

2022 ANNUAL REPORT

Meals on Wheels Spokane Mid City Concerns



FEEDING BODIES,
NURTURING SOULS, SAVING LIVES

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Website: mospokane.org
EIN: 91-0833015



1222 West 2nd Avenue
Spokane, WA 99201
509-456-6597

Mission

To sustain the independence of those we serve by providing services and activities regarding nutrition, advocacy, education and recreation through the Meals on Wheels Spokane program and the Mid-City Concerns Senior Center.



FEEDING BODIES,
NURTURING SOULS, SAVING LIVES



The Year in Review

Owen Esperas,
Executive Director

As we reflect on the past year, I am filled with gratitude and pride for the incredible journey we have undertaken together. It is my pleasure to present the annual report for Meals on Wheels Spokane, showcasing the impact we've made and the strides we've taken towards our mission of Feeding Bodies, Nurturing Souls, and Saving Lives.

A Year of Compassion and Commitment:

This year has been a testament to the unwavering commitment of our dedicated staff, volunteers, and supporters. We continued to serve our community with resilience and compassion while facing unprecedented inflation and an increased demand for our service. Together, we delivered fresh nutritious meals but also a sense of social connection and care for those who needed it most.

Key Achievements:

Meal Deliveries: Our dedicated volunteers have tirelessly prepped, cooked, and delivered over 180,000 meals to homebound individuals, ensuring they receive the nourishment needed for their well-being.

Community Engagement: Our outreach and community events brought us closer to those we serve. The connections forged go beyond meals; they represent the bonds of a community that cares for one another.

Partnerships: Collaborations with local businesses and other organizations have strengthened our ability to reach more individuals. These partnerships are a testament to the shared commitment to enhancing the quality of life for our community members.

Gratitude and Acknowledgments:

I extend my deepest gratitude to our exceptional volunteers, staff, and board members. Your dedication is the driving force behind our success. To our donors and supporters, your generosity empowers us to make a meaningful difference in the lives of those we serve.

The Year in Review

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Looking Ahead:

As we move forward, our commitment to innovation and excellence remains steadfast. In the coming year, we aspire to continue to provide outstanding meals, enhance our services, and explore new avenues for community impact. Your continued support will be crucial in achieving these goals.

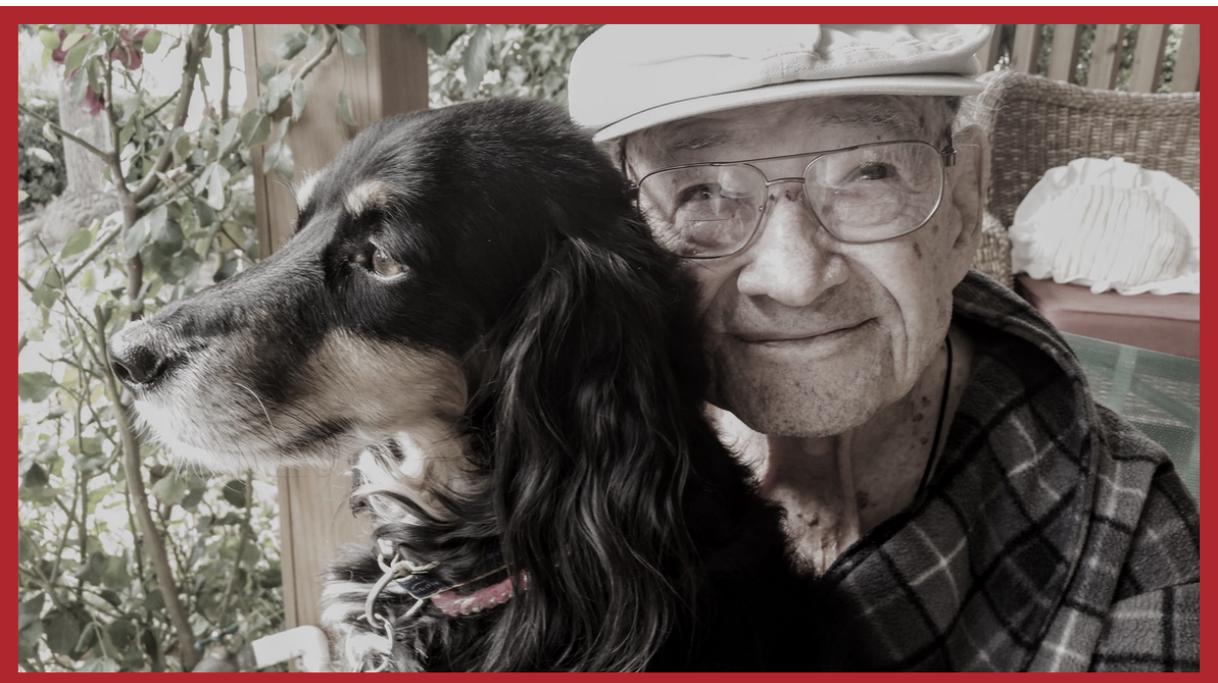
Join Us in Making a Difference:

Meals on Wheels Spokane is more than an organization; it is a community united by the belief that everyone deserves a nutritious meal and the warmth of human connection. I invite each of you to join us in our mission, whether through volunteering, donating, or spreading awareness.

Thank you for being an important part of Meals on Wheels Spokane's journey. Together, we are feeding bodies, nurturing souls, and saving lives.

Owen Esperas - Executive Director

Meals on Wheels Spokane



BOARD OF DIRECTORS

Josh Terris - President

- Band Construction

Christopher Savage - Vice President

- Project Beauty Share

Matt Cronrath - Treasurer

- Trade Station

Carly Guillory - Secretary

- Avista

Shaun Greer - Immediate Past President

- Lukins & Annis, P.S.

Scott Walker

- Numerica Credit Union

Clariese Cote

- Local Artist

Dave Skinfill

- Spokane Restaurant Equipment

Terri Zalevits

- Waddell & Reed

Greg Young

- Avista

Eric Coltrain

- WE Financial Partners

Wendy Fry

- STCU

Adam King

- Washington Trust Bank

Beth Alcorn

- Retired

Jodi Inman

- CellNetix Pathology

Kathryn Ann Hobbs

- Retired Home Health PT

Lisa Tyson

- Educator

Owen Esperas

- Executive Director



ANNUAL EVENTS

2022

February

CINN-A-GRAM

Send sweet treats to your valentine or Meals on Wheels senior and help feed local seniors in need.

May

MOWTOWN DOWNTOWN

Dust off your dancing shoes and boogie all night to Mowtown music while you help feed homebound seniors in our community.

September

COTTON CLASSIC GOLF TOURNAMENT

Take a swing at hunger with our annual golf tournament, hosted at the Kalispel Golf & Country Club.

October

GREAT PUMPKIN RACE & FAMILY CARNIVAL

Held in Riverfront Park, the FREE family carnival features a pumpkin race, vendor fair, food trucks, a costume contest, trick or treating, and so much fun it's SPOOKY!

November

RACE TO FEED OUR VETERANS 5K

A 5k race/walk taking place at Greenwood Memorial. This event brings the community together to honor those who served and recognize the ongoing need to care for our veterans.

December

GIVING TUESDAY | HOLIDAYS FOR THE HOMEBOUND

Online giving campaign to raise funds that will provide meals and holiday gifts for the seniors we serve.

Interested in sponsoring an event?

Contact Gail Golden via email at

Gail.Golden@MOWspokane.org.



COMMUNITY PARTNER SPOTLIGHT

Subaru of Spokane 78,369 Meals Provided

The support provided by Subaru of Spokane has tangible benefits for our community. Meals on Wheels Spokane has been able to reach and assist a significant number of individuals who may face challenges accessing nutritious meals. In fact, the nearly \$400,000 translates to almost 80,000 meals. Right here in Spokane! This substantial contribution has played a crucial role in helping Meals on Wheels Spokane carry out its mission of delivering meals to those in need.

