

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.

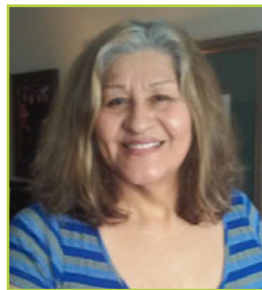
WHY HOME-DELIVERED MEALS MATTER



“I’m not able to drive anymore and don’t have any family. I was afraid I’d need to move to assisted living. But Meals on Wheels has let me stay in my home and keep my little companion Dino.” Robert Antonini, client



“I suffer from the effects of a stroke and now standing and preparing food is very difficult. I depend so much on those weekly meals. I don’t know what I’d do without them.” Carmen Roybal, client



“I’ve had lots of health challenges. After six months of being on the Meals on Wheels program, I’ve lost 30 pounds. My health has improved and I’m no longer on dialysis.” Margaret Herrera, client

**FUNDING SHORTFALLS CREATE
A CONSTANT WAITING LIST OF
500 - 800 HOMEBOUND SENIORS**



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

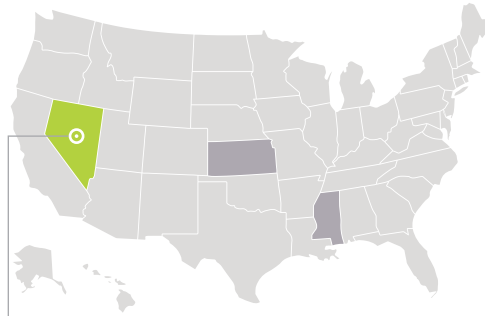
THE PROBLEM WILL INCREASE DRAMATICALLY IN THE COMING YEARS

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



In Nevada - 172,823 seniors struggle with hunger



Compared to states with similar sized senior populations, like Kansas and Mississippi, Nevada - ranks lowest in funding.



Nevada seniors are threatened by hunger and deemed food insecure with limited food resources to maintain a healthy lifestyle.

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

