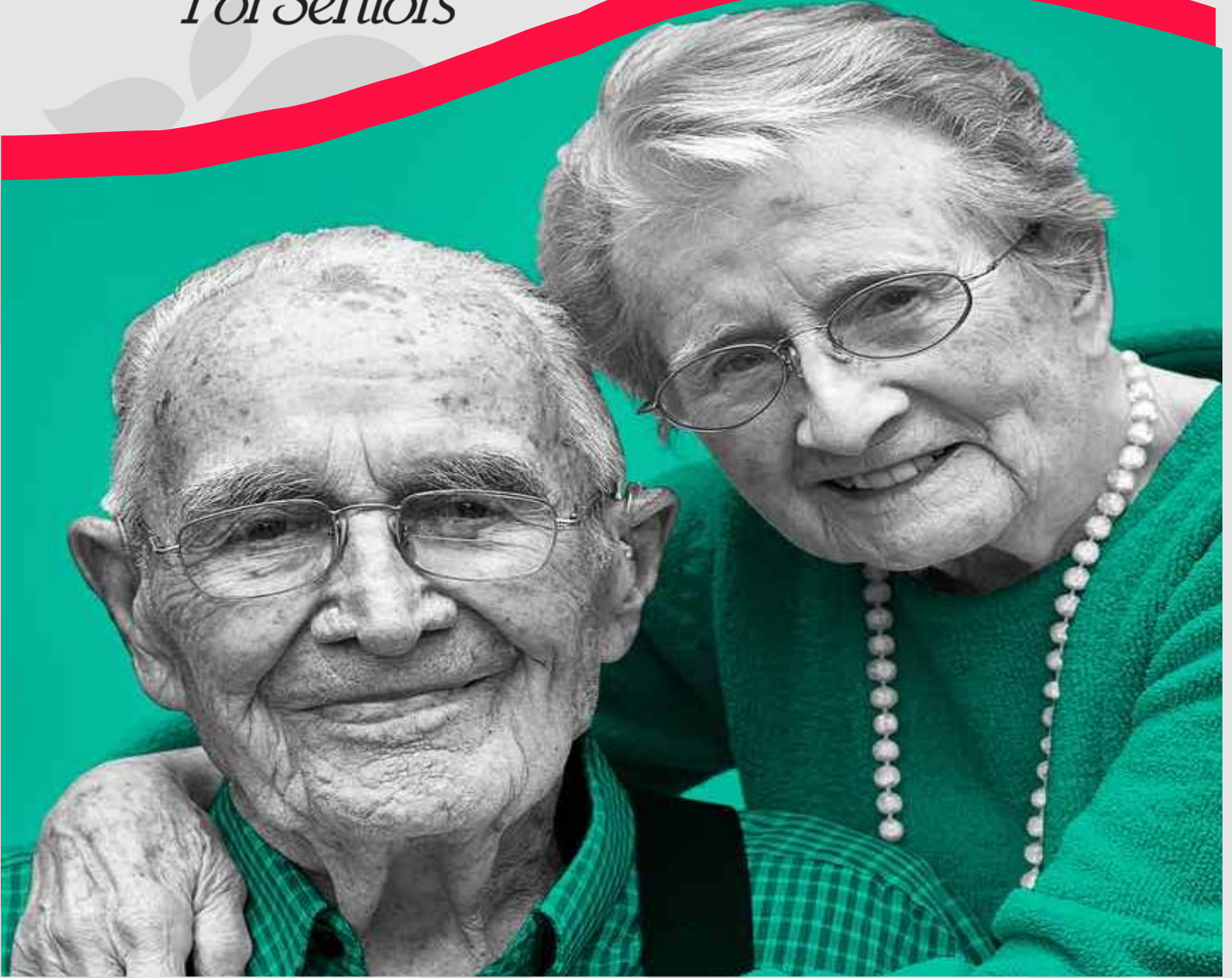




*Nutrition
&
Services
For Seniors*



2018

ANNUAL REPORT

WHO WE ARE

Nutrition and Services for Seniors is a non-profit agency dedicated to providing innovative, effective programs that assist older adults in leading quality lives while maintaining dignity and independence.



In 1983, a group of civic-minded residents, concerned for the well being of seniors in our community, set upon a path to expand services to local seniors. By providing congregate meals, home delivered meals, transportation, nutrition education and information and referrals we give seniors the opportunity to remain independent in their own homes. We believe that Senior Dining Sites and Nutrition Programs such as ours can be much more than the first step in providing long term care for the seniors in Jefferson and Hardin counties. In addition to providing meals, a network of volunteers and staff monitor the well being of our recipients during a daily visit. That visit provides comfort and company to the seniors and peace of mind to their family and caregivers.

TOGETHER, WE CAN DELIVER THE DIFFERENCE

*"Alone we can do so little; together we can do so much."
- Helen Keller*

I'm truly in awe each and every single day as I bear witness to such a giving community who is so willing to dedicate their time and many talents to helping us care for our homebound neighbors. Nearly thirty-five years ago, a group of civic-minded residents set upon a path to expand services to local seniors and today Nutrition and Services for Seniors is a staple in the Southeast Texas senior community for providing services such as home delivered meals, congregate dining, transportation, personal safety devices and a pet program. In 2018, we delivered 374,945 meals, served 68,400 congregate meals and provided 58,590 one-way passenger trips to seniors and disabled adults within Jefferson and Hardin counties. It's with the dedication of our team of staff, volunteers and countless community supporters that we are able to continue providing these vital services to our homebound neighbors which truly shows how much we can accomplish together. Thank you all - you are the reason we can deliver the difference to the seniors and disabled adults in our community and it's with your support that our homebound neighbors are able to live at home, but not alone.

