









2023 ANNUAL REPORT

TRIALS, TRANSITIONS AND TRIUMPHS



DEAR FRIENDS OF MEALS ON WHEELS OF CENTRAL MARYLAND,

As we continue to grapple with postpandemic changes in our community such as the unrelenting increased need for our services, rising prices, and a challenging job market, one thing remains clear, Meals on Wheels of Central Maryland is needed now more than ever. As older adults like Freddie, who you will read about in this report, grow in number, they are also living longer. It is no longer a rare occasion when someone celebrates their 100th birthday!

In this year's annual report, you will read about these challenges, but you will also read about the amazing dedication of our volunteers and the partnerships and collaborations we continue to forge in order to meet those challenges.

The need for our meal service has never been greater, as evidenced by the growth of home delivered meals over the last four years. We have increased from 1,700 home-delivered clients each day to over 2,400 home-delivered clients after the pandemic. This year, we delivered 1.4 million meals to homebound seniors in central Maryland, ensuring older adults had nutritious food and services to remain healthy at home.

For our homebound individuals, social isolation is also a very real concern. Often the Meals on Wheels driver or volunteer is the only friendly face a client sees, and that interaction makes all the difference. Our More Meal Than a Meal™ programs, including health and wellness checks, grocery shopping assistance, monthly grocery delivery, comprehensive assessment and service

referral, pet food delivery and home repairs – are all designed to reduce social isolation and positively impact the many factors that enable older adults to age in place successfully.

We deliver not only meals and other services, we deliver companionship, independence and peace of mind for aging seniors, as we envision a society where aging is defined by health, dignity, and self-determination. We have served the community, even through difficult times, and we recognize that to fulfill our mission and realize our vision, the moment calls for us to take a transformative step forward. This report also highlights how we have transformed our programs through innovation, collaboration and partnerships.

The demand for our services will continue to grow. The population we serve is aging at an unprecedented rate. Ensuring older adults have access to nutritious food, needed support services, and consistent social interaction is something we can all support. Our commitment is to continue to serve our community and support homebound aging adults in pursuit of our vision, so that they too may one day realize this same vision.

THANK YOU AGAIN FOR YOUR SUPPORT. WE LOOK FORWARD TO CONTINUING THIS WORK WITH YOU BY OUR SIDE.

Stephanie Archer-Smith, Executive Director & CEO







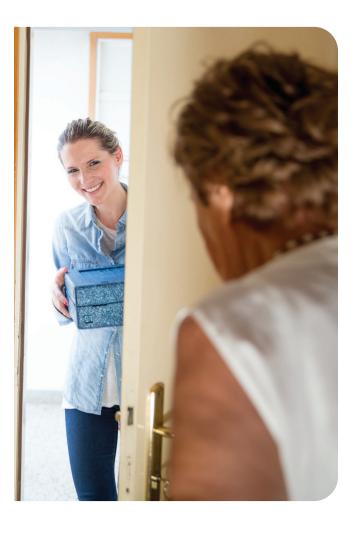
THE POWER OF WE

Over the years, nonprofit organizations have been urged to collaborate with other nonprofits, the public, and the private sector to better serve clients, be more efficient, and tackle complex societal needs. The Stanford Social Innovation Review calls this Collective Impact, a practice of traditional and nontraditional partners coming together to solve a broad range of social challenges. Meals on Wheels of Central Maryland's approach has always been one of collaboration, starting with our early work engaging community volunteers.

Today, our client-centered services are implemented in close collaboration with a variety of traditional, as well as non-traditional partners. By harnessing the power of Collective Impact, by forging partnerships with government entities, nonprofits, hospitals, health care providers, houses of worship, philanthropies, and the corporate sector, Meals on Wheels of Central Maryland has a big impact on successful aging.

In a world where isolation and hunger threaten the health and well-being of countless older adults, Meals on Wheels of Central Maryland is proud to be a leader in social innovation and Collective Impact as we are called by our community to address these challenges. With clients at the heart of our mission, the foundation of our program, home delivered meals, is built on the human connection created with frequent interactions between the clients and the volunteers, and the partnership of those faith-based and civic leaders who provide needed space to carry out our mission. In the decades since this basic yet brilliant tenet of service through partnership was conceived, we have applied it to all we do.

Our efforts to reduce social isolation, improve health, and allow older adults to remain living safely and independently at home with dignity requires More Than a Meal TM . This work involves partnership and



collaboration at the deepest level. As an example, our approach to preventing falls — a primary driver of emergency room utilization among older adults and the reason many older adults are forced to leave their homes for skilled nursing facilities — involves the work of volunteers, staff, and other service, philanthropic, and public sector partners.

