



ON THE COVER: Cydney, CSUMB College Corps Fellow, working in the kitchen in support of our Home Delivered Meals program.

#### From the President



**HEIDI SCHAKE**PRESIDENT • BOARD OF DIRECTORS

Last year I signed off my annual report letter with the pledge to help move Meals on Wheels of the Monterey Peninsula (MOWMP) "Onward and Upward!", and boy have we been busy doing just that. Our incredible team at MOWMP has exceeded expectations in every way as we have risen to meet our second half century with renewed enthusiasm and vigor.

In the last year, MOWMP has **increased** our number of volunteers, **expanded** our membership and participants at our community center, we **upped** the numbers of meals delivered as well as the miles driven by our diligent and faithful volunteers (thank you!). To meet the increased demand for our delicious hot freshly prepared meals we have **added** new delivery routes in Carmel and Pacific Grove as well as two new group dining sites in Salinas. We've expanded our menus with nutritionist guidance to provide meals that not only taste delicious but are nutritionally balanced with fresh, organic, grass fed and sustainable fish, dairy, meat, and produce.

Our **Home Heart Heroes** program has kicked off to great success, allowing many more seniors, disabled adults, and at risk veterans in our community to safely remain in their own homes. This program provides to our guests safety upgrades to their homes including grab bars, ramps, smoke detectors, lighting. The number one concern expressed by our members in our recent poll was the ability age in place. Our home delivered meals and our Home Heart Heroes programs go a long way to meeting that concern.

Our organization not only feeds the body but the souls and minds of our members through a variety of newly added and well attended exercise, creative, and educational classes. Our members can now engage in yoga, mahjong, classes in Birdibility, and colored pencil drawing. Our new Gratitude and Empathy Support Group has filled a need for emotional support for our senior and disabled members.

In addition to our wildly successful and annually sold out **Classique** dinner and **Women Who Care** luncheon events, we've added the **Get Hooked!** dinner. This sold out event, in partnership with the Monterey Bay Fisheries Trust, highlights over a five-course sit down dinner, the abundance of our Monterey Bay seafood and the importance of sustaining that abundance for generations to come. The event was so popular it is on our agenda again for this upcoming year and I encourage you to buy your tickets early - last years event was 5 stars in my book. Thanks, Chefs Isaiah and Chase!

MOWMP, despite being 52, is dynamic and ever evolving - much like our members. I have been so proud to serve and will continue to serve after my tenure as President ends in July, when I will proudly pass the torch on to Rory Coetzee, in whose more than capable hands, our agency will continue to thrive, evolve, and grow.

My annual letter would be incomplete without an expression of awe and deep respect for the work undertaken every day to meet our mission by our stellar board members and the outstanding staff led by our brilliant and engaged Executive Director, Christine Winge, and her executive team, staff and volunteers. I am so impressed with the entire group - each and every one devoted to ending food insecurity in our community. With your continued support we reach for greatness every day.

Respectfully,



#### From the Executive Director



CHRISTINE WINGE EXECUTIVE DIRECTOR

Dear Friends,

As we reflect on the past and chart a course for the future of Meals on Wheels of the Monterey Peninsula, we recognize the profound impact we have on our community and, in turn, the impact the community has on us.

With over **one million volunteer hours** and more than seven million meals delivered, our commitment to serving local homebound seniors, adults with disabilities, veterans, and other underserved populations has been unwavering. However, we understand that our mission is far from complete.

In response to the growing demand for our services, we continue to develop innovative strategies and introduce new programs to better address the needs of our diverse clientele.

While our Home Delivered Meals program continues to serve many more clients, we were excited this year to introduce our Meals on Wheels **Home Heart Heroes** program, an initiative that brings small-scale repairs and upgrades to our client's homes. These enhancements improve safety and mobility and reduce the risk of falls and other common injuries, enabling recipients to age in place longer and with greater confidence.

One program that holds a special place in my heart is our **Pet Meals Delivery** program! We've pampered **over 40 furry friends** with delicious meals, top-notch pet supplies, yummy treats, and even some expert veterinary care. It's a tail-wagging adventure that brings joy to both pets and their owners alike!

