

2021 Annual Report



Meals on Wheels Foundation
of Northern Illinois

Message from Our Leadership

Dear Meals on Wheels Community,

We can never thank you enough for your incredible generosity and your inspiring commitment to our older neighbors throughout Northern Illinois.

You've ensured that Meals on Wheels has not only survived the challenges and economic impacts of the pandemic ... *we've actually grown to meet our community's growing needs.*

We could not have done any of this work without you. When the pandemic upended our lives, we were overwhelmed by your steadfast support. Thanks to the generosity of our amazing community of donors, we raised an incredible \$2.9 million to support Illinois older adults. That's an increase of \$1.3 million over 2020!

Because you've gone above and beyond, so can Meals on Wheels. Today, we're caring for more older adults in more ways than ever before, without a wait list.

You made it possible for us to deliver over 930,800 meals last year — 99,600 more than in 2020 and nearly 308,000 more than before the pandemic.

Plus, your kindness has allowed us to maintain and expand services like wellness check-in calls, pet food pantries and mobile COVID-19 vaccine clinics.

Your support is a lifeline for seniors and people with disabilities. You nourish their bodies with nutritious meals, and you feed their souls with warm friendship and life-affirming connection.

Thank you for looking out for our most vulnerable neighbors and strengthening our entire community.

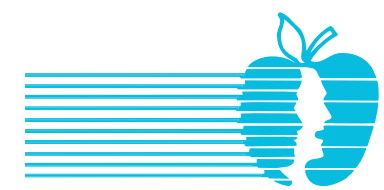
With hope and gratitude,



Lauren Doherty
Chief Executive Officer



Michael P. Seng
Chairperson,
Board of Directors



Meals on Wheels Foundation
of Northern Illinois

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.

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Community Engagement Coordinator

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Outreach Coordinator (Kendall & Grundy)

Jennifer Charapata
Volunteer Coordinator (Will County)

Diannaha Thompson
Outreach Coordinator (Will County)

Services Provided in 2021



Our Programs

Total Seniors Served 6,296

Home-Delivered 5,066
Café Dining 1,230

Total Meals Served 930,829

Home-Delivered 882,958
Café Dining 47,871

Program & Administrative Expenditures \$7,826,590

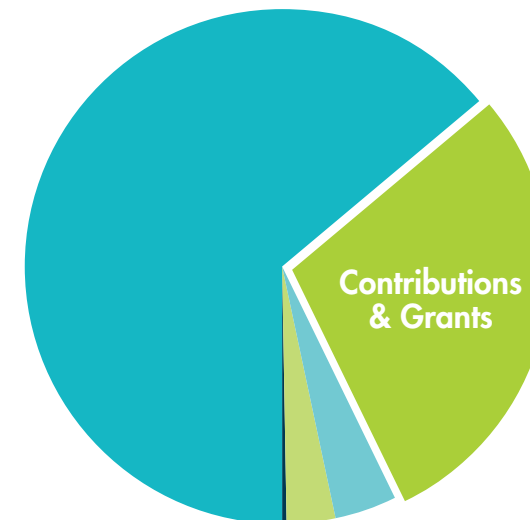
Expenditures covered by State & Federal Funding \$6,460,743

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 2021 33% of our program funding came from private donations, volunteers, and public partnerships. That is just over \$3,300,000 of our program funding.

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.

2021 Financial Report

Representing the period October 2020 through September 2021



Income

63.82%	Contract Revenue	\$6,460,743
29.5%	Contributions & Grants	\$2,986,298
3.6%	Client Contributions	\$364,524
3.06%	Contributed Rent	\$310,082
0.01%	Miscellaneous & Other	\$1,124
		\$10,112,771

Expenses

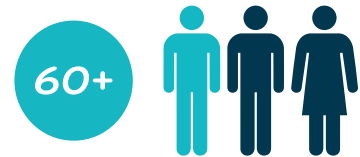
90.23%	Program Services	\$7,606,772
2.61%	Administration	\$219,818
7.16%	Fundraising	\$603,765
		\$8,430,35



*Compiled from the combined financial statements audited by Sassetti LLC

Senior Hunger and Isolation

Our nation's older adult 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.



**12,000 AMERICANS
ARE TURNING 60 EACH DAY**

**BY 2060, 1 IN 3
AMERICANS ARE
PROJECTED TO BE
60 AND OLDER**

633,837 Illinois older adults are food insecure, and many are living 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.



The pandemic has disproportionately affected older adults of color due to racial, health and economic disparities that have persisted across the country.

