



# 2024 ANNUAL REPORT



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**Meals On Wheels**  
*Meals are just our first course!*



**MEALS on WHEELS**  
**ROCKLAND**



Dear Friends,

As always, we are eager to share the accomplishments of the past year. This year, we are particularly proud as we celebrate 50 years of serving Rockland County Seniors! Our Founder, Shelly Berger, along with the support of The National Council of Jewish Women, recognized that many older adults in our community needed home delivered meals and a friendly check-in. What started in Shelly's home, in her kitchen, utilizing her counter and her breadbox (see picture on left) has grown to over 11 million meals served. In year one, there were 60 volunteers and today we have almost 700. Additionally, with the partnership and backing of Rockland County Office For The Aging, we operate five Senior Activity Centers. The centers are vital hubs for over 460 older adults enjoying food, friends and fun, five days a week.

Thank you to Shelly and everyone along the way, who got us to where we are today. Meals on Wheels empowers older adults who choose to age in place with independence and dignity. It begins with a meal and delivers so much more. The results include a reduction in loneliness, decreased food insecurity and fewer trips to the hospital. Older adults living with food insecurity are more likely to experience malnutrition, depression and physical limitations that affect how they live.

We are excited to get to make our impact on the next 50 years!

Sincerely,



Kevin J. Hardy, President & CEO



*Together, We Can Deliver!*



# HOME DELIVERED MEALS

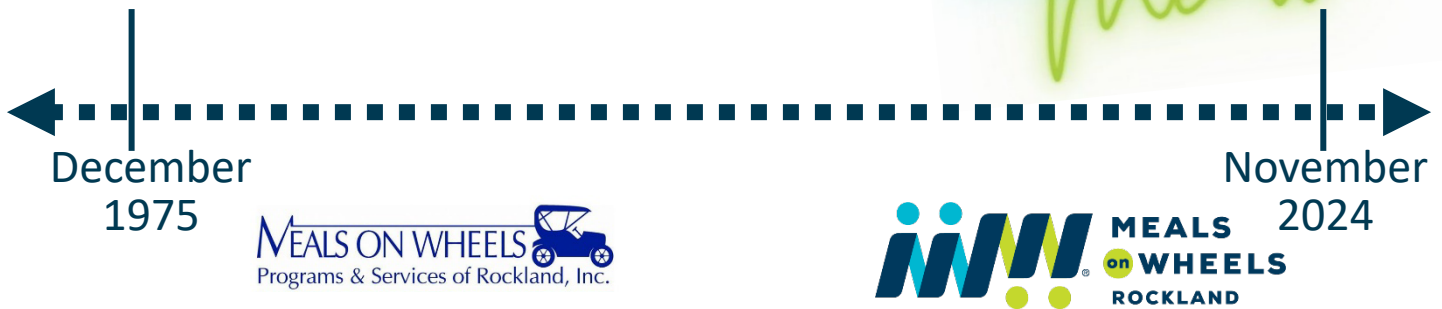


50  
YEARS

It all started with Home Delivered Meals and today, over 11 million meals later, this service is still at the core of all we do for Rockland seniors. We couldn't be prouder of the detail and care that goes into every meal to insure they are nutritious and medically tailored for the vast and varied community of older adults who have very specific needs. Catering to these needs, helps ensure their continued well-being and their ability to continue to live in the home they love.

11,000,000+  
*meals*

9,800 meals



**172,337** Meals in  
2024

## THE HOME DELIVERED MEAL'S JOURNEY

4:00am Chef Pierre and the Commissary team start making meals using the freshest ingredients and a wide variety of meal types (Renal, Gluten Free, Glatt Kosher, Kosher Style, Vegetarian, Lactose Free, Mechanically Tailored: cut and pureed). We also offer Hot, Cold and Frozen.



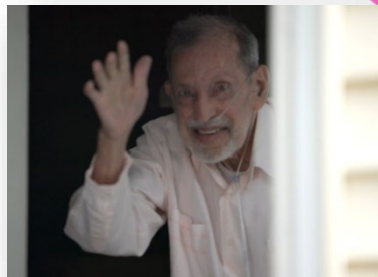
If all is good (and maybe a new friend is made that day), the journey for the next meal continues as the Volunteer goes on to the next stop on the route.



