

MEALS ON WHEELS IS GOOD MEDICINE

**"I am no longer on diabetic
medicine because I have been
eating so healthy with my
volunteer bringing me groceries."**



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Ernestine McCollum, one of the two pioneering women who founded Meals on Wheels of Central Maryland (MOWCM) in 1960, was a dietitian and teacher who taught nutrition and dietetics at the Johns Hopkins School of Hygiene and Public Health. Ernestine’s

emphasis on the importance of nutritious food for healthy living was the inspiration for her early Meals on Wheels (MOW) work. Since then, this same MOW value and understanding of the link between nutrition and health have been strengthened by decades of scientific research and experience. Our meals and menus are created by a Registered Dietitian with the unique health needs of adults as the guiding principle and have been shown to improve health outcomes for our clients in our numerous partnerships with health care providers, and academic research projects. The growth in this area of collaboration supports continued and increased investment in interventions for healthy aging but is slow to adapt.

In Maryland, 65% of Medicare participants have three or more chronic conditions leading to more than 10 billion dollars



MealTimes is the official newsletter for Meals on Wheels of Central Maryland, Inc.

*Fresh Meals. Better Health.
Economic Stability. Delivered with Care.*

in Medicare spending. In the 2023-24 Baltimore City Community Health Needs Assessment, 69.7% of key leaders cited access to healthy foods as an important factor that can impact chronic diseases and overall well-being. The need continues to grow, but so does our impact.

Meals on Wheels is good medicine. We hear every day from clients who rely on their meal delivery so they can take medication as directed to treat chronic conditions like diabetes or high blood pressure. Without our meal service, they are not only at risk for adverse effects from medication mismanagement, but also dehydration, particularly important during Maryland's long hot summers. With your support, we will continue to serve the growing number of older adults in need, while advocating for their unique nutritional and health needs. Together, we can ensure they are not left behind and continue carving a pathway for older adults in the rapidly evolving Food is Medicine service community.

**After all,
they've
earned it.**

**"I'm fortunate
that Meals on
Wheels has
healthy meals,
because they
have helped me
to move back
home and keep
me out of the
hospital."**

**"My health is
also doing better
because I now
eat daily."**



A STRONG COMMUNITY IS BUILT AROUND THE TABLE

It is where stories are shared, friendships are formed, and neighbors come together to care for one another. That spirit was on full display at Night of a Million Meals, an evening that brought together community members, local businesses, volunteers, and supporters with a shared purpose: ensuring that no senior in our community goes hungry or feels forgotten.

On May 14th, Meals on Wheels of Central Maryland hosted 30 chefs and 400 guests at M&T Bank Stadium in the heart of Baltimore in support of our mission.

With craft beverages, exquisite small plates and a lively environment, it was not only a celebration of our work, it was a testament of what it takes to make real impact — a strong and supportive community.

New features this year, like the cooking demonstration hosted by Chef Jerry Edwards, and other fun activities such as the photo booth and wine pull were well received and helped us raise \$265,000 – the equivalent of 26,500 meals! Every ticket purchased, every auction bid, every sponsorship, and every donation helped ensure that older adults facing hunger and isolation receive the nourishment they need.

For those in attendance, the night was a chance to connect and enjoy a special evening. But for thousands of seniors in our community, it represented something far more important — nourishment, independence, safety, and companionship.

Mark your calendars for next year's event to become part of the movement dedicated to caring for neighbors, honoring older adults, and strengthening the bonds that make a community thrive.



