



MEALS on WHEELS
ALBUQUERQUE

ANNUAL REPORT

2015



2015

A YEAR OF GROWTH AND EXPANSION

Dear Friends,

We are so proud to share with you this annual report! **2015** was a record year for Meals on Wheels of Albuquerque. A new look, but the same mission. The same dedication to our community's most vulnerable.

Last year, we prepared and delivered **127,103** meals to over **550** people. That is **127,103** opportunities for balanced nutrition. **127,103** opportunities for special friendship. **127,103** lives touched by your kindness. Please know that none of this would have been possible without your partnership.

Jackie* is a client in our program and receives a hot, freshly-prepared meal daily. She is in her 70s: a woman full of life, spunky at turns, and at other turns very serious. She loves to talk about her grown son and about visiting California, where the sun always shines and the weather is kind to her joints. Recently, she suffered some medical setbacks and had to be moved to a rehabilitation center. She expressed panic and anxiety that she might have to relocate to a nursing home. At the rehabilitation center, her spirit was weakened. She wanted to go back home and live on her own, independently and with dignity. One of our MOW volunteers paid her a visit at the center and told her not to give up hope. When they embraced, the volunteer told her that they'd be seeing each other again very soon.

Jackie is determined. She fought her way out of rehab and ended up back in her apartment. The very same meals that kept her in her home, healthy and fortified, are the same meals that will keep her in her home while she recuperates. Meals on Wheels of Albuquerque is the only organization in town that can provide up to eight types of medically-tailored meals, so Jackie doesn't have to worry. She'll get the nutrition she needs to keep her strong. And she'll always have our MOW volunteers watching over her, making sure she's living life the way she deserves. You keep people like Jackie safe and happy. Thanks for all that you do.

Sincerely,


Shauna Frost

Executive Director


Elizabeth Skerry

Board President

*Name has been changed to protect privacy.



ABOUT US

Meals on Wheels of Albuquerque was founded in **1972** by a group of compassionate women who had been studying the problems of hunger nationwide and in their own Albuquerque community. In their research, they came across an article discussing a new program in the Midwest that served meals to the homebound called “Meals on Wheels.”

This discovery galvanized the women into adopting a similar type of program locally. After considerable time, effort, and fundraising, they succeeded. Albuquerque Meals on Wheels became a reality in January of **1972**. What started with only **20** clients has grown to over **127,000** meals delivered yearly by **400** hard-working volunteers.

TABLE OF CONTENTS

- **2015: A Record-Setting Year, p. 4**
- **Testimonials, p. 5**
- **What’s in the Future, p. 6**
- **Financial Summary, p. 6**
- **Donors/Grantors, p. 7**
- **Our Team, back page**

2015

...another record-setting year!

YOUR CONTINUED SUPPORT, YEAR AFTER YEAR, TRANSFORMS THE LIVES OF SO MANY IN THE COMMUNITY WHO REQUIRE SUSTENANCE FOR THEIR BODIES AND SUSTENANCE FOR THEIR SPIRITS. PLEASE READ HOW YOUR GENEROSITY HAS DIRECTLY IMPROVED THE LIVELIHOOD OF THE PEOPLE WHO DEPEND ON YOUR COMMITMENT:

FOOD AND FRIENDSHIP

We have increased the number of meals prepared and delivered to our seniors and adults in Albuquerque by **4%**, serving a total of **127,103** meals this year. We ended this year by serving a total of **562** people—people who depend on your support.

LOW INCOME FOOD & ENRICHMENT (LIFE)

We have also substantially expanded our Low Income Food and Enrichment (LIFE) program, which provides free or subsidized meals to the poor, disabled, and homebound in Albuquerque. Last year, we prepared and delivered over **5,000** more meals in this program. A total of **175** people will be enrolled this year. Fewer people living in poverty, who are unable to prepare and obtain their own meals, are going hungry.

NEW YEAR, NEW LOGO

Meals on Wheels America came out last year with this new logo and an opportunity for local programs to adopt the same branding at little to no cost. Meals on Wheels of

Albuquerque and its Board of Directors decided to adopt the logo because it will provide greater exposure to our local program and fits nicely with our tagline, “Any Age, Any Reason.” Professionally designed by Duffy and Partners, the logo conveys forward energy, forward motion, and forward hope.

