



Meals on Wheels
Greenville County
Since 1968

HELPING SENIORS LEAD HAPPY,
HEALTHY, INDEPENDENT LIVES.

Meals on Wheels of Greenville

HELPING SENIORS LEAD HAPPY, HEALTHY, INDEPENDENT LIVES



Since 1968, Meals on Wheels has been serving the needs of Greenville's most vulnerable seniors and disabled individuals. Our daily meal and personal visit help fight isolationism and hunger but nutrition programs like ours also help reduce risks relating to malnutrition and can impact healthcare costs.

To meet the growing needs in our community, we have set a strategic goal to be the go-to for senior services for our clients. Programs listed below are initiatives that have been developed to support this goal. Our hope is that these programs, along with other established services, will allow seniors in our community to live healthy, happy and independent in their homes.

- **By the end of 2017, the daily meals prepared by Meals on Wheels will meet the federal nutrition guidelines for seniors.** A study by Meals on Wheels America shows malnutrition can increase healthcare costs by 300%. We want to be the nutritional support to allow our seniors the best quality of life possible.
- **Supplemental grocery program: Meals on Wheels will establish grocery delivery programs in areas of our community where food insecurity for our clients is an issue.** Studies show that seniors who face food insecurity are three times more likely to battle depression and 60% more likely to have congestive heart failure or a heart attack.

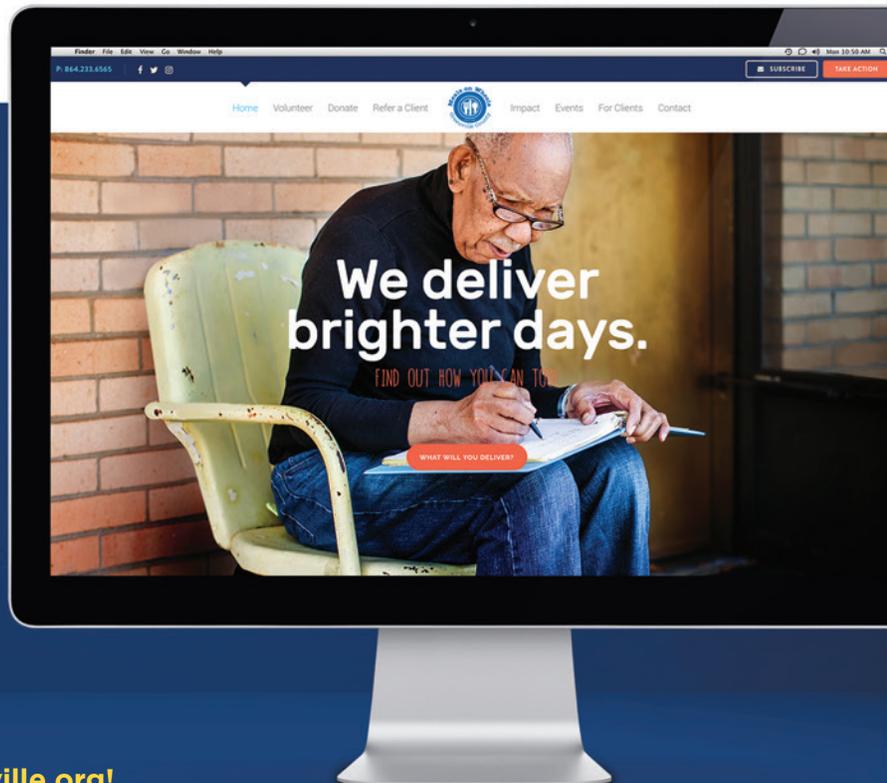
Thank you for supporting Meals on Wheels and our mission of serving the homebound in Greenville County. We look forward to working together!

Catriona

Catriona Carlisle, *Executive Director*

Furthering our mission. VISIT OUR NEW WEBSITE!

Thanks to the generous support of BB&T and Community Foundation of Greenville, our website will now allow us to better serve our volunteers, donors, clients and the community. With new features like user-friendly online forms, open delivery routes and information on additional community programs for clients, we are excited to further our mission using this new tool.



Check it out at: www.MealsonWheelsGreenville.org!

MORE THAN A MEAL

Many of the homebound individuals we serve struggle with food insecurity and need more than just one hot meal per day, but are unable to leave their homes to buy groceries. In order to provide additional support to these clients, Meals on Wheels of Greenville is now providing free, supplemental groceries to qualifying clients.

As a part of our five-year strategic plan, we have partnered with the Center for Community Services, Brookwood Church, Sans Souci Baptist Church and Parisview Baptist Church to deliver donated, shelf-stable products, such as peanut butter, soup, and cereal to clients every month in the Golden Strip and Sans Souci areas. In 2017, we hope to provide qualifying clients in two additional areas with groceries as well. Your gifts of support and willingness to volunteer make this additional service possible, so thank you!



Meet Dorothy & Vernon.

SUPPORTING THE HEALTH & WELL-BEING OF OUR CLIENTS

Meals on Wheels is known for delivering a hot meal and warm smile to over 1500 homebound clients each Monday through Friday. For most clients, the nutrition and personal contact is what they need and desire, but for some our meals are more. They fill a healthcare need. The specialty meal program provides meals that meet the unique healthcare and nutritional requirements prescribed by physicians. Renal, chopped, pureed and vegetarian meals are types served; each meeting a different need. In 2016, Meals on Wheels prepared and delivered 31,121 specialty meals to clients with specific needs.

Currently, 113 clients are being served through our specialty meal program. Each client has a different story:

Meet Dorothy and Vernon...Meals on Wheels clients since 2012. Married for over 62 years, they have a lifetime of memories. These memories include owning a local business for 50 years, involvement in their neighborhood association and raising a daughter they cherish.

Six years ago, Vernon had major heart surgery and their physician felt they needed the support of Meals on Wheels. Both were referred and began receiving meals. "Meals on Wheels has filled a need we did not know we had," shared Dorothy. "We like the meals but we love seeing the volunteers. They are always so happy."

Dorothy, being the main caregiver, neglected her own health. Her diabetes moved beyond her control and her physician changed her to the specialty meal program to receive renal meals. This meal thus becomes a medical necessity in helping to control a chronic illness as well as helping with her quality of life. The Meals on Wheels specialty meal program allows Dorothy and Vernon, as well as the other 111 clients being served specialty meals, to continue living at home and remaining independent.



Please consider making a gift today in support of this much needed initiative.



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BE A PART OF OUR
50th Anniversary Celebration! 1968-2018

In 2018, Meals on Wheels of Greenville will celebrate 50 years serving our community. Share your stories about what makes Meals on Wheels special at www.MealsonWheelsGreenville.org, and stay tuned for celebration details!



VOLUNTEER THIS SUMMER!

Are your children out of school for the summer? Encourage them to give back to the community by delivering meals to the homebound as a family!

To get involved, email us at:
volunteer@mowgvl.org.

**Join us for
 volunteer orientation,
 held every Thursday
 at 9:30 am!**

Call 864.233.6565 or email
volunteer@mowgvl.org
 for more information.