

MEALS ON WHEELS OF RI NEWSLETTER



DEAR FRIENDS & SUPPORTERS OF MEALS ON WHEELS OF RHODE ISLAND,

Dear friends,

When the world around us seems to be changing day by day, it isn't always easy to see a brighter future—or to remember there are dedicated, compassionate people giving of themselves to better the lives of those who need us most.

We're beyond thankful to be reminded of these people every day.

For more than 49 years, folks like you have helped us carry out our mission of providing frail seniors and other vulnerable homebound Rhode Islanders with the daily-delivered meals and well-being visits that allow them to live safely in their own homes.

You help these seniors by trusting us to create a better way of living for our neighbors who want to live independently and can when we are able to provide them our support.

We're committed to uniting our Rhode Island communities in caring for their neighbors. In the last year, we've placed an increased emphasis on keeping our friends better informed about the vital work we're doing. We've greatly enjoyed interacting with you through our social media channels and we sincerely appreciate your partnership in spreading with the word about Meals on Wheels of RI.

We also asked you, our generous friends, to help us better serve a growing senior population who needs us by renewing or increasing your gifts to Meals on Wheels of RI this year. We are extremely grateful that so many of you answered our call.

Because of your generosity, we had a record-setting 2018 March for Meals campaign, the first RI Gives Day—in which we joined nearly 90 other Rhode Island nonprofits in promoting a statewide day of giving—was a wonderful success, and we've heard from many former donors wanting to rejoin our efforts. In 2017, we delivered more than 341,000 meals to 2,535 frail seniors and other homebound Rhode Islanders.

There is still much work to be done and there are hundreds more seniors we could be serving. With your continued trust and kindness, we'll continue to advocate for our seniors, to raise public awareness of the critical need for our programs and to care for those Rhode Islanders who, with your help, can remain healthily independent.

With gratitude,

Heather Amaral, Executive Director

2017

MEALS	
HOME DELIVERED 340,701	CAPITAL CITY CAFE 26,683
EMERGENCY MEALS 7,000	RESTAURANT PROGRAM 1,002

In addition to the meals delivered, our 700+ volunteers provided a daily safety check to their 2,535 clients.

Hot, nutritious meals served in community setting to mobile seniors. Includes lunch and evening meal options.

Centreville Bank again donated \$25,000 to fund delivery of emergency meals boxes containing five complete meals. Clients eat these meals on the days we are unable to deliver due to weather.

Upon obtaining a voucher, seniors aged 60 or older can visit one of 14 participating restaurants and select a healthy meal option from a special menu.



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MOWRI WELCOMES NEW DIRECTOR OF DEVELOPMENT

In February 2018, we welcomed Karen L. Weavill, CFRE as our new director of development. With more than 25 years of nonprofit philanthropic experience, Karen is honored to be a "part of improving the health and quality of life for under served Rhode Islanders."



IN MEMORY OF MARY "TING" CORCORAN



For more than 40 years, Mary "Ting" Corcoran brightened the lives of homebound Newport seniors by giving them the gift of her friendship along with the daily lunchtime meals she delivered as a Meals on Wheels of RI volunteer.

Throughout the years—many of them with her daughter Jane by her side—Mary made an important impact on the lives of our seniors. Just by chatting for a few minutes while dropping off their meal, Mary gave them comfort, letting them know someone cared about them and wanted to help.

We were terribly saddened to learn of her passing on Feb. 23 at the age of 87.

It was not only her service to our seniors that made Mary an extraordinary woman. A lifelong Newport resident, Mary was well known for her kindness, love for her children and grandchildren and devotion to her community.

She founded the Friends of the Lily Pond Society—and invited the public to use her home to access the pond for skating, boating and fishing—and ran Saint Augustin's Soup Kitchen for 35 years.

Predeceased by her daughter Anne, Mary is survived by her husband of 63 years, William, her six children and their spouses, 13 grandchildren and her English bulldog, Binney.

In a testament to how very much Mary was loved, Meals on Wheels of RI received dozens of donations made in her memory. We will forever be grateful for Mary's love for our seniors and to the Corcoran family for honoring her legacy in this way.

It is a privilege to have family members choose to honor their departed loved ones by asking that memorial donations be made to Meals on Wheels of RI. For a full list of those who were honored this way last year, please visit www.rimeals.org.



\$7 = cost of one daily delivered meal for one senior.



100% = amount of your donation that goes toward helping Rhode Islanders.



1,200 = average number of Rhode Islanders we serve each day.



79 = number of routes we deliver meals on each day.

