

# MISSION IMPACT REPORT

## 2022

Planning for our next 20 million meals



# 2022 was a milestone year

*for Meals on Wheels of Rhode Island—and everything we were able to accomplish and celebrate is only possible because of the partnerships you provide.*

The fall release of our 2025 strategic plan, “Planning for our next 20 million meals,” was the culmination of a year-long planning process that included engagement of community stakeholders who helped us identify strategies that will guide us to sustaining our core programming and growing our statewide impact over the next three years.

Our strategic plan’s name is linked to the celebration of our Home-Delivered Meal Program’s 2022 milestone—delivery of our 20-millionth meal. We were honored to join R.I. Governor Daniel J. McKee to spend some time with Mrs. Bernadette Cawley, then 92. She became a program client when her husband passed and it was no longer safe for her to prepare her own meals.

Each weekday, we are serving approximately 1,300 home-delivered meals statewide. This is a 13-percent increase over our pre-pandemic daily service level. While we continue to provide program clients with increased access to adequate nutrition, safety assurances and socialization, we are beginning to offer them even more through a variety of meal menu options addressing their individual needs and preferences.

Last year, we introduced our Culturally Responsive Meal Program, now offering a Latin-inspired and Asian-inspired menu in addition to our traditional meal menu, as well as a new Medically Tailored Meal Menu for clients who need a cardiac-friendly diet.

We also began exciting and innovative pilot programs in line with our strategic plan, and you

can read more about them in this annual impact report.

Your continued investment in our work—the trust you place in us to help our state’s homebound older adults maintain safe and independent living—is what makes all of this possible. Our hope is to have your renewed trust this year—and for many more years—so that we may continue to meet the needs of those we serve now and for generations to come.

With gratitude,



Meghan Grady, Executive Director



Corey McCarty, Board Chair



## OUR VISION

A Rhode Island where those we serve live well-nourished lives with independence and dignity.

## OUR MISSION

Our mission is to meet the nutritional and social needs of those we serve so that they can maintain safe and independent lifestyles.

## OUR VALUES

**Compassion, Accountability, Respect, Excellence, Steadfastness**

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# History

Gerontologist Joseph Brown (1924-2014) established Meals on Wheels of RI on Feb. 6, 1969 to provide homebound older adults with home-delivered meals to improve their access to healthy foods and with a friendly visit to ease their loneliness.

That year, the Home-Delivered Meal Program served 17 Providence seniors on one delivery route before growing to a statewide service after the 1972 amendment to the Older Americans Act that established a national nutrition program for seniors.

In 2022, the program served 3,084 homebound Rhode Islanders statewide over 79 daily delivery

routes and celebrated delivery of our 20-millionth home-delivered meal.

We now offer culturally responsive meals, Kosher meals, medically-tailored meals, as well as safety-assuring wellness checks and social visits to clients with each meal delivery.

Our Capital City Café Program, Pet Food Program, Senior Restaurant Program, and Senior Wish Program, are also integral parts of our "More Than A Meal" service model that helps thousands of at-risk Rhode Islanders to maintain safe and independent living each year.

## 2022 at a Glance



3,084

Homebound  
Clients Served



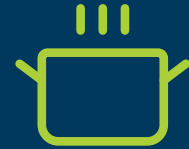
357,594

Meals Delivered



260

Serving Days



Culturally Responsive  
Meal Program



Cardiac Meal Menu



20-MILLIONTH MEAL DELIVERED

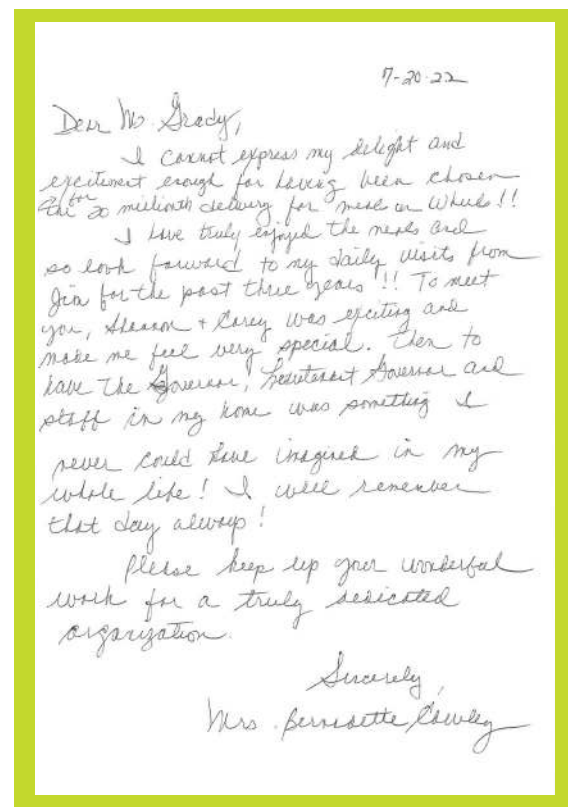
## 20-Millionth Meal

On July 15, 2022, Meals on Wheels of RI celebrated delivery of its 20-millionth home-delivered meal alongside R.I. Gov. Daniel J. McKee and R.I. Lt. Gov. Sabina Matos to Central Falls resident Bernadette Cawley—and several of her family members and closest friends who had been summoned to the occasion.

