

2019 ANNUAL REPORT



Meals on Wheels Foundation  
of Northern Illinois



Thank you for making 2019 yet another remarkable year for the seniors throughout our service area. Our dedicated staff has done an incredible job of expanding our outreach while strengthening our programs and services. We have been able to increase the value of services delivered in the field by 12% in 2019!

2019 maintained the growth achieved in the previous year and continued to expand our programs and services. Second and weekend meals continue to be offered, as well as the availability of special diet meals for those seniors who require them. 2019 also saw the opening of a new Community Café located in Dolton, IL. We are so pleased to continue to deliver more meals year over year and to have increased the number of seniors served in 2019 by 10%!

We could not have done it alone. We rely on the help of our volunteers, donors, and community partners. Our continuing goal is to keep our overhead low while increasing our services in the field, and you truly make this possible! Because of you, we have been able to make a strong start to 2020, giving us the ability to adapt to the changing times without an interruption in meals for our seniors. The Meals on Wheels Foundation of Northern Illinois and Community Nutrition Network are stronger than ever due to our continually expanding community who comes together to donate time, resources, and talent in support of our important mission.

Warmly,

Michael P. Seng  
Chairperson, Board of Directors

# Leaders Serving The Community

Our mission: To provide meals and resources to older adults and persons with disabilities, assisting them in leading active and healthy lives.

## Leadership

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Controller

Linda Reiter  
Volunteer & Outreach Coordinator



A personal feeling of connection is especially important for seniors. Seniors like Lillian. In her late 80s, Lillian is able to live independently in her Lemont Township home thanks to the meals you provide. Lillian wanted us to make sure you know how much she appreciates you. She thoroughly enjoys the warm, mouth-watering food delivered directly to her door, as well as the frozen meals she can keep on hand in case of emergency. In a sweet handwritten note, Lillian wrote ...



**“Hi, nice people! I truly am happy to be getting such great meals — the potatoes, seafood and Italian meals were awesome! All of us truly enjoy the delicious meals during the weekdays. Really wonderful cooks!**

**~Truly Yours, Lillian”**



# Our Volunteers

VOLUNTEERS ARE OUR MOST VALUABLE ASSETS! Volunteers deliver meals from sites in Will, Kendall, Grundy, and south and west suburban Cook Counties, bringing nutritious meals to homebound seniors. During the COVID19 crisis, there was a tremendous outpouring of concern for our seniors and we were able to engage a more diverse group of volunteers than ever before.

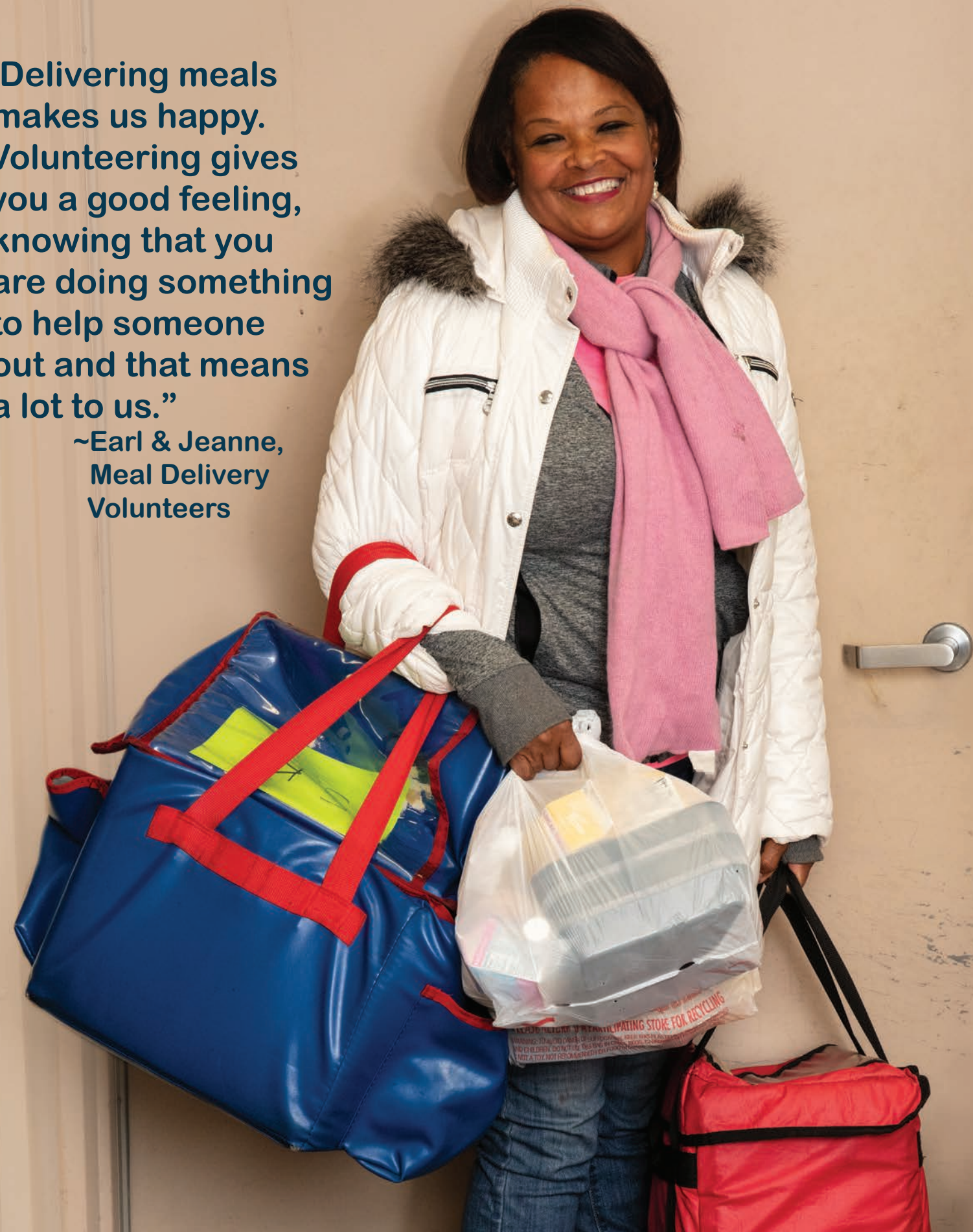
Last year, our dedicated volunteers donated over 45,000 hours to serve 6,052 older Americans and persons with disabilities.

