



## Greetings from your President – Judy King



I have learned so much this year as President of MAMOW. As my first year edged toward its end, I thought I'd learned how generous, caring and conscientious our volunteers, cooks, manager and board members are. Then COVID-19 disrupted our everyday lives and I learned that MAMOW is truly a service of love as stated in our tag line. That explains how we were able to put safety measures into effect so that volunteers could continue to deliver meals without any disruption in services. Shelf stable meals were sent along with regular meals so that clients would have them available if deliveries were later interrupted. Food is medicine but human contact is also medicine and I know that clients miss interacting with the volunteers who deliver their meals. Here's hoping that next year we can draw nearer to each other with less need for social distancing. Eat well. Stay well.

### ACCOMPLISHMENTS OF THIS YEAR:

- ✓ **22,442 meals** were delivered by more than 130 volunteers last year. Our daily meal count grew steadily all year and averaged more than 100 meals per day (a 13% increase over 2018)
- ✓ **Improvements to our facility** included repairs to the building's foundation, remodeling the front entryway of the building to include a platform at the door and an extension of the roof over new stairs. A new stove and refrigerator were purchased and anti-fatigue flooring was installed in the kitchen. Handicap accessible toilets were installed in both bathrooms. A remotely programable thermostat was installed that can be controlled through a mobile app.
- ✓ An all-day **retreat** was held in October by board members and volunteer consultants to develop a strategic plan. The plan was approved at the next board meeting and is being implemented.



- ✓ A policy manual was developed. Policies were implemented to provide for background checks for volunteers who interact with clients.
- ✓ Our Manager, Sara Bishop completed her second year of employment. It was a constant challenge for Sara to work only the twenty- hour week projected for her position. She and the cooks worked through staff shortages due to illness, sometimes working earlier and sometimes later in order to prepare nutritious and tasty meals. We were glad to be able to Increase staff wages and pay bonuses at the end of the calendar year.
- ✓ **Funding** or new grant opportunities were explored with United Way, Weldon Family Foundation, Your Community Foundation, and the WalMart Local Community Grants.
- ✓ We updated our website (<http://morgantownwvmow.org>) and began using Facebook and Network for Good to raise money and sent an appeal letter to current and prospective donors as we seek to broaden our base of support.
- ✓ We also decreased our operating costs through use of additional vendors, joining Mountaineer Food Bank and increasing the cost of meals by one dollar for general and diabetic meals and two dollars for special diet meals such as low salt, gluten free, and vegetarian for those clients who could afford to pay more.
- ✓ **160+ Volunteers** continued to provide the Wheels for MOW all year.

#### FOCUS AREAS FOR THE YEAR AHEAD

- ✓ Fundraising
- ✓ Community awareness and outreach
- ✓ Continue implementation of our strategic plan
- ✓ Volunteer recruitment



Mountainview 3<sup>rd</sup> Graders who draw monthly placemats for clients



Target donated a gift card for MAMOW shopping at the start of the pandemic

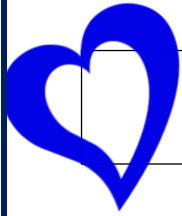
WVU Dental Hygienist students donated bags of dental care products for clients

Find us and stay in touch at:

<http://morgantownwvmow.org>

<https://www.facebook.com/morgantownarea.mow>





# VOLUNTEERS 2019

## 2019-2020

### **Sara Bishop** *Manager*

#### **Officers**

Judy King  
*President*  
Mavis Grant-Lilley  
*Past –President*  
Chuck Myden  
*President Elect*  
Ella Grimm  
*Recording Secretary*  
Jen Gosley  
*Treasurer*

#### **Directors**

Virginia Brown  
Brett Clark  
Lucy Freed  
Linda Justice  
Jeannie Luzier  
Michael Miller  
Don Morrison

#### **Honorary**

Evelyn Andrews  
Justin Beeson  
Neil Bolyard  
Alice Frost  
Phyllis Gibson  
Mary Jane Hamilton  
Jerry Kessel  
Frank McGreevy  
Mary Jane Morgan  
Emily Nieman  
Ann Paterson  
John Pearson  
Charles Richmond  
Nancy Richmond