**And remember to support the chefs who
generously support this event each year.**

The Capital Grille	500 E. Pratt Street, Baltimore, MD 21202
Bread and Broomsticks	3346 Garrison Circle, Abingdon, MD 21009
Flavor Cupcakery	118 N. Tollgate Road, Bel Air, MD 21014
Land of Kush	840 N. Eutaw Street, Baltimore, MD 21201
Rooted Rotisserie	1116 Hollins Street, Baltimore, MD 21223
Plant Baked by Sarah	400 E. 29th Street, Baltimore, MD 21218
Dangerously Delicious Pies	810 W. 36th Street, Baltimore, MD 21211
Saval Foodservice	6740 Dorsey Road, Elkridge, MD 21075
Cosima	(Mill No.1) 3000 Falls Road, Baltimore, MD 21211
Batter from Scratch Bakery	1501 Kent Avenue, Baltimore, MD 21207
Taharka Brothers Ice Cream	301 W. 29th Street, Baltimore, MD 21211
Fogo De Chão	600 E. Pratt Street #102, Baltimore, MD 21202
Chef's Expressions at The Manor Tavern	15819 Old York Road, Monkton, MD 21111
Monument City Brewing	1 N. Haven Street, Baltimore, MD 21224
The Classic Catering People	99 Painters Mill Road, Owings Mills, MD 21117
Sally O's	3531 Gough Street, Baltimore, MD 21224
Nine Tailed Fox	3 Village Square, Baltimore, MD 21210
La Scala	1012 Eastern Avenue, Baltimore, MD 21202
Pierpoint Restaurant	1822 Aliceanna Street, Baltimore, MD 21231
Kirchmayer Chocolatier	1811E York Road, Timonium, MD 21093
Jimmy's Famous Seafood	6526 Holabird Avenue, Baltimore, MD 21224
Matsuri	1105 S. Charles Street, Baltimore, MD 21230
Beye Beignets	210 S. Central Avenue, Baltimore, MD 21202

RECIPE FOR THE FUTURE

In August 2026, Meals on Wheels of Central Maryland will become the proud owners of a new 4.2-acre building site at 701 Swann Avenue in Baltimore City, where construction will soon begin on a 40,000 square foot, state-of-the-art kitchen and administrative headquarters.

Under the guidance of Ziger-Snead architects and Whiting-Turner Contracting Company, the facility has been shaped through extensive engagement with staff, volunteers, clients, and operational partners to ensure it is efficient, sustainable, and capable of serving our community for at least 40 years. Planning began four years ago with a highly qualified real estate and development team comprised of board members and volunteers with expertise in construction, engineering, food production, real estate law, and financing.

The new headquarters will dramatically expand our operational capacity and include:

- A state-of-the-art meal production kitchen, tripling our current capacity
- Modernized systems to improve meal quality, nutrition, and production efficiency
- Dedicated inventory storage, logistics space, and an accessible loading dock
- Administrative offices and gathering space for staff and volunteers
- Parking for staff, volunteers, and a fleet of up to 70 delivery vehicles



Designed to LEED Gold, all-electric standards, key sustainability features include solar photovoltaic systems generating approximately 50% of the building's energy, a Battery Energy Storage System (BESS), high-efficiency mechanical systems, high-performance glazing, enhanced insulation, and underground storm water retention.

The project will transform an underutilized site into a vibrant community asset, bringing sustained employment opportunities and supporting local workforce development. It aligns with broader investment in West Baltimore and deepens partnerships with local schools through initiatives such as our Teen Ambassador Program.

For more than 65 years, MOWCM has reliably served the community, ensuring that older adults are well nourished and cared for so that they can remain happy and healthy at home, reducing health care costs, preserving dignity and ensuring peace of mind for seniors.

This project provides the needed investment in the future of Meals on Wheels to meet growing demand, operate more efficiently, support sustainably, and ensure that we will continue to be here for decades to come.



The new facility will also function as a community resiliency hub during weather emergencies, offering:

- Temperature-controlled shelter
- Charging stations
- Water distribution
- Refrigerated storage for medications
- An accessible loading dock to streamline distribution



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Get
Involved
Today!

Pack Meals

Monday – Saturday, various times, Baltimore

Deliver Meals

Monday – Friday, mid-morning, various locations around Central Maryland

Shop for Groceries and Other Household Needs

Flexible scheduling, weekly or biweekly shopping

Call for Friendly Conversation

Flexible scheduling, 1-2 calls per week