And our Volunteers do so much more than deliver meals. Our Wellness Call program puts volunteers in touch with homebound seniors, providing social interaction that is so critical to everyone's well-being. Even though these volunteers are working remotely, they still touch the lives of our seniors in very real, impactful ways. The Volunteer Program continues to look for ways to engage seniors and in doing so, enrich their lives and the lives of the volunteers who work with them.

Contact our new Volunteer and Outreach Coordinator, Linda Reiter for individual, group, and corporate volunteer inquiries, as well as community outreach opportunities at (312) 207-5290 or by email at [lreiter@cnssa.org](mailto:lreiter@cnssa.org).



**“Delivering meals makes us happy. Volunteering gives you a good feeling, knowing that you are doing something to help someone out and that means a lot to us.”**  
~Earl & Jeanne, Meal Delivery Volunteers





Monday through Friday, between 10 AM and 2 PM, a hot meal is delivered by a friendly delivery driver. Each meal is complete with protein, vegetables, fruit, grain, and milk. The menus are approved by a Registered Dietitian to meet 1/3 of the daily recommended intake of nutrients for older adults.

Most meals are delivered by local volunteer drivers. They are the cornerstone of this program. Along with dropping off the meal, they provide a daily wellness check and a quick source of socialization for otherwise isolated older adults. If there is an emergency or status change, our drivers are often the first to see it and report it to the client's emergency contact or to first responders.

Meals on Wheels Foundation of Northern Illinois has recently been expanded to include weekend and second meals for those who have the greatest need. Some of our programs can accommodate special diets for conditions such as diabetes, kidney disease, and heart disease.

## Congregate Meals

Our Community Café programs address the need for socialization and nutritional education for older adults who are not homebound. Lunches are served daily in senior centers, churches, community centers, local government buildings, and restaurants. Anyone over 60 years old is welcome to join us for a meal and stay for the daily activities.

Each Café organizes regular events that include special guest speakers, parties, trips, exercise programs like Zumba Gold, and much more.

Café participants have the opportunity to shape the programs and provide regular input via their local Senior Nutrition Advisory Councils (SNAC). These groups meet monthly to discuss activities, menus and fundraising, and to share ideas for improving the programs.





### Our Programs

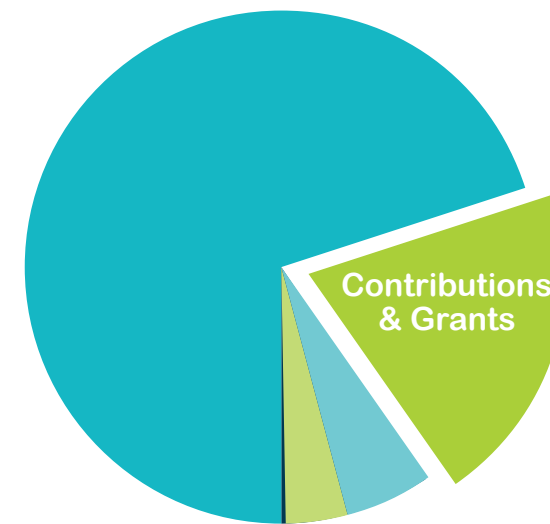
<b>Total Seniors Served</b>	<b>6,052</b>
Home-Delivered	2,882
Café Dining	3,170
<b>Total Meals Served</b>	<b>622,735</b>
Home-Delivered	550,091
Café Dining	72,644
Program & Administrative Expenditures	\$4,855,307
Expenditures covered by State & Federal Funding	\$3,801,908

The state and federal funding the Older Americans Act (OAA) is a very important part of our programs but it does not cover all of the cost. During 2019 30% of our program funding came from private donations, volunteers, and public partnerships. That is just over \$1,500,000 of our program funding!