WHO YOU HAVE HELPED FEED

- **127,103** nutritious meals to **562** people who required home-delivered nutrition and friendship, either due to disability or hardship.
- Our **2015** Breakfast Eggstravaganza solicited even more partners from the community last year, raising over **\$26,000** for our organization.
- Gingerbread Enchantment Awards & Auction earned over **\$20,000**, which will directly provide meals in our LIFE program.
- Through the Local Harvest program, **255** pounds of locally-grown vegetables were purchased from La Cosecha CSA, a network of small, organic farms in the South Valley. These vegetables were directly incorporated into our daily meal preparation.

TESTIMONIALS

Please meet Rosie,
a Warm, Nurturing
Crochet Master
with a Surplus
of Projects and
Generosity.



Rosie has lived in Albuquerque all her life.

She has three children and five grandchildren. They are the loves of her life. She began as an elementary school teacher and had to give up her career due to health issues.

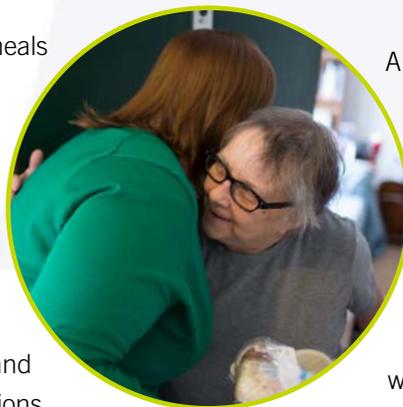
Meals on Wheels of Albuquerque began delivering meals to Rosie after she was no longer able to prepare her own food. She is a client in the Low Income Food and Enrichment (LIFE) program, so all of her meals are completely free. She is incredibly grateful for that as she would be unable to afford the meals on her own.

Rosie is the proud owner of two dogs: a Chihuahua and a German Shepherd. They are her constant companions and protectors. Through the Love on a Leash Pet Program, Rosie also receives free dog food, veterinary care, and grooming for her cherished pets. This program allows her to take care of her beloved dogs, without worrying about cost or nutrition.

In addition to studying the Bible and her various crocheting and knitting projects, she enjoys the daily visits from our volunteer drivers. "I am so grateful for the meals that are brought to me every day and the delivery drivers. They bring great joy to my life," Rosie says.

Rosie, your health and well-being bring great joy to Meals on Wheels of Albuquerque. We are so grateful to our funding partners for helping us sustain the LIFE program.

Please meet Janet, a Dedicated
Daughter and Testimony to
Family and Love.



Janet and her husband moved to Rio Rancho in 1988, after her mother had been living in New Mexico on her own.

She had been taking care of her mom for several years and was looking to supplement the food that she was already preparing for her.

A friend suggested that Janet try Meals on Wheels for her mother. She is incredibly glad she did!

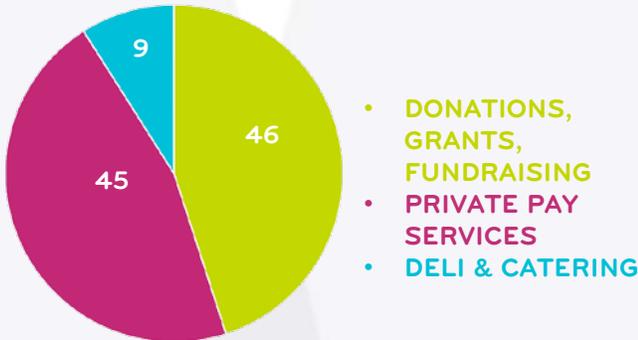
The meals, Janet says, are "good, homemade food and is so welcome in our home. The volunteers are very friendly as well and create a bright spot in my day!" Janet also remarks that the food is medically-tailored to her mother's health condition. This capability is unique to Meals on Wheels of Albuquerque.

Janet and her mother no longer have to worry about meal planning or preparation. As she says, this "load off of her mind" is monumental, especially because it gives her more time to spend with her mother—time that is priceless. Meals on Wheels of Albuquerque understands the difficult and awesome responsibility of being a caretaker, and we are here to help.