RI SENIORS FACE DECLINE IN FAMILY CAREGIVERS

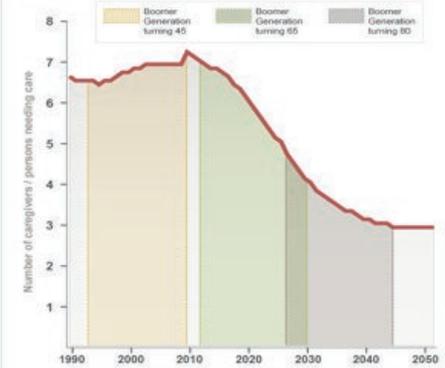
The numbers are startling. According to the AARP Public Policy Institute, seniors across the country will face a steep decline in available family caregivers by the year 2030. That loss will be especially sharp in Rhode Island, where in just 12 years there will be only 3.9 family members to help them with their care when there were 5.7 in 2010. When we look at these facts, along with the projection that Rhode Island will add 100,000 seniors to our population by 2030, we know the need for long-term home-based health and social services—including daily delivered meals and safety checks provided by Meals on Wheels of RI—will increase. Without such supports, it is likely more seniors will face costly nursing home residency and care—something we are working hard to prevent.

*“...we know the need for long-term home-based health and social services—including daily delivered meals and safety checks provided by **Meals on Wheels of RI**—will increase.”*

You Take Care of Mom, But Who Will Take Care of You?

Family caregivers provide the majority of long-term services and supports (LTSS). But the supply of family caregivers is unlikely to keep pace with future demand. The Caregiver Support Ratio is defined as the number of potential family caregivers (mostly adult children) aged 45-64 for each person aged 80 and older—those most likely to need LTSS. The caregiver support ratio is used to estimate the availability of family caregivers during the next few decades.

Caregiver Support Ratio



In 2010, the caregiver support ratio was more than 7 potential caregivers for every person in the high-risk years of 80-plus.

In 2030, the ratio is projected to decline sharply to 4 to 1; and it is expected to further fall to less than 3 to 1 in 2050.

POLICY ACTION: Rising demand and shrinking families to provide LTSS call for new solutions to the financing and delivery of LTSS and family support.

Source: D. Redfoot, L. Feinberg, and A. House, The Aging of the Baby Boom and the Growing Care Gap: A Look at Future Declines in the Availability of Family Caregivers (Washington, D.C.: AARP Public Policy Institute, August 2013); www.aarp.org/research

As my mother aged, I admired the determination she had to live out her later years in her own home. It's a desire many seniors have, but one that not all can realize.

However, many of our frail, elderly neighbors are able to remain in their homes when they have access to support services such as Meals on Wheels of RI's Home-Delivered Meal Program.

I joined the board of directors of Meals on Wheels of RI seven years ago to help the organization carry out its mission of providing these seniors the assistance they need to stay living independently.

Today, I want to thank you—all our friends and supporters—for allowing me to be a part of helping those seniors stay healthy, and age with dignity and independence. All of us at Meals on Wheels of RI—our board members, our office team, our volunteers—are deeply committed to bettering the health and lives of our homebound clients.

But, it is your generosity that allows us to carry out our very important mission. Without you, we wouldn't be able to deliver the lunchtime meals that our clients count on to stay healthy or the daily safety checks that in many cases have saved lives.

Every dollar you trust us with goes toward providing for an in-need, homebound Rhode Islander, and we are forever thankful to be considered in your charitable giving.

As I again thank you for your confidence in our work, I hope you will consider enabling us to help even more of our vulnerable senior neighbors. Together, we will continue to ensure that the Rhode Islanders who need us are well-nourished and safe.



Warmest regards,

Skip Burns

Skip Burns

Meals on Wheels of RI Chairman of the Board

THE GOOD NEWS

- ✔ Seniors receiving daily-delivered meals are more likely to report: Improvements in mental and physical health
- ✔ Reductions in feelings of isolation and anxiety about being able to remain at home
- ✔ Lower rates of hospitalization and falls

2018 MARCH FOR MEALS RAISES RECORD \$65K

Thanks to the generosity of more than 400 individual, business and corporate donors, the 2018 March for Meals annual fundraising and public awareness campaign was a record-setting success.

Because of you, we raised more than \$65,000 for our fight to end senior hunger. This total includes sponsorships from Webster Bank, Blue Cross & Blue Shield of Rhode Island, CVS Health, Mott & Chace Sotheby's International Realty, Howes Lubricator, Starkweather & Shepley Insurance Brokerage, Inc., KLR Certified Public Accounts, Mutual of America and Amica Companies Foundation.

More than \$5,500 of the campaign total came from its companion "Buy a Wheel" in-store fundraiser, which proudly welcomed Brigido's Fresh Market as a new campaign partner this year and Jerry's Supermarket as a return partner.

We wholeheartedly thank all those who made a donation during March for Meals in support of our vital work.



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TO FIGHT SENIOR HUNGER

Contact the Development Office

401-351-6700 ext. 120

Donate Online at www.rimeals.org
or mail using the envelope provided.

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