



2018 Annual Report



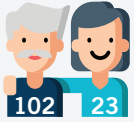
**Nourishing bodies and spirits with
balanced meals and friendship**

You helped deliver a record number of meals to people in need.

2018 Highlights



1,254 clients served



102 | 23
Oldest | Youngest



17% under the age of 65



28% a veteran or a veteran's spouse



61% female
39% male



145,000 meals delivered



557 meals served every weekday

Meet Edward

Thanks to you, Edward has been eating hot, daily meals for two full years.

Never a big cook himself, Edward says that he enjoys his meals and appreciates seeing his Meals on Wheels drivers each weekday.

Your support of Meals on Wheels is especially important to Edward as he is a single gentleman with no immediate family in Albuquerque. Your generosity ensures Edward gets the food and companionship he needs every day.



The difference you make

90%

"My quality of life has improved."

88%

"I have more independence."

90%

"I can continue to live at home."

Meet Elizabeth

Elizabeth is another lifelong Albuquerque resident whose life you have changed for the better.

Living alone in a home with a small kitchen that makes cooking difficult, Elizabeth says Meals on Wheels is a great relief and has saved her from many painful burns on her stove.

She's been enjoying hot meals from Meals on Wheels for so long, she says she doesn't even remember when she started.

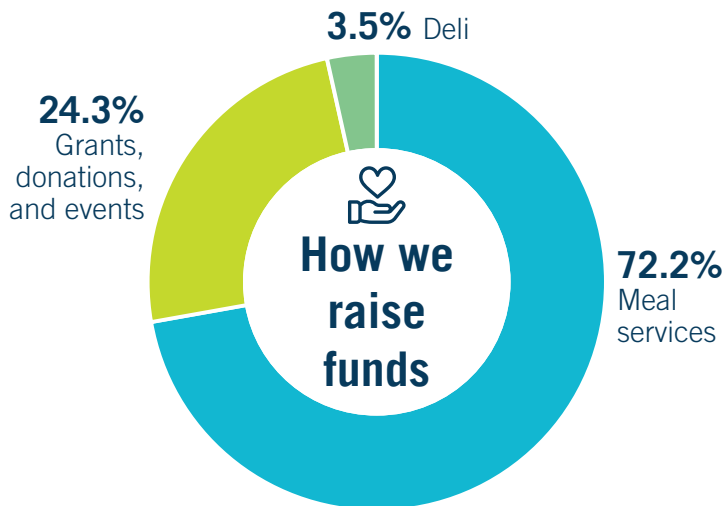
Elizabeth receives her meals daily and says the volunteers who come to her apartment are always friendly and courteous.


Thank you for all you do for Elizabeth!


Please consider a generous donation to help your hungry neighbors in need!


Visit mow-nm.org/annualreport


You keep our wheels turning



 **552** volunteers

 **16,200** hours donated

 **131,543** miles driven
(that's 5.3 times around the Earth!)

 **2** new routes opened
(36 routes total)

Meet Mike

Meals on Wheels volunteer Mike wants you to know what a tremendous difference you are making in the lives of our Albuquerque neighbors.

Having previously worked for seven years as a Meals on Wheels employee, Mike has been volunteering in the kitchen since January 2018. He says he is especially impressed with the care and accuracy that goes into the medically-tailored meals.

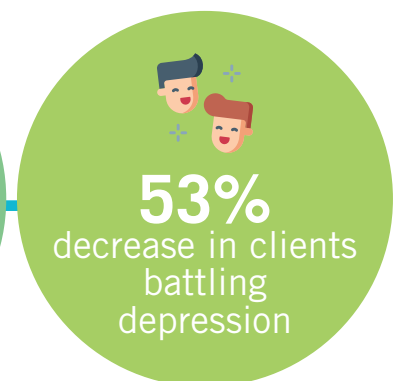
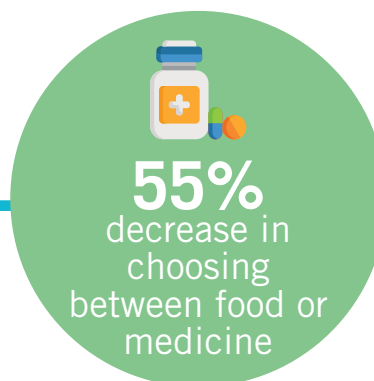
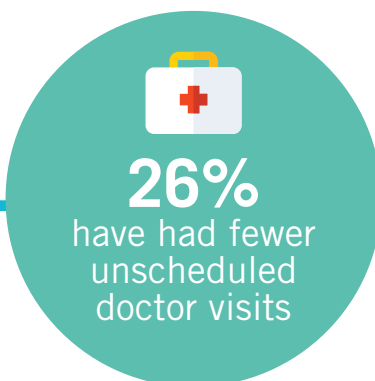
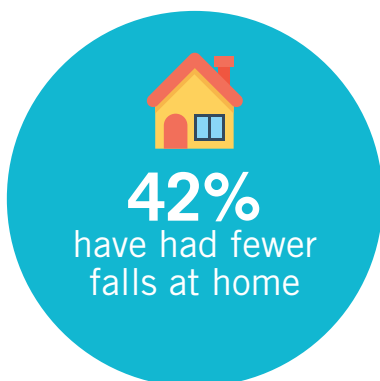


Thanks to your support, a registered dietitian plans meals for specific medical needs including diabetes, renal failure, heart issues, chewing and swallowing problems, and more.

Mike says he can't emphasize enough how grateful and appreciative clients are for the nourishment and care they receive as a result of your generosity.

You deliver so much more than a meal

A recent survey reveals the positive ways clients' lives have changed since they joined Meals on Wheels:



Our furry friends thank you, too

Eighty percent of our clients have no regular visitors. For these people, a beloved pet offers much-needed companionship. Our Long Leash on Life program provides food and services to help our clients keep their pets by their sides.



Thank you to Long Leash on Life for their generous support of our Pet Program!



A thank you, from our clients to you!

"I want to thank everyone for the food and service. God bless you all!"

"We love the services. You make our lives so much easier."

"I love that the volunteers take time to visit with me for a bit."

Thank you to our 2018 supporters! mow-nm.org/donors2018/



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Special Thanks to Presbyterian Health Services, our generous provider of office, kitchen and meal delivery facilities.



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