Two of the most common reasons older adults fall, dehydration caused by poor nutrition and unsafe housing conditions, are often first identified by the volunteer who reports the findings to our case management team in real time using our state-of-the-art Mobile Meals app. Once these conditions are identified, our case managers get to work identifying what and who is needed to resolve the issue. In the case of needed home repairs or modifications, Meals on Wheels of Central Maryland works with contractors to make the needed repairs at little to no cost to the participant. This work is made possible by a collaboration of service providers- Meals on Wheels of Central Maryland, Civic Works, our national membership partnership- Meals on Wheels of America and partnerships with Home Depot and Weinberg Foundation – have grown stronger with every success story.

This is but one example of the collaboration and partnership necessary to show impact and truly make a difference.

Meals on Wheels of Central Maryland's collaborative approach to serving older adults goes well beyond connecting funds and contractors. Examples of this work include:

- Healthcare entities that aim to reduce healthcare costs through nutrition and related support for clients referred through medical systems.
- The Maryland SPCA that supports the delivery of pet food with their food donations.
- The State Department of Human Resources, Supplemental Nutrition Assistance Program outreach and application help educate clients on the benefits that they qualify for by participating in this program.
- Volunteers who make wellness calls one or two times a week to a client, helping them reduce isolation, improve mood and promote social engagement.

In order to implement a successful Collective Impact model, it takes an organization that provides a clear vision on client-centered programming, the ability to identify and work with common purpose partners, and the public confidence to attract financial support. Meals on Wheels of Central Maryland's leadership of the FASST project is one such example. FASST, the Food Access and Support Services Team, began as a meeting of select private foundations and community-based organizations to respond to the Baltimore Accountable Health Community's 2018 report identifying food insecurity as the number one unmet health related social need among Medicare and Medicaid beneficiaries living in Baltimore City. Led by Meals on Wheels of Central Maryland, with Moveable Feast, Maryland Food Bank and Benefits Data Trust as collaborating partners, FASST aims to use technology and scale nutrition services to identify and serve more people in need.

THIS IS MORE THAN A MEAL™.



FOOD ACCESS AND SUPPORT SERVICES TEAM (FAAST) UPDATE

The Food Access and Support Services Team (FASST), a collaborative entity led by Meals on Wheels of Central Maryland and including Movable Feast, Benefits Data Trust, and the Maryland Food Bank, received a grant of \$3.47 million from the University of Maryland Medical System (UMMS) with additional funding from the Weinberg, Abel, and Hirschhorn Foundations to address the negative health impact of food insecurity and lack of access to services in historically under-served communities. The project will employ data-driven systems to expedite referral and payment for food and support services best suited to address UMMS' patients' needs, providing proven interventions designed to complement a holistic, individualized health care and treatment plan. Over a four-year period, the project

goal is to serve 1,500 UMMS patients across the systems' entire service area.

The first year of the project focused on surmounting the challenge of collaboration among the participating community-based organizations, learning to recognize areas of strength and needs for improvement while pursuing opportunities to make the whole greater than the sum of the parts. Integration of referral and payment for services into the UMMS patient treatment experience required sophisticated management of data security and privacy issues, an especially daunting task for a project of this scope. Having successfully worked through these obstacles, the FASST project expects referrals and patient enrollment in services to begin in early FY24.

BY THE NUMBERS

THE LOCAL IMPACT OF MEALS ON WHEELS







260

SNAP applications processed with 185 approved for benefits

1,145

Referrals and Resources provided





individuals



57

Home repairs completed for clients ranging from roof replacement to safety modifications such as railings and grab bars. We proudly continue our partnership with Civic Works, Weinberg and Home Depot Foundation.

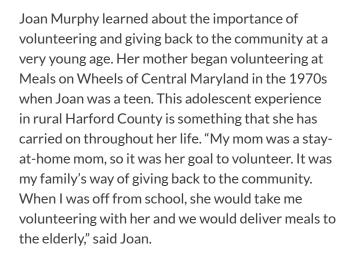
We also began a new partnership with Neighborhood Housing Services to provide safety modifications in high need zip codes 21216 and 21223. We will be working on this project through 2025 and we are grateful for their support in expanding our home repair program.

Clients who believe Meals on Wheels has improved the quality of their life



VOLUNTEER SPOTLIGHT

GIVING BACK



Decades later, while working as a nurse in a hospital, she met her husband, Steve, a Stationary Engineer. They met in 1989 and were later married in 1996. They worked nights at a hospital and as newlyweds purchased an old 1930s waterfront home in Fort Howard. Helping people who are less fortunate and being empathetic were something that came naturally to both. After the tragic events of September 11, 2001, they decided to give something back to the community.