"I hope I never forget this day," Mrs. Cawley said. "This is the best thing that has ever happened to me. I'll never

see anything like this again in my life."

In 1969, its founding year, Meals on Wheels of RI served just 17 Providence seniors before growing into a statewide service that just 10 years later had served one million home-delivered meals. The Home-Delivered Meal Program now serves an average of 1,300 meals per day and in 2022 served more than 357,000 meals across the state. We predict the 21st-million meal will be served in 2025.





# Health, Connection, Well-being

*Meals on Wheels of RI's "More Than A Meal" service model provides a unique approach to helping our clients maintain safe and independent living. By simultaneously addressing their nutritional, safety, and social needs, our programming reduces the risks for food insecurity and social isolation amongst homebound older adults and other at-risk clients statewide.*

## Home-Delivered Meal Program

providing daily delivered meals, well-being checks, and social visits to more than 3,000 homebound Rhode Islanders each year

## Capital City Café Program

providing older adults a lunchtime meal amongst their peers at dining sites, accompanied by nutritional workshops



## Senior Wish Program

providing clients with gift packages of winter weather necessities, everyday essentials, and comfort items during the holiday season



## Pet Food Program

helping Home-Delivered Meal Program clients care for their dog and cat companions

## Senior Restaurant Program

offering an affordable and healthy dining experience at participating area restaurants

## Emergency Meal Program

providing Home-Delivered Meal Program clients with a supply of shelf-stable foods for unanticipated program delivery disruptions

## Culturally Responsive Meal Program

offering Home-Delivered Meal Program clients the choice of a Latin-inspired, Asian-inspired or Kosher meal menu to better connect with their cultural preferences

## Medically Tailored Meal Program

offering Cardiac, Diabetic, Renal, chopped, ground or pureéd meals.

*\* Prior authorization is required.*

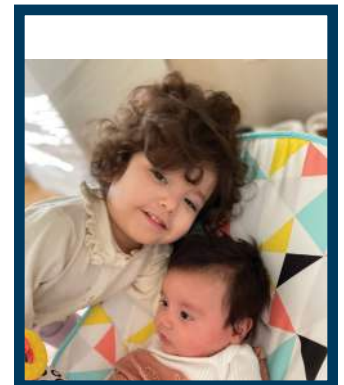


## Addressing Food Insecurity in Pregnancy Pilot

With funding from the Point32 Health Foundation, Meals on Wheels of RI partnered with Women & Infants Hospital to serve pregnant and postpartum women and their families through a meal delivery program under our "More Than a Meal" service model.

To date, over 38 women and their families have received more than 4,700 meals. Program participants were able to receive culturally responsive meals and information for SNAP and WIC programs.

"The food was very nutritious and really helped my family."- Providence participant, aged 26



## Meals on Wheels of RI & NHPRI Shelf-Stable Food Bag Pilot



Neighborhood Health Plan of Rhode Island provided funding for a pilot project designed to positively impact members' health and well-being through monthly delivery of shelf-stable food bags to meet nutritional gaps they may be experiencing in their diets due to lack of resources to healthy foods.

In 2022, we delivered more than 300 bags of shelf-stable foods based on food group categories outlined by the U.S. Department of Agriculture. Bags also included nutrition education and information about NHPRI's member services. NHPRI team members assisted with bag packing as a volunteer opportunity.

# Those We Serve

mucha gracias  
por el servicio  
muy agradecida  
que la gracias de  
Dios sea contigo  
sita no conoces a Dio  
buscale que el te amara  
y yo tambien te  
amiga y tu hermana  
en Cristo Jesus  
Leonora Peña

in St. Louis  
Thank you so very much  
- meals - they are delicious,  
so good to have fish each week.  
- meals are not only delicious but  
Thanks again,  
Jane

Vincenza Valletta  
Your kindness was  
much appreciated

Happy New Year to the  
entire staff.  
Thank you for all you  
do - even under  
challenging circumstances  
Charlie Schick

FROM ROSA BORDEN TO BRIAN  
Happy New Year  
Thanks for your help.  
May God's Love and  
Blessings be with you  
and family always.  
Be Safe, Rosa - Prov.