In addition to our home-based services, **the Meals on Wheels Community Center** remains a vibrant hub of activity. With an impressive surge in participation in our community center group dining program, exercise classes, learning opportunities, and entertainment, we have fostered a sense of engagement, activity, and well-being among our members. Our dedicated team volunteers continue to play a pivotal role, offering critical social interaction and keeping a watchful eye on the health and safety of our clients.

We take great pride in being a trusted partner in our community, and we eagerly anticipate continuing our work for many decades to come.

All of this is possible because of **your** unwavering support. We extend our heartfelt gratitude to our board members, volunteers, donors, community partners, and staff who consistently demonstrate passion and dedication in their contributions to our organization. Together, we have the power to make a **meaningful difference** in the lives of those who need our assistance the most.

Thank you for being an integral part of the MOWMP family, and we look forward to continuing this exciting journey into the future together.





"Everything is perfect. I don't know how we would do it without you since we no longer have a car. Your services are a lifesaver. We appreciate you. You make our lives much better. Thank you for the magnificent service you are giving us." - Home Delivered Meals Client







## Our Home Delivered Meals program is at the *Center* of all we do.

Nutritious meals and daily socialization support the health, safety, and well-being of our homebound clients and serves as a vital lifeline for a group that is often overlooked. Starting in 2023, we increased the nutrition we provide to our clients from 2.5 meals a day, to **3 meals a day**.

This vital program ensures that clients receive regular, healthy, freshly prepared and locally sourced food, addressing their nutritional needs and promoting overall health and independence. The program empowers clients by providing nourishment and a regular check-in with a friendly volunteer, increasing social connections that cause feelings of loneliness.

We expanded meal delivery routes in Carmel and Pacific Grove providing over 343,000 meals to the homebound throughout Monterey County.

We always strive to go the extra mile.

**MOWMP.ORG/HDM** 



#### **GROUP DINING**

Our Group Dining programs across Monterey County are a powerful tool for promoting socialization and healthy eating, enhancing the overall quality of life for local seniors, disabled adults, veterans, and other underserved populations.

By creating opportunities for communal meals, we contribute not only to the physical nourishment of group diners, but also to the enrichment of their social and emotional lives.

#### Locations and Meals Served

- MOW Community Center (Pacific Grove) +8,900
- Firehouse Community Center (Salinas) +3,500
- Junsay Oaks (Marina) +4,400
- Los Abuelitos Senior Center (Salinas) +9,400
- Oldemeyer Center (Seaside) +4,500
- Scholze Park Senior Center (Monterey) +4,800
- Sherwood Village CHISPA (Salinas) +5,500

Lunches Served: 41,000 Diners Served: 2,250

#### **COMMUNITY CENTER**

For 34 years, the Meals on Wheels Community Center in Pacific Grove has been a home away from home for members of our community, where people can connect and spend time with friends and family.

The Community Center continues to offer recreational and social activities, broadening our mission from nutritional services to overall health and wellness in our community.

In 2023, we offered **36,500 hours of programming** through a blend of in-person and virtual activities to help our members and clients stay engaged and have fun!

With support from the National Council on Aging and the City of Monterey, we facilitated **over 1,000 Flu and Covid-19 vaccines** through partnerships with VNA Home Care Services and Central Avenue Pharmacy.



#### **New Community Center Opportunities**

- Birdability with the Audubon Society
- Colored Pencil Drawing
- Food Bank Produce Truck
- Golden Connections
- Gratitude and Empathy Group
- Mahjong
- MST Trips
- The Belly and Its Power
- Yoga 55+





# Our volunteers are the engine that drives our mission.

More than **530 active volunteers** donated **over 28,000 hours of service** in support of our programs helping reach the **1-million hour** mark collectively since our founding in 1972. In addition, we were voted the Best Place to Volunteer for a third year in a row by the readers of the *Monterey County Weekly*.



In 2023, **232 volunteers** drove **+187,000 miles** and delivered **+384,000 meals** to homebound clients and group diners across Monterey County.

Volunteers are essential to all our programs. Throughout the day, they assist in the kitchen and dining room, answer safety calls, conduct health-related classes and activities, decorate for holidays and parties, support our pet meals program, and much more. We are grateful for every one of them.