Fairmount Memorial Association 2,100 Meals Provided

We extend our heartfelt gratitude to the Fairmount Association for their unwavering support of Meals on Wheels Spokane. Their commitment to our cause has been truly remarkable, and we are immensely grateful for their generous contributions to our various events, particularly the annual Vets 5k race each November. Their dedication has made a significant impact on our mission to provide nutritious meals to those in need. With a total donation exceeding \$10,500, equivalent to 2,100 meals, the Fairmount Association has played a pivotal role in helping us reach and serve more individuals in our community. Their compassion and commitment to making a difference in the lives of others exemplify the true spirit of community support, and we are profoundly thankful for their ongoing partnership.



FEEDING BODIES,
NURTURING SOULS, SAVING LIVES

COMMUNITY PARTNER SPOTLIGHT

SpokAnimal

Veterinary care provided to over 100 pets

To better serve the pets of seniors in our community, SpokAnimal C.A.R.E.S and Meals on Wheels Spokane joined forces. The Nose to Toes program provides basic medical care, including nail trims, microchipping, wellness exams, and other essential services. Because many of our seniors are homebound, wellness exams are performed in the homes of the seniors we serve allowing both the pet parent and patient to be in a familiar setting. If determined that the pet needs to be seen at the clinic, transportation is arranged and provided for our seniors' furry family member. These services are performed at low or no cost to the seniors we serve.

First Presbyterian Church

Over 16 years of support

First Presbyterian Church and Meals on Wheels Spokane have forged a longstanding and impactful partnership that highlights the spirit of community and compassion. Since 2008, Meals on Wheels Spokane has benefitted from the countless volunteer hours. Day after day, their members selflessly give of their time, exemplifying the commitment of the church to support those in need within the local community. Over the years, the church's contributions have amounted to a substantial total of \$67,300, reflecting a dedication to enhancing the well-being of vulnerable individuals through the essential services provided by Meals on Wheels Spokane. This enduring support underscores the power of collective efforts in fostering a caring and supportive community for those who require assistance the most.

FEEDING BODIES,
NURTURING SOULS, SAVING LIVES

THANK YOU TO OUR MAJOR DONORS

Albertsons Companies Foundation
Amanda Peterson
Angela Johnstone
Ann Corrigan
Avista Foundation
Bernardo-Wills Architects, PC
Bill Morkill
Bob and Diane Britton
Brooke Cloninger DDS
Canopy Credit Union
Carl M. Hansen Foundation
Caruso's Floors
Cathedral of St John the Evangelist
Christopher and Chandra Reiber
Cliff Tvedten
Corlie Satterfield
Curt Holmes
Cynthia Cilyo
DAA Northwest
Daniel and Robin Aga
David and Sally Richter
Dennis Lingg
Dianne Chapman
Edmund and Darlene Braune
Ellen Curry
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First Presbyterian Church
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Kerra Sheehan
Kerry Riccardi
Kirsty Berreth
Kris Wedel
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Linda Tabatt
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Mary Stender
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Mili Gerken
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Motion Auto Supply
Northwest Business Development Assc
Northwest Farm Credit Service
Numerica Credit Union
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Philip and Lindsay Lenoue
Randy Gallion
Randy Hurst
Richard and Catherine Greiner
Ronald and Bonnie Wyrick
Ronald and Linda Berryman
Sandra Duffy
Seattle Foundation
Shirley Crecelius
Sisters of Providence
Spokane Tribe of Indians
Steven Shake
Subaru of Spokane
Susan Miller
The Bergquist Foundation
The Gill 1980 Family Trust Agreement
The Voelker Family Trust
Thomas and Lynn Vincent
Thomas and Mary Pat Schemmel
Valley Transformer Inc.
Vincent Meyer
Viren and Associates, Inc.
Waddell & Reed
Washington Trust Bank
William Slouffman

Volunteer Appreciation

As we reflect on the past year, it is with immense gratitude and admiration that we extend our heartfelt appreciation to each and every one of you. Your unwavering dedication, compassion, and selfless commitment have been the driving force behind the success of Meals on Wheels Spokane.

Throughout the year, you have gone above and beyond, delivering not just meals but moments of connection, warmth, and companionship to those in our community who need it most. Your efforts have made a profound impact on the lives of our recipients, fostering a sense of community, support, and love.

