



MEALS ON WHEELS & MORE

Meals on Wheels & More is a locally funded program that is supported by United Way of Morgan County, local churches, city and county governments, businesses, individuals, and estates. Meals on Wheels & More was created to meet the nutritional needs of the elderly and disabled homebound residents of Morgan County. In the last program survey, **3 out of 4** customers surveyed reported an improvement in their overall quality of life because of Meals on Wheels & More.

361 TOTAL CUSTOMERS SERVED

Meals on Wheels & More served a total of 361 customers last year. More than 81% of those customers were disabled.

72,000 TOTAL MEALS DELIVERED

Meals on Wheels & More volunteers deliver an average of 300 meals per weekday, 240 days per year.



65% MORE INDEPENDENT

In the latest survey, more than 65% of customers reported they were able to live more independently since receiving daily meals from Meals on Wheels & More.

75% IMPROVED QUALITY OF LIFE

Nearly 3 of every 4 customers surveyed reported Meals on Wheels & More improved their overall quality of life.

MEET SAM AND BETTYE

Sam and Bettye Janis have been Meals on Wheels & More volunteers for more than 13 years. They find volunteering for Meals on Wheels & More to be a meaningful way to give back to the community. One thing they have found in their encounters as MOW&M volunteers is a lot of need. Sam says, "There are lots of lonely people out there and unless you are involved in some kind of activity like this, you don't see these people. They're nameless to you."

Sam and Bettye enjoy visiting and talking to the meal recipients. And often times the visit with Sam and Bettye is the only visit a customer will get during the day. Because most of the recipients are elderly or disabled, they live on fixed incomes. The Janises see the need for hot, nutritious food during their deliveries, and the meals provided by Meals on Wheels & More help to meet the nutritional needs of the recipients.

Bettye says she finds volunteering for Meals on Wheels & More a rewarding experience, so much so that she has involved others in the volunteer effort. One story that stands out in Bettye's mind is a young woman who is very lonely since she has no family in the area. The young woman regularly tells Bettye how good and caring she and Sam are to her, which is something she doesn't have experience with. Bettye says, "When we can go for just a brief moment and share some care and share some love, that's wonderful. That's wonderful for us, and it's good for her."

Sam and Bettye's family members have also been inspired to volunteer with Meals on Wheels in their own communities. About volunteering, Bettye says, "We find Meals on Wheels to be something that's well worth spending our time with."