#### Volunteers Hit 1M Hours

One million total hours is equivalent to a single person volunteering nonstop for 114 years straight – a feat only reached by organizations who have the most dedicated corps of supporters.

Volunteering has been a part of our DNA from day one and, over the decades, we have pioneered new and innovative ways to engage a local community who is excited to give back.

"Providing hundreds-of-thousands of meals per year across our county requires tremendous volunteer support, whether it's preparing meals, driving delivery routes, disaster relief and education, organizing events; you name it — they've certainly stepped up to meet the challenge." - Executive Director, Christine Winge



For more information, visit

#### **MOWMP.ORG/VOLUNTEER**

Contact Susan Elwood Volunteer & Outreach Manager at selwood@mowmp.org or by calling 831-375-4454.

#### **PROGRAMS**



MOWMP.ORG/HHH

This new program offers small-scale home repairs and safety upgrades for our clients allowing them to age in place with independence and peace of mind. These home projects are aimed at improving mobility, reducing falls, and supporting independence for local homebound seniors, adults with disabilities, and veterans.

In 2023, we completed **27 projects** including the installation of an ADA compliant wheelchair lift, wheelchair ramps, handrails, porch repair, egress and regress, heating, ventilation, lighting, and more.





**MOWMP.ORG/PETMEALS** 

# Our Pet Meals program continued its efforts to provide pet food, supplies, and care for clients.

Pets provide unparalleled social and emotional support, offering comfort, companionship, and a sense of purpose for our Home Delivered Meals clients. They can face difficulties procuring the necessary food and supplies to keep their pets happy and healthy. In 2023, our staff and volunteers worked to help preserve the indispensable relationships clients have with their pets by distributing **over 700 pounds of pet food** for **more than 40 pets** across the Monterey Peninsula.



# WHEELS IN MOTION LEGACY CIRCLE

In 2023, we unveiled a **new website** dedicated to our planned giving Wheels in Motion Legacy Circle offering information on wills and trusts, bequests, beneficiary designations, IRA charitable rollovers and many other ways to leave a planned gift.

Including MOWMP in your estate planning allows you to create a legacy that endures, even beyond your lifetime. Whether you choose to name us as a beneficiary in your will, living trust, life insurance policy, or retirement plan, your generous commitment means you will make a life-changing difference in our community in support of those facing challenges around food insecurity for years to come.

#### **Keep Our Wheels Turning**

Contact us today to explore the many planned giving options available. We look forward to helping you create your legacy to provide nutrition and socialization for your friends, family, neighbors, and future generations.



For more information, visit

#### **MOWMP.ORG/WIM**

Contact Jacob Shafer Senior Director of Advancement at jshafer@mowmp.org or 831.375.4454 x120.



Our dedicated volunteers and staff joined together for swell music, boss food, nifty decorations, and some cool fun at the sock hop-themed annual volunteer event at the Meals on Wheels Community Center.

This year's Sock Hop was a celebration of all our volunteers and supporters, recognizing their collective achievements and honoring them as the heartbeat of our organization. As our client community expands, so does our reliance on these amazing individuals.



#### Get Hooked! Dinner

We welcomed our valued partner, the Monterey Bay Fisheries Trust, for a Get Hooked! dinner event highlighting the social, economic, and environmental sustainability of local fisheries.

Members of our fishing community shared their experiences and the benefits of sustainably harvested seafood that we use in our meals. It was a heartwarming evening, showcasing a unique seafood multi-course dinner crafted by Executive Chef Isaiah and Sous Chef Chase.







# Women Who Care

The annual event recognized three Women of the Year honorees for their tireless support of MOWMP programs: Monterey County Supervisor Mary Adams, Aimee Cuda of Central Coast Senior Services, Inc., and Jan Praisner, an avid supporter and volunteer.