3/1/22  
To whom it may concern;  
What a lovely surprise  
I got yesterday. If my 2/28/22  
when I emptied my box of 5  
meals and all were different!  
(not 3 of the same meal out  
of 5). I enjoyed a wonderful  
meal today: apple sauce and deep  
meat (I assume chicken) with  
a very tasty cheddar of French  
sauce and my favorite (sweet  
potatoes) and a vegetable mix  
(not thick, watery, unidentifiable)  
(broccoli stalks). Thank you.  
I have enclosed a check for  
the 5 meals I received May 28  
So I'll call it the "first week of  
March".  
M. Townsend

## OUR CLIENTS

**60%**  
live alone

**77%**  
are not  
married

**32%**  
are widowed

**16%**  
are a Veteran

**6%**  
are the  
spouse of a  
Veteran

**47%**  
are AT LEAST  
80 years old

# Community Impact

Each weekday, our Home-Delivered Meal Program delivers approximately 1,300 meals to the doors of at-risk older adults and other homebound Rhode Islanders statewide, from Woonsocket to Westerly\*. We are serving members of your community who need additional access to adequate nutrition, safety assurances, and socialization to maintain safe and independent living.

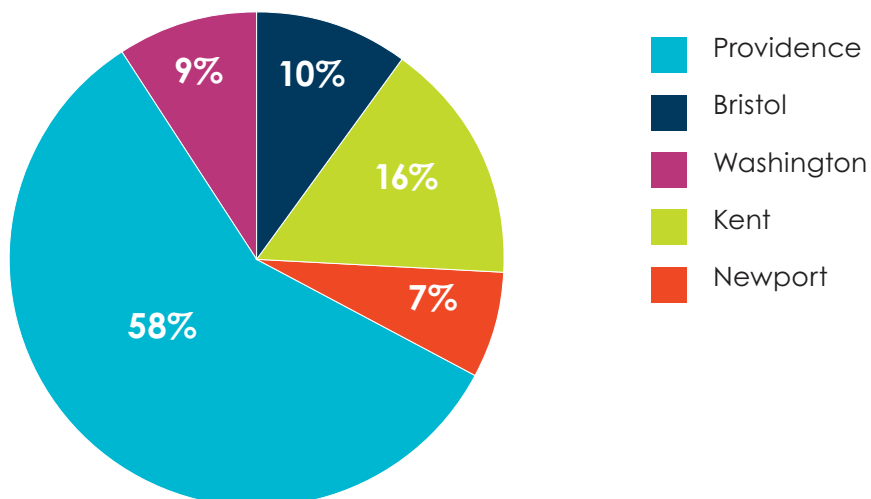
CITY/TOWN	CLIENTS	MEALS
Barrington	32	4,024
Bristol	56	5,332
Burrillville	40	4,086
Central Falls	45	5,100
Charlestown	29	2,966
Coventry	109	13,069
Cranston	225	28,212
Cumberland	88	9,634
East Greenwich	32	3,459
East Providence	180	17,629
Exeter	9	880
Foster	13	1,902
Glocester	35	3,697
Hopkinton	30	2,084
Jamestown	14	1,794
Johnston	98	13,131
Lincoln	72	6,518
Little Compton	4	516
Middletown	53	4,622

CITY/TOWN	CLIENTS	MEALS
Narragansett	39	5,113
Newport	76	9,424
North Kingstown	63	6,521
North Providence	109	13,744
North Smithfield	41	4,836
Pawtucket	242	28,061
Portsmouth	50	6,270
Providence	452	55,837
Richmond	14	1,352
Scituate	17	1,236
Smithfield	48	4,110
South Kingstown	73	7,735
Tiverton	73	8,324
Warren	29	3,482
Warwick	260	34,154
West Greenwich	4	503
West Warwick	122	12,503
Westerly	67	8,406
Woonsocket	141	17,328

3,084

357,594

## By county, our clients live in:



\*Meals on Wheels of RI does not deliver to New Shoreham





**500+**  
Volunteers



**19,000+**  
Hours  
Volunteered



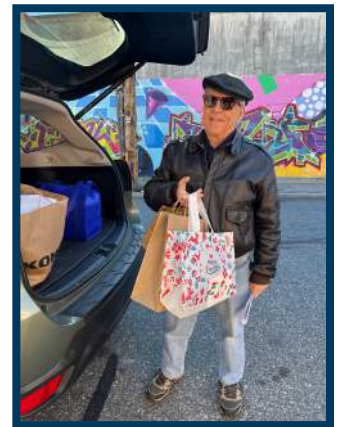
**120,000+**  
Volunteer  
Miles Driven



**70**  
Daily Delivery  
Routes

# Our Volunteers

In addition to volunteering as drivers for our Home-Delivered Meal Program, partners across the state support Meals on Wheels of RI by volunteering at our Capital City Café Program dining sites, holding donation drives for our Pet Food & Senior Wish programs, and taking part in team-building afternoons to make birthday and other greeting cards for our program clients.



