



Meals on Wheels of Central Maryland



2009 Annual Report

To enhance
quality of life
through the
provision of
nutritious meals,
personal
contact and
related services.

Photos by Sofia Silva

Dear Family and Friends of Meals on Wheels of Central Maryland,

Upon completing our forty-ninth year of service to the community, we are pleased to share with you that the organization remains in good financial and operational health. Despite the challenges of a recession and the ever increasing costs of operation, *Meals on Wheels of Central Maryland* has been able to provide all homebound clients with nutritional meals and daily contact regardless of their ability to pay.

Our mission remains a key component of the central Maryland safety net for seniors and other homebound patrons with 747,274 meals delivered to the homes of nearly 3,000 clients in FY 2009. We are able to maintain this level of service due, in large part, to the tremendous contributions of our 2,000 dedicated volunteers who donated 87,994 hours preparing and delivering meals. A service valued at \$1.7 million. Our volunteers drove, at their own expense, a total of 675,956 miles – a distance equivalent to 27 times around the Earth!

We have completed many improvements to our service array – acquiring hot and cold holding vehicles and renovating our central kitchen chief among them. In the coming year, we will continue to improve and refine our services and remain dedicated to supporting the dignity and independence of our clients so that they can remain in their own homes, and in our community.

We look forward to next year, our fiftieth year of service to central Maryland and to our commitment to developing a strategic plan for our agency to remain relevant to our clients in the years to come.

Our thanks to the donors and volunteers who allow us to be successful in our efforts.



Karen Jacobs



A. Thomas Grazio

Photo: Kirsten Beckerman

Karen Jacobs
Karen Jacobs
President

A. Thomas Grazio
A. Thomas Grazio
Executive Director



IN THE DEPTH OF WINTER I FINALLY
LEARNED THAT THERE WAS IN ME
AN INVINCIBLE SUMMER.

— ALBERT CAMUS

When she retired in 2006 at the age of 72, Jane Kromeke was looking forward to a continued independent and active lifestyle and had plans to do some travelling. Instead, several months after retirement, she was diagnosed with lung cancer. She's been waging a battle with the illness since that time and has cycled on and off Meals on Wheels service at her weakest and strongest points. Surgeries, recuperation periods, and occasional setbacks are part of Jane's life.

Stronger at some points, weaker at others, Jane is gratified that Meals on Wheels has been there for her when she's needed it most. And she's quick to say that her best days are when Meals on Wheels serves either egg or tuna salad or when the "hot" meal is the omelet and sausage. The nutritionally balanced, low-sodium meals also help keep Jane's Type 1 Diabetes under control. She experienced considerable weakness in her legs this past summer and suffered some falls. She now relies on a walker to navigate the home she's lived in for so many years – and which she, understandably, is reluctant to leave. She's continually connected to oxygen which helps her breathe comfortably – but that doesn't get in the way of offering smiles and laughter throughout her day to anyone who comes to call – especially her Meals on Wheels volunteers. And, most especially, her great-grandson Zavier who has been delivering meals with his grandmother, Terry, since he was three years old.

AGE IS OPPORTUNITY NO LESS, THAN YOUTH ITSELF, THOUGH
IN ANOTHER DRESS, AND AS THE EVENING TWILIGHT FADES
AWAY, THE SKY IS FILLED WITH STARS, INVISIBLE BY DAY.

— HENRY WORDSWORTH LONGFELLOW

Although they deliver meals to clients in different parts of the Baltimore region, Charles Hanson and Zavier Lehr have something in common in addition to their dedication to our program and our clients. Charles is one of the volunteers who deliver meals to Jane Kromeke and Zavier is Jane's great-grandson.

Charles has been delivering meals to clients in southwest Baltimore County since the 80s, and 8-year old Zavier just earned his 5-year Service pin for delivering to clients in Anne Arundel and Baltimore City and County.

"I was referred to Meals on Wheels through a friend," says Charles. "He was very enthusiastic about the organization and thought I would like being a volunteer. Fortunately, although retired, I was in pretty good shape so I thought the exercise of being a visitor would be good for me." Charles has served on many routes and has gotten to know a great many clients over the years. "I would gladly and happily encourage

all physically active persons to volunteer," he says. "I think they would enjoy it and feel pride in the fact that they are serving a good cause. I know I certainly have."