Steve, who is also a Navy veteran, emphasizes the importance of helping others. "After 9/11, we thought it was important to give back to the community. We act as a safety net for seniors. I was able to see my community through a different lens. You see the good and you see the bad, and we know we can't solve all the problems, but we can contribute," said Steve.

They've been volunteering together at Meals on Wheels of Central Maryland for 22 years. They have been doing it for so long that Joan has recruited



friends to also deliver meals. "It's rewarding to know that you're making a difference in people's lives because they wouldn't be able to get food any other way," said Joan.

After decades-long experience as volunteers, Joan and Steve were asked to participate in the Volunteer Advisory Council. The Meals on Wheels of Central Maryland Volunteer Advisory Council is a board-style group of volunteers who represent and advocate for clients, volunteers and the Organization. The Council works to strengthen the Organization through a strong recruitment strategy, evaluation of volunteer and client experiences and comprehensive training.

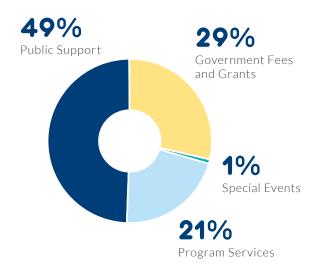
In addition to delivering meals and participating on the Council, Joan and Steve are always ready to support outreach efforts and fundraising events. Recently, Joan represented MOWCM at the Baltimore County Department of Aging's 36th Annual Power of Age Expo at the Timonium Fairgrounds. Joan mentioned people's reaction to Meals on Wheels of Central Maryland. "Folks would come up to us and thank us for doing what we do. You do feel like you're making a difference in people's lives," said Joan.

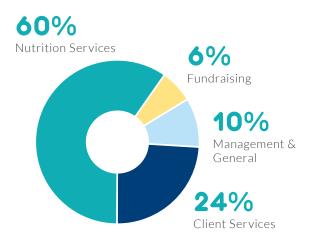
"Joan and Steve are not only exemplary volunteers, dedicated to the work of MOWCM, they are also a lot of fun" says Stephanie Archer-Smith, Executive Director and CEO. "I remember when they volunteered with us at the Irish Festival, and Steve arrived wearing his kilt. That was such a fun day, and the perfect example of how they not only enrich the lives of their clients, but they make all of us better at what we do."

FY 2023 FINANCIALS

July 2022 - June 2023

The Board of Directors has engaged ELLIN & TUCKER, Certified Public Accountants, Baltimore, Maryland, to perform the annual audit. Selected financial data is provided which does not contain all the data and information disclosures required by generally accepted accounting principles. A copy of the complete audit report containing the required data and informative disclosures is available from Meals on Wheels of Central Maryland, Inc. upon written request.





ASSETS

TOTAL ASSETS	\$33,034,118
Other	171,890
Property and equipment, net	3,051,186
Marketable securities, at market	21,002,594
Receivables, net	6,891,659
Cash and cash equivalents	1,916,789

LIABILITIES AND NET ASSETS

Liabilities	2,030,128
Net assets	31,003,990
TOTAL LIABILITIES	

AND NET ASSETS \$33,034,118

OPERATING REVENUE

TOTAL REVENUE	\$20,086,706
Special Events	168,575
Program Services	4,238,587
Governmnent Fees and Gran	ts 5,769,248
Public Support	\$ 9,910,296

OPERATING EXPENSES

TOTAL EXPENSES	\$14,353,334
Fundraising	941,081
Management & General	1,390,867
Client Services	3,463,453
Nutrition Services	\$ 8,557,933

Change in Net Assets, Before	
non-operating activities	\$5,733,372
Non-operating activities	1,074,482
Change in Net Assets	6,807,854
Net Assets at end of year	24,196,136

NET ASSETS END OF YEAR \$31,003,990





NEW SONG COMMUNITY CHURCH PARTNERSHIP

Prior to the pandemic, New Song Community Church was thriving in West Baltimore with a large congregation that prided itself as an active, racially and economically diverse congregation located in the Sandtown-Winchester community. The pandemic had a profound impact on the number of members attending in-person services on a regular basis, like many houses of worship. The Church remained open and active throughout the pandemic. In keeping with its vision of using every resource and relationship to love and serve their neighbors, New Song started pursuing other ways in which it could provide additional services and give back to help people in the community.

That's when Dr. Louis Wilson, Senior Pastor, along with other members of the Church reached out to Meals on Wheels of Central Maryland. In a short period of time, New Song Community Church became a distribution site for Meals on Wheels of Central Maryland three days a week - Monday, Wednesday, and Friday. The site has operated throughout the year serving anywhere from 8 to 12 clients on a consistent basis.

