



## **Meals on Wheels of Rhode Island, Inc.**

Celebrating its 50<sup>th</sup> anniversary in 2019, Meals on Wheels of Rhode Island, Inc. offers the only nonprofit home-delivery meal program in the state. Since 1969, we have served the unique needs of homebound seniors, focusing on the nutritional well-being, independence, dignity and safety of this at-risk population.

Meals on Wheels of RI is not an affiliate of any national organization. Every dollar donated provides vital meals and services for Rhode Islanders.

### **Home-Delivered Meal Program**

Our longest-running and most-recognized program provides daily nutritious meals, safety checks and socialization for seniors and other homebound adults across Rhode Island. In **2018 we served more than 301,000 meals and safety checks to 2,446 Rhode Islanders. More than 700 volunteers** deliver these meals through **79 routes** each weekday.

There is no financial eligibility requirement or client cost for this program. A \$3.00 donation per meal is suggested.

### **Emergency Meal Program**

In partnership with Centreville Bank, we provide every homebound client with five shelf-stable meals, delivered in the fall, ensuring homebound seniors will not go hungry in case inclement weather prevents daily meal delivery.

### **Capital City Café Program**

Eight community sites throughout the Providence area provide a social dining experience for the more mobile senior. These include an LGBT-friendly site and an ethnic site.

### **Restaurant Program**

Available to Rhode Islanders age 60 or older with a voucher—suggested donation is \$5.00—this program offers seniors the opportunity to dine out at participating restaurants across the state.



## Need and Impact

Meals on Wheels of RI relies on funding from individual, corporate and foundation supporters. March for Meals is our only major annual fundraiser.

- In 2018, Meals on Wheels of RI **provided more than 301,000 meals and safety checks to 2,446 seniors and other homebound Rhode Islanders** across the state.
- Meals on Wheels of RI programs directly address the issues that can prevent vulnerable seniors and other homebound adults from remaining independent and healthy in their own homes.
- Homebound residents who receive daily delivered meals are more likely to report improved mental and physical health, including lower rates of hospitalization and falls, and reduced feelings of isolation and loneliness. (Administration on Aging)
- Meals on Wheels of RI's home-delivered program is much more cost effective than assisted-living care. The average monthly cost of one senior staying in a nursing home in Rhode Island is \$8,820 while the monthly cost per-person of home-delivered meals is \$160. (Genworth 2018 Cost of Care Survey)
- We regularly have hundreds of seniors on our waitlist, and the need for Meals on Wheels of RI services could drastically increase as our senior population grows.
- Rhode Island has one of the highest concentrations of seniors in the United States and we are projected to add 100,000 seniors to our population by 2030. (U.S. Census Bureau)
- Rhode Island has the highest concentration of adults age 85 and older in the country. (Rhode Island Healthy Aging Data Report)
- 14 percent of RI seniors are threatened by hunger (Meals on Wheels America) and 5.7 percent are classified as "very low food secure" – the highest percentage in the U.S. (Feeding America & National Foundation to End Senior Hunger)
- Food-insecure seniors are 60 percent more likely to have congestive heart failure, 50 percent more likely to have diabetes and 30 percent more likely to have at least one condition that impairs daily living activities. (2017 Hunger in Older Adults report)