



**EVERYONE IN OUR COMMUNITY HAS A  
FRIEND, A FAMILY MEMBER OR A NEIGHBOR  
WHO'S BEEN TOUCHED BY WHAT WE DO**



- **SAFETY** a daily knock on the door to 800 seniors from a friendly volunteer insures safety and makes senior feel secure
- **NUTRITION** Medically Tailored Meals meet the nutritional needs of the all the seniors. Hospitalizations are avoided and healthy weight is maintained
- **SOCIALIZATION** Volunteer visits and regular Telephone Reassurance calls provide interaction and contribute to overall emotional well-being
- **SUPPORT SERVICES** Caseworkers who identify issues, offer ongoing support and referrals
- **RECIPIENT PROGRAMS** Magnolia Meals, Blizzard Boxes, Miles of Smiles, Caring Cards & Crafts, Pet Pantry, All Tuned In music Therapy

121 West Nyack Road • Nanuet, NY 10954

845.624.6325

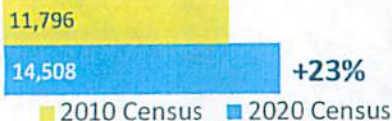
[www.mowrockland.org](http://www.mowrockland.org)



## THE POPULATION IS AGING

More than half of our Home Delivered Meal recipients are over 80+. The 2020 census determined that our county's 80+ population is up +23% from 2010, which is greater than New York state saw overall (+10%).

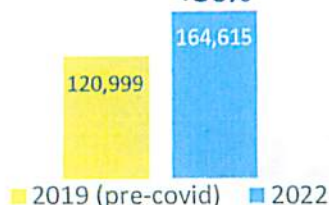
### -Rockland County 80+ Population-



## THE NEED FOR MEALS IS INCREASING

The need for meals is increasing, due to aging and continuing Covid-19 related concerns. Increases in grocery prices and a decrease in government aid additionally impact demand.

### -Meals Delivered-



## AND MEALS ON WHEELS ROCKLAND IS DELIVERING!

Our latest Home Delivered Meals Recipient Survey, revealed that our Seniors are benefiting and appreciative of the service, the food and the volunteers -- an accomplishment we are proud of especially given the volume increases.

### -2023 Home Delivered Meals Recipient Survey Results-

- 83% MOWR is my primary meal of the day
- 90% MOWR improved my overall social/mental well being
- 92% MOWR has helped me achieve my overall health & wellness goals
- 95% I am more independent because I receive MOWR
- 97% MOWR has enhanced my ability to reside in my home

### Top 3 Descriptors of How MOWR Makes Recipients Feel

1. Cared For
2. Respected
3. Valued

*"I really appreciate them, makes me feel that in an emergency they would send help. I want them to know how great they are and how I appreciate them."*

Our frequent deliveries provide a much needed friendly visit and safety check; for many, that visit is the only contact they have with another person all day. We make sure that the people who took care of us can continue to lead the independent, connected, nourished lives they deserve.



We all want to help in some way, especially when we know it goes directly to assist seniors in our community. Ideally, everyone could volunteer and deliver meals. However, that's understandably, not always feasible. Just like a volunteer, your donation will be a positive force, as it will go towards feeding homebound seniors in Rockland County.