## Why I Volunteer

### **Patricia Coussa, Newport volunteer for 12 years**

Years ago, Patricia's aunt was diagnosed with breast cancer. As an elderly woman, she couldn't drive herself to appointments, and Patricia lived too far to be able to contribute daily assistance. A company nearby, with a goal of supporting seniors, helped by bringing her to chemotherapy when it was needed. "I was too far away to help with my aunt, but the aid of this company was my impetus to look for something so I could help others the way they helped me," Patricia said. "[Volunteering is] a couple hours out of my week in exchange for something truly rewarding. I feel that seniors are often overlooked, so the contact and support we give them is important to me."

### **Neel Lanou, East Providence volunteer for 32 years**

When Neel's next-door neighbor reached out in need of someone to volunteer with her, Neel had no idea that this volunteer project would span across 32 years of her life. "I started so long ago; I can hardly remember what year it was!" For Neel, it became a part of her routine, whether she could manage many hours or just be around to lend a hand as a substitute. Neel particularly remembers a visually impaired client whose sons depended on Meals on Wheels of RI to help care for their mom. To be given the opportunity to help the entire family, she said, "was simply amazing."



Volunteer stories collected by Olivia Wodogaza,  
Gettysburg College student and MOWRI summer 2022 intern



# Festival of Meals

## November 19, 2022, Roger Williams Park Casino

**Thank you to all who donated to the event**



Andino's Italian Restaurant	Mystic Aquarium
Bayberry Garden	Newport Playhouse
Brick Alley Pub	Ocean House
Cabana Newport	Outback Steakhouse
Coast Guard House	Playtime RI
DeQuattro Restaurant Group	Providence Children's Museum
Flatbread Company	Providence Pilates
Gas Lamp Grille	Providence Performing Arts Center
George's of Galilee	Rhode Island Philharmonic Orchestra
Hook & Reel Cajun Seafood & Bar	Rhode Island Spirits
Huck's Filling Station	R1 Indoor Karting Entertainment Center
L'Osteria Ristorante	RISD Museum
Matunuck Oyster Bar	Tavolo Wine Bar & Tuscan Grille
Newport Restaurant Group	The Oar-1661 Inn
Persimmon	Whalers Brewing Company
Rasa	Garro Emdjian
Red Stripe	Mark Truman
Sonoma Bistro & Wine Bar	Patrick Darcey
Sophia's Tuscan Grille	Ted Fischer
The Martucci Group	AAA Northeast
Uncle Tony's Pizza & Pasta	Adler, Pollock & Sheehan, P.C.
Adventureland	East Commerce Solutions
Ageless Innovation	Lauren Amaral
ALoft Providence	Mount Pleasant Hardware
An Unlikely Story	Greg Smolan
CycleBar Smithfield	Comedy Connection
Experience Rhode Island	Celestial Café
GAMM Theatre	Atwells Group
Interstate Navigation Co.	Pizzico
Kendra Scott Jewelry	Providence Oyster Bar
Massage Envy	





**\$119K+  
RAISED**

**THANK YOU TO OUR SPONSORS**



**BROWN MEDICINE**  
BROWN PHYSICIANS, INC.



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Blue Shield**  
of Rhode Island

**SCOTT**  
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# march formeals

#MoreThanAMeal



BUY A WHEEL SPONSORS



## THANK YOU TO OUR SPONSORS



**Webster Bank**



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**MASSEY**  
Retirement Wealth Advisors



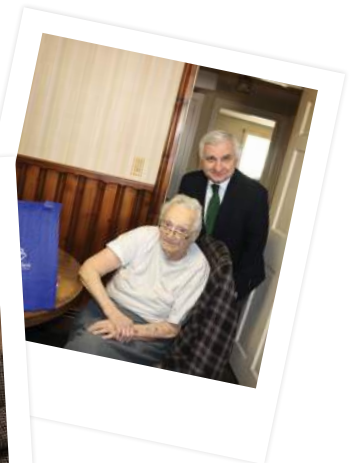
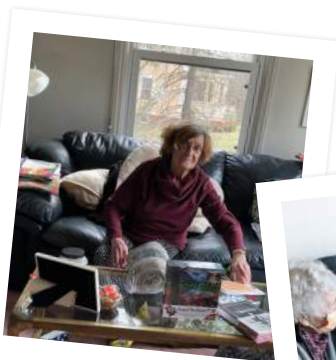
Retirement Services Group



Since 1911, 100% of proceeds



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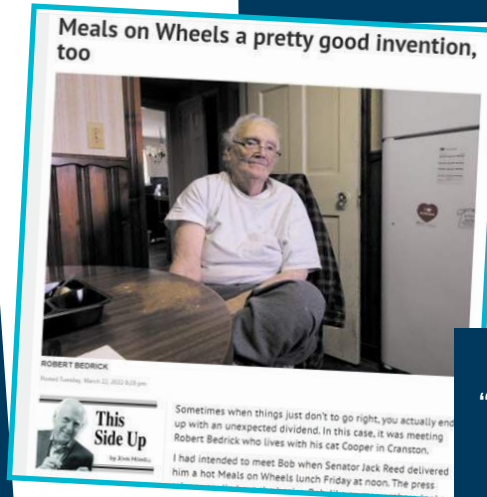




