



MEALS **on** WHEELS

ROCKLAND

TOGETHER, WE CAN DELIVER.

2022 ANNUAL REPORT



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MISSION

To enhance the wellness of Rockland's older adults and their families by providing services that support their safety, independence and health.

VISION

Every older adult in Rockland is living their life to the fullest



Dear Friends,

On behalf of Meals on Wheels of Rockland, I would like to share our 2022 experience and our plans for 2023.

This past year we have delivered 164,000 meals! This would not have been possible without donors, volunteer and supporters who share the belief that we must all come together, appreciate and look out for the seniors in our community. Our collective goal is that seniors are not left behind, forgotten or hungry. Instead, they are able to live out the independent lives they deserve and enjoy the kind of life-giving connections that will nourish them as they continue to age. And, as they continue to age, we love to celebrate all our meal recipients, especially landmark birthdays -- this includes 26 recipients that turned 100 or more in 2022!

Now into our 48th year, Meals on Wheels is proud to be a valued resource for Rockland County's Senior Community. We look at this past year as one of recovery, as we have been able to re-open a third Senior Activity Center and ideally would open a fourth 2023. However, when it comes to our core service, Home Delivered Meals, we are still seeing a volume surge. That momentous 164,000 meals served, is up +36% from the same time frame pre-COVID-19. Our army of Volunteers help make it all possible. Attracting and retaining dedicated Volunteers has never been more important.

This past year, we added to our focus, increasing contract meals and pursuing avenues that will enable us to achieve self-sustainability. This is a lofty goal for a not for profit, but we are determined, deploying a strategic plan and working hard to see it realized in the near future.

I'd like to take this opportunity to share my appreciation and gratitude to our Staff, Board of Directors, Donors and Volunteers and to our collaborative organizations. Together, we deliver, every day!



Sincerely,

Kevin J. Hardy
President & CEO

HOME DELIVERED MEALS

Many meals, many wheels...

Nutritious
Medically Tailored Meals



943

Homebound

Seniors

Served



AVERAGE DAY



- 714 meals delivered
- 65 daily routes across Rockland

impact

- **80%** of clients report that Meals On Wheels is their primary meal of the day
- **94%** say the meals help them live independently
- **92%** say meals help them to remain in their home
- **94%** say meals help them achieve their health & wellness goal
- **83%** say meals help to improve their social & mental wellness

Source: Annual Home Delivered Meals Recipient Survey.

HOME DELIVERED MEALS

GOING BEYOND MEALS!

DEDICATED CASEWORKERS

644 Caseworker Referrals to

389 Clients

Up almost

2X

vs. 2021

Referrals to home care services, mental health counseling/support groups, transportation, caregiver support, dementia services, Magnolia Meals, housing applications/information, and countless others were made in 2022

TELEPHONE REASSURANCE

1,788 one on one friendly calls to homebound seniors



The Telephone Reassurance program began during the Covid-19 Pandemic to help combat isolation and loneliness affecting senior citizens in Rockland County. Volunteer callers reach out to homebound clients once a week to make sure they are doing well and have a friendly conversation. This program continues as their check-ins provide information about clients that we might not otherwise find out about if not for them. Intervention from volunteers has led to referrals for clients to a variety of resources. While these calls help keep our clients safe, they also improve socialization. Many clients and callers have built strong relationships through the program. One client's family member reported that she "heard him laughing several times" and could tell his mood improved after the conversation. A volunteer reported that she and a client she calls have exchanged photos of each other's grandchildren.

HOME DELIVERED MEAL RECIPIENTS ALSO RECEIVE...

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

VOLUNTEERS!

ROSTER OF
740
VOLUNTEERS

90%

Of Home Delivered Meals
Recipient say they look forward
to seeing the volunteers!



32,550
volunteer hours in 2022

“Your volunteers are lovely people and some, I now consider friends for conversation.”

“They are wonderful - happy, cheerful, on time. Concerned about me.”

“I really appreciate them, makes me feel that in an emergency they would send help. I want them to know how great they are and how I appreciate them.”

“The delivery volunteers are angels! Reliable, always friendly & a valuable asset to my day. I am mostly home bound & age 94.”

Source: Annual Home Delivered Meals Recipient Survey.

VOLUNTEERS!