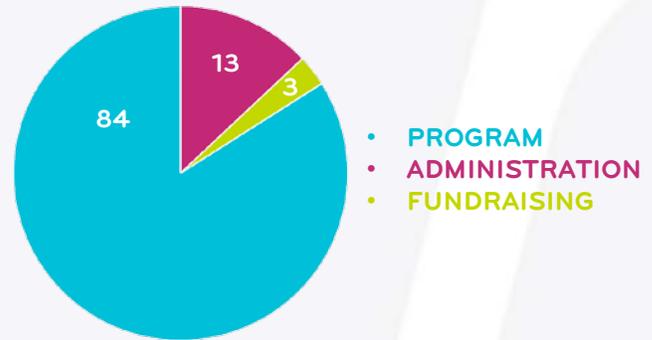
*Actual client not pictured.

2015 FINANCIAL SUMMARY

INCOME BREAKDOWN



EXPENSE BREAKDOWN



OVERHEAD COSTS

Overall, Meals on Wheels of Albuquerque has very low overhead costs. We are able to pour most of our resources into our programs.

For every dollar that we receive, 84 cents go directly to program.

Administrative and Fundraising costs are legitimate expenses that help us to build and maintain our infrastructure, enabling us to feed as many clients as we can.

2016 WHAT'S IN THE FUTURE?

EXPANSION AND STREAMLINING

Internally, the Executive Team and Board of Directors have conducted a long-term financial projection of Meals on Wheels of Albuquerque in order to determine sustainability.

We've determined that our most pressing goals are to a) Continue to increase our fundraising dollars, b) Double the number of people served in the next three to five years, and c) Expand our volunteer base. Our facility and staff can handle the increase, so many of the costs would remain the same while allowing our income to grow. By expanding our volunteer base, we can ensure that routes do not become unmanageable, and that clients continue to receive the personal interaction and friendship they deserve. We have already prioritized fundraising for the agency, hiring a Development Director and training the Board in soliciting major gifts for the organization.

AN 8TH DIET

We now offer an 8th diet. This is called the "Regular Diet," and it has no dietary restrictions. This diet is geared toward clients who do not have a medical reason for a specific meal and want more variety. Our hope is by offering this diet, we will increase our current client retention. All seven other diets will still be offered.

VOLUNTEER HUB

In response to increasing our volunteer base, we have switched to an online system that allows our staff to better manage volunteer schedules, streamline communications, and assist with time tracking.

2015 DONORS/GRANTORS

THANK YOU FOR IMPROVING THE HEALTH AND WELL-BEING OF THOSE LIVING IN HUNGER AND ISOLATION. THE COMPASSION OF SO MANY INDIVIDUALS, ORGANIZATIONS, CHURCHES, CORPORATIONS, AND FOUNDATIONS HAS ENABLED US TO PROVIDE IMMEASURABLE HOPE TO THOSE WHO MAY HAVE GIVEN UP ON LIFE.. WE THANK OUR PARTNERS FOR HELPING THE COMMUNITY'S MOST VULNERABLE LIVE A LIFE OF DIGNITY AND RESPECT—A LIFE THEY DESERVE.

ANNUAL FUND

\$50,000+

The Estate of Larry Chavez
United Way of Central New Mexico
Walmart Foundation

\$25,000-\$49,999

Warren Akerson
Albuquerque Community Foundation
Carl C. Anderson, Sr. and Marie Jo Anderson Charitable Foundation

\$10,000 - \$24,999

Albuquerque Lodge No. 60
Asbury United Methodist Church
Sandia Foundation Hugh and Helen Woodward Fund

\$5,000 - \$9,999

Blue Cross and Blue Shield of New Mexico
General Mills Foundation
Frost Mortgage
Meals on Wheels America
Sandia National Laboratories
Linda and William Scott
U.S. Bank Foundation
Wells Fargo Foundation

\$2,500 - \$4,999

Banfield Charitable Trust
Bank of America
George and Lucy Barabe
Century Bank
Del Norte Rotary Foundation
Don Chalmers Ford

First Presbyterian Church
Ken and Barbara Hand
St. Chad's Episcopal Church
Smith's Food & Drug Stores
Eugene and Carol Venturini