## 2019 Financial Report

Without the help of our donors, we would not be able to provide services to all of the older adults in our area. We continue to operate without waiting lists due in large part to the generosity of our donors.

Representing the period October 2018 through September 2019



Income		
70.2%	<b>Contract Revenue</b>	\$3,801,908
20.3%	<b>Contributions &amp; Grants</b>	\$1,096,834
5.7%	<b>Client Contributions</b>	\$307,034
3.7%	<b>Contributed Rent</b>	\$200,024
0.2%	<b>Miscellaneous &amp; Other</b>	\$10,408
		<hr/>
		\$5,416,208

### Expenses

83.5%	<b>Program Services</b>	\$4,496,013
6.7%	<b>Administration</b>	\$359,294
9.8%	<b>Fundraising</b>	\$528,636
		<hr/>
		\$5,383,943



\*Compiled from the combined financial statements audited by Sassetti LLC



**1 IN 4 SENIORS LIVES ALONE**

Our nation's senior population is growing exponentially, leaving more and more Americans at risk of hunger and isolation. While hunger and isolation can affect anyone with limited mobility and declining health, financial strain makes them much worse. 7.1 million seniors live in poverty — That's an income of \$234 a week or less, which, after housing, utility and medical expenses, leaves very little for food. Older adults living in poverty are nearly twice as likely as those living above poverty level to have limitations in their ability to live independently.



**1 In 5 feels lonely** and social isolation among older adults is associated with an extra \$6.7 Billion in Medicare spending each year.

Among seniors, the additional Medicare expenditures associated with social isolation are similar to the amounts associated with having high blood pressure or arthritis.



58 MILLION

118 MILLION



**1 IN 5 AMERICANS** is 60 or older

1 In 5 Americans is 60 or older with 12,000 more turning 60 each day. The average life expectancy today is 79 years old. This population is set to reach **118 million by 2060** – more than double the number in 2010.



The economic burden associated with malnutrition in seniors

These threats from aging not only jeopardize the health and well-being of older adults, they also place a significant strain on our country's healthcare system and economy. Meals on Wheels is the only federally supported program designed specifically to meet the nutritional and social needs of seniors, yet this successful public-private partnership remains significantly underfunded. We need increased funding and support for our seniors now to prevent even greater social and economic consequences later.

And we know that seniors waiting to receive Meals on Wheels at home are more likely to:

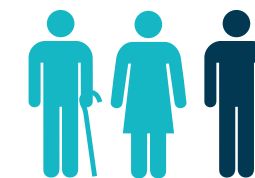
- Report fair or poor self-rated health
- Report not having enough money to buy food they need
- Report recent falls or fear of falling that limits ability to stay active
- Screen positive for depression
- Require assistance with shopping for groceries or preparing food
- Take three or more medications each day



Medicare spending is disproportionately concentrated on older adults with multiple chronic conditions and/or functional limitations **5% of Medicare beneficiaries account for 40% of spending.**



**8 out of 10 low income, food insecure seniors are not receiving the home-delivered or congregate meals they likely need.**



Among older adults who have difficulties with daily activities, **2 OUT OF 3** receive limited or no home- or community-based care



We're in your community! If you or an older adult you know needs help, please let us know at 312-207-5290.

### Chicago Heights

Manager: Elizabeth Morales  
3140 Enterprise Park Avenue  
South Chicago Heights, IL 60411  
(708) 843-6229

### Lemont

Manager: Irene Bigott  
16300 Alba Street  
Lemont, IL 60439  
(630) 257-0515

### Phoenix

Manager: Elizabeth Davalos  
650 Phoenix Center Drive  
Phoenix, IL 60426  
(708) 331-2408

### Dolton

Manager: Jessica Scanlon  
14801 Lincoln Avenue  
Dolton, IL 60419  
(708) 310-4442

### Proviso Township

Manager: Laurie Madden  
1609 36th Avenue  
Melrose Park, IL 60160  
(708) 316-7488

### Grundy County

Manager: Patricia Strahan  
1700 Newton Place  
Morris, IL 60450  
(815) 941-1590

### Franklin Park

Manager: Ascencion Borjon  
10040 Addison Avenue  
Franklin Park, IL 60131  
(847) 678-8777