10:30am Volunteer picks up meals and begins to deliver their route, one of 65 routes delivered a day.



Volunteer arrives!



If there is an issue or if no one is home, the Volunteer calls the office for next steps. If there is a change of condition with the meal recipient, the Volunteer reports it. Our Caseworkers step in to help the client and provide referrals to a wide variety of services and support.

Recipient receives:

- ♥ Nourishment
- ♥ A Friendly Visit
- ♥ A Safety Check

## IT STARTS WITH A MEAL BUT DELIVERS SO MUCH MORE!

Additional programs for Home Delivered Meals recipients include:

**Emergency Pantry Boxes • Birthday Boxes • Box of Sunshine**  
**Nutritional Counseling • Miles of Smiles • Caring Cards & Crafts • Pet Pal Pantry**  
**Telephone Reassurance**

# MENDING MEALS



50  
YEARS

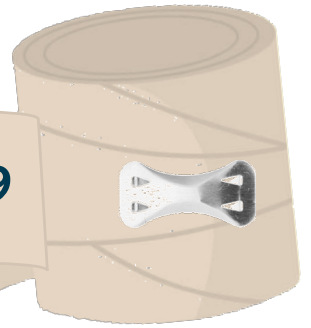
MEALS on WHEELS<sup>®</sup> ROCKLAND



“Thank you for being there while I was recovering from my surgery. The meals were very helpful.

-Mending Meals Recipient”

REDUCING RE-HOSPITALIZATIONS SINCE 2019



## THE IMPORTANCE OF POST-HOSPITALIZATION HOME DELIVERED MEALS



It's been demonstrated time and time again that post hospitalization meals and follow-up support reduce re-hospitalizations.

Meals on Wheels Rockland first partnered with Montefiore Hudson Valley to investigate the effects of Home Delivered Meals to help decrease hospitalizations.

- 62 Participants / 7,603 meals delivered
- 83 Change of Conditions reported by volunteer and addressed by caseworker
- 218 Friendly visits
- No re-hospitalizations (30 day 70%, **90 day 100%**)

This is just one of many studies that validate the role that home delivered meals programs play in that critical time when a Senior is released from a hospital or rehab facility. Seniors, particularly, face many challenges on the road to a full recovery. A program that assures daily nutrition and check-ins can be a game-changer in terms of regaining independence. Those discharging patients are vital in helping make a connection between patients and post-discharge mending opportunities. We have additionally partnered with WellSky Foundation and Mother Cabrini Health Foundation.



Many of our Home Delivered Meals Recipients and Senior Center participants are also pet owners for whom pet food can be a financial burden or challenging to get for the homebound. Yet, it is often their pets who are essential in their lives and keep them vibrant and motivated to stay healthy.

In 2013, our Pet Pal Pantry was established and has been helping feed Rockland Seniors furry friends ever since.



“

For seniors who are feeling isolated, a pet can be transformational, offering connection and purpose.

-Dr. Lisa Gibbs, UCI Health Geriatrician

”

### POUNDS OF PET FOOD DELIVERED IN 2024

over 1,000lbs



over 1,400lbs



### BENEFITS OF PETS FOR OLDER ADULTS

- Report feeling more socially connected
- Can positively affect physical health: lower blood pressure, improve heart health, reduce stress and enhance physical functioning
- Often motivates older adults to take better care of themselves
- Reduces depression, greater self-efficacy, cheerfulness and enhances mood

Source: Mather Institute's five-year Age Well Study.

“

I am so very happy because I am able to stay in my home because of Meals on Wheels and all the pleasant people who deliver to me. I really appreciate all of you, especially being so thoughtful by sending food for my cat!