#### **Event Sponsors**

Whitson Engineers
Montage Health
Heidi and Steve Keller
Laura Zehm and Paula Black
Dianne and Bart Bruno
Fenton & Keller
Central Coast Federal
Credit Union

Studio Schicketanz 1st Capital Bank Tia Gindick-Lewis and Ritch Lewis Sheila and David Allaire KSBW The Carmel Pine Cone



#### **Culinary Classique** d'Elegance

#### A culinary and design extravaganza benefitting Meals on Wheels of the Monterey Peninsula.

Classique showcased the talents of over 20 chefs and 26 table designers. each contributing their unique skills to create an unforgettable experience. Their culinary artistry and creative designs transformed the event into a feast for the senses.

We are filled with gratitude as we reflect on the success of the **27th annual event**. The community support not only made this event possible but also shined a light of hope for seniors, disabled adults, veterans, and other underserved populations in our area.

#### Funds raised at Classique help support the work we do in the community.



Scan code to view chefs, designers and event photos from the 2023 gala.

#### **Event Sponsors**

#### BERT CUTINO SPONSORS

Paula Robichaud Glenda Tuttle

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Wrath Wines

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#### **COMMITTEE MEMBERS**

Tami Aceves Grace Ashby Jackie Craghead Bert Cutino **Dorothy Maras** Cheryl Warner

#### **AUCTION COMMITTEE**

Grace Ashby David O'Neil Debbie Langley

#### WINE CHAIR

Cheryl Warner



#### Chefs' Specials & Member Dinners

The Chefs' Special Luncheons in 2023 featured an array of delectable creations, from a rich Binchotan-Smoked Brisket to an exotic Spanish Paella. The unforgettable "Get 'em to the Greek" Slow-cooked Mediterranean Leg of Lamb with Tzatziki sauce became an instant favorite for attendees.

Our Member Dinner events were culinary delights! Executive Chef Isaiah and Sous Chef Chase wowed Meals on Wheels Community Center members with their culinary prowess with three-course dinners that featured New York Steak, Prime Rib, and Cornish Game Hen. We're gearing up for more in 2024!

Together, our knowledge and capabilities grew and so did our membership base to **232 members** in 2023.

#### **MOWMP.ORG/MEMBERSHIP**

Get access to exclusive member benefits, including member dinners and classes.

#### New Electric Van

# We welcomed a new addition to our delivery fleet, and it's no ordinary vehicle!

Thanks to a grant from The Monterey Bay Air Resources District and the support and generosity of the community, we are proud to announce the arrival of our brand-new electric van in 2023.

With this eco-friendly addition, we are now better equipped to deliver even more nutritious meals to those who need them most in our community while minimizing our impact on our environment.

Adorned with vibrant branding, our electric van is now a rolling ambassador of goodwill driving through town reflecting our dedication to nourishing not only bodies, minds, spirits, but also promoting the health of our community. This new vehicle delivers more than meals—it's a promise of more impact, more connection, and more smiles within our community. When you see this special van around, honk and wave.





#### Health & Wellness Fair

In 2023, we held another Health & Wellness Fair at the Meals on Wheels Community Center. The event was an exciting opportunity to share information and provide valuable health-related resources in our community.

Complimentary health screenings for blood pressure, cholesterol, and BMI assessments from certified healthcare professionals were offered, helping attendees on their journey towards optimal health.

### Thank you to our vendors who came to support our community:

Alzheimer's Association, Aspire Health, Blue Zones Project, Central Coast Senior Services, CHOMP/Montage Health, Family inHome Caregiving of Monterey, Health Projects Center, ITNMontereyCounty, Kernes Adaptive Aquatics, M8 Studio, Monterey Aquatic Therapy Center, MST, Meals on Wheels Salinas Valley, Pacific Grove Adult School, Skin Happy, Synchronicity, VNA Vaccine Clinic, and VNA Home Care Services of the Central Coast.

#### Nonprofit of the Year

Meals on Wheels of the Monterey Peninula was honored to be named Nonprofit of the Year in 2023 by the Pacific Grove Chamber of Commerce in recognition of over 50 years of service in the community.



"This award is a well-deserved recognition not only of their work, but the tremendous feedback we receive from the people who have direct experience working with their Board, staff, and volunteers.

We are fortunate to have such a deeply rooted and impactful nonprofit right in our backyard."