2022 VOLUNTEERS ASSOCIATED WITH A CORPORATION



2022 COMMUNITY VOLUNTEERS

- Abbott House
- Another Step
- ARC
- Bridges
- Clarkstown Garden Club
- Hudson Valley DDSO
- National Council of Jewish Women
- New City Century 21 Reality
- OPWD Day Habilitation
- Skyview
- St. Thomas Aquinas College
- St. Dominic's Family Services
- Town of Stony Point
- Town of Clarkstown
- Town of Haverstraw
- Venture Together
- Visions
- YAI



2022 STUDENT VOLUNTEERS

- Albertus Magnus High School
- Clarkstown South High School
- Don Bosco High School
- Nanuet High School
- Pearl River School District
- St. Anthony's School
- William O Schaefer Elementary
- Woodglenn Elementary

2022 ROTARY VOLUNTEERS

- Nanuet/West Nyack
- Nyack
- Suffern
- Pearl River
- South Orangetown
- Spring Valley
- New City

SENIOR ACTIVITY CENTERS

Our Senior Activity Centers are funded by the Rockland County Office for the Aging.

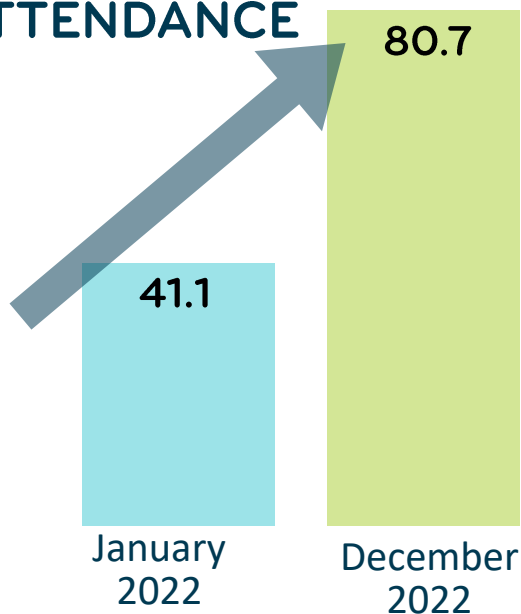


314

MEMBERS
IN 2022

Programming in the centers is diverse and aims to fulfill the social, occupational, spiritual, physical, intellectual and educational needs of our members. Examples of activities include: exercise, arts & crafts, live musical entertainment, pet therapy, cooking demos, shopping trips, games and guest speakers on a variety of topics. Holiday and birthday parties are the days where we see our highest attendance.

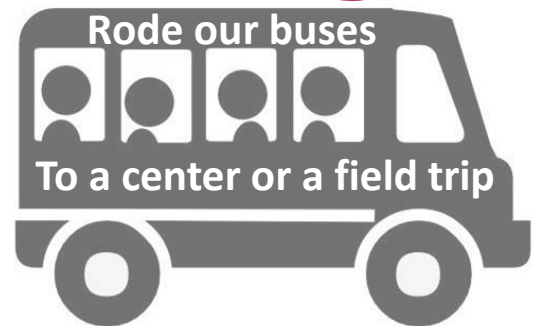
AVERAGE SAC DAILY ATTENDANCE



We currently have **3** Senior Activity Centers:

- **Clarkstown/Pearl River**
- **Nyack** ← Re-opened April 2022!
- **Ramapo**

220



2022 TRIPS INCLUDED

- Planetarium
- Chocolatier
- Rockland Boulders Game
- Winery
- Annual picnic
- Hayride & pumpkin picking
- Monthly restaurant outings
- Annual all center Holiday party

GRANTS

In order to sustain and grow its services, Meals On Wheels Rockland engages multiple funding sources, including grants from private foundations, corporate donors, legislative members, the government, and community groups.