-Home Delivered Meals & Pet Pal Pantry Recipient

”



Scan the QR code to see a video on how we help Daniel and his best friend



# SENIOR ACTIVITY CENTERS



50  
YEARS



We have been operating Rockland Senior Activity Centers since 1982. With all the activities and benefits of attending, our members say the #1 reason they go is socialization. Maybe that's why they are always having so much fun. It's amazing to see that new friends can be made at any age. Socializing offers numerous benefits for older adults, impacting their physical, mental, and emotional well-being. It combats loneliness and isolation, improves cognitive function, and reduces the risk of chronic diseases. Social interaction also fosters a sense of belonging, enhances self-esteem, and provides a positive outlook on life. Our Senior Activity Centers would not be possible without Rockland County Office For The Aging.

## SENIOR ACTIVITY CENTER MEMBERS



SENIOR ACTIVITY CENTERS

Together, We Thrive!



**Fitness & Health • Games • Entertainment • Arts & Crafts**  
**Outings • Celebrations • Information Sessions • Nutritional Counseling**  
**Daily Hot Nutritious Lunch • Social Work Resources**





# VOLUNTEERS



50  
YEARS

2024 VOLUNTEER STATS

**691** AMAZING  
VOLUNTEERS  
+13% from 2023



**37,993**



**VOLUNTEER HOURS!**

“

I started volunteering, delivering meals as a way to keep busy over my summer break. I soon realized how fulfilling it is seeing the Seniors smile. That was over ten years ago and I'm still delivering every week and I love every minute of it!

”

-Volunteer



To see what meal delivery involves for a volunteer, visit our site or scan the QR code and watch our new training video

SCAN TO LEARN  
HOW TO DELIVER



**WE**

“Volunteers don't get paid, not because they're worthless, but because they're priceless.”

-Sherry Anderson

**OUR VOLUNTEERS**





# VOLUNTEERS



50  
YEARS

## 2024 COMMUNITY VOLUNTEERS

Abbott House  
Ancient Order of Hibernians Pearl River  
Another Step  
ARC  
BNI, Phoenix  
Boy Scouts  
Church of God Nyack  
Clarkstown High School South  
Girl Scouts  
Hamaspik  
Hudson Valley DPSO  
Jawonio  
Lekulam  
Living Resources  
Living Word Christian Fellowship  
Lynn Academy of Irish Dance  
Nanuet Chamber of Commerce  
Nanuet High School

New Concepts for Living  
North Rockland High School Key Club  
NY Foundling  
Professional Aging Network  
Rockland County Government  
Rockland County Office for the Aging  
Rotary Club of Clarkstown  
Rotary Club of Nanuet-West Nyack  
Rotary Club of New City  
Rotary Club of Nyack  
Rotary Club of Pearl River  
Rotary Club of Suffern  
St. Dominic's  
Tappan Zee High School  
Town of Clarkstown  
Town of Stony Point  
Venture Together  
Visions