#### Jenny MacMurdo

President & CEO of the PG Chamber





We recognize that tackling the complex challenges of driving out hunger and isolation in our region requires a unified approach, where partnerships flourish and resources are pooled, to maximize impact.

#### **PARTNERSHIPS**

#### Community Partnerships Strengthen Our Impact

As we reflect on the strides we are making in addressing hunger and isolation in Monterey County, it becomes evident that our community's strength lies in our collective efforts and shared commitment to working toward the common goal of **ending hunger.** 



"Thank you for being the amazing partners and team sharing in the mission to put more healthy local seafood on more plates in our community."

#### **MELISSA MAHONEY**

Monterey Bay Fisheries Trust Executive Director



"MOWMP is a critical partner for the health and well-being of local Veterans in need, as they transition from homelessness and reintegrate to society. We look forward to our continued partnership."

#### **KURT SCHAKE**

Veterans Transition Center Executive Director

#### **Our Partners**

**Partial List** 

























Legal Services for Seniors

























# THANK YOUNTO MALL OUR OUR GENEROUS SUPPORTERS

On the following pages are the names of those whose generosity fund vital programs and meaningful engagement to improve the lives and well-being of the clients we serve.

WHO ARE COMMITTED TO SERVING SENIORS, DISABLED ADULTS, VETERANS, AND OTHER UNDERSERVED POPULATIONS IN OUR COMMUNITY.

#### \$25,000+

City of Seaside

Community Foundation for Monterey County Storm Relief Fund

County of Monterey

Harden Foundation

Nadine Johnston

C. Burke Maino

Monterey Peninsula Foundation

Nancy Eccles and Homer M. Hayward Family Foundation

National Council on Aging

The Otter Cove Foundation

Jan and Michael Praisner

#### \$10,000 -\$24,999

Judith Beech Survivor's Trust

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California Commission on Status of Women and Girls

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Monterey County Gives!\*

#### \$5,000 -\$9,999

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Monterey Peninsula Volunteer Services

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17

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Gift Fund

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Graham-Freed Family Foundation Fund\*

Gabriele Graham and Franklin C. Myers

100% of our recipients report that receiving home delivered meals has helped them maintain their independence within the comfort of their own homes.

With a resounding 100% satisfaction rate reported by our clients, we take pride in the quality and impact of our services.

What sets us apart isn't just the quality of our meals, but the warmth and compassion of our volunteers. We're proud to share that 100% of our clients report our dedicated volunteers are friendly and caring.

Ron and Kathleen Fredrickson

J. Stewart Fuller Helen Gehringer

Gertrude M. Bohland

James and Barbara Gianelli

Tia Gindick Lewis and Ritch Lewis

Bradley K. Gjerding

Glen and Angela Charles Family Foundation

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Monterey Peninsula **Buddhist Temple** 

Monterey Peninsula Toastmasters Club

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Rolf and Darleen Trautsch

Roberta Troxell

United Way of Monterey County

Marian Van Horn and Eugene O'Brien

Kathryn Varner

Atsuko and Terry Veio Vicki and William

Mitchell Hildegard Von Dehn

Walmart Foundaiton

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Whitson Engineers

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William and Kathleen Wojtkowski

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Mark S Alley

American Online Giving Foundation

Lynn Anderson

Vida Anello

Robert and Melinda Armstead

William Babaian

Sister Claire Barone

JoAnna and Robert Behl

# 1:2 Clients

Through our Home Delivered Meals program, we bring more than sustenance; we deliver independence and dignity to those who need it most. It's disheartening to know that 1 out of 2 of our Home Delivered Meals clients had to make the agonizing choice between having enough food and meeting other basic needs in the last six months. With your support, we can ensure that no one has to face such decisions alone.