Your kindness has shone brightly, creating a ripple effect of positivity that extends far beyond the meals you deliver. Whether rain or shine, you have demonstrated an extraordinary level of reliability and compassion, embodying the true spirit of volunteerism.

Meals on Wheels Spokane wouldn't be the beacon of hope it is without your generous hearts and helping hands. Each smile, each friendly greeting, and each nourishing meal delivered reflects the essence of your dedication to making a difference.

Thank you for being the heart of Meals on Wheels Spokane. Your time, energy, and commitment have not gone unnoticed, and we want you to know just how much you are valued and appreciated.



FEEDING BODIES

Meals on Wheels Spokane is delighted to share the incredible impact we've had in 2022. Through unwavering dedication and support of our generous community, we are thrilled to report that we have provided a staggering 177,296 nutritious meals to homebound seniors in Spokane, provided 45,625 meals for their beloved pets. This milestone represents not just a number but a testament to the profound difference we are making in the lives of our elderly neighbors. Each meal delivered embodies the compassion and care that defines our mission, ensuring that our seniors not only receive sustenance but also a warm connection to the outside world. We extend our deepest gratitude to our volunteers, donors, and partners who continue to make this vital service possible. Together, we are building a stronger, healthier, and more compassionate Spokane for all.



177,296

Senior Meals



45,625

Meals for Pets

NURTURING SOULS

At Meals on Wheels Spokane, our dedicated volunteers are the heart and soul of our mission, nurturing the well-being of our seniors with each meal delivery. Their warm smiles, kind words, and genuine companionship provide more than just nourishment; they offer a lifeline of love and support to our homebound seniors. Without the tireless commitment of our amazing volunteers, our program simply would not exist. In 2022 alone, these unsung heroes generously contributed over 17,634 hours of service, exemplifying the spirit of selflessness and community engagement. Their impact is immeasurable, as they create meaningful connections that go beyond the delivery of a meal – they are delivering compassion, companionship, and a sense of belonging to those who need it most. We extend our heartfelt gratitude to each volunteer for their invaluable contribution to the well-being of our seniors and for making Meals on Wheels Spokane a beacon of compassion in our community.

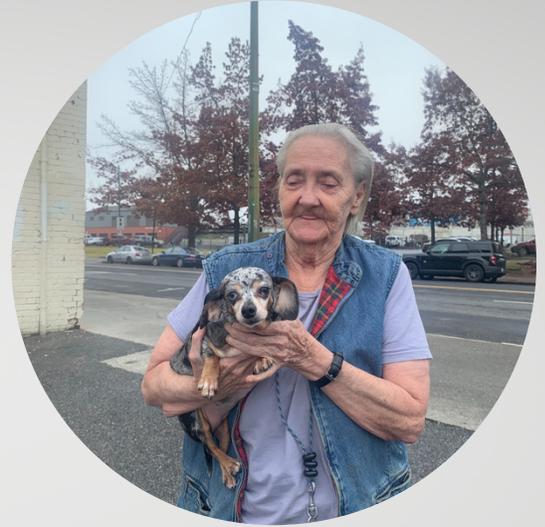


17,634
Volunteer
Hours

SAVING LIVES

What our clients say...

“I am so grateful for you guys. You guys have really become a huge part of my sobriety and helping as I’m getting old. I’m not sure what I would do without the amazing care you guys provide.”



“As I’ve gotten older, it seems my family hasn’t had much time for me. Your services have been there for me. The phone buddy you guys connected me with has been the best thing to happen to me in a very long time.”



Thank you for supporting the Meals on Wheels Spokane mission of feeding homebound seniors in our community. Meals on Wheels Spokane is proud of the fact that we are 100% privately funded and do not receive government support. We are also excited to report that **.89 cents** of every dollar we receive goes right back to providing fresh nutritious meals to the seniors in Spokane.

To request a copy of our financials, please reach out to our Executive Director, Owen Esperas.

Phone: 509-863-6359 x 115

Email: Owen.Esperas@MOWspokane.org



MID-CITY CONCERNS DBA MEALS ON WHEELS
SPOKANE IS A 501 (c)(3) NON-PROFIT ORGANIZATION
www.mowspokane.org EIN: 91-0833015