\$1,000 - \$2,499

Albuquerque Involved
American Hospital Association
Anesthesia Associates of NM, P.C.
Dale Atkinson and Samantha Lapin
Nancy Berg
Diana Blanton
Reynold Bunzel
Victor Burnworth, Jr.
C.R. and Barbara Caldwell Chili's
Community Health Charities of the West
County Line BBQ
Christopher Crater
Dion's
Faith Lutheran Church
Richard and Virginia Feddersen
Home Instead Senior Care
Paul and Beth Hommert
I.B. Hoover, Jr.
Kenneth Kinlaw
Nancy LaForest
Richard and Ann Leonard
Louise Arnold Maddux
Environmental Foundation
Thom and Linda Lyle
Mel and Pearline Mackaron
Bernadette Martinez
Louise Mulcock
MVD Express
Frances Neil
New Covenant Church of Albuquerque

PNM Resources, Inc.
Presbyterian Health Plan
Presbyterian Healthcare Services
Sharon Redden
Rio Rancho Observer
RMCI, Inc.
David and Marilyn Ryerson
Sandia Presbyterian Church
Elizabeth Skerry
Sprouts Farmers Market
State Wide Printing
Deborah and Stephen Tope

\$500 - \$999

AARK Enterprises, LLC
Donald Amos
Bridgers and Paxton
Consulting Engineers
Broken Arrow
Communications, Inc.
Beth Brown
Community Health Charities of N.M.
Ruth Gannaway
Betty Jane Gallagher
Larry and Pearlene Garcia
Gail Goodwin
Martha Grey
Renee and Scott Hoover
Susan Howarth
Steven Huddleson
Gary Jacobs
Mr. and Mrs. Lee Maisel
Alex Martin and Annam Manthiram
John Mateczun
Dean Mattison
Marcus Mims
David and Ellen Byrl Moore
Dianna Muller
National Electric Supply
Jim and Ellen King
Henry Nemicik
New Mexico Mutual

Janice and Sanford Oelberg
Sue O'Niell
Paul Allen Homes
Mr. and Mrs. Richard Prairie
Preventive Pest Control LLC
Sandia Laboratories Federal Credit Union
Seattle Fish Company of NM
Signplex, LLC
John and Carol Simmons
Patricia Sloan
Mary Smith
Southwest Reinsure, Inc.
Subaru of America, Inc.
Philip and Dolores Torchio
John Trotter
Catherine Weidle
Theresa Wheeler, DVM PC

CORNERSTONE CLUB

These donors provide recurring donations to Meals on Wheels and deserve to be recognized for their "cornerstone" giving.

- Roland and Samantha Blauwkamp
- Christopher Crater
- David Daniell
- Patricia Sloan
- Sherry Ward
- John and Holly Woelber
- Luis Zamarron, Jr.



ANNUAL REPORT
CREATED BY
ABQ WEB HOSTING



Thank you to Presbyterian Health Services, who generously provides office, kitchen, and meal delivery locations.

OUR TEAM

EXECUTIVE TEAM

Shauna Frost – Executive Director

Robin Falconer – Food Services Director

Tanja Jenkins – Program Director

Annam Manthiram – Development Director

Jessica Woodruff – Accounting/HR Manager

BOARD OF DIRECTORS

LEADERSHIP:

Elizabeth Skerry, Senior Accountant (Skorpios Technologies, Inc.): President

Amanda Champine, Realtor (The M Group): Vice-President

S. Scott Davis, Attorney-at-Law (S. Scott Davis Law Firm): Secretary

Nancy LaForest, Finance Director (Dion's): Treasurer

DIRECTORS:

Marcus Mims, Partner (CliftonLarsonAllen)

Paul Miskimin

Cecillia Rivas, Controller (United Way of Central New Mexico)

Erica Roesch

Linda Weber Scott

Nathan Koontz, Senior Vice President (Sandia Labs Federal Credit Union): Ex-Officio

Michael Cunnington, Sr. Vice President (First Citizens Bank): Ex-Officio

THANK YOU

TO OUR OVER 400 DEDICATED VOLUNTEERS
WHO HELP MAKE OUR WORK POSSIBLE.