# 2022 In the News



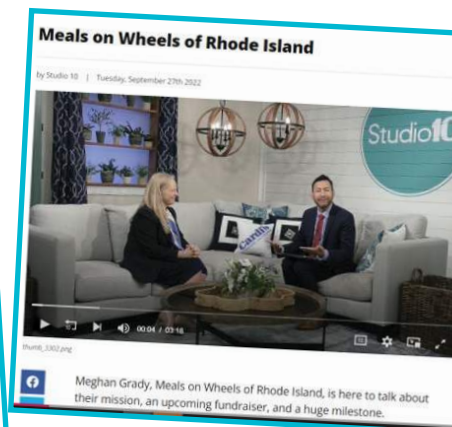
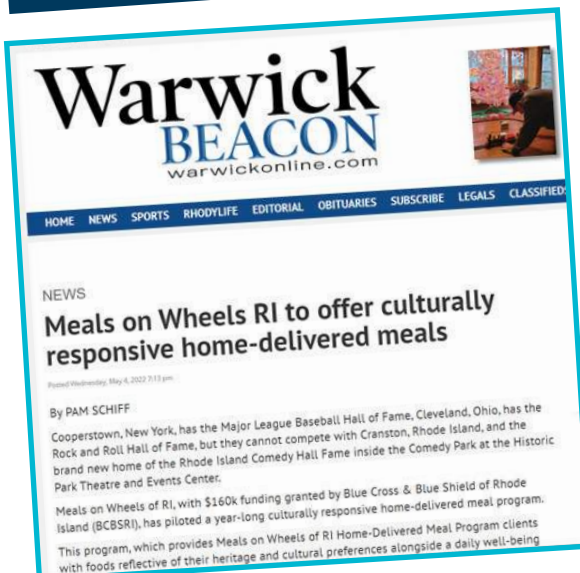
"For more than 50 years, seniors across our 39 cities and towns have depended on the Meals on Wheels of RI Home-Delivered Meal Program as a lifeline to keep them healthy, safe, and connected,"  
Governor Dan McKee



"On several occasions, they have helped save lives due to a senior experiencing an unexpected fall or hardship where they could not get help."

Rhode Island Monthly, November 2022

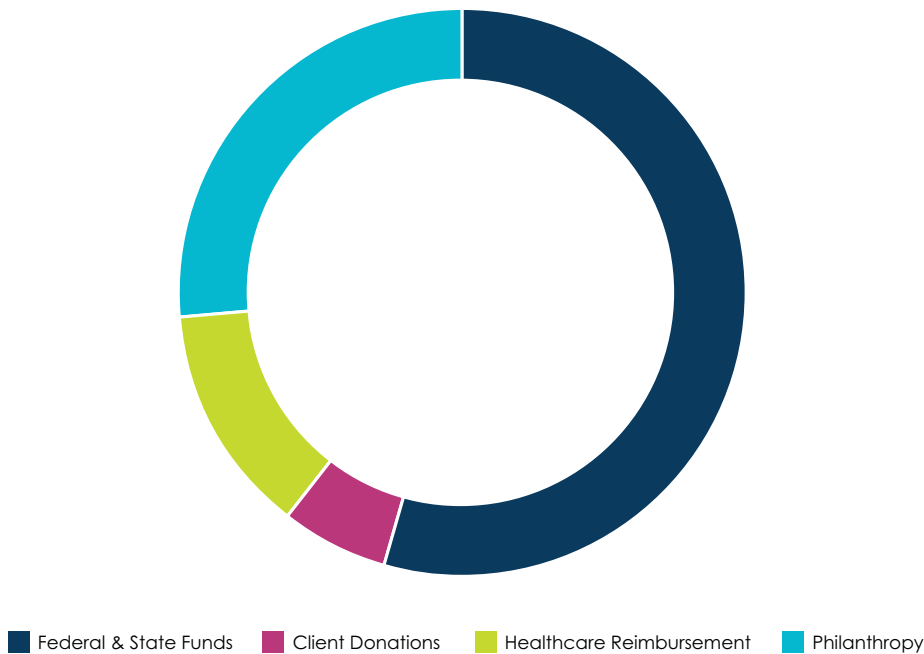
"In 2022—in addition to celebrating the delivery of their 20-millionth home-delivered meal, they're serving more clients statewide than before the COVID-19 pandemic, ramping up to unveil their organization's strategic plan, and bringing their only annual fundraiser, Festival of Meals, back to an in-person event on Saturday, November 19, at the Roger Williams Park Casino."