Since he was three, Zavier has been assisting his grandmother delivering meals to clients. His responsibility was to pull the cold meals from the coolers which helped him learn his colors – white, blue, yellow, red – since the different color food trays indicate the type of diet/meal the client should receive. Now that he's in school, Zavier doesn't miss an opportunity to volunteer delivering meals during school breaks. "I got my class to make table placements for the clients, too," says Zavier. "And sometimes I'll pick flowers to take to the clients I see a lot."

Two extraordinary people – one older man, one young boy. It could be said of both that they typify those spoken of by Henry David Thoreau many years ago – "None are so old as those who have outlived enthusiasm."





I'VE ALWAYS THOUGHT THAT A
BIG LAUGH IS A REALLY LOUD
NOISE FROM THE SOUL SAYING,
"AIN'T THAT THE TRUTH."

— QUINCY JONES

Aнна Rice has an infectious laugh – the kind of laugh that makes one forget every little thing that shouldn't matter anyway. The kind of laugh that wipes away any preoccupation one might have with the wheelchair in which she's been sitting for over 60 years. Her back was broken at the age of seven, on her way to school, in a particularly violent attack by other students. She learned that she would never walk again – but that's the point in our story where Anna turned conventional wisdom about her situation on its head.

She married and had three children, and is now grandmother to three. She's always been independent. The wheelchair hasn't kept her down. She has over 10 years of paid work experience, as well as extensive experience as a volunteer, most of it logged at the University of Maryland Hospital.

A cat named Shawn – make that "Shawn Darnell Rice" – was a big love in her life, but he died from cancer in 2006. "Had Shawn so long, folks used to call him my husband," she says. His image and name adorns a big pillow on her sofa. And resting on top of her TV is a rather large Minnie Mouse stuffed toy bought as a gift by her son at Disney World. "When I went to Disney World a while back and I met Minnie, I told her 'You took my man! I love Mickey.'" You might say Anna's been playing "cat and mouse" between Shawn and Mickey all these years.

Anna is the youngest, and the last, of 13 children. Several months ago she lost her sister Margaret to cancer. "She was my baby – we'd talk six times a day," she says. "But, you know, I don't take life too seriously, it'll just bring you down."

"Because I can't get out of my chair and everything is at eye level, I really can't prepare food on my own. Meals on Wheels saved me," she says. "I do have one special volunteer," she adds. "He has pretty white hair, a nice moustache and a special knock that I recognize." One day her home health aide was in Anna's apartment when the familiar knock came at the door. As the aide moved toward the door Anna warned "No, you don't! That one's mine!"

Lots of attitude – happy, sassy, flirty – all positive, and without question, all Anna Rice.



WE MAKE A LIVING BY WHAT WE DO,
BUT WE MAKE A LIFE BY WHAT WE GIVE.

— WINSTON CHURCHILL

Sometimes life appears nothing less than a series of transitions and adjustments that must be navigated. **Janet Beach**, a Meals on Wheels volunteer since 2003, is not the first person to have lost a job through a corporate merger. What distinguishes her, however, is her ability to push through a temporary personal setback and focus on the needs of others.

"My company got involved initially with Meals on Wheels by delivering meals every Thursday. We all took turns, so each person volunteered every 4 to 5 weeks," says Janet. "When more people got involved, we picked up a second day every week."

Discontinuing her volunteer activity with Meals on Wheels when she lost her position was something Janet never considered – even though she could have used the time to focus more on her home, husband, and three active children. "I needed to stay involved with Meals on Wheels. It's a great service and you come away feeling good because you've helped someone by bringing the meals, visiting for a while and just establishing a personal connection with people," says Janet. "And Anna Rice is one of those clients who is just a delight to visit," she adds. "She's rolled with the punches all her life and certainly sets a positive example for me."

DISEASES CAN BE OUR SPIRITUAL FLAT TIRES - DISRUPTIONS IN OUR LIVES THAT SEEM TO BE DISASTERS AT THE TIME BUT END BY REDIRECTING OUR LIVES IN A MEANINGFUL WAY.

— BERNIE S. SIEGEL

A BEND IN THE ROAD IS NOT THE END OF THE ROAD...
UNLESS YOU FAIL TO MAKE THE TURN.

— AUTHOR UNKNOWN

John Wheeler, resident in a high rise senior building in Towson, also has an informal volunteer responsibility on the premises. "There's about 7 other people here in the building who get Meals on Wheels, but the volunteers always buzz me to let them in," he says. When he lived at Walker Mews several years ago, he kept pretty busy being the informal organizer for that apartment complex's Bingo and Eating Together programs.