## 2024 CORPORATE VOLUNTEERS



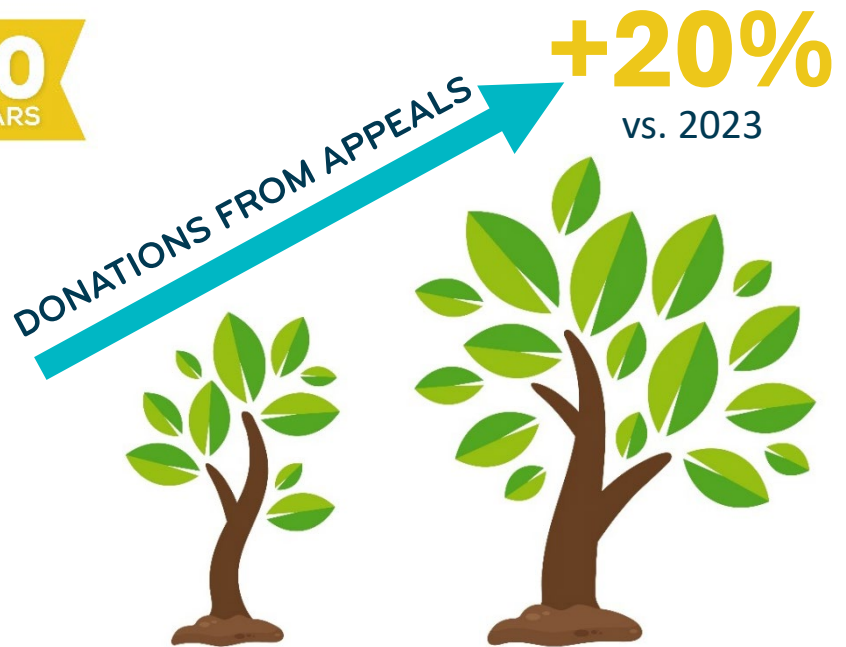
# DONORS



50  
YEARS

We are grateful for every dollar or penny donated, as it all makes a difference. From corporate and larger private donations, to our monthly donors, to a kid running a lemonade stand on our behalf – it's the powerful combination of a broad and varied donor base that enables us to provide food and services to Rockland's Seniors.

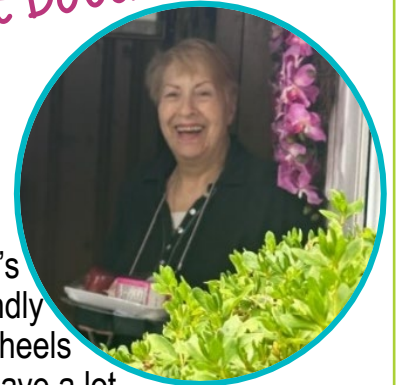
We use annual appeals to increase awareness and donations. Every autumn, our fall appeal features a Senior served. This Senior allows us to share their Meals on Wheels Story. This year it was the wonderful Dottie!



Brings the joy of seeing a  
Rockland Neighbor!

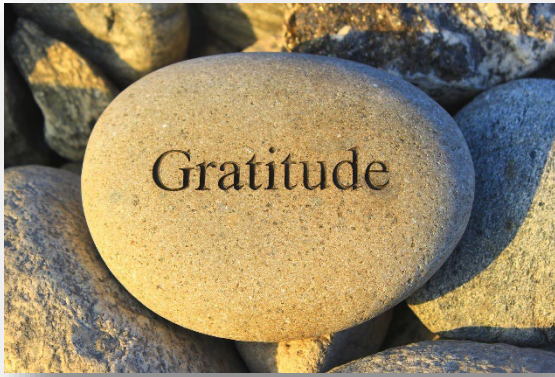
Dottie knows and has truly experienced the Power of a Knock! Dottie and her husband Joseph, have been residents of Rockland since the 1960s. They both received Meals on Wheels since 2017. Sadly, her beloved husband passed last year. At 85, Dottie fits the profile of many of our meal recipients: in their 80's, widowed, lives alone and has a chronic ailment. For Dottie, it's diabetes. Meals on Wheels meals are diabetic friendly and enable her to maintain her health. Meals on Wheels has helped Dottie's health and overall wellness, "I have a lot of amazing people around me in my life now, the volunteers from Meals on Wheels".

Meet Dottie!



One morning, this spring, Dottie fell in her kitchen. She was unable to get up from the hard fall on the tile floor and unable to get to the phone to call for help. Then she heard something that would make a difference. It was a knock on her door, followed by the announcement "Meals on Wheels!". It was her Monday Meals on Wheels Rockland Volunteer, Steve. Steve was able to get in the house, get to Dottie and call an ambulance. Steve is one of the many volunteers who not only helps Dottie receive a hot fresh meal but also a daily safety check and the social connection needed each day.

When someone moved into Dottie's neighborhood, to welcome them she would bake them a cheesecake, "I make a fantastic cheesecake", Dottie shares. Dottie exemplifies neighborliness, so it is only fitting that the lady who would knock on a new neighbor's door to welcome them, receives a daily knock that provides, nutrition, safety and a friendly smile, just like she did for her Rockland neighbors. Dottie would like you to know, "I'm grateful for Meals on Wheels".