-2022 Grants Received-

- **Catherine C. Reiley Charitable Foundation**
- **Eastwick College**
- **Hagedorn Fund**
- **Institute of Christian Doctrine Charitable Trust**
- **Meals on Wheels America**
- **Mother Cabrini Health Foundation**
- **Rockland County of Department of Social Services**
- **Related Affordable Foundation, Inc.**
- **Rotary Club of New City**
- **Town of Haverstraw**
- **Village of Haverstraw**



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

-Hellen Keller

EVENTS & AWARENESS

1Q JAN • FEB • MAR

- Soup Sales
- Cocktails 4 Charity Nyack Rotary
- March For Meals
 - Community Champions Week



2Q APR • MAY • JUN

- Volunteer Appreciation Week
- Annual Golf Outing
- Bill Fortune Run
- Volunteer Picnic



3Q JUL • AUG • SEP

- Annual Board Meeting
- Senior Activity Centers Annual Picnic
- Speakers at National Meals on Wheels America Conference



4Q OCT • NOV • DEC

- Cornucopia – Annual Gala
- Jiffy Lube, Drive To Do More
- Share a Piece of The Pie
- Big Wheels Deliver Meals
- Senior Activity Centers Holiday Party
- Subaru Share The Love



PARTNERSHIPS



We use our assets and staff to serve with other community partners like RCAH to help support food pantries with food recovery. RCAH is a collaboration of food pantries, meal programs and County agencies working together to do everything we can to make sure no one in Rockland County goes hungry. Since the pandemic, the RCAH Collaborative has recovered and distributed over 3 million pounds of good, nutritious food!



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.

CONTRACT MEALS 2022

- Catholic Charities Warming Center
- Dutchess County OFA
- Rockland County Family Shelter
- Gateway – Ulster County
- Hudson Valley Independence Café run by Bridges
- Lexington Center For Recovery
- Meals on Wheels North Jersey
- Smarty Pants

Our kitchen produces **1000-1500** fresh meals per day. Heart healthy meals are made daily in our kitchen and can accommodate special diets, such as

- Renal
- Pureed
- Kosher
- Kosher style
- Vegetarian
- Vegan



FINANCIALS

Note: These are Meals on Wheels Rockland's most recent audited financials, which are not reflective of 2022.

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MEALS ON WHEELS PROGRAMS AND SERVICES OF ROCKLAND, INC.

Statements of Financial Position
December 31, 2021 and 2020

	2021	2020
ASSETS		
Cash	\$ 408,988	\$ 650,439
Cash - endowment	119,816	113,758
Restricted cash	8,072	7,322
Security and equipment deposits	24,080	4,000
Investments	1,529,639	19
Contracts receivable	209,812	463,660
Accounts receivable	80,287	177,262
Inventory	32,481	21,820
Prepaid expenses and other	13,912	19,586
Total current assets	<u>2,427,087</u>	<u>1,457,866</u>
Building and equipment (net of depreciation)	<u>1,766,090</u>	<u>1,835,547</u>
Total assets	<u>\$ 4,193,177</u>	<u>\$ 3,293,413</u>
LIABILITIES AND NET ASSETS		
Accounts payable	\$ 96,787	\$ 55,803
Accrued expenses	91,546	82,504
Current portion of mortgage payable	716,253	72,672
Deferred Revenue	75,000	109,600
Total current liabilities	<u>979,586</u>	<u>320,579</u>
Mortgage payable	<u>302,641</u>	<u>1,019,722</u>
Total liabilities	<u>1,282,227</u>	<u>1,340,301</u>
Net Assets		
Without donor restrictions		
Operating fund	2,094,734	1,147,747
Net investment in building	375,206	334,169
Net investment in equipment	313,122	350,116
Board designated - endowment	119,816	113,758
	<u>2,902,878</u>	<u>1,945,790</u>
With donor restrictions		
Restricted by purpose or time - Senior Centers	<u>8,072</u>	<u>7,322</u>
Total net assets	<u>2,910,950</u>	<u>1,953,112</u>
Total liabilities and net assets	<u>\$ 4,193,177</u>	<u>\$ 3,293,413</u>

MEALS ON WHEELS PROGRAMS AND SERVICES OF ROCKLAND, INC.