**1 IN 8
SENIORS**

was threatened by or experienced hunger



**FOOD INSECURITY RATES WERE HIGHER
FOR BLACK AND HISPANIC SENIORS,**

and these disparities have only worsened with COVID-19. Black/African American seniors' risk of food insecurity is **MORE THAN TWICE** that of white seniors.

While food insecurity rates varied over the pandemic period, in July 2020, the percentage of seniors aged 60 and older who sometimes or often **DID NOT HAVE ENOUGH FOOD TO EAT INCREASED BY 75%.**



8 OUT OF 10

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



**1 IN 3 SENIORS
FELT LONELY**

HOME-DELIVERED

RECIPIENTS SAY MEALS...

Make up about half or more of food they eat	61.0%
Help improve their health	84.3%
Help them eat healthier foods	82.9%

RECIPIENTS SAY SERVICES HELP THEM...

Live independently	84.3%
Feel more secure	85.0%
Care for self	83.0%

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.



Daily home-delivered meals help keep **8 OUT OF 10 RECIPIENTS** who have previously fallen from falling again



1 YEAR

1 DAY

10 DAYS

MEALS ON WHEELS CAN SERVE A SENIOR FOR AN ENTIRE YEAR FOR ABOUT THE SAME COST AS JUST ONE DAY IN A HOSPITAL OR 10 DAYS IN A NURSING HOME

Information data sources available at www.mealsonwheelsamerica.org/facts.

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Special Delivery: More Than Just a Meal



When most people think of Meals on Wheels, home-delivered meals are the first thing that comes to mind. But if hot meals form the backbone of what we do, then friendship and companionship make up the heart of our work.

Every meal delivery is so much more than just a drop off. Our volunteers — more than 1,000 caring neighbors — also bring along cheerful smiles, warm conversation and genuine concern for how their seniors are doing.

A delivery provides a chance to visit with older adults who might not have seen a friend or family member for days ... or longer. Volunteers leave behind meals but take away important information about how a senior looks and acts,

so we can get help to anyone who might be struggling with their physical or mental health.

Some volunteers even assist with small tasks around their seniors' homes from time to time, like bringing in the mail on a cold, snowy day.

Of course, we're extremely proud of the high-quality food seniors receive through Meals on Wheels. Our menus are approved by a registered dietitian, and each meal is complete with protein, vegetables, fruit, grain and milk.

We're equally proud of the bigger—picture impact our deliveries make on seniors' lives. "The volunteers we have are super," says Mercedes, who lives in Will County.



"The ones that deliver to me are amazing. They have a conversation with me. They check on me and say, 'We miss you,' if they haven't seen me."

None of this would be possible without your support!

Your Impact in 2021

882,958
Home-delivered meals

47,871
Café meals served

6,296
Total seniors served



COMMUNITY CAFÉS: AN EXTRA HELPING OF FRIENDSHIP

During the COVID-19 mandates, our cafés were forced to shut down for in-person dining. However, we still provided pickup meals to those who needed them. We have resumed in-person dining for this popular program so more of our older neighbors can enjoy delicious meals, socialize with friends, meet new people and participate in activities like bingo, wellness exercises and nutrition education.

Anyone over 60 years old is welcome to join us for a meal and stay for the daily, socially distanced activities. To-go meals are also available for neighbors who prefer to stop by, say hello and enjoy their food at home.

Community Cafés have always been a crucial source of social interaction for seniors. So when the pandemic forced us to put the program on pause, we were committed to reopening our doors as soon as we could do so safely.

Now, the cafés are helping seniors reconnect and re-energize, all while sharing a hearty meal together.

"When it was shut down, we came every single day to pick up lunch," says Bridget, who comes to the café at the Franklin Park Community Center to play bingo. "Now we've got people to talk to again. We don't have kids or animals. I wish we could sit and talk with more of our friends at bigger tables again soon. But it works good, and the meals are really great."

Thank you for supporting programs like Community Cafés that provide seniors with fun and friendship to look forward to!

Our Volunteers: More Like Family

"Everyone is always grateful for the deliveries. It only takes a few hours, but it is a great way to give back to the community."

Aimee, Joliet meal delivery volunteer



Our amazing volunteers come from a variety of backgrounds. And whether they prepare food, deliver meals, make wellness calls or create handmade cards for older neighbors, each of them makes a difference in their own unique way.

One thing they all have in common? The feeling that they get back at least as much as they give through their work with local seniors.

Karen, from Wilmington, brings her daughter, Leia, to help with meal deliveries. At just 3 years old, Leia was a bit shy at first. But she quickly opened up to her new bonus "grandparents."

"Now, almost two years later, she runs to her 'fans' and is able to hug them and chat with them every Wednesday," Karen says. "It brings such joy to my heart to see her bring such joy to her friends."