CLIENT STORY

100 YEARS OF A GOOD LIFE

Meals on Wheels of Central Maryland (MOWCM) started its home-delivery operation in 1960, which began with a thought, and a common conviction that nutritious meals for the aging, convalescent, and handicapped were a genuine need in the Baltimore area. Thanks to the vision of Beatrice Strouse and Ernestine McCollum, with the delivery of ten meals in 1960, our incredible mission was born.

Freddie, a 100-year-old resident of Baltimore County, has lived alone for two decades since his beloved wife passed away in 2002. Until recently, Freddie used to cook his own meals. However, when he started to slow down, his family decided that deliveries from Meals on Wheels would be the thing he needed to remain happy and healthy at home. "I have received home-delivered meals Monday, Wednesday and Friday for a year now,"

said Freddie.

It wasn't long ago that Freddie celebrated his 100th birthday and his son came up with quite the surprise. According to Freddie, it was the surprise of his life. Numerous friends, whom he hadn't seen in years, came pouring in from around the country to see him. "I had people from Florida, Texas, Virginia and even my church – they all came to surprise me. I'm the only living member of my family; all my siblings are gone. I'm fine living alone today. Plus, I get to see my children and grandchildren about once a month," said Freddie.





Freddie is also an avid baseball and football fan, so he regularly follows the Orioles and Ravens on television. "I used to go to the horse race track, but I don't do that anymore. I just don't like to be at places that are too crowded." said Freddie.

While Freddie gave up driving just a few years ago, he still has the energy to make his own breakfast every morning. "I can take care of breakfast but the other meals, which are important, I don't cook," said Freddie. Mostly confined to the house, Freddie really enjoys getting visits from Meals on Wheels volunteers. Their wellness check is an added bonus to the friendly visit. Freddie feels good about his decision to join Meals on Wheels and looks forward to what's in store for his 101st birthday!





ERNESTINE MCCOLLUM ANNUAL GIVING

The Ernestine McCollum Annual Giving recognition, named for a co-founder of Meals on Wheels of Central Maryland, acknowledges the contributions of those who supported our mission during the 2023 fiscal year.

\$100,000 OR MORE

The Associated: Jewish Community Federation of Baltimore The Kenneth S. Battye Charitable Trust Civic Works Estate of Brian L. Jones Meals on Wheels America Estate of Shirley S. Schwartz Estate of Barbara E. Simerl University of Maryland Medical System The Harry & Jeanette Weinberg Foundation

\$50,000 OR MORE

Baltimore County Emergency Food and Shelter Program Baltimore Gas and Electric Company Lowell & Harriet Glazer Family Philanthropic Fund Howard County Emergency Food and Shelter Program Maryland Department of Human Services

\$10,000 OR MORE

Anonymous Baltimore Monthly Meeting of Friends, Stony Run Karen Sachs Besson Foundation The Jacob and Hilda Blaustein Foundation Dr. Michael R. Camp Combined Federal Campaign Constellation, an Exelon Company The Gordon Croft Foundation The Grunwald Family Charitable Foundation The David & Barbara B. Hirschhorn Foundation Johnson, Mirmiran & Thompson Kay Family Foundation Estate of Lisa Levin Dr. Michael and Mary Lynch MAC, Inc./Maryland Living Well Center of Excellence Maryland Charity Campaign

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\$5,000 OR MORE

3-Point Products JoAnn Alspach Amazon Anonymous Baltimore Rotary Foundation Baltimore City Emergency Food and Shelter Program The Beaufort Foundation Julie Belkin Beveridge & Diamond, P.C. Neal and Sandy Black Robert Brager & Judith Golding Janet F. Brown Building Bridges For A Better Baltimore Foundation Mary C. Bunting Daniel F. Collins Community Foundation of Howard County COSIMA Jeffrey E. Cunningham & Associates, LLC Patrick Duroseau Evans Charitable Trust

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\$2,500 OR MORE

Anonymous APG Federal Credit Union Stephanie Archer-Smith and Andrew B. Smith Wade and Emilia Barnes Lyla B. Baumann Leo V. Berger Foundation Gary K. Brown David W. Buck Family Foundation Stephen R. Bupp Lori Burghauser Michael Butts Capital One Carey Sales & Services Carroll Motor Fuels & High's Stores Crescent Cities Charities Enterprise Holdings Foundation Bryan and Jean Feldscher

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\$1,000 OR MORE

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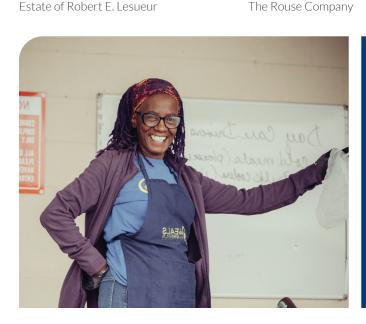
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