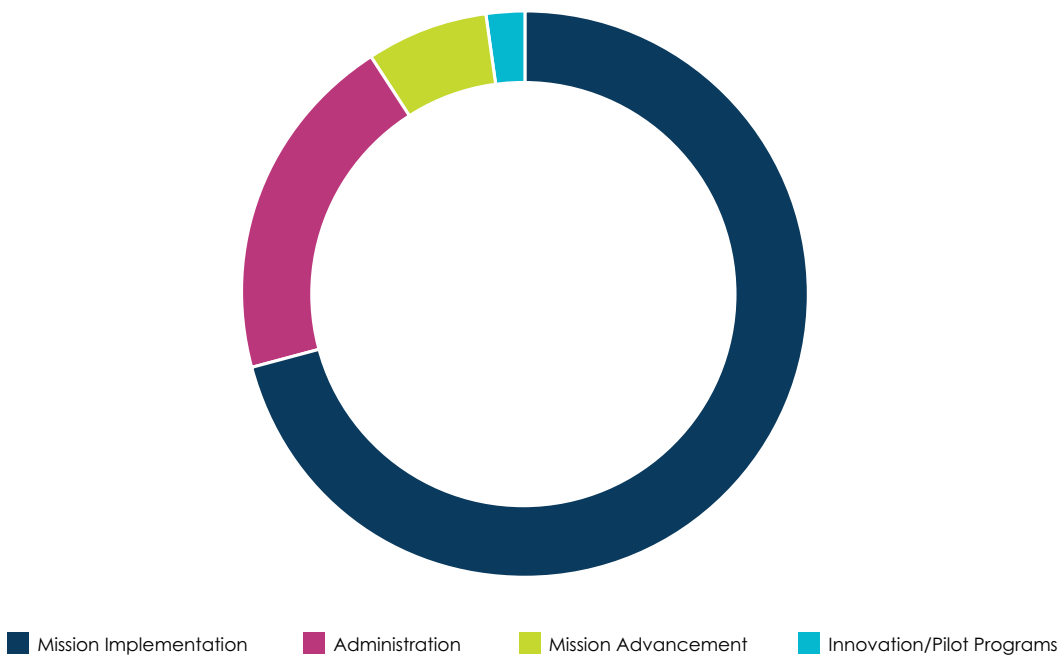
The Rhode Show/WPRI

# Financial Highlights

Resources: \$4,718,239



Use of Resources: \$3,777,622



*Year-end surplus funds are transferred into Meals on Wheels of Rhode Island's Sustainability Fund.*

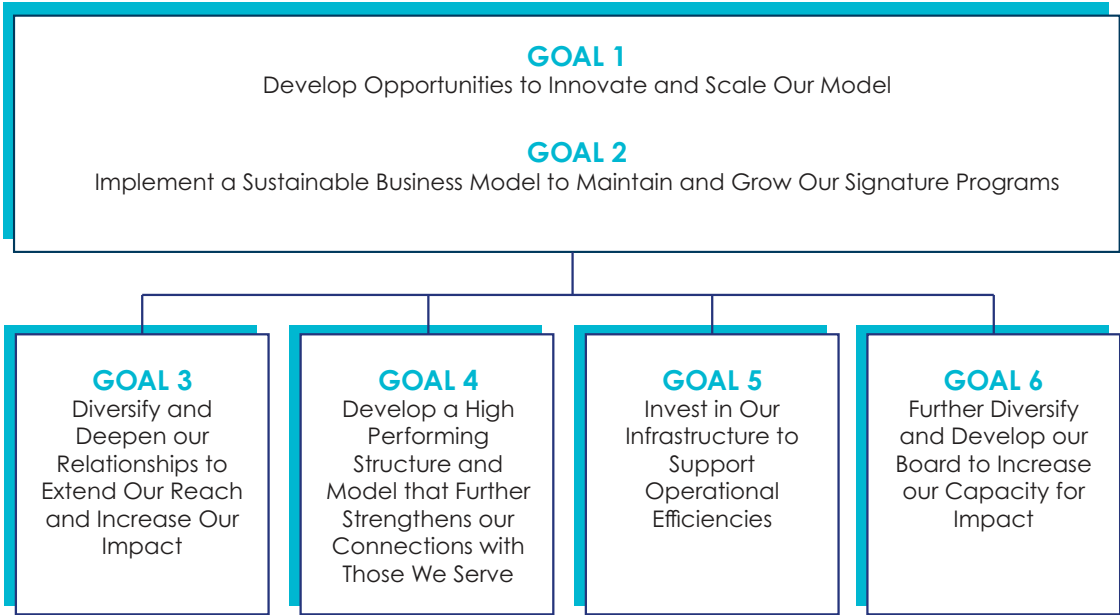
# Strategic Plan Highlights

In November 2022, our Board of Directors adopted “Planning for our next 20 million meals,” our 2022-2025 strategic plan that charts a course to long-term organizational sustainability and statewide impact growth.