One senior gentleman lost his dog a few months before Karen and Leia began delivering meals. Upon meeting the mother-daughter duo, he told Karen they were a gift from God. "He told me Leia gave him life again," Karen says.

She continues: "This has been such a great experience for me and for Leia. To know she brings such joy to people while helping them will stay in her soul forever. We have met the nicest people, and we truly consider them our friends. We are blessed to be part of such a wonderful organization ... It's more like family."

Contact Linda for individual, group and corporate volunteer inquiries, as well as community outreach opportunities, at (312) 207-5290 or by email at ltreiter@cnssa.org.

"It's been educational for me. It's not necessarily about the work you do, it's about the relationships. My life's richer with the people I've been able to cross paths with."

John, Cook County meal delivery volunteer

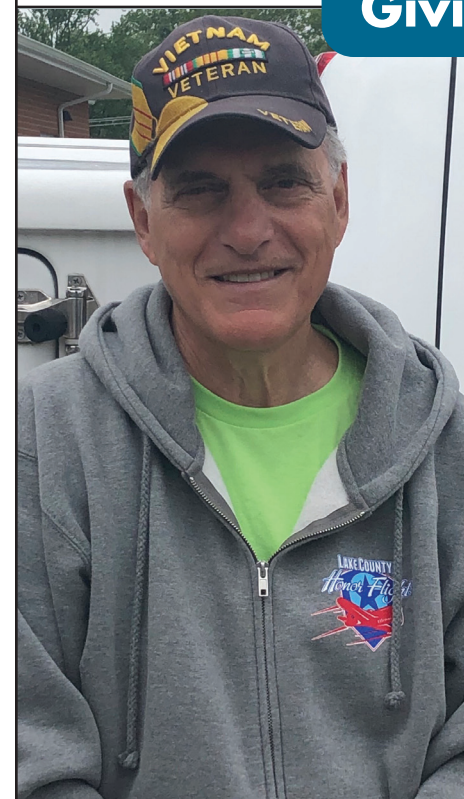


1,092 VOLUNTEERS



49,180 volunteer hours
contributed to prep
and deliver meals

Giving back in so many ways



For more than five years, Robert Giurato has invested his time in the mission of Meals on Wheels. After retiring from civil engineering, Robert said he wanted "to do his part to help in the world." Initially, he came to Meals on Wheels as a volunteer through his church and delivered meals with a partner. Although his volunteer partner no longer delivers meals, he still does so, once a month to several home-delivered meal clients whom he says are "very nice people."

But his support extends beyond his time delivering meals, as Robert recognized the importance of also supporting Meals on Wheels financially. Robert's generosity of his time and financial support has been inspiring to the team at Meals on Wheels and we are so grateful for his dedication to our cause.

Locations & Clients Served

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

BELLWOOD

Cyd Porter (Manager)
439 Bohland Ave
Bellwood, IL
(224) 446-5163

BOLINGBROOK

Jennifer Russell (Manager)
251 Centerbury Lane
Bolingbrook, IL 60440
815-351-9108

BROOKFIELD / BERWYN

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

CHICAGO HEIGHTS

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

DOLTON

Jeannicka Jones (Manager)
14801 Lincoln Avenue
Dolton, IL 60419
(708) 310-4442

FRANKFORT TOWNSHIP

Patricia Backus (Manager)
11000 Lincoln Highway
Frankfort, IL 60423
815-351-8995

FRANKLIN PARK

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

GRUNDY COUNTY

Patricia Strahan (Nutrition Dir.)
1700 Newton Place
Morris, IL 60450
(815) 941-1590

HOMETOWN / OAK LAWN

Angela Gasca (Manager)
8925 South Kostner Avenue
Hometown, IL 60456
(708) 422-5180

JOLIET

Marcala Watson (Manager)
251 N Center Street
Joliet, IL 60435
815-351-8558

JOSHUA ARMS

Aysia Young (Manager)
1315 Rowell Avenue
Joliet, IL 60433
815-351-9293

KENDALL COUNTY

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

LEMONT

Irene Bigott (Program Asst.)
Jennifer Owen (Manager)
16300 Alba Street
Lemont, IL 60439
(630) 257-0515

LOCKPORT TOWNSHIP

Vicki Gelfo (Manager)
1463 S. Farrell Road
Lockport, IL 60441
815-351-8963

MONEE

Tammie Durrett (Manager)
5323 W Margaret Street
Monee, IL 60449
815-351-9210

NEW LENOX

1090 S. Cedar Road
New Lenox, IL 60451
815-351-6954

PARK TOWER

Elizabeth Willis (Program Asst.)
247 Caterpillar Drive
Joliet, IL 60435
815-726-0094

PHOENIX

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

PROVISO TOWNSHIP

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

SCHAUMBURG

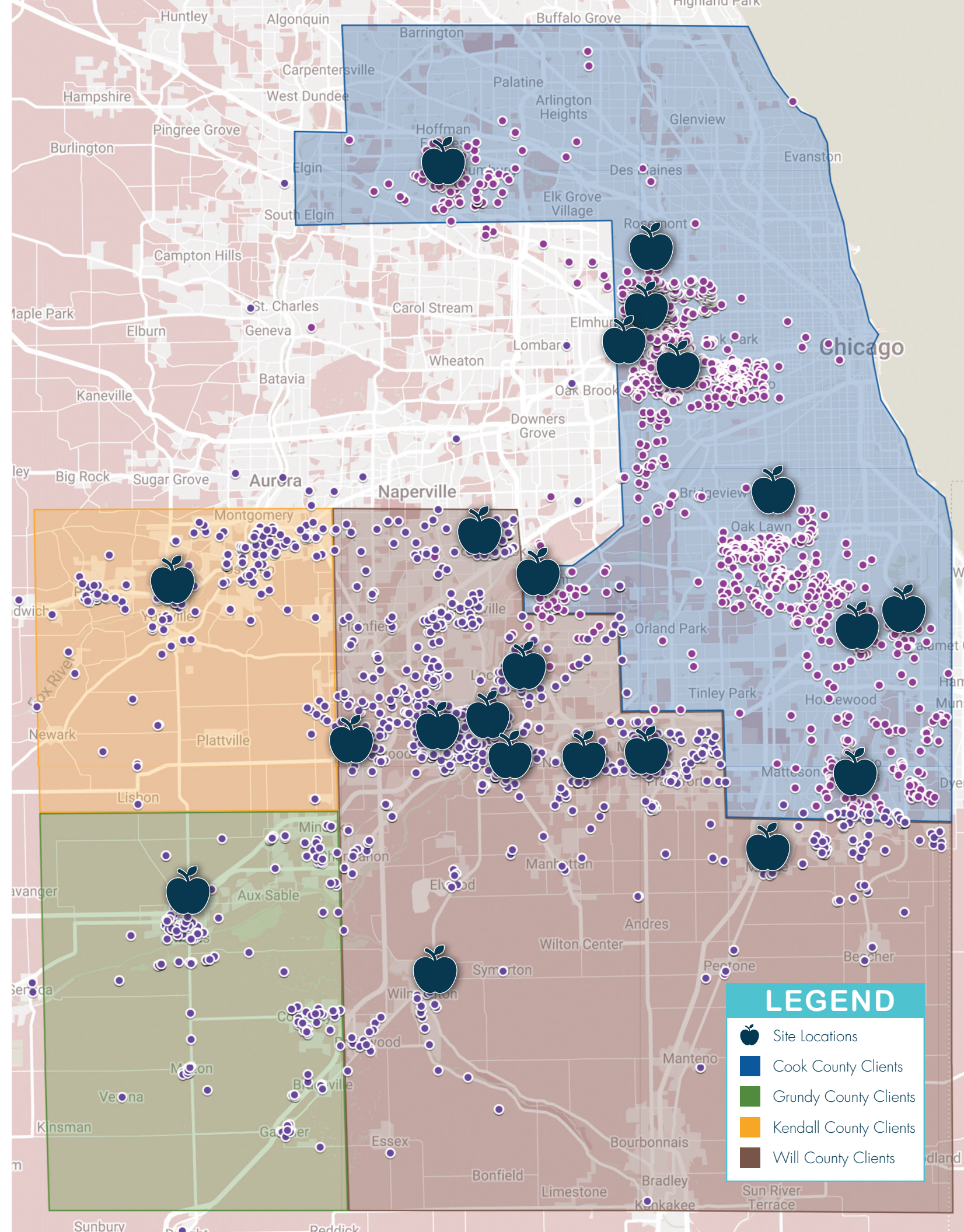
Caitlin Willson (Manager)
231 Civic Drive
Schaumburg, IL 60193
(847) 524-7496

TROY TOWNSHIP

25448 Seil Road
Shorewood, IL 60404
815-744-1963

WILMINGTON

Emma Paradise (Manager)
805 River Street
Wilmington, IL 60481
815-351-6654



LEGEND

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

Donors in 2021

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

\$750,000 and above

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\$100,000 and above

Marilyn Litteria
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\$25,000 and above

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If you have questions or wish to have more detailed information about creating a will, please contact our Development Manager, Samantha Wallace directly at swallace@mowfni.org or 312-207-5290.

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