Staying involved and getting others organized and involved is no problem for John – he's active and involved despite the fact that he's been in a wheelchair since 1999. That's when he lost both legs due to complications from diabetes.

John is a 25-year military man – four tours in the Army – Special Forces in Viet Nam, SOG. "We went into territories in southeast Asia to retrieve military personnel in fields of operations where we weren't authorized to be. I can't tell you any more than that," he says.

But there's what one would call "a softer side" to this ex-military man. He's a Poly grad and proud of it. He graduated from the University of Maryland College Park with a degree in History and English and taught for a while. In later years, he worked as a distributor for The Baltimore

Sun, working independently in the Annapolis area.

John has been a Meals on Wheels client – Monday through Friday - since 2003. His homemaker/caretaker, Mary, is with him Monday through Friday, as well. "John has a great sense of humor," Mary offers. "I really enjoy the time we spend together."

Regardless of his wheelchair, John is a rolling, sometimes rollicking, stone.

Don Wesley, one of John's Meals on Wheels volunteers, enjoys visiting with John and engaging in some pretty animated conversations. Don, now retired, was a professor who taught teacher education at Towson University for 27 years. "I've been a Meals on Wheels volunteer for about five years," says Don. "I enjoy my duties and the clients on the routes to whom I deliver. This is an opportunity in which doing good also brings a personal benefit because I've made a number of friends."

"I am really very fortunate," John says. "I just can't say enough about the volunteers and the entire Meals on Wheels program – it's given me the ability to stay in my own place and continue to live the life that I want."



Program Statistics

AGE DISTRIBUTION OF HOME-DELIVERED MEAL CLIENTS July 1, 2008 – June 30, 2009

Age	Number of Clients	% of Total
0-49	106	3.6
50-59	226	7.7
60-64	189	6.4
65-74	570	19.3
75-84	926	31.2
85-99	936	31.6
100 & Older	14	>1
Total	2,967	100

GEOGRAPHICAL AREA AND GENDER DISTRIBUTION OF HOME-DELIVERED MEAL CLIENTS July 1, 2008 – June 30, 2009

Jurisdiction	Male	Female	Total
Anne Arundel County	168	260	428
Baltimore City	314	661	975
Baltimore County	301	536	837
Carroll County	92	165	257
Frederick County	1	6	7
Harford County	64	151	215
Howard County	60	112	172
Montgomery County	21	55	76
Total	1,021	1,946	2,967

MEAL PRODUCTION July 1, 2008 – June 30, 2009

Jurisdiction	# of Meals Served
Anne Arundel County	97,454
Baltimore City	280,779
Baltimore County	198,804
Carroll County	57,336
Frederick County	1,700
Harford County	58,956
Howard County	38,474
Montgomery County	16,260
Total Regular Home-Delivered Meals*	749,763
Day Care Meals	369,424
Congregate Meals	54,875
Total Meals	1,174,062

*Includes 12,780 weekend meals

ETHNIC DISTRIBUTION OF HOME-DELIVERED MEAL CLIENTS July 1, 2008 – June 30, 2009

Ethnic Origin	Number of Clients	% of Total
White	1,948	65.7
Black	974	32.8
Other	45	1.5
Total	2,967	100

visit
www.mealsonwheelsmd.org



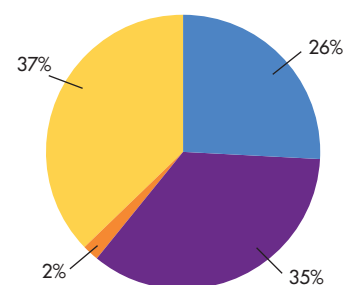
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Financial Summaries at June 30, 2009 and 2008

STATEMENTS OF FINANCIAL POSITION June 30, 2009 and 2008

	2009	2008
Assets		
Cash and cash equivalents	\$591,477	\$755,512
Receivables, net	682,290	550,325
Marketable securities, at market	3,353,722	3,792,683
Property and equipment, net	1,478,306	1,524,734
Other	140,567	173,002
Total assets	<u>6,246,362</u>	<u>6,796,256</u>
Liabilities and Net Assets		
Liabilities	568,690	538,326
Net assets	<u>5,677,672</u>	<u>6,257,930</u>
Total liabilities and net assets	<u>\$6,246,362</u>	<u>\$6,796,256</u>

