie, Hope, Ellen, David, Parker)

Demetrius Witherspoon - Food Procurement Specialist

Demetrius is Meals on Wheels' new Food Procurement Specialist. This means that he delivers frozen meals and food pantry items to our service sites in South Bend and Merrillville. He also works with clients to complete 30-day evaluations of the meal program to ensure their health needs are being met and to measure health outcomes. Demetrius is all about helping people in need, and this role allows him to do that.

Joel Persinger - Pantry Assistant

Joining us through our partnership with Down Syndrome Indiana, Joel Persinger is a pantry assistant for Meals on Wheels. Joel's primary responsibilities include packing our pantry boxes, organizing our shelf stable food and assisting with other pantry duties as needed. "I'm really happy (and so is Joel) about the inclusiveness we have experienced with this program. It seems so easy to make sure everyone feels like they are a part of the team. Joel always says he's a part of the team, and it's because he really is." – Michelle Persinger (Mother of Joel Persinger)

Alison Hildebrand - Project Assistant

Alison serves as a Project Assistant for the Ryan's Meals for Life project. Alison comes to MOW after working for various nonprofits and social service agencies in New York City. In her role at MOW, Alison works with clients and care coordinators to make sure clients get the food they need. She also contacts clients to complete 30-day evaluations and helps procure frozen food from Eskenazi Health as needed. Alison's favorite part about her job is knowing she is making a difference in the lives of people who are living with HIV and need our help.

Katie Orlando - Project Assistant

Katie serves as a Project Assistant for the Ryan's Meals for Life project. In this role, she works directly with clients and care coordinators to get clients started in the program; and packs and ships meals statewide. Katie is a former teacher and also worked on cruise ships. She enjoys talking to the clients we serve and getting to know them.

(Continued on the next page)

Hope Steel - Pantry Assistant

Hope is a full-time packer in the food pantry, serving Ryan's Meals for Life clients statewide. She is responsible for ensuring meals and shelf-stable pantry food are packed and delivered daily, as well as picking up frozen food from the kitchen at Eskenazi Health. Hope previously served as an AmeriCorps member and is excited to be helping provide meals to folks who might otherwise not have access to the healthy food they need.

Ellen Kempski - Pantry Assistant

Ellen joined Meals on Wheels in the summer of 2018 through our partnership with Down Syndrome Indiana. In her role, Ellen performs tasks such as organizing shipping labels, packing and organizing pantry boxes and preparing shipments. She also performs duties as an office assistant in our client services department, helping with filing and other general administrative duties. "We looked for a job for her for several years but wanted to find a good fit and something meaningful. Not just pushing carts or picking up trash. With Meals on Wheels, Ellen has found the right type of work environment to be set up for success." – Emily Kempski (Mother of Ellen Kempski)

David Carpenter - Project Assistant

David serves as the Project Assistant for the EMBRACE Cancer Treatment Project and the Community Health Readmission Reduction Project. In this role, he is responsible for starting new clients on both programs and delivering pantry boxes and frozen food to clients. He also works in the client services office fielding calls and answering questions from potential clients, current clients and volunteers. David loves getting to meet the people we serve and hearing how our meals make their lives better.

Parker Rath - Pantry Supervisor

As Pantry Supervisor, Parker leads the dedicated team of pantry staff to ensure efficient delivery of frozen meals and pantry boxes to our clients around the state. Parker has a background in education, food service, and public service, and is also an aspiring filmmaker and musician – "a true Renaissance woman!"

COMMUNITY HEALTH NETWORK GRANT

Thirty-day hospital readmission rates nationwide have seen an increase in recent years. There is a spectrum of nutrition interventions that hospitals have looked to when engaging in efforts to lower rates. Health food prescriptions and medically tailored meals are two particularly innovative and promising approaches that could help reduce readmissions of vulnerable patients. Meals on Wheels is at the forefront of this movement having completed successful readmission reduction pilot projects at local area hospitals. Through these initial pilots, patients who were referred by care coordinators received 30 days of meals from MOW upon discharge. There was a significant reduction in readmission within those 30 days down from the national average of 22%.

