

[DONATE](#)[OUR WEBSITE](#)

September 2026

**MORE THAN
A MEAL**

**Powered by generosity.
Delivered by community.**

Care that reaches the door.



A NOTE FROM THE CEO



MY OTHER TEAM

If you know me, you know I'm a BIG Colts fan. As a season ticket holder, I'm all in—Blue Fridays, tailgating and being in my seat on game day. Unfortunately, I share my house with two Cincinnati Bengals fans—my husband and son—so football season comes with a little friendly competition at our house. And with the Bengals coming to Lucas Oil Stadium in December, things could get especially interesting!

I am ALL IN when it comes to the Colts. And I don't just mean the price of my season tickets! I give this team my time, my money and a ridiculous amount of my emotions. I plan my weekends around them. I wear the blue proudly. I yell at the TV, question the calls, celebrate the wins like I had something to do with them (which, of course, I do!) and take the losses way more personally than I probably should. I jump out of my seat, hold my breath, cover my eyes and believe we can still pull it off with seconds left on the clock. And then, no matter what happens, I'm right back the next week, ready to believe all over again.

That got me thinking about my other team—Meals on Wheels of Central Indiana.

If you're reading this, you've invested in this team, too. Maybe you've given your time as a volunteer, made a financial gift, attended an event, shared our story or simply continued to cheer us on. However you show up, you're part of what keeps this team moving.

But there's a lot more happening than what you see on "game day." Most people know us for the meal that arrives at the door. Even some of our biggest fans may not know everything that happens before, during and after that delivery.

So, for this edition, I'm inviting you a little closer to the field. Meet some of the players. See what happens in the coaches' booth. Discover a few game changers. And get a peek at some of the work that happens when no one is watching.

You're already part of this team. Now I want you to see more of it.

Newsletter Content

- A Note from the CEO
- Keeping Our Players Healthy
- From The Coaches' Booth
- What You Don't See
- A Game Changer
- Beyond The Scoreboard
- Ready To Get In The Game?
- Bingo Bash is Back!
- C.H.A.I.R. Partners



KEEPING OUR PLAYERS HEALTHY



There's a lot more behind every meal than what you see on the plate. Ashley, our Registered Dietitian, brings nutritional expertise to the MOWCI team—reviewing diet scripts, helping us understand a client's nutritional needs and working alongside our program team to determine the best overall fit for each client.

It's another layer of care that happens behind the scenes, helping us make sure we're not simply delivering a meal, but providing nutrition that supports each client's health and independence.

FROM THE COACHES' BOOTH



Every game needs someone watching the whole field. During meal delivery, Brianna and Tammy are part of the team doing just that. Our Client Experience team is the real-time connection between clients at home and volunteers on the road—answering unexpected calls, solving problems as they happen and calling an audible when the day doesn't go according to plan.

It's work most people never see, but it helps make sure our volunteers feel supported, our clients are cared for and every delivery gets the attention it deserves.

WHAT YOU DON'T SEE

The final whistle doesn't mean the work is over. We recently completed our annual Client Quality Surveys, giving clients the opportunity to tell us what's working, what could be better and how well we're meeting their needs.

Their feedback helps us review our performance, make adjustments and strengthen our game plan for the year ahead.

In the 2026 annual client satisfaction survey, 92% of clients indicated they are less concerned and anxious about where their next meal will come from as a result of receiving services from MOWCI.

A GAME CHANGER

A little behind-the-scenes preparation can make a big difference when someone is starting something new.

New clients receive a New Client Welcome Kit with *Medically Tailored Meals Made for You*—a guide to their meals, portions and special diets, plus simple recipes for those receiving pantry boxes—along with a client handbook, hygiene supplies, a braided potholder and more.



Friendly Visitors receive their own Welcome Resource Kit filled with a program reference guide, games, activities, coloring supplies and other fun ways to make connecting a little easier.

BEYOND THE SCOREBOARD

From a family caregiver whose older brother receives Meals on Wheels:

"My brother suffered a series of strokes several years ago and was placed in a healthcare facility. I felt strongly that his care there was not sufficient, as he is almost blind, is non-verbal and is in a wheelchair. I was committed to bringing him back home and providing the type of care he deserved.

As his full-time caregiver, I learned it takes a village! With the help of my siblings and Meals on Wheels volunteers who bring him meals each weekday, it has helped lessen the load for all of us."

READY TO GET IN THE GAME?

You don't have to watch this team from the sidelines.

At MOWCI, your time is every bit as valuable as your financial support. Deliver a meal. Become a Friendly Visitor. Lend a hand behind the scenes. There are lots of ways to find your place on the team. We need:

Weekday deliveries

Friendly Visitors

Office Support in Client Experience

Special Project Support

Ready to get in the game? Contact volunteer@mealsonwheelsindy.org.



SADDLE UP! BINGO BASH IS LESS THAN 2 MONTHS AWAY



When: Friday, November 6, 2026

Where: 502 East Event Centre, Carmel

Our annual Bingo Bash event is almost back. Now is your opportunity to round up your posse, grab your tickets, and get ready for a night of fun, prizes, and supporting our mission!

For sponsorships and tickets, reach out to Barb at brenshaw@mealsonwheelsindy.org to get started.

Pull up a chair. Someone is waiting.

Do you work for a company?
Are you a member of a local church?
Do you belong to an organization?

If so, we need you!

Join our community of partners who are dedicated to creating moments of dignity,
connection and hope.

Together, we can make a collective impact in our community-because no one should face
hunger and recovery alone. **To learn more, please contact**
brenshaw@mealsonwheelsindy.org

Thank you to our current C.H.A.I.R. partners!



Our Contact Information
Meals on Wheels of Central
Indiana
708 E. Michigan St.
Indianapolis, IN 46202
<https://mealsonwheelsindy.org/>
(317) 252-5558



You are being sent this email because you are a subscriber.
If you wish to update your Email Preferences or Unsubscribe, click [Unsubscribe](#) | [Manage email preferences](#)