## GRANTS



50  
YEARS

- Catherine C. Reiley Charitable Foundation
- Eastwick College
- Emergency Food and Shelter Program
- Hagedorn Fund
- Hudson Gateway Realtor Foundation, Inc.
- Meals on Wheels America
- Mother Cabrini Health Foundation
- Northeast Community Bank
- Pfizer, Inc.
- Related Affordable Foundation, Inc.
- Rockland Community Foundation
- Rotary Club of New City
- Stony Point Wawayanda Guild, INC.
- Veolia North America
- Village of Haverstraw

“

We make a living by what we get, but we make a life by what we give.

”

-Winston Churchill



# EVENTS



50  
YEARS

Q1

January  
February  
March



- SUPER BOWL RAFFLE
- SENIOR BOOTCAMP\*
- MARCH FOR MEALS
  - COMMUNITY CHAMPIONS

We look to have occasions throughout the year to engage our Seniors, Volunteers, Donors and the Community.

April  
May  
June

Q2

- VOLUNTEER APPRECIATION
- HOOK MOUNTAIN RACE
- ANNUAL GOLF OUTING\*
- SENIOR PROM
- ANNUAL BOARD MEETING



July  
August  
September

Q3

- SENIOR PICNIC
- COCKTAILS FOR CHARITY (NYACK ROTARY)
- ROCKLAND DUCK DERBY\*
- MOWA NATIONAL CONFERENCE
- SENATOR BILL WEBBER SENIOR FAIR



Q4

October  
November  
December



- JACKIE & ANDREW 5K
- CORNUCOPIA GALA\*
- SHARE A PIECE OF THE PIE
- BIG WHEELS DELIVER MEALS
- SUBARU SHARE THE LOVE
- SAC HOLIDAY PARTY





Our website, social media and press efforts are the cornerstones to us getting the word out. In 2024, they reached new heights!

## 2024 WEBSITE



**20K** Active Users

+36%

**19K** New Users

+35%

## 2024 SOCIAL



**57.4K** Reach

+37%

**10.6K** Visitors

+34%



**3.7K** Reach

+147%

**1.1K** Visitors

+20%

## 2024 TRANSPORTATION SPONSORS

- HSC Property Management
- M&T Bank
- New City Florist
- Nyack Ridge
- Rebecca Day, Realtor



## AWARENESS



**50**  
YEARS

In 2024, we began making over our transportations fleet and we're getting noticed on the roads. This has helped increased awareness for our services as our buses, trucks and vans traverse Rockland County. This beautification would not be possible without our sponsors who are also getting seen.



SCAN TO SEE A  
TRANSPORTATION  
MAKEOVER



## COMMUNITY PARTNER



50  
YEARS

As we rely on our community for support, we in turn focus on other ways we can give back and join together with other community groups.



We are a proud partner in RCAH, a collaboration that focuses on food recover to support over 40 food pantries and meal programs in Rockland County.



Hudson Valley Chapter

We support the work of the great people at Alzheimer's Association Hudson Valley Chapter. We are pleased to host their caregiver support group meetings and committee meetings for their walk. Additionally, our caseworkers provide referrals.



In 2024, we were thrilled to join Good Samaritan Hospital, Rockland Community Foundation and Jawonio in The Rockland Duck Derby. This fun event brings the community together and raises awareness and funds for four great local causes.



We have a cherished partnership with Eisai and Cancer Care to provide services to people living with cancer and their Families. This includes meals that are integral to patient recovery, referrals from our caseworkers and the organizing of caring cards and crafts for meal recipients.



“

Kindness is a language the deaf can hear and the blind can see.

-Mark Twain

”



Contract Meals are imperative as we strive for self sustainability. And, as many of our contract meal clients are also charitable organizations in need of fair pricing and quality service, we are also helping our community to provide nutrition in congregate settings.