Recognizing the success of this effort and the importance of eliminating this gap in care, Community Health Network awarded a generous grant of \$27,000 to MOW to launch their own Hospital Readmission Reduction Project. With this grant, Community Health Network has funded meals for 30 days for 100 patients upon discharge at Community South Hospital. The patients able to participate in this program are seeing the benefits of reducing food insecurity through medically tailored meals. We are proud to partner with Community Health Network on this life-changing project!

ANGIE'S LIST FOUNDATION GRANT

As the city and origin of its headquarters, Indianapolis and the surrounding areas have greatly benefited from the presence of Angie's List. Among those, Meals on Wheels has enjoyed a strong partnership with them for almost 10 years! Angie's List has routinely set the bar for our corporate volunteer program, actively engaging their employees and creating an environment of corporate social responsibility. They have volunteered 3 times per month for the last 7 years serving our clients on the near East Side.



With the creation of the Angie's List Foundation in 2015, the company created a legacy of support to its neighbors in their community, ensuring the needs of under-served families and children are being met. Meals on Wheels has been a proud recipient of several grants from the foundation, including an extremely generous gift of \$10,000 in 2018. The financial support we receive, coupled along with the volunteer support, is such an incredible and invaluable asset to our organization. Our ability to strengthen our mission and further our reach is made possible with the support of friends like Angie's List!

The Indianapolis area has been *our home* for more than 80 years.

Protective Insurance is grateful for the generous support, time and donations our employees give to the Indianapolis community. Thanks to our employees, Protective has been able to contribute to a multitude of organizations, including Meals on Wheels, that focus on making the Indianapolis area a healthier, safer and more family-oriented community.