2009 Operating Revenue

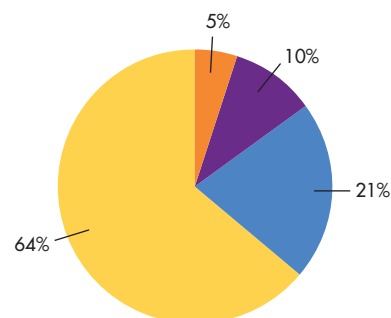


	Dollar	%
Public Support	\$1,948,234	26%
Government Fees and Grants	\$2,592,457	35%
Special Events	\$145,654	2%
Program Services	<u>\$2,707,152</u>	<u>37%</u>
	<u>\$7,393,497</u>	<u>100%</u>

STATEMENTS OF ACTIVITIES June 30, 2009 and 2008

	2009	2008
Support and Revenues		
Public support	\$1,948,234	\$1,657,446
Government Fees & Grants	2,592,457	2,380,855
Special events and other	145,654	117,897
Program Services	<u>2,707,152</u>	<u>2,630,900</u>
Total support and revenues	<u>7,393,497</u>	<u>6,787,098</u>
Expenses		
Nutrition services	4,647,838	4,482,938
Client services	1,531,603	1,453,381
Management and general	743,581	734,386
Fundraising	<u>397,799</u>	<u>306,409</u>
Total expenses	<u>7,320,821</u>	<u>6,977,114</u>
Change in Net Assets. Before non-operating activities	72,676	(190,016)
Non-operating activities	(652,934)	(401,381)
Change in Net Assets	(580,258)	(591,397)
Net Assets at Beginning of Year	<u>6,257,930</u>	<u>6,849,327</u>
Net Assets at End of Year	<u>\$5,677,672</u>	<u>\$6,257,930</u>

2009 Operating Expenses



	Dollar	%
Fundraising	\$397,799	5%
Management & General	\$743,581	10%
Client Services	\$1,531,603	21%
Nutrition Services	<u>\$4,647,838</u>	<u>64%</u>
	<u>\$7,320,821</u>	<u>100%</u>

The Board of Directors has engaged UHY LLP, Certified Public Accountants, Columbia, Maryland, to perform the annual audit. Selected financial data is provided above which does not contain all the data and informative 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.

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Elizabeth Galea
Volunteer Recruitment Specialist

Jean Geddes
Intake Worker/Office Assistant
Harford County Office

Toni Ann Gianforti
Grants Manager/Writer

Rebecca Haines-Maggio
Intake Worker/Office Assistant
Anne Arundel County Office

Kathleen Hertel
Volunteer Recruitment and
Retention Coordinator

Nancy Homiak
Intake Worker/Office Assistant
Carroll County Office

Silas Fuller
Assistant Distribution Manager

Terry Lehr
Program Service Supervisor
Anne Arundel County

Rose Lopez
Intake Worker/Office Assistant
Howard County Office

James (Nick) Mitchell, III
Central Kitchen Manager

Mary K. Moore
Executive Assistant

Adenike Omisore
Human Services Associate

Lynelle Osborn
Program Service Supervisor
Carroll County Office

Paul Patrinicola
Computer Support Specialist

Jane Pekosz
Development Associate

Cearia Rice
Senior Bookkeeper

William A. (Allan) Robinson
Program Service Supervisor
Harford County Office

Karen Saul
Program Service Supervisor
Howard County Office

Elizabeth Turner
Intake Worker/
Kitchen Coordinator

Jacqueline Yowell
Assistant Central Kitchen Manager

Support Staff
Maya Adkisson
Human Resources Coordinator

Linda Jessa
Receptionist

Andrea Lindemer
Administrative Assistant II
Foodservices

Leah Tirpak
Assistant Coordinator
Volunteer Services

Program Offices/Distribution & Packing Sites

MAIN OFFICE/ CENTRAL SERVICE FACILITY

Baltimore City/County
515 South Haven Street
Baltimore, Maryland 21224
410.558.0827
410.558.1321 fax
1.866.558.0827

COUNTY OFFICES

Anne Arundel County
1517 Ritchie Highway, Suite L7
Arnold, Maryland 21012
410.626.7543
410.626.7547 fax