Following a seismic societal upheaval from 2020-2022, during which the COVID-19 pandemic helped to highlight the critical issues of food insecurity and social isolation among older and homebound adults, we must again evolve in order to meet new challenges such as the rising costs of food, fuel, and daily living.

Our plan creates the space for new and innovative funding streams and service delivery models while continuing our commitment to our signature programs and to serving homebound older adults with more than a meal.

We will draw on our innovative and caring spirit to be nimble, responsive, and resourceful in a rapidly changing world to address social determinants of health, including food insecurity and social isolation, and to advance health equity.



Though we are early in year one of plan implementation, some of our work is well underway.

Among other initiatives, we have begun pilot programming to help individuals live safely and independently and have released a comprehensive fund development plan that will sustain revenue by 25% over three years. We also continue to advance our DEI journey through shared learning and development.

“This strategic plan will guide our work over the next three years and allow us to continue to be a leading resource for Rhode Islanders at risk of food insecurity and social isolation,” said Executive Director Meghan Grady. “We look forward to regularly sharing updates on how we will achieve the goals outlined in our plan with our supporters, donors, funders, and friends.”

## Making a Greater Impact as a Meals on Wheels of RI Donor



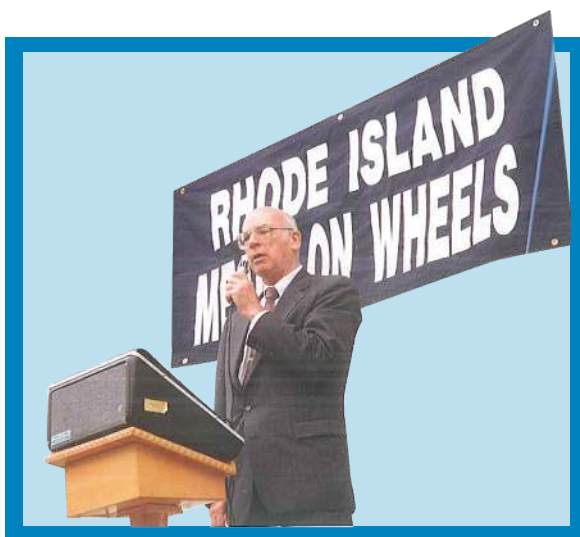
Meals on Wheels of Rhode Island's 1969 Society for major donors recognizes individual supporters who contribute a total of \$500 or more to our organization during a calendar year.

Our donors who give at this level are helping Meals on Wheels of RI to ensure that our vital programming will continue to meet the nutritional and social needs of those we serve so that they may maintain safe and independent lifestyles.

The Society is named in honor of our founding year.

In 2022, more than 110 members of the 1969 Society were invited to our June Annual Meeting held at the Squantum Association, where we previewed our 2022-2025 strategic plan against the beautiful backdrop of Narragansett Bay on a warm summer's evening.

Society members may choose to give through donor-advised funds or investment disbursements, through a single yearly gift, multiple gifts or by joining our Tomorrow's Meal Club for monthly giving—the possibilities are endless.



## Planned Gifts Create a Lasting Legacy

The Joseph Brown Society for Planned Giving to Meals on Wheels of RI provides donors the opportunity to make a difference for future generations of homebound older adult Rhode Islanders.

Named for our founder, Joseph Brown (1924-2014), the Society ensures that your estate gift will be part of our organization's financial and operational sustainability.

Planned gifts can be made through a will, trust or IRA beneficiary, and may be a specific dollar amount, a percentage of your estate or the remainder after all other provisions are specified. Because we are a registered 501(c)3 entity, your gift would be a tax deduction to the extent permitted by law.

If you have already committed to a planned gift to Meals on Wheels of RI, please let us know so that we can ensure your gift is used according to your wishes. You may also choose to keep your gift anonymous.

### JOSEPH BROWN SOCIETY

Ms. Ethel M. Halsey\*  
 Ms. Evelyn C. Mullen\*  
 Mr. Joseph Tringa\*  
 Ms. Jean Halvorsen  
 Ms. Helen Macdonald  
 \*deceased



# Corporation, Foundation & Organization Supporters

## \$25,000+

Blue Cross & Blue Shield of Rhode Island  
Centreville Bank  
CVS Health  
The Rhode Island Foundation  
The Warren Alpert Foundation  
van Beuren Charitable Foundation  
Webster Bank

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

AAA Northeast  
Brown Medicine  
CCA Health Rhode Island  
Frank B. Hazard General Charity Fund  
HarborOne Bank  
Luxury Brand Holdings  
Mabel T. Woolley Trust  
Northern Rhode Island Board of Realtors  
TRIO Community Meals  
United Way of Rhode Island