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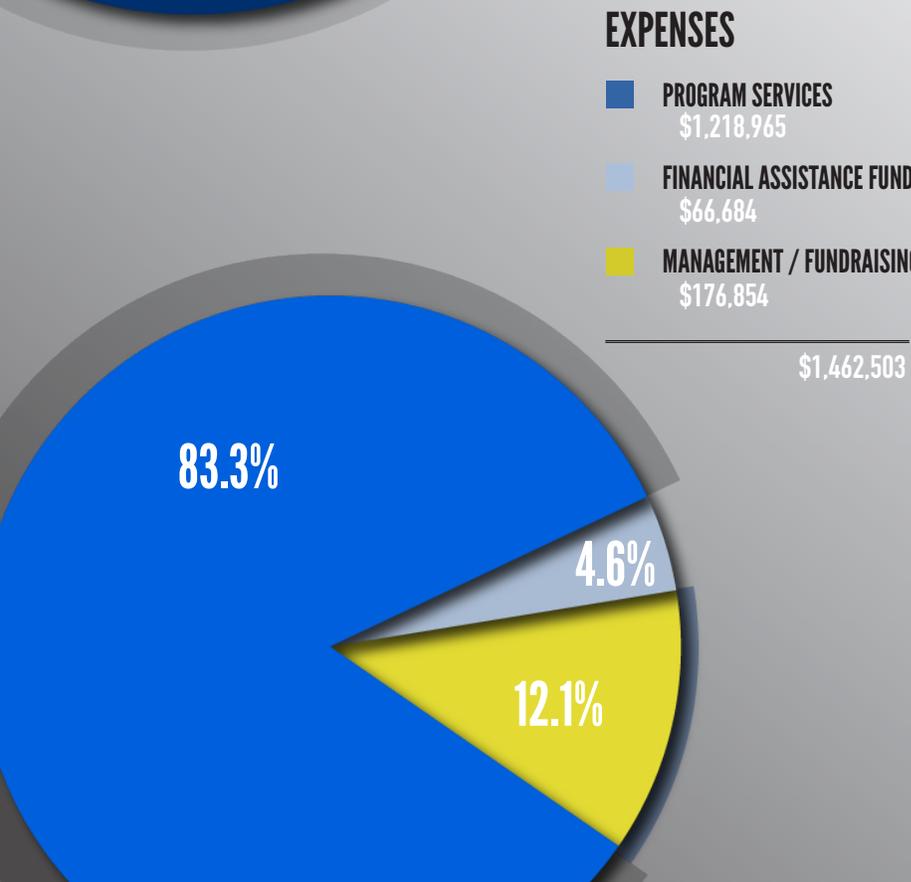
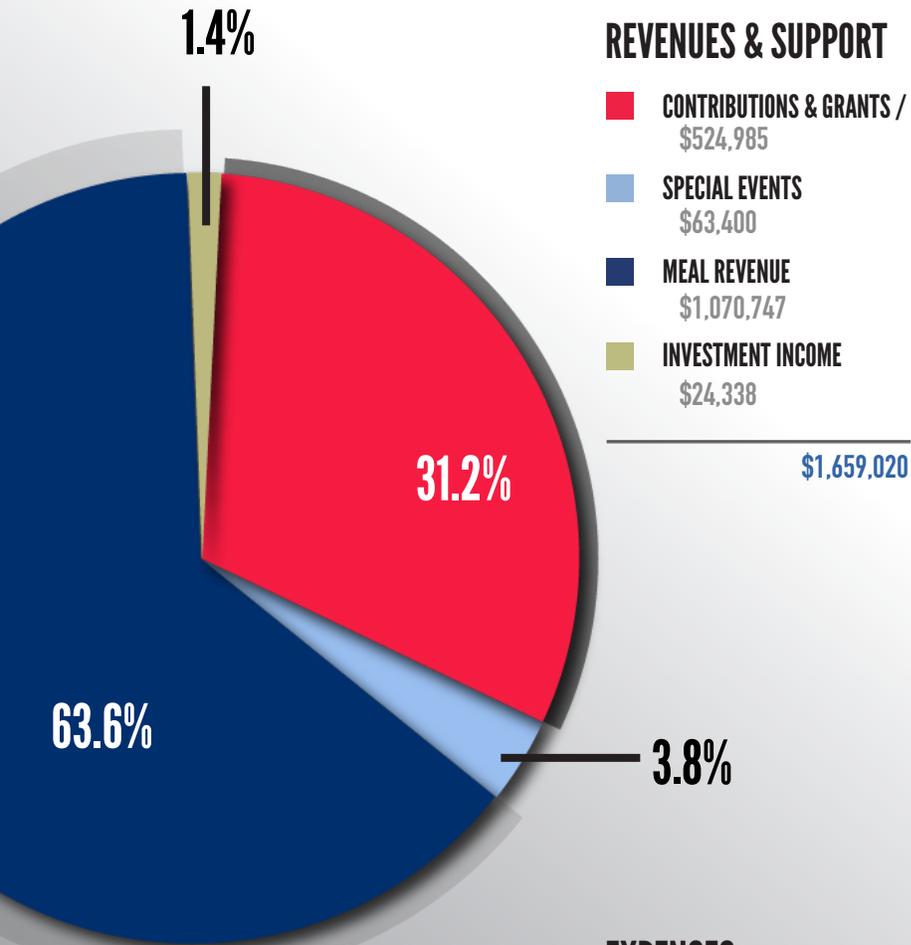
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Mission: Meals on Wheels of Central Indiana innovates, educates and collaborates to end hunger and malnutrition for our senior, disabled and homebound neighbors.

Facts about Meals on Wheels: Meals on Wheels serves all of Marion County and parts of Boone, Hamilton, Johnson and Morgan counties. The Ryan's Meals for Life project serves clients living with HIV statewide.

All clients receive medically-tailored meals. Over 52% of our clients are served utilizing our Virginia E. Wesley Financial Assistance Fund.

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