Susan M. Berberian Martha and Michael Blum Troy Boutonnet Max Boyer Paul Brocchini Paul and Janet Bruno Kim Bui Phillip Butler and Barbara Baldock Claire and David Camp Carmel Host Lions Club Carmel Valley Community Chapel Carmel Valley Kiwanis Foundation, Inc. Joanne M. and Kevin C. Castello Central Coast Art Association Dr. Ronald Chaplan Richard and Christine Chew Sheri Cline Richard and Judy Cole Community Foundation of Central Illinois Ginny Crapo Dana T. Anderson and Daniel A. Yiannikos Kate Daniels Lynn Davis Cindy DeAmaral James DeBartolo Del Rey Car Wash Tsugiko (Nancy) Devlaminck Adolfo Diaz Garcia Nancy and Stephen Donaldson Richard and Margaret Donat Terrance and Antone Duncan Patricia Duran Carole J. and Franklin M. Ehrhardt

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Karen Judkins and Steve Wade

Diana and Jerry Kitchen

Ila Kleinman

Brent Kolhede

Jack Krell

Jennifer C. Lamb

Douglas and Karen Learned

Linda and Rod Gabrielson

Our commitment to excellence is reflected in the fact that 99% of our clients report that these meals are crucial to their health and overall well-being.

99% of our clients report that our meals provide enough healthy food to support a good quality of life. We take pride in delivering more than nutrition, also comfort and care to those who need it most in our neighbors.

Richard Lonergan and Marilyn Manning

Ceci Long

Marjorie and Joseph Longo

L. Lane Loyko

Jennifer and Mark Lupo Patrick and Marta Lynch

Warren Lyons

Pirko Maguire

Tracy, Michael, and Cameron Manzano

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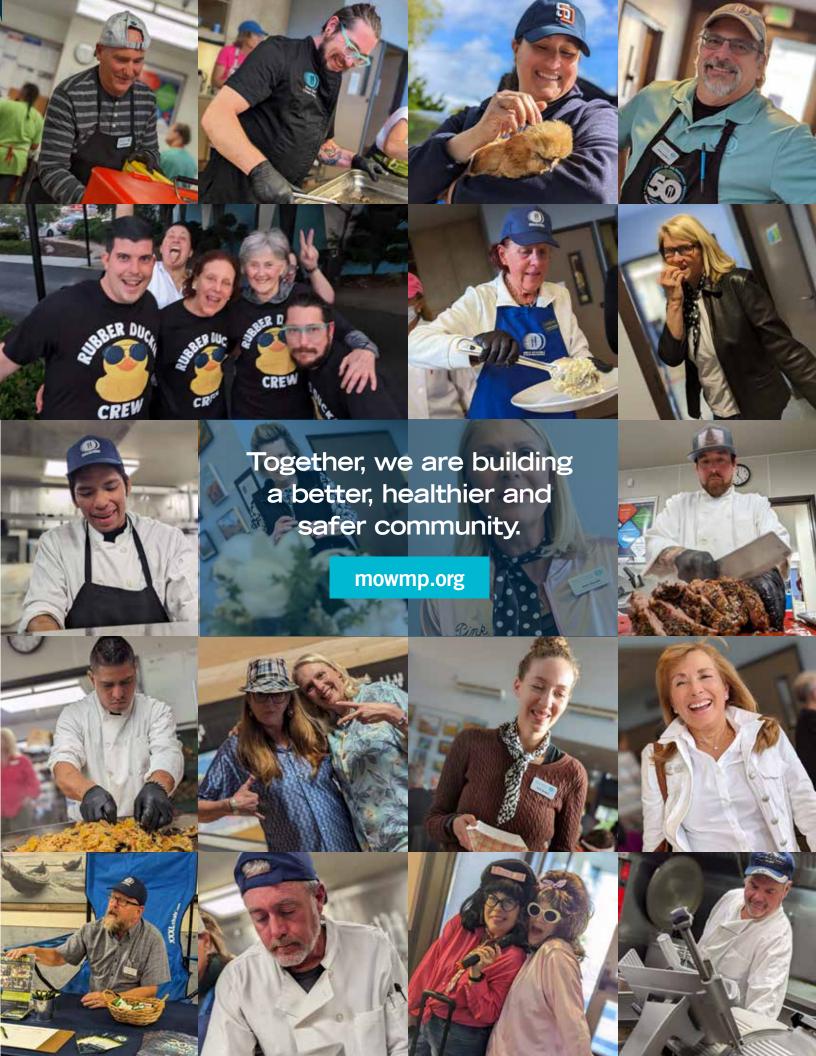
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