## FOOD SERVICES PROVIDED

- Fresh Meals
- Frozen Meals
- Boxed Lunches
- Buffets
- Meal Supplements
- Retail Meals



## ORGANIZATIONS SERVED

- Developmentally Disabled
- Family Shelters
- Warming Centers
- Rehabilitation Facilities
- Home Delivered Meals for neighboring communities
- Community Centers
- Business Groups



## MEALS ON WHEELS PROGRAMS AND SERVICES OF ROCKLAND, INC.

### Statements of Financial Position

December 31, 2023 and 2022

	2023	2022
<b>ASSETS</b>		
Cash	\$ 340,246	\$ 244,944
Cash - endowment	-	125,877
Restricted cash	11,783	9,387
Security and equipment deposits	3,953	20,000
Investments	1,099,144	1,365,563
Contracts receivable	390,002	363,390
Accounts receivable	139,844	161,599
Inventory	81,530	86,927
Prepaid expenses and other	35,121	13,655
Total current assets	2,101,623	2,391,342
Right of use asset	52,792	-
Building and equipment (net of depreciation)	1,470,098	1,372,388
Total assets	\$ 3,624,513	\$ 3,763,730
<b>LIABILITIES AND NET ASSETS</b>		
Accounts payable	\$ 171,489	\$ 182,018
Accrued expenses	99,643	98,674
Current portion of lease liability	10,880	-
Current portion of mortgage payable	114,185	109,256
Deferred revenue	235,169	100,000
Total current liabilities	631,366	489,948
Lease liability	41,912	-
Mortgage payable	91,396	204,277
	133,308	204,277
Total liabilities	764,674	694,225
Net Assets		
Without donor restrictions		
Operating fund	1,583,539	1,875,386
Net investment in building	963,885	800,408
Net investment in equipment	300,632	258,447
Board designated - endowment	-	125,877
	2,848,056	3,060,118
With donor restrictions		
Senior centers	11,783	9,387
Total net assets	2,859,839	3,069,505
Total liabilities and net assets	\$ 3,624,513	\$ 3,763,730



## MEALS ON WHEELS PROGRAMS AND SERVICES OF ROCKLAND, INC.

### Statement of Activities Year Ended December 31, 2023

	Without Donor Restrictions			With Donor Restrictions	2023 Total
	Undesignated	Board Designated	Total		
<b>REVENUES</b>					
Fees and grants - governmental agencies	\$ 1,750,197	\$ -	\$ 1,750,197	\$ -	\$ 1,750,197
Fees and grants - non governmental agencies	367,112	-	367,112	-	367,112
Program service fees	1,157,354	-	1,157,354	-	1,157,354
Contributions through United Way	22,871	-	22,871	-	22,871
Contributions received from participants	83,856	-	83,856	-	83,856
Special events revenue	285,488	-	285,488	-	285,488
Special events expense	(111,583)	-	(111,583)	-	(111,583)
Contributions - general	257,515	1,500	259,015	-	259,015
Contributions - senior centers	-	-	-	5,781	5,781
Contributions - in-kind	568,962	-	568,962	-	568,962
Other income	43,056	-	43,056	-	43,056
Interest income	(10)	10	-	-	-
Net assets released from restrictions	130,772	(127,387)	3,385	(3,385)	-
Total revenues	4,564,390	(125,877)	4,438,513	2,396	4,440,909
<b>EXPENSES</b>					
Program services					
Senior centers	1,810,255	-	1,810,255	-	1,810,255
Homebound	2,048,226	-	2,048,226	-	2,048,226
Other programs	4,191	-	4,191	-	4,191
Total program expenses	3,862,672	-	3,862,672	-	3,862,672
General and administrative	716,439	-	716,439	-	716,439
Fundraising	207,054	-	207,054	-	207,054
Total expenses	4,786,165	-	4,786,165	-	4,786,165
Change in operating activities	(221,775)	(125,877)	(347,652)	2,396	(345,256)
<b>NON OPERATING ACTIVITIES</b>					
Investment income(loss)	135,590	-	135,590	-	135,590
Total nonoperating activities	135,590	-	135,590	-	135,590
Change in net assets	(86,185)	(125,877)	(212,062)	2,396	(209,666)
Net assets, beginning	2,934,241	125,877	3,060,118	9,387	3,069,505
Net assets, ending	\$ 2,848,056	\$ -	\$ 2,848,056	\$ 11,783	\$ 2,859,839