Carroll County
(also serves limited areas of
Frederick County)
255 Clifton Boulevard, Suite 312
Westminster, Maryland 21157
410.857.4447
410.875.5477 fax

Harford County
45 North Main Street, Suite D
Bel Air, Maryland 21014
410.838.0013
410.879.5814 fax

Howard County
(also serves limited areas of
Montgomery County)
9200 Old Annapolis Road, Suite 205
Columbia, Maryland 21045
410.730.9476
1.877.730.9476 (Montgomery County)
410.730.9492 fax

DISTRIBUTION & PACKING SITES

Brown
Brown Memorial
Presbyterian Church
(Distribution Site)
1316 Park Avenue
Baltimore, Maryland 21217
Jackie Artis, Site Coordinator

Carroll County
Stone Chapel United Methodist Church
(Distribution Site)
1448 Stone Chapel Road
New Windsor, Maryland 21776

Levindale
Levindale Hebrew Geriatric Center
and Hospital (Weinberg House)
(Packing/Distribution Site)
2434 Belvedere Avenue
Baltimore, Maryland 21215
Patricia Harper, Packing Site Manager

Douglas Memorial Community Church
(Distribution Site)
1325 Madison Avenue
Baltimore, Maryland 21217
Preston S. Brown, Site Coordinator

Dundalk
Church of the Brethren
(Distribution Site)
2660 Yorkway
Baltimore, Maryland 21222
Dorothy Wisniewski, Site Coordinator

East
Meals on Wheels Central Service Facility
515 South Haven Street
Baltimore, Maryland 21224

Faith
Faith Presbyterian Church
(Distribution Site)
5400 Loch Raven Boulevard
Baltimore, Maryland 21239

Glen Burnie
Robert A. Pascal Senior Center
(Distribution Site)
125 Dorsey Road
Glen Burnie, Maryland 21061
Rick Fisher, Site Coordinator

Hampden Family Center
(Distribution Site)
1104 West 36th Street
Baltimore, Maryland 21211
Ashutash Raina, Site Coordinator

Harford County
Saint Paul's Lutheran Church
(Packing/Distribution Site)
201 Mt. Royal Avenue
Aberdeen, Maryland 21001
Mardith Ollinger, Packing Site Manager

Howard County
Bain Center
(Packing/Distribution Site)
5470 Beaverkill Road
Columbia, Maryland 21044
Martha Dyer, Packing Site Manager

Montgomery County
Leisure World/Inter-Faith Chapel
3680 S. Leisure World Blvd.
Silver Spring, Maryland 20906
Penelope Branison, Site Coordinator

Saint Anthony's
Saint Anthony's Catholic Church
(Distribution Site)
4414 Frankford Avenue
Baltimore, Maryland 21206
Amanda O'Bryan, Site Coordinator

Saint Martin's
Saint Martin's Lutheran Church
(Packing/Distribution Site)
1120 Spa Road
Annapolis, Maryland 21406
Thomas Tasker, Packing Site Manager

Sherwood
Faith Lutheran Church
(Distribution Site)
8 Sherwood Road
Cockeysville, Maryland 21031
Peggy Toole, Site Coordinator

South
Christ Lutheran Church
(Distribution Site)
701 South Charles Street
Baltimore, Maryland 21230
Francis A. Novak, Site Coordinator

Towson
Saint Margaret's Episcopal Church
(Distribution Site)
1834-A East Joppa Road
Towson, Maryland 21204
Phillip Douglas, III, Site Coordinator

West
Catonsville United Methodist Church
(Distribution Site)
6 Melvin Avenue
Catonsville, Maryland 21228
Elizabeth A. Roberts, Site Coordinator

Woods
Woods Memorial Presbyterian Church
(Packing/Distribution Site)
611 Baltimore-Annapolis Road
Severna Park, Maryland 21146
Judy C. Sharp, Packing Site Manager



515 South Haven Street
Baltimore, MD 21224

410.558.0932
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1.866.558.0827 toll free

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A copy of Meals on Wheels of Central Maryland's current financial statement is available upon request by contacting Meals on Wheels at 515 South Haven Street, Baltimore, Maryland 21224, 410-588-0932. Documents and information submitted to the State of Maryland under the Maryland Charitable Solicitations Act are available from the Office of the Secretary of State for the cost of copying and postage. Meals on Wheels of Central Maryland is registered with the Secretary of State's office: registration does not imply endorsement of any solicitation by the Secretary of State.