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

American Baptist Churches of Rhode Island  
Amica Companies Foundation  
B.B. Lederer Sons Foundation  
BankNewport  
Barrington District Nursing Association  
Bristol County Savings Charitable Foundation  
Bristol Home for Aged Women  
Citizens Charitable Foundation  
Dimeo Construction  
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R.B. Howes & Co., Inc.  
Inez Sprague Trust  
Navigant Credit Union  
Neighborhood Health Plan of RI  
Newman, Dignan & Sheerar, Inc.  
Oak Street Health  
PPL Foundation  
Roman Catholic Diocese of Providence  
The Cameron & James Baird Foundation  
The Edward J. & Virginia M. Routhier Foundation

The Horace A. Kimball & S. Ella Kimball Foundation  
Totrama Supermarkets, Inc.  
Town of Barrington  
UnitedHealthcare

## \$2,000-\$4,999

Adler, Pollock & Sheehan, P.C.  
Apollo Auto  
Dave's Marketplace  
Dexter Donation Fund  
Estner Injury Centers  
Hackman & Phillips Elder Law RI LLC  
Harry M., Miriam C. & William C. Horton Charity Fund  
Ida Ballou Littlefield Memorial Trust  
Indeglia Lutrario Attorneys at Law  
Ira S. and Anna Galkin Charitable Trust  
Janci Foundation  
Lattner Family Foundation  
Mary Dexter Chafee Fund  
Massey & Associates, Inc.  
N & D Transportation Company, Inc.  
NewportFed Charitable Foundation  
Point32 Health  
Reade Advanced Materials  
Reynolds Charitable Trust  
Scott Volkswagen  
Squantum Association Charitable Foundation  
Starkweather & Shepley Insurance Brokerage, Inc.  
The Ashaway Charitable Trust  
The John Clarke Trust  
Town Fair Tire Foundation  
Vigneron Memorial Fund

## \$1,000-\$1,999

AARP, Inc.  
Ageless Innovation, LLC  
Arpin Charitable Trust  
Bally's Twin River Lincoln  
BayCoast Bank  
Charity On Top Foundation  
Citrin Cooperman & Company LLP  
City of Warwick

Coastal Credit Union  
 Designer Garage Doors, Inc.  
 Embrace Home Loans  
 Empire Loan of RI, Inc.  
 Fern Brown Memorial Fund  
 Integlia Family Foundation  
 J.H. Lynch & Sons, Inc.  
 John Dixon & Katherine A. Johnston Foundation  
 JWK Hockey Inc.  
 Kahn, Litwin, Renza, & Co., Ltd.  
 Kane Barrengos Foundation  
 Magna Hospitality Group, L.C.  
 Marsh & McLennan Agency, LLC.  
 Mutual of America  
 Nordson Corporation Foundation  
 North Family Trust  
 Northup's Service Center, Inc.  
 Optimates Co., LLC  
 PACE-RI  
 Paypal Giving Fund  
 RISCPA  
 Roch's Fresh Foods  
 Sweeney Real Estate & Appraisal  
 Tarro & Marotti Law Firm, LLC.  
 The Bottaro Law Firm, LLC.  
 The Foundry Associates, L.P.  
 The Seyboth Team Real Estate  
 Town of Bristol  
 Town of Middletown  
 Town of Portsmouth  
 University Orthopedics  
 Vertikal 6, Inc.

### **\$500-\$999**

Automated Business Solutions  
 Bristol Children's Home Fund  
 Chelsea Groton Foundation  
 Coast to Coast Promotional Products  
 Cranston Fish & Game Association  
 East Bay Printing  
 Filomena Fund, Inc.  
 Finlays  
 Grant Sherburne Fund  
 J. McLaughlin  
 Mary LeMoine Potter Fund  
 McCain Family Foundation

Meals on Wheels America  
 NEARI Retired Political Action Committee  
 Ocean State Credit Union  
 Ralph, Letty, and Anthony Raponi Fund  
 Salmonson Family Foundation  
 The Beacon Foundation  
 The REALTOR Foundation  
 Town of Bristol  
 Wolfrock Enterprises

### **\$250-\$499**

AAA Northeast Charitable Fund  
 Cygnet Tax  
 Intercontinental Holding Company  
 M-F Athletic Co., Inc.  
 Reba Rebekah Lodge No. 12  
 Sheldon Street Church  
 Stop & Shop Bloomin' 4 Good Program

### **\$100-\$249**

AARP East Bay Chapter #1302  
 AbbVie Employee Engagement Fund  
 Arbella Insurance Foundation, Inc.  
 Berger & Company Recycling, Inc.  
 CAF Charities Foundation of America  
 Carey, Richmond & Viking Insurance  
 East Greenwich Leisure Learning  
 John J. Clarke Insurance, Inc.  
 Lutz Air Company  
 MMR Purch 25  
 National Amusements, Inc.  
 Perryville Grange  
 Quinn Physical Therapy  
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