## MEALS ON WHEELS PROGRAMS AND SERVICES OF ROCKLAND, INC.

### Statement of Activities Year Ended December 31, 2022

	Without Donor Restrictions			With Donor Restrictions	2022 Total
	Undesignated	Board Designated	Total		
<b>REVENUES</b>					
Fees and grants from governmental agencies	\$ 1,473,439	\$ -	\$ 1,473,439	\$ -	\$ 1,473,439
Fees and grants - non-governmental agencies	186,369	-	186,369	-	186,369
Program service fees	1,457,797	-	1,457,797	-	1,457,797
Contributions through United Way	38,122	-	38,122	-	38,122
Contributions received from participants	82,957	-	82,957	-	82,957
Special events revenue	217,276	-	217,276	-	217,276
Special events expense	(85,682)	-	(85,682)	-	(85,682)
Contributions - general	543,095	6,000	549,095	-	549,095
Contributions - senior centers	-	-	-	1,550	1,550
Contributions - in-kind	541,990	-	541,990	-	541,990
Other income	18,440	-	18,440	-	18,440
Interest income	-	61	61	-	61
Net assets released from restrictions	235	-	235	(235)	-
<b>Total revenues</b>	<b>4,474,038</b>	<b>6,061</b>	<b>4,480,099</b>	<b>1,315</b>	<b>4,481,414</b>
<b>EXPENSES</b>					
Program services					
Senior centers	784,550	-	784,550	-	784,550
Homebound	2,905,458	-	2,905,458	-	2,905,458
Other programs	176,531	-	176,531	-	176,531
<b>Total program expenses</b>	<b>3,866,539</b>	<b>-</b>	<b>3,866,539</b>	<b>-</b>	<b>3,866,539</b>
General and administrative	491,430	-	491,430	-	491,430
Fundraising	117,157	-	117,157	-	117,157
<b>Total expenses</b>	<b>4,475,126</b>	<b>-</b>	<b>4,475,126</b>	<b>-</b>	<b>4,475,126</b>
<b>Change in operating activities</b>	<b>(1,088)</b>	<b>6,061</b>	<b>4,973</b>	<b>1,315</b>	<b>6,288</b>
<b>NON OPERATING ACTIVITIES</b>					
Investment Income	(189,075)	-	(189,075)	-	(189,075)
Realized gain on partial sale of building	341,342	-	341,342	-	341,342
<b>Total nonoperating activities</b>	<b>152,267</b>	<b>-</b>	<b>152,267</b>	<b>-</b>	<b>152,267</b>
<b>Change in net assets</b>	<b>151,179</b>	<b>6,061</b>	<b>157,240</b>	<b>1,315</b>	<b>158,555</b>
Net assets, beginning	2,783,062	119,816	2,902,878	8,072	2,910,950
<b>Net assets, ending</b>	<b>\$ 2,934,241</b>	<b>\$ 125,877</b>	<b>\$ 3,060,118</b>	<b>\$ 9,387</b>	<b>\$ 3,069,505</b>

## OFFICERS

- Kevin J. Hardy – President & CEO
- Kevin Francis – Chairperson
- Ralph Travaglini – Vice Chairperson
- Rene Rodriquez – Treasurer
- Cheryl Mallon - Secretary

## BOARD OF DIRECTORS

- Raja Amar
- Rob Burns
- Rebecca Day
- Howard Dean
- Barry Dorfman
- Lou Dretchen
- Brian Fontana
- Ray Francis
- Fern Gottlieb
- Michael Guarnieri
- Jessica Kiely
- Marie Lorenz
- Ryan O’Gorman
- Karen Paletta
- Steve Porath
- Dana Stilley
- Michelle Villani