### Schaumburg

Manager: Caitlin Willson  
231 Civic Drive  
Schaumburg, IL 60193  
(847) 524-7496

### Kendall County

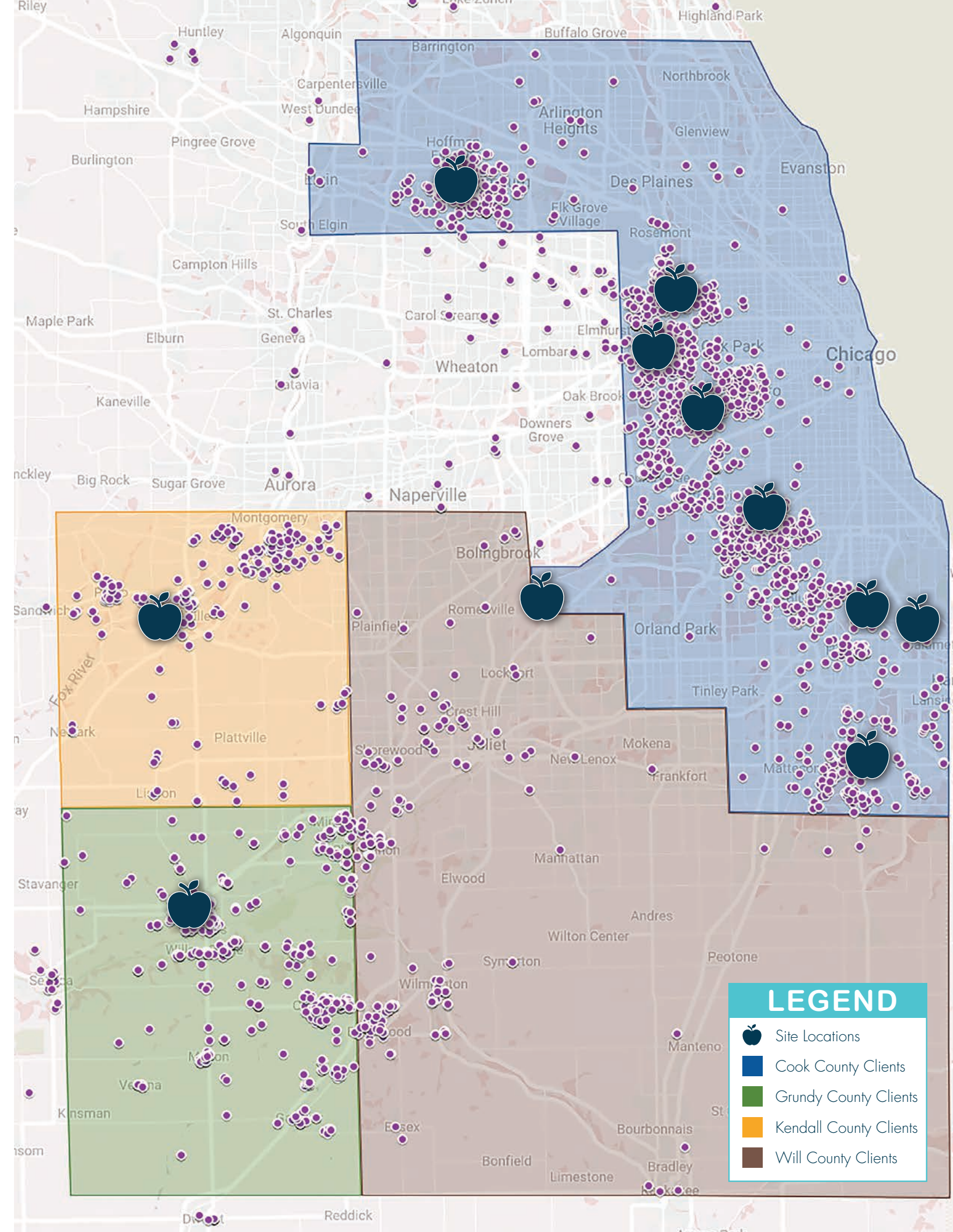
Manager: Louise Maritato  
908 Game Farm Road  
Yorkville, IL 60560  
(708) 843-6229

### Hometown / Oak Lawn

Manager: Jennifer Owen  
8925 South Kostner Avenue  
Hometown, IL 60456  
(708) 422-5180

### Brookfield / Berwyn

Manager: Tanya Harrison  
9022 31st Street  
Brookfield, IL 60513  
(708) 843-6229



**LEGEND**

-  Site Locations
-  Cook County Clients
-  Grundy County Clients
-  Kendall County Clients
-  Will County Clients



**Thank you to our donors committed to serving the seniors in our community.**

**\$25,000 or more**

Retirement Research Foundation  
Michael Rosinsky  
Westlake Health Foundation

James Van Boven  
Monroe & Loretta Walton  
Susan Wolfe

**\$10,000 or more**

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