Statement of Activities
Year Ended December 31, 2021

	Without Donor Restrictions			With Donor Restrictions	2021 Total
	Undesignated	Board Designated	Total		
REVENUES					
Fees and grants from governmental agencies	\$ 1,075,494	\$ -	\$ 1,075,494	\$ -	\$ 1,075,494
Fees and grants - non-governmental agencies	191,929	-	191,929	-	191,929
Program service fees	597,039	-	597,039	-	597,039
Contributions through United Way	15,504	-	15,504	-	15,504
Contributions received from participants	85,667	-	85,667	-	85,667
Special events revenue	226,374	-	226,374	-	226,374
Special events expense	(75,175)	-	(75,175)	-	(75,175)
Contributions - general	1,785,118	6,000	1,791,118	-	1,791,118
Contributions - senior centers	-	-	-	1,004	1,004
Contributions - in-kind	487,230	-	487,230	-	487,230
Other income	2,681	-	2,681	-	2,681
Investment income	29,640	-	29,640	-	29,640
Interest income	-	58	58	-	58
Net assets released from restrictions	254	-	254	(254)	-
Total revenues	4,421,755	6,058	4,427,813	750	4,428,563
EXPENSES					
Program services					
Senior centers	529,437	-	529,437	-	529,437
Homebound	2,140,243	-	2,140,243	-	2,140,243
Other programs	110,850	-	110,850	-	110,850
Total program expenses	2,780,530	-	2,780,530	-	2,780,530
General and administrative	561,473	-	561,473	-	561,473
Fundraising	128,722	-	128,722	-	128,722
Total expenses	3,470,725	-	3,470,725	-	3,470,725
Change in net assets	951,030	6,058	957,088	750	957,838
Net assets, beginning	1,832,032	113,758	1,945,790	7,322	1,953,112
Net assets, ending	<u>\$ 2,783,062</u>	<u>\$ 119,816</u>	<u>\$ 2,902,878</u>	<u>\$ 8,072</u>	<u>\$ 2,910,950</u>

MEALS ON WHEELS PROGRAMS AND SERVICES OF ROCKLAND, INC.

Statement of Activities
Year Ended December 31, 2020

	Without Donor Restrictions			With Donor Restrictions	2020 Total
	Undesignated	Board Designated	Total		
REVENUES					
Fees and grants from governmental agencies	\$ 1,748,052	\$ -	\$ 1,748,052	\$ -	\$ 1,748,052
Fees and grants - non-governmental agencies	181,514	-	181,514	-	181,514
Program service fees	687,993	-	687,993	-	687,993
Contributions through United Way	28,667	-	28,667	-	28,667
Contributions received from participants	111,589	-	111,589	-	111,589
Special events revenue	121,507	-	121,507	-	121,507
Special events expense	(51,251)	-	(51,251)	-	(51,251)
Contributions - general	411,276	33,000	444,276	-	444,276
Contributions - senior centers	-	-	-	5,247	5,247
Contributions - in-kind	585,269	-	585,269	-	585,269
Contributions - vehicles from governmental agency	90,948	-	90,948	-	90,948
Paycheck Protection Program	363,322	-	363,322	-	363,322
Other income	5,348	-	5,348	-	5,348
Interest income	-	247	247	-	247
Realized gain (loss) on disposal of vehicle	20,400	-	20,400	-	20,400
Net assets released from restrictions	3,702	-	3,702	(3,702)	-
Total revenues	4,308,336	33,247	4,341,583	1,545	4,343,128
EXPENSES					
Program services					
Senior centers	438,992	-	438,992	-	438,992
Homebound	2,425,399	-	2,425,399	-	2,425,399
Adult day care	180,104	-	180,104	-	180,104
Other programs	131,368	-	131,368	-	131,368
Total program expenses	3,175,863	-	3,175,863	-	3,175,863
General and administrative	425,740	-	425,740	-	425,740
Fundraising	124,988	-	124,988	-	124,988
Total expenses	3,726,591	-	3,726,591	-	3,726,591
Change in net assets	581,745	33,247	614,992	1,545	616,537
Net assets, beginning	1,250,287	80,511	1,330,798	5,777	1,336,575
Net assets, ending	\$ 1,832,032	\$ 113,758	\$ 1,945,790	\$ 7,322	\$ 1,953,112

BOARD OF DIRECTORS

OFFICERS

CEO & President - Kevin J. Hardy
Chairperson - Lisa Arrigo
Vice-Chairperson - Diane Preston
Treasurer - Ralph Travaglini
Secretary - Stanley Schwarz

LIAISONS

National Council of Jewish Women - Fern Gottlieb

BOARD MEMBERS

Raja Amar
Rob Burns
Bonnie Cintron
Rebecca Day
Howard Dean
Barry Dorfman
Lou Dretchen
Kevin Francis
Michael Guarnieri
Angela McDonnell
Cheryl Mallon
Noreen Myers-Wright
Ryan O’Gorman
Steven Porath
Rene Rodriguez
Dana Stilley



2022



MEALS on WHEELS
ROCKLAND