**STAY IN TOUCH, LEARN MORE**



**121 West Nyack Road  
Nanuet, NY 10954**



**(845) 624-6325**



**info@mowrockland.org**



**www.mowrockland.org**



**Meals on Wheels Programs & Services of Rockland**



**@mowrockland**



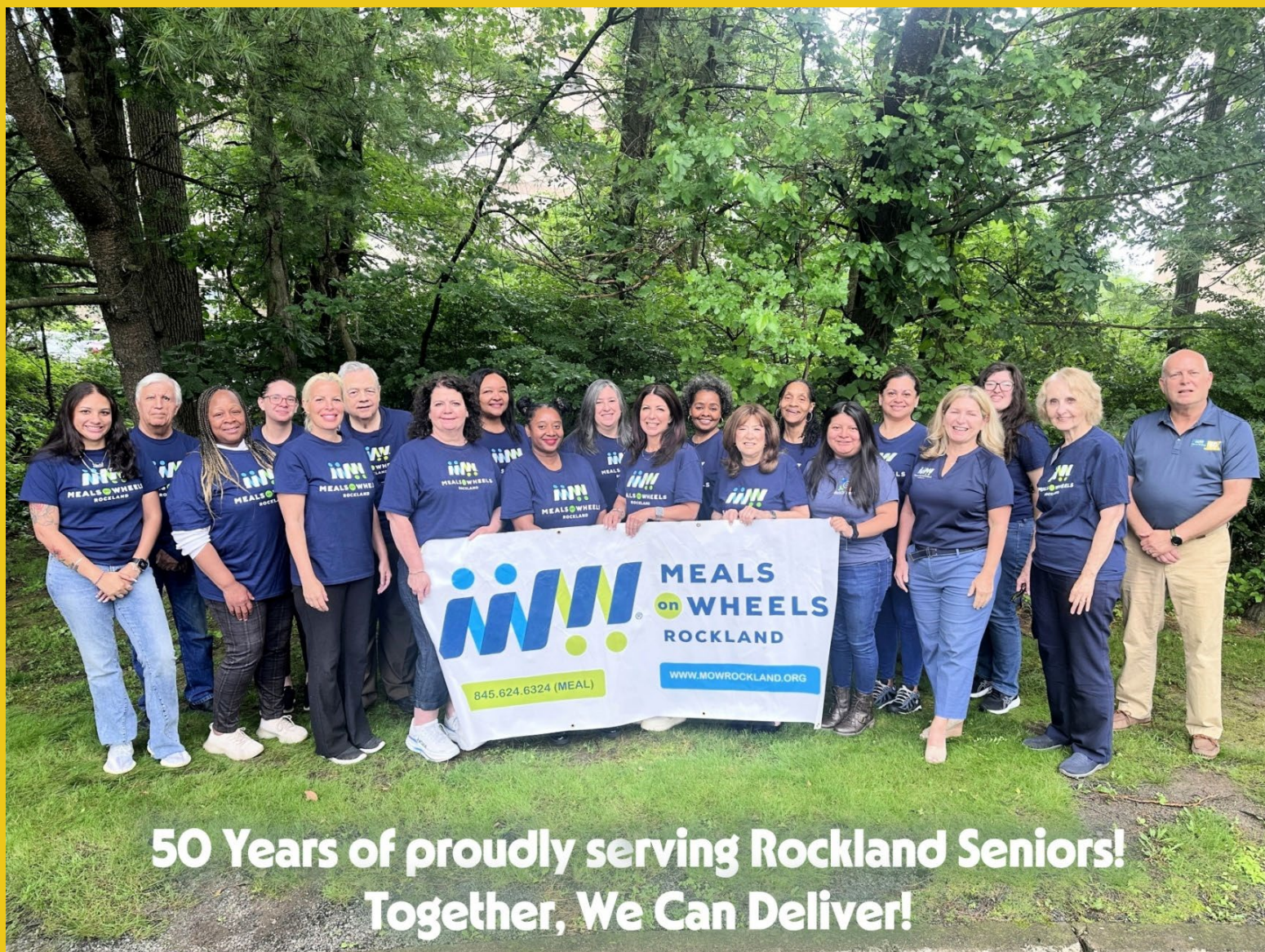
**@mealsonwheelsrockland6799**



**Meals on Wheels Rockland**







“

Alone we can do so little; together we can do so much.

-Helen Keller

”