Sincerely,



ELAINE SHELLENBERGER
President and CEO

Description of Services:

Meals on Wheels provides more than 1,300 meals Monday - Friday to home bound seniors and disabled adults residing in Jefferson and Hardin counties.

Congregate Dining centers are located throughout Hardin and Jefferson counties and are available to clients who would like to come and enjoy food and fellowship with friends. This program offers a healthy meal and social interaction that improves health and reduces the risk of disability.

Transportation provides a vital link to healthcare, social interaction and employment.

CareNet is an emergency response system that the client can easily activate in the event of a fall, sudden illness or emergency.

AniMeals offers clients access to free pet food to alleviate the physical and financial burden they face in providing adequate meals for their pets. Pet food is delivered twice a month by their Meals on Wheels delivery driver.

'Grow to Share' Donation Garden offers our home bound clients access to organically grown fruits and vegetables.

Home Repair opportunities are available to our home bound clients who have unmet home repair needs following Hurricane Harvey.

Other services include grocery bags and shelf stable meals, ensure at discounted rates and nutrition education.

DELIVERING THE DIFFERENCE

443,345

**Meals Served
Annually**

2,827

**Meal Clients
Served Annually**



58,590 one-way passenger trips provided to our transit dependent community.

BAKED POTATO FUNDRAISERS

Our Baked Potato Sale raises awareness about Meals on Wheels and raises much needed funds that allow us to continue serving the home bound in our community. In 2018, we were only able to host one event, but we have two planned for 2019.

2018 FUNDS RAISED: \$12,894

DELIVER THE DIFFERENCE

Our annual luncheon raises awareness and funds for our Meals on Wheels program. The 2018 event honored Charlene and Bud Leonard, Bob Rogan and The Honorable Gethrel Williams-Wright for all the ways they make a difference in our community.

2018 FUNDS RAISED: \$88,242

REAL FOOD FEAST

Hosted bi-annually, our Real Food Feast raises funds and awareness about our community garden. We hosted one event in 2018, however we gained tremendous support for our efforts to provide fresh fruits and vegetables to our home bound neighbors.

2018 FUNDS RAISED: \$892

DIRECT MAIL CAMPAIGNS

Direct mail campaigns are held every February, April, June, July, August, September, November and December to help raise funds to support Meals on Wheels.

2018 FUNDS RAISED: \$107,128

FY2018 ANNUAL REPORT

Macy's Story

To sit in the presence of one with such an extraordinary work ethic is exhilarating. With a personality that matched the crisp sunny day Macy, age 85, reviewed a life of hard work, success, exciting travel and family love. When her first husband, a truck driver, refused to change professions so he could be home with her and their five children more, she filed for divorce. The settlement gave her a lot in Pinewood which she sold to buy a beer joint on the bayou. She and second husband Jimmy parlayed the beer joint into one of the most successful restaurants in the area for twenty years. Opened with 64 seats and then expanded to 184 seats, there was always a waiting line. Often 500 guests were served in a day.

In 1987 a very aggressive form of breast cancer threatened her life, but Macy wouldn't accept the prognosis of imminent death, and began chemo treatment with a big dose of determination. Now twenty years later, Macy lives with good health except for neuropathy in her legs and feet.

Jimmy died in 1991. Macy sold the restaurant and went to work for a CPA firm and helped care for grandchildren and her mother. Upon her mother's death Macy moved from her big house to The Villas of Sunnyside. Not one to actually retire, she helped with office work at the Villas and showed houses to prospective renters.

Today a 12 year old great granddaughter is the focus of her life and her reason for living. Macy cared for Robin as a newborn while her mother worked and the two have formed an inseparable bond. Robin comes to Macy's home after school every day and stays with her on the weekends. On Sundays they go to church.

Neuropathy in Macy's feet cause them to burn and hurt and makes standing and walking extremely painful but she says she doesn't have anything to complain about. She has a good life. Meals on Wheels helps her remain independent. She repeatedly expresses her appreciation for the good food, especially the vegetables. When Macy had the restaurant she often gave her extra food to our Meals on Wheels program, never having a thought that one day she would be the recipient of our services - a prime example of the partnerships that enable us to care for our community and the many pathways we travel in life.

ANNUAL CALENDAR OF EVENTS

October - December

- Baked Potato Fundraiser
- Real Food Feast
- Direct Mail Fundraiser
- Be A Santa to a Senior

January - March

- Direct Mail Fundraiser
- Baked Potato Fundraiser
- Real Food Feast

April - June

- Direct Mail Fundraiser
- Volunteer Appreciation
- Deliver the Difference Luncheon



MEAL CLIENT STATISTICS 2018

Total Unduplicated Served	2,827
Gender	
Male	1,045
Female	1,782
Race	
African-American	1,313
Caucasian	1,345
Hispanic	25
Asian	5
Indian	1
Multi-Racial	49
Unknown/Unreported	89
Other	
Low Income	862
Lives Alone	1,357

PROGRAM INFORMATION

Service	FY2017	FY2018
<i>Meals</i>		
Congregate	76,550	70,247 ↓
Delivered	379,351	385,923 ↑
Transportation	51,657	58,590 ↑

Nutrition & Services for Seniors

Profit & Loss Budget vs. Actual

October 2017 through September 2018

	Oct '17 - Sept 18	Budget	Favorable (Unfavorable) Vari- ance	% of Budget
Income	5,188,500	4,483,500	705,000	115.72%
Expense	4,816,924	4,710,800	(106,124)	102.25%
Net Income	371,576	(227,300)	598,876	(163.47%)

Nutrition & Services for Seniors

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