

# MEALS ON WHEELS

## A LIFELINE FOR LOW-INCOME AND HOMEBOUND SENIORS

Meals on Wheels is one of 16 programs administered by Catholic Charities of Southern Nevada. It is the only agency with a program that delivers seven nutritionally balanced meals to more than 2,100 clients every week throughout the year at no cost to the recipient. It enables low-income, homebound seniors to live healthier, more independent lives in their own homes, where they want to be.

**The Older American Act funds the Meals on Wheels program for Nevada, however the funding for this life line service has been at the same rate while cost of living and operation for the home delivered meal program has gone up.**

- During the Fiscal Year 2019, Catholic Charities prepared 763,884 meals.
- Meal plans are developed and analyzed by registered dietitians and prepared under the direction of our executive chef.
- Meals are packaged, sealed, labeled, flash frozen and prepared for delivery.
- Beyond the nutritious meals, delivery drivers make weekly “wellness checks” on clients.
- Meals on Wheels is more than just meals. For many, this is the only contact a homebound senior has with someone during the week. A real bond often develops with our delivery drivers.
- Donated pet food recently became a staple of the program after delivery drivers saw clients sharing their meals to feed their pets.

### WHY HOME-DELIVERED MEALS MATTER



*“I don’t have family in town and I am living on a fixed income, without the help from Meals on Wheels, I was afraid I’d need to move to assisted living. But Meals on Wheels has let me stay in my apartment with my dog Duke.” Johnny Martin, client*



*“Before Meals on Wheels I was only eating one meal a day, I was losing too much weight and my health was suffering. I depend so much on those weekly meals. I don’t know what I’d do without them.” Cynthia Whitfield, client*



*“I recently had hip and knee replacement surgery and I am living with multiple sclerosis so standing and preparing meals has become very difficult. Having Meals on Wheels has helped me tremendously.” Judy Doolittle, client*

THIS PROGRAM  
HAS A CONSTANT WAITING LIST OF  
200 - 400 HOMEBOUND SENIORS

\*The waiting list consists of assessed and unassessed referrals.



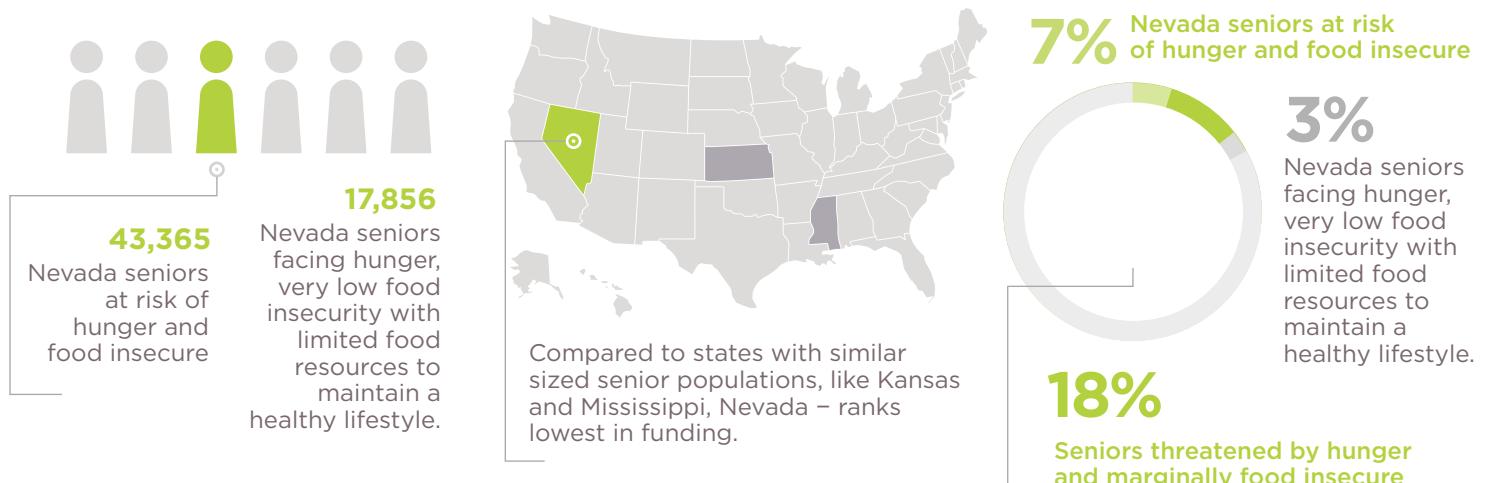
### BENEFITS TO FUNDING MEALS ON WHEELS

- Can provide a senior Meals on Wheels for ONE YEAR for roughly the same cost as ONE DAY in a hospital.
- Meals on Wheels decreases the rate of falls, which costs our nation \$31 BILLION each year.
- Seniors – remaining at home, out of hospitals and nursing homes, can save Nevada taxpayers more than \$39,000 per qualified senior annually

### THE PROBLEM WILL INCREASE DRAMATICALLY IN THE COMING YEARS

While we all celebrate the increase in lifespan, maintaining health while aging comes with a price. Without support from programs like Meals on Wheels, millions of seniors are forced to prematurely trade their homes for nursing facilities. Catholic Charities can provide a senior Meals on Wheels for an entire year for roughly the same cost as spending one day in the hospital or ten days in a nursing home. Meals on Wheels saves us all billions of dollars in unnecessary Medicaid and Medicare expenses every year – tax dollars that can be spent in much better ways.

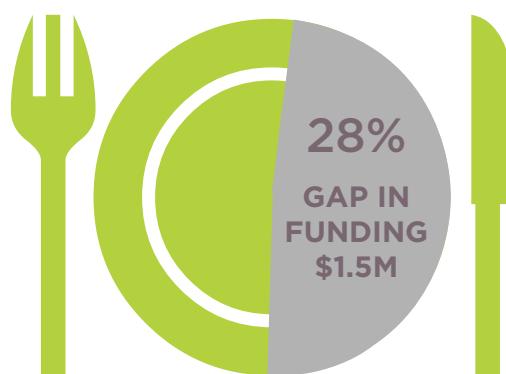
## SENIORS STRUGGLING WITH HUNGER IS INCREASING EXPONENTIALLY



## CATHOLIC CHARITIES' MEALS ON WHEELS PROGRAM CURRENT BUDGET

PEOPLE SERVED DAILY	2,188
ANNUAL BUDGET	\$5.4M
COST PER MEAL	\$6.82

**ANNUAL BUDGET SHORTFALL \$1.5M**



**2019**  
**MEALS ON WHEELS AMERICA**  
1.5M Home Delivered Meals in Nevada



**763,884 Meals  
Delivered by CCSN  
in Fiscal Year 2019**