



**METROPORT
MEALS ON WHEELS**

Mission Statement



Metroport Meals On Wheels is a grassroots volunteer advocate for the elderly and those in need through home-delivered meals, senior center luncheons and other support services. We are “Neighbors Helping Neighbors” to alleviate hunger, isolation, and loneliness in our communities, and to foster the worth, dignity, and independence of each individual we serve.





MEALS ON WHEELS

MMOW's Philosophy is Unique

- Since 1980, MMOW has been “neighbors helping neighbors” as we served our participants.
- MMOW’s commitment to providing services built on community support instead of state and federal programs has created a responsive, people-centered program.
- Community support enables MMOW to serve all who need assistance without regard to their age or financial circumstances.
- MMOW recognizes, respects, and responds to the individuality of participants, fostering strong personal relationships.
- MMOW's foundation of community support inspires added-value programs
 - Holiday Stocking Tree
 - Staples for Seniors
 - Nutritional Supplements
 - Pet Patrol
- Added-value programs
 - engage people in the community,
 - embrace volunteers in meaningful roles as they reach out to brighten participants’ days, and
 - interrupt isolation with extra visits and attention.
- MMOW’s partnerships enhance the quality of life for everyone.



METROPORT MEALS ON WHEELS

Communities Served

Home-Delivery

Argyle
Aurora
Bartonville
Bedford
Boyd
Colleyville
Copper
Canyon
Double Oak
Euless
Grapevine
Haslet
Hurst
Justin
Keller
Lantana
Newark
Northlake
N. Richland Hills
Rhome
Roanoke
Southlake
Trophy Club
Watauga
Westlake

Senior Centers

Colleyville
Denton Creek
Evergreen-
Keller
Flower Mound
Grapevine
Haslet
Highland
Village
Justin
Keller
Richland Hills
Roanoke
Southlake





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Home Meal Delivery

“Receiving meals has really changed my life. I wasn’t doing too well before and was a little depressed. The hot meal, smiles, and hugs I get every day have made a big difference and helped me so much!”



MMOW delivered 73,423 meals to 375 individuals.

MMOW provides meals to all in need regardless of age or financial circumstances.

Participants

- ranged in age from 25—103 years old,
- 76% were over 70;
- 69% were women,
- 100% were isolated and alone for extended periods, and
- 91% needed assistance with the cost of their meals.

Need is defined by hunger and isolation—not by income.

Assistance can be short-term during periods of recovery/rehabilitation or on-going.



METROPOLITAN MEALS ON WHEELS

Senior Center Luncheons

“In relocating here, my Mother said, “How can I ever meet anyone?” and “I don’t know anyone.” Then she started going to MMOW’s Senior Center luncheons, and from that, came friends and connections in the community. Friendships were developed that remain, today.”

MMOW served 39,503 meals to over 1,200 individuals at senior center luncheons.

- Luncheons are special events featuring wholesome food, lively conversation, dominoes, cards, and bingo.
- Luncheons are offered on a “no reservations necessary” basis to encourage attendance.
- Monthly birthday celebrations are a long-standing tradition.
- MMOW staff dish up big portions of TLC in addition to tasty food.





METROPORT MEALS ON WHEELS

And Much, Much, More....



MMOW meets needs and enriches lives, provides simple, joyful things to anticipate, provides tangible expressions of care, and creates opportunities for personal interaction.



METROPORT MEALS ON WHEELS

MMOW Makes a Difference

*“Because of special people like you,
I can stay in my home longer.
Words cannot thank you all for the help....”*



- 11% of our home-delivery participants' conditions improved to the point that they were able to discontinue meals and resume normal activities of daily living.
- 83% were able to continue living independently in their homes.
- 99% reported feeling safer knowing that a volunteer would be checking in on them daily.



METROPORT MEALS ON WHEELS

DIGNITY – RESPECT – CONCERN – CONTACT

These are the hallmarks of MMOW's relationship with seniors in our communities. We deliver food . . . *and so much more.*



“We know there are people who watch houses and notice things like no one moving around the yard, door, mail. You all create a feeling of activity around our house. We are grateful. We miss your knock on the door and your friendly greeting on weekends. Sometimes you are the only people we see for weeks.”