Louise Armine	Robbie Eddy	Beth Henry
Grace Ayscue	Debra Ely	Karla Hess
Charles Badger	John Field	Bob Holt
Lyndsey Bailey	Genie Foster	Michael Hough
Justin Beeson	Russell Foster	Terry Hough
Christine Behling	Peighton Foster	Richard Howard
Dennis Bidwell	Lucy Freed	Megan Huddock
Tom Bloom	Jason Friggens	Jodie Jackson
Bob Bolyard	Michaela Gavigan	Linda Jackson
Brooke Bolyard	Robert Glock	Daniel Jacobs
Leah Bowen	Suzanne Glock	Donald Jones
Elizabeth Bower	Bob Glover	Deborah Jones
Myla Bowman	Neva Gocke	Nathan Joseph
Tina Bragg	David Goldberg	James Justice
Paula Bretz	Pablo Gonzales	Linda Justice
Kurt Bretz	Jennifer Gosley	Alexis Kapostasy
Beth Brown	Leonard Graham	Megan Keene
Susan Brown	Mavis Grant-Lilley	Britta Kiger
Virginia Brown	Liz Gregor	El-Hannah Kim
Alletta Cain	Ella Grimm	Judy King
Margaret Carrico	Eleanor Grubbs-Paull	Richard King
Nyles Charon	Susan Gustin	Amy Kline
Janice Christopher	Larry Guzzi	Anusha Kothapalli
Wendell Christopher	David Hall	Stephen Kovac
Brett Clark	Mary Jane Hall	Rebecca Kreider
Adell Crowe	Carol Hamblen	Joni Landis
Robert "Dale" Detrick	Fredrick Hanna	Dan Lee
John Mark Durham	Jamie Hanna	Margie Lee
Raybeth Durham	John Henry	Samuel Lee



One of our Celebrity Drivers, Tom Bloom, picking up meals from Kitchen for weekday delivery



WVU Women's Basketball players at Goshen Baptist Church pickup for meal deliveries



David Goldberg volunteering monthly to deliver meals



Volunteer Appreciation Luncheon from prior year with Elsie Miller who was honored this year for her years of service, talking to Angela Best and students from Mountainview Elementary

Susan Lewis  
 Ronald Lewis  
 Caryol Longenecker  
 George Longenecker  
 John 'Ike' Loughlin  
 Jeannie Luzier  
 Heather Marsh  
 Connie McCluskey  
 Bonnie Meadows  
 Maggie Mercure  
 Elsie Miller  
 Mike Miller  
 Tammy Miller  
 Bennett Millstone  
 Muriel Millstone  
 Don Morrison  
 Nyla Moyers  
 Chuck Myden  
 Butch Neal  
 Elise Nelcamp  
 Ron Nestor  
 Jane Nicoli  
 Lila O'Bryant  
 Kent Parker  
 Debra Patton  
 Joe Paull  
 John Pearson  
 Joe Peters  
 Michelle Peters  
 Janet Price

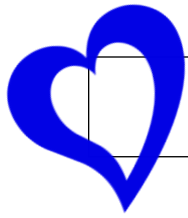
Gretchen Quick  
 Margot Racin  
 Jay Redmond  
 Eleanor Renton  
 Chuck Richmond  
 Nancy Richmond  
 John Rickert  
 Josie Romano  
 Charles Root  
 Kitty Root  
 Bill Sack  
 Mary Sack  
 Keri Schmidt  
 Matt Shaffer  
 Donna Shaffron  
 Susie Shinkovich  
 Corrine Siebenschien  
 Marty Sippin  
 Ed Sneckenberger  
 Scottie Sneckenberger  
 Doug Stanger  
 Arley Stansberry  
 Dave Sullivan  
 Gloria Sullivan  
 Barbara Summers  
 Kent Summers  
 Barbara Trader  
 Jean Turner  
 Bob Vernon  
 Rob Voorhees

Tim Waanders  
 Sharon Wall  
 Regina Weed  
 Bill Weiss  
 Don Welch  
 Micah Wiegliniski  
 Gloria Wiesen  
 Fred Wilson  
 Audrey Wilson  
 Hannah Wilson  
 Bill Wine  
 Patty Wine  
 Tina Wood  
 Austin Works  
 Linda Yost

*Thank you!*  
*Thank you!*





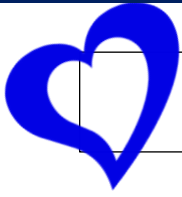


# *DONATIONS 2019*

## *INDIVIDUALS*

Anonymous	Linda Hagerty	Winifred Margo	Ali Rezai
Sara A Bishop	Linda Fizer Hall	Ann R McArdle	Chuck & Nancy Richmond
Margaret Bolt	Dewey & Mary Hastings	Sarah McClellan	Susan M Riddle
Forest 'Jack' & Myla Bowman	Ruth Hicks	Clark & Allyson McKee	Michael & Margaret Roberts
Karl Bramer	William & Linda Jackson	William & Debra McMann	Patricia Ryan
Kevin Britton	Linda Justice	Katy Meyers	Anne K Smith
Lloyd & Alletta (Elizabeth) Cain	Jerry Kessel	Mike & Tammy Miller	Mary L Sommer
Sally Anne Christopher	El-Hannah Kim	Ellen & Adolf Neidermeyer	Sandra C Stephenson
Brett Clark	Anna King	Kathleen Nelms	Susan O. Streib
Vicki Conner	Joann King	John & Susan Ann Nutt	Joan L Turner
Patricia Costello	Judy King	Michael A Oliverio II	Matt Veith
Daniel Crawford	Roberto Kleinschmidto	Tony Osretkar	Michael & Johnetta Velickoff
Susan Eason	Mary Koike	Sandra Overbey	Francis S Vitale
The Hess Family	John "Ike" Laughlin	Erika Pallie	Barbara Walker
Cynthia Ford	Mary K Layman	Andi Parsons	Lindsay Weglinski
David & Rita Friend	Leila A Leech	Gene & Nena Perelli	Tracy Weimer
David Goldberg	Sharon E Leech	Sandy Poulson	R. Karl & Pamela D.Yagle
Jennifer Gosley	George & Mavis Lilley	Linda Punzak	Jan Yeager
Ella Grimm	Caryol & George Longenecker	Tony Realini	
Luella T Gunter	J Robert & Delores Losh	Mark Reasor	
	Jeannie Luzier	Connie Reddy	
	Harold Manner		





# DONATIONS 2019

## ORGANIZATIONS & COMMUNITY PARTNERS

- Akron Children's Hospital
- Bikers, Bros & Bo, Inc.
- Catholic Daughters of the Americas
- Christian Assembly Church
- First Presbyterian Church
- Goshen Baptist Church
- IOOF Monongalia Lodge #10
- Lynch Foundation
- Mon Health Systems
- Mountaineer Food Bank
- Mountainview Elementary School
- MVB Bank
- Pantry Plus More
- Sam's Club of Morgantown
- Service League of Morgantown
- Spruce Street United Methodist Church
- Town of Star City
- WVU Dietetic Intern Program
- WVNET
- Zoar House of Prayer

## GRANTS & TRUSTS

- Anna Long Charitable Trust
- Empty Bowls Monongalia
- George D. Hott Foundation
- Hazel Ruby McQuain Charitable Trust
- John Matthew Gay Brown Family Foundation
- Monongalia County Commission
- WalMart Community Grant
- Your Community Foundation



A special thank you to Jack Britton, who at his retirement as trustee on the Hott & Brown Foundations' Boards, gifted MAMOW with a wonderful surprise donation in March 2020.

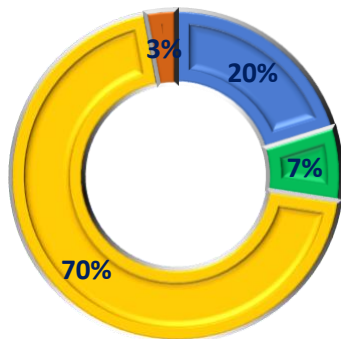
*Community support makes our Meals on Wheels "Service of Love" possible. Our Vision is to feed all who need us. Our Mission is to prepare and deliver affordable meals to clients in their homes, enabling them to meet their nutritional needs. Your gifts affirm this mission as a valuable service to the community enabling our clients to remain safely in a familiar home environment.*

*Thank you!*

## 2020 BUDGET AND FINANCIALS

Total Projected Expenses 2020 \$237,543

### EXPENSES FOR 2020



■ Administrative ■ Facilities ■ Kitchen ■ Other

**Administrative:** Office manager, legal and professional fees, liability insurance and workers' comp, office expenses

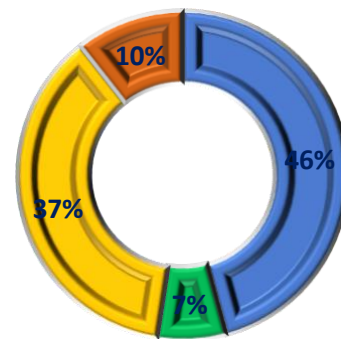
**Facilities:** capital improvements, maintenance, insurance, utilities, lawn, snow removal, pest control

**Kitchen:** payroll, kitchen equipment, supplies and maintenance, weekend/blizzard packs

**Other:** Marketing and promotion, events, volunteer background checks

Total Projected Income 2020 \$237,543

### INCOME FOR 2020



■ Client Fees ■ Donations  
■ Grants, Trusts & Interest ■ Fund raising / Reserves

**Client Fees:** Weekday meals, weekend meals and blizzard packs - All weekday meals are underwritten by at least \$4

**Donations:** Individuals and organizations

**Grants, Trusts & Interest:** Foundations and trusts, interest

**Fund raising/Reserves:** ~ \$25,000 to be raised or taken from reserves. Operating reserve goal is 6 months or \$130,000.

While the organization has the funds to operate for the coming year, it is clear that sustainability for the years to come depends upon the development of additional revenue sources. Morgantown Area Meals on Wheels is grateful for **all** donations from **all** sources.

Nutritious food is medicine. Multiple studies and reports by Meals on Wheels America and others show receiving home delivered meals such as provided by MAMOW is associated with:

- ✓ improvement in overall physical and mental health,
- ✓ reduction in feelings of isolation and worrying about being able to remain at home, and
- ✓ a decrease in hospitalization and emergency room costs.

In addition, programs such as MAMOW serve as an informal safety check and point of social interaction for individuals. MAMOW clients' well-being depends upon the generosity of our amazing community.

***MEALS ON WHEELS makes a difference in people's lives. Please be part of the difference!***