Meals on Wheels of Shawnee and Jefferson Counties, Inc.

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ANNUAL REPORT
January 16, 2013
As Meals on Wheels of Shawnee and Jefferson Counties, Inc. celebrated its’ 40th anniversary of providing nutritious meals throughout the community it created an opportunity to reflect back on the value of our service and the impact it has on those we serve. During times of reflection, ideas begin to stir and questions begin to rise; “What will Meals on Wheels look like in the future and how will it get there?”

Strategically, the organization focused on four primary areas during 2012. They included:

- Volunteers - Enhance ties with current and potential volunteers in Shawnee and Jefferson Counties.
- Fundraising - Achieve successful fundraising efforts to ensure MOW is positioned to carry out its’ mission.
- Outreach - Create “top of mind awareness” of all MOW services.
- Fiscal Planning - Build on opportunities to enhance current services to better address the increasing needs and position the organization to respond to funding reductions.

It’s no secret that without volunteers, the organization would not exist. A solid plan was incorporated to ensure volunteers are recognized for their commitment and to establish a process to allow volunteers to voice suggestions and ideas. Included in the plan were goals and a means of successful recruitment.

Fundraising plays an equally important role in the services that Meals on Wheels provides. During the past year a new fundraiser was introduced. Pedal to the Metal was held in collaboration with Heartland Park Topeka and we look forward to this becoming an annual event. In an effort to reduce expenses, significant changes were made to the Sumptuous Settings fundraiser. In October, A Sumptuous Evening was introduced. The event went from a weekend long fundraiser to a Friday evening only and a venue change as well.

To grow awareness and collaboration, Meals on Wheels staff informed Shawnee and Jefferson Counties of our services through speaking with community groups, participation in health fairs, distributing printed materials to churches, hospitals, libraries, clinics, rehabilitation centers/nursing facilities, community living complexes and health departments. To further build on the catering partnership with Topeka Public Schools, Meals on Wheels signed a Memo of Understanding with the school district to build on the existing relationship to include provision of learning opportunities for students.

It is vitally important that Meals on Wheels continue to expand the number of meals provided. This objective not only meets an increase in demand but also serves to reduce our expenses. In an effort to do so, weekend and holiday meals were made available for Jefferson County clients and those residing outside of Topeka. Additionally, a multiple-day delivery of meals was provided to seniors who reside in rural areas. The organization is actively participating in the Capital Care Transitions Community groups, which are preparing for changes in the Affordable Care Act. Also, at the state level, provider applications were submitted to the three managed care organizations within KanCare to provide home delivered meals.

I would like to take this opportunity to thank all of the Meals on Wheels volunteers, donors, Board of Directors and staff that have made a commitment to nourish the elderly and/or homebound people in our communities. Without hands-on volunteering, monetary contributions, governance and direction, as well as the “behind the scenes” work, the seniors and homebound of Shawnee and Jefferson County would not have this much needed service. You each make this possible.

Meals on Wheels will continue to focus on the four priorities in 2013, building on a solid organizational foundation while positioning ourselves for a solid future.

With all Sincerity,
Meals on Wheels Home-Delivered Program is for individuals that are homebound and in need of meal service. Homebound is defined as one requiring the assistance of another person to safely leave home.

1 in 8 Kansas Seniors are at risk for hunger.

Shawnee County
131,462 meals were delivered to individuals

Jefferson County
14,565 meals were delivered to individuals

As Dr. Mark Lachs, practitioner and researcher stated, “For older Americans especially, hunger and malnutrition can completely undo any investments or advances we might make in better access to health care, better treatments for specific diseases, and even our efforts to improve quality of life through nonmedical interventions like better housing or social integration. As a primary care geriatrician, I have seen it over and over again—easily treatable illnesses that could have been quickly (and inexpensively) handled at home, instead evolved into complicated and costly episodes of disability that at best led to costly hospitalization and at worse led to indefinite nursing home residence, often as a last address. Who pays for that care? We all do. You don't have to be a doctor to understand that proper nutrition is the bedrock of all health, and nowhere are the medical consequences of malnutrition more devastating than in our older population.”

Senator Bernard Sanders, Senior Hunger: The Human Toll and Budget Consequences (6/21/11)
Meals on Wheels Dining Centers are sites where individuals can socialize and receive nutrition education as well as a healthy meal for a confidential donation.

Eligible individuals are 60 years of age or older and can include their spouses and disabled individuals living and attending the dining center with them.

Shawnee County
78,166 meals were provided to individuals

Jefferson County
10,455 meals were provided to individuals

Dining Center Locations

**Topeka**
- East Topeka Senior Center
- First Apartments
- Highland Park Methodist Church
- LULAC Multipurpose Senior Center
- Papan's Landing Senior Center
- Santa Fe Apartments
- Tyler Towers

**Shawnee County**
- Auburn United Methodist Church
- Rossville Senior Center
- Silver Lake Senior Complex

**Jefferson County**
- JCM Hospital-Winchester
- St. Aloysius Catholic Church-Meriden
- Valley Falls Senior Center
75 Community partners delivered meals, encompassing over 860 individuals. 376 Community individuals delivered meals.

**Breakdown of Those Who Delivered Meals**

- **Individuals**
- **Groups**
- **Substitutes**
- **Staff**

Walter and Joan McDaniel were awarded the Reuter Award for their many years of dedication. The Corporate Citizen Award was received by Hill’s Pet Nutrition for their commitment to deliver meals each weekday.

**Corporations**
- AAA
- AT&T
- Alliance Bank
- AVIVA USA
- Bank of America
- Bartlett & West Engineers
- Blue Cross & Blue Shield
- Blue Cross Tech Team
- Burlington Northern Santa Fe
- C-BIZ Advisory Services
- Capital City Bank
- Capitol Federal
- Clayton Financial Services
- CoreFirst Bank & Trust
- Davidson Funeral Home
- Federal Home Loan Bank
- HMS
- Hill’s Pet Nutrition
- Kansas Gas Service
- Kansas Rehabilitation Hospital
- M-C Industries Inc.
- Murphy Tractor
- Ogden Publications
- Old Chicago
- Parrish Hotel Corporation
- Payless Shoe Source – Finance Dept. #1
- Finance Dept. #2
- Payless Human Resources
- Prudential Realtors
- Security Benefit Group
- St. Francis Health Center
- Stormont-Vail HealthCare
- Stryker Services, Inc.
- Topeka Foundry
- US Bank
- Westar Energy
- Organizations/Government
- Angels at Home Care
- Atria Hearthstone
- Brewster Place
- City of Topeka
- Exploring Life
- Florence Crittenton Services
- Grace Hospice
- Hospice Care of Kansas
- Judicial Center
- Kansas Air National Guard
- KS Children’s Service League
- Kansas Department of Revenue
- Kansas Department for Children & Families
- Kansas Department for Aging & Disability Services
- Kansas Insurance Department
- Kansas Neurological Institute
- KTWU
- Loving Hearts Training Center
- Mabee Library - Washburn
- Midland Care Connection
- Parks & Recreation of Topeka
- Plaza West Care Center
- Shawnee County Health Agency
- Sheltered Living
- Sports Car Club of America
- Sunflower Supports
- TARC #5
- Tecumseh Kiwanis
- Topeka Area Association of Realtors
- US Coast Guard
- USD 437
- VA Health Resource Center
- Washburn University Student Life
- Xi Theta Pi

**Churches/Schools**
- Christian Family Fellowship
- Faith Community Church
- Faith Lutheran Church
- Project Plus Alternative School
- Southern Hills Mennonite
- St. Matthew School
- Trinity Presbyterian Church
65% of Meals on Wheels of Shawnee and Jefferson Counties, Inc. clients showed improvement in their nutritional risk assessment score one year after beginning meals.
## 2012 Financials

### Statement of Financial Position
**December 31, 2012**

**Assets**
- Cash: $310,226
- Accounts Receivable: 181,166
- Investments: 385,623
- Other: 57,497

**Total Assets**: $934,512

**Liabilities and Net Assets**
- Accounts Payable: $59,620
- Accrued Vacation: 22,947

**Total Liabilities**: $82,567

**Total Net Assets**: 851,945

**Total Liabilities and Net Assets**: $934,512

### Statement of Activities
**Year Ended December 31, 2012**

**Revenue**
- Client Donations & Payments: $405,575
- Government Grants: 762,022
- United Way: 137,551
- Contributions & Memorials: 158,408
- Fundraising\Special Events: 100,316
- Investment Income: 28,155
- Misc: 7,197

**Total Revenue**: 1,599,224

**Expenses**
- Meal Costs: $853,971
- Staff Salaries & Benefits: 622,240
- Other Expenses: 135,131
- Depreciation: 22,018

**Total Expenses**: 1,633,360

**Increase in Net Assets**: -$34,136

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### 2012 Revenue

- **Government Grants**: 48%
- **United Way**: 9%
- **Contributions & Memorials**: 10%
- **Fundraising\Special Events**: 6%
- **Investment Income**: 2%
- **Client Donations & Payments**: 25%

### 2012 Expenses

- **Meal Costs**: 52%
- **Staff Salaries & Benefits**: 38%
- **Other Expenses**: 8%
- **Depreciation**: 2%
Mission

*We exist to nourish the elderly and/or homebound people in our community.*

Vision